



The Fairview Town Crier

APRIL 2022 VOL. 26, No. 4 | FAIRVIEW, NC | fairviewtowncrier.com



Primary Voting Guide p16-17 // Fairview Elementary Fest on April 22! p18 // UHNGCC Open Again p23

Softball Fundraiser a Success!

Angie Parker, a member of the A.C. Reynolds Athletic Booster Club, gave the Crier an update on the fundraiser that was held last month for the softball program.

"We had an amazing turnout," she said. "Over 60 cars took part in the car show, with 16 vendors. Thirty-three future Rockets took part in the softball development camp. We had awesome community support and made \$4,000 to go toward updating the softball field."



Seniors Ivy Holley and Chloe Page, along with future rockets Fallon Presley and Julie Dotson, helped with awarding trophies for the car show winners.



Thirty-three future Rockets took part in the softball development camp.

You can still support the effort by purchasing a commemorative brick (4" x 8" for \$150 or 8" x 8" for \$500) that will be used in the construction of the press box. Go to rockets-softball.paperform.co. For more information, call 582-8334 or email acrbusters@gmail.com.

FREE COMMUNITY EVENT OPEN TO ALL!

FAIRVIEW BUSINESS ASSOCIATION EXPO



Sunday, April 3, 3-5 pm (rain or shine)

Turgua Brewing Company, 3131 Cane Creek Road, Fairview

April is here, and warmer weather is hopefully here to stay. So now is the perfect time to get outside, enjoy some local beverages and food, and reconnect with your community.

And while you're enjoying beer, cider, mead, sodas or sparkling water from Turgua Brewing and a snack from the food truck on site, and also tapping your toes to Fairview musicians Natalya Zoe Weinstein, John Cloyd Miller and Patrick David Sawyer, you can learn more about the many businesses located in Fairview. Did you know the Fairview Business

Association has more than 90 members? Ranging from building and maintenance services and insurance providers to pet services and health and wellness, FBA members should be able to take care of any business need you have. Come out and meet these owners who live in your community and shop local!

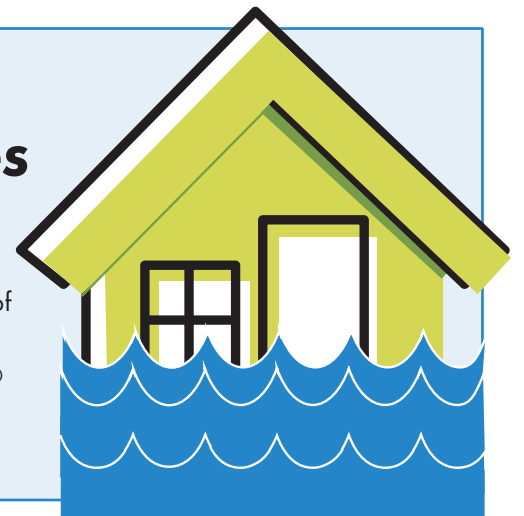
For more information about the event, visit fairviewbusiness.com or see the ad on page 3.

The Town Crier is an FBA member and will participate in the expo. Come say hello!

Share Your Flood Pictures

We have some upcoming articles on flooding in Fairview.

If you have any photos to share of past flooding in the area, please email them to the editor at clark@fairviewtowncrier.com or text to 828-771-6983.



Expanded Office Hours

The Crier's office at 1185 Charlotte Highway is now open two days a week. The editor, Clark Aycock, will be in the office every Thursday from 11 am to 4 pm. And our bookkeeper, Patrick Graff, will be in the office every Tuesday from 11 am to 1 pm. The blue dropbox, located outside our front door, is available 24/7 to drop off payments, donations and correspondence.

Our office can be a little hard to locate. We are next to Edward Jones and share a door with the Truth Worship Center.



Clark Aycock



Patrick Graff



Easter Egg Hunt!

It's time for the Crier's annual Easter Egg hunt!

Search the issue and see if you can find all 12 colorful eggs above we've hidden throughout the pages.

(Note: Eggs are hidden in editorial content only, not in ads.)

And be sure to check out the list of local

Easter Services and Events on page 8



The Fairview Town Crier
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COMMUNITY EVENTS & UPDATES

APRIL 5 (TUESDAY)

Celebrate Recovery Session

Session starts this day at Trinity of Fairview. Register at trinityoffairview.com or call 628-1188. See ad on page 24.

APRIL 16 (SATURDAY)

Fairview Area Art League Class

11 am–1 pm. "Photography as an Art Form," facilitated by FAAL member David Koll \$10. At the Asheville Botanical Gardens. See page 23 for more information.

APRIL 22 (FRIDAY)

Fairview Elementary Fest

4–7 pm. Celebrate safely while supporting the staff and students at FES. See page 18 for more info.

APRIL 23 (SATURDAY)

Fairview Fiddle Fest

2–6 pm. Youth fiddle showcase, Warren Wilson College student bands, jamming and more. Turgua Brewing, 3131 Cane Creek Rd., Fairview. turguabrewing.com.

Art Class at Lake Lure

10 am–1 pm. "Turning Ordinary Objects into Garden Art." Free class at Lake Lure Flowering Bridge, 3070 Memorial Hwy., Lake Lure. Email info@lakelurefloweringbridge.org or visit lakelurefloweringbridge.org.

APRIL 30 (SATURDAY)

Old Fairview Sharon Fundraiser

4–6 pm. Hamburgers and hot dogs, desserts and drinks. Funds raised will help to restore the church. Donations appreciated. 291 Sharon Rd., Fairview. 628-1568.

UPDATES

A.C. Reynolds High School

April 22–23: Mary Poppins (spring play), 7 pm. April 24: Mary Poppins, 2 pm. April 26: Blood drive. April 30: Prom, 8–11:30 pm. 1 Rocket Dr., Asheville. 298-2500.

Council on Aging

The Council on Aging will hold free Medicare information classes via Zoom. April 7 and 20, 2–3:30 pm. To register, visit coabc.org or call 277-8288.

Garren Creek Fire Department

A spring plant sale at the main station (10 Flat Creek Rd.) on April 29 (1–5 pm) and 30 (8 am–4 pm). Locally grown plants, including hanging baskets, annual flats, perennial pots and garden veggie starters. Sale supports the VFD and First Step Farm.

Keep Fairview Clean

Help remove roadside litter. Vests, trash grabbers, bags, gloves and great conversation provided. Follow the Facebook group (@keepfairviewclean) for information on cleanup locations, email keepfairviewclean@gmail.com or call 222-3659.

Root Cause Farm

Garden volunteer workdays, Sundays from 1–5 pm. 26 Joe Jenkins Rd., Fairview. rootcausefarm.org.

Signs for Hope

Community Block Party—April 16. See ad on page 13. Hope for the Journey Conference—April 22–24. Presented with Trinity of Fairview. See ad on page 11. Rusty Dog Arts & Crafts Show—Second Saturday from April to November, 9 am–3 pm. See ad on page 12. 379 Old Charlotte Hwy., Fairview.

Spring Mountain Comm. Center

Roadside cleanup—April 9 from 10 am–noon. See page 23 for more info.

Quilting bee—second Tuesdays, 10 am–2 pm. Call Kay at 628-7900.

SAVE THE DATE! Yard sale fundraiser on May 7. Reserve tables for \$20 by calling or texting 828-231-9884. 807 Old Fort

Rd., Fairview. (The new Council on Aging representative, Whitney Emrick, will be available with information for Buncombe County seniors and their caregivers.)

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.

SAVE THE DATE

Fairview Handmade Market

May 1 from 12–4 pm. Over 20 local vendors—from handmade pottery to botanically dyed silk and herbal medicine. A fundraising raffle will benefit Root Cause Farm, with all of the items donated by market vendors and partners. Music and a food truck. For more information, visit fairviewhandmademarket.com. 26 Joe Jenkins Rd., Fairview.

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.



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Dr. Maggie Parker
PT, DPT
Primary Provider

Celebrate Planet Earth

Earth Day is coming soon, and you can find ways to celebrate all month long at the library. From programs to crafts to exciting displays where you can learn how using the library saves trees, we've got you covered.

KIDS PROGRAMS

Craft Kits

One of the fun things about crafting is finding new ways to use old things. Cleaning out a closet at the library yielded a lot of heavy-duty, oval paper plates and a whole lot of bits of pieces of fancy paper. Instead of using the plates once, or throwing the scrap paper away, we're combining the two. Throughout the month of April, come by the library and pick up your free kit for making a monogram art piece to hang on your wall or prop on a shelf. For ages 4 and up.

ADULT PROGRAMS

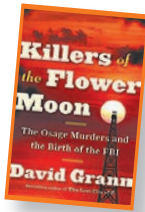
A Panel Discussion on Solar Panels

April 5 at 11 am via Zoom

Buncombe County's Sustainability Officer, Jeremiah LeRoy, Doug Ager of Sugar Hollow Solar, Senator Julie Mayfield, and Director of GreenBuilt Alliance Sam Raurk will be joining us for an informative and interactive discussion on solar panels.

Learn about the library's solar panel project, as well as other interesting topics like how solar panels work, the policies

that affect them, energy legislation passed at the state level, and affordable solar opportunities for BIPOC homeowners in Buncombe County. You will also have the opportunity to get your own questions answered. Registration is required to attend this event. Call the library or visit the library website to sign up.



Book Club

April 19 at 7 pm via Zoom
We will be reading *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI* by David Grann and discussing it.

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

May—*The Sparrow*, Mary Doria Russell
All books for the 2022–2023 Book Club reading season will be selected at the May meeting.

All Things Recycling

April 21 from 11 am–12 pm via Zoom
An informational program for kids, adults, and everyone in between.

Have you ever thought about what happens to your recyclables after they leave the curb? Maybe you're confused

► Outdoor Storytime

SPECIAL EVENT

April 30 11 am
Live and outside the library (1 Taylor Road, Fairview)

Missing storytime? So are we! We are offering a special outdoor storytime for one day only. This will take place outside at the library and is for children 3–6 years old and their adults. Bring a blanket to sit on and get ready to have some fun!

about why you can't put everything with a recycling symbol in your blue bin? Have you ever wondered what the heck is up with composting?

Please join us as Casi Lohmeyer, Buncombe County's Recycling Coordinator, presents on all things recycling and composting in Buncombe County. Casi will talk about the general recycling process, what that looks like in Buncombe County specifically, why it's important to recycle right, and recycling resources for your office, school, home and community. She will also explain the composting process, the composting opportunities available in the county, and how to get materials to start composting at your home, school or office. Registration is required to attend this event. Call the library or visit the library website to sign up.

Take & Play

Our library now has a wide range of games and puzzles available to check out (similar

to how you would check out 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.

Take & Play is earth friendly. All games and puzzles were donated. One game enjoyed by one family becomes a game that can be enjoyed by many. Thank you so much to everyone in the community who donated games and puzzles for this program. Our community has really enjoyed them so far. *At this time, we no longer need donations of this kind.*

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

**SUNDAY
APRIL 3rd
3:00 pm-
5:00 pm**

**Come out and explore
the local businesses
of Fairview**

.....

**Enjoy the music of
Zoe and Cloyd**

FAIRVIEW BUSINESS ASSOCIATION EXPO

FREE ADMISSION

.....

**GIVEAWAYS, RAFFLES
AND MORE!**

DATE AND TIME: Sunday April 3, 2022 3:00pm-5:00pm
**SHOW LOCATION: Turgua Brewing Co.
3131 Cane Creek Road, Fairview**

**FOOD TRUCKS AND BEER
WILL BE AVAILABLE
FOR PURCHASE**

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FEATURED LISTING



2 BR | 2 BA | 1,392 SF

Swannanoa 23 Alpine Way

Beautiful location in Alpine Meadows. Mountain home with natural lighting and a warm cozy cabin feel. Wood-burning fireplace, large private rear deck, great for entertaining, with mountain views. Extra-large master bedroom, walk out fully finished basement with additional bed and bath. Downstairs access to backyard. New flooring updated heating, new roofing, new kitchen appliances, updated bathrooms. Fresh paint in and out. Easy access to shopping and I-40. MLS ID 3822729.



SOLD March 7, 2022 for \$420,000 by Nicole Eso

ACTIVE LISTINGS

Asheville



2 BR | 2 BA | 2,084 SF

117 Wandering Oaks Way
\$1,550,000 | MLS CAR3818370

Lake Lure



2 BR | 3 BA | .65 ACRES

141 Yates Lane
\$449,900 | MLS 3819556

Old Fort



3 BR | 2.5 BA | 4.27 ACRES

1305 Gateway Parkway
\$699,000 | MLS 3832957

FAIRVIEW REAL ESTATE FEBRUARY 2022

LISTING PRICE	NUMBER SOLD	AVERAGE SALE PRICE	AVERAGE DAYS ON MKT	AVERAGE % LIST-SALE PRICE
\$300K-599K	6	\$469,000	102	95.35
\$600K-899K	3	\$741,000	34.5	100.45
\$900K+	3	\$1,054,269	88	95.85

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

Agent Spotlight CLAY ARNOLD



“ Absolutely fabulous experience! Clay went above and beyond to get this deal done. Super easy to work with, professional, efficient, and all-around great guy. You won't find a better realtor!

—Molly R.

”

CONTACT CLAY TODAY!
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John B. McBrayer

John B. McBrayer was born in Rutherford County, NC, in 1774. He was the son of Samuel McBrayer Sr. (1735–1814) and Samuel's first wife Elizabeth (1745–1786). After his mother died, his father married a woman (named Young) whose husband had been killed by the British in the Revolutionary War. Around 1797, his father moved the family to Buncombe County. They bought land on Shaw Creek in what is now Henderson County. Apparently, they either moved to Fairview or had homes at both locations. The McBrayer family has always been associated with Fairview.

Around 1800, John McBrayer married Sarah Margaret Ashworth of Fairview. She was born in Rutherford County, NC on March 1, 1780. Sarah was the daughter of John Ashworth Sr. (1735–1805) and Nancy Ann Wood (1745–1843). The Ashworths lived where Sherrill's Inn is located now.

On January 7, 1808, John McBrayer sold 100 acres on the banks of Broad River in Rutherford County (later McDowell, now Buncombe) to his father-in-law, John Ashworth. McBrayer then sold 100 acres on Roaring Branch of Shaw's Creek in Henderson County to his half-brother Andrew McBrayer in 1816. He sold two tracks of land to William Edmundson: 129 acres on the northside of Flat Creek; and 71 acres in Fairview.

John McBrayer and his brother David

moved to Greenville, SC in 1818, and then to Tennessee. They traveled down the Tennessee River in flat boats to a point near Guntersville, Alabama. They moved inland to the Huntsville, Alabama, area, where they stayed about a year before moving north to a farm within sight of Winchester, Tennessee, where they stayed two years. John McBrayer then moved to Gilmer County, Georgia, where Cherokee land had been opened for settlement. He then moved to Hall County, Georgia, where he is listed on the 1830 census.

McBrayer then moved to Paulding County, Georgia, just west of Atlanta, in 1831. He appears there on the 1840 census. In 1850, he is found in Upsher County, Texas at the home of A.M. McBrayer and his wife, Matilda. A.M. was probably McBrayer's son, Alfred McBrayer. A granddaughter of John McBrayer told her granddaughter that when she was a child, she and her parents visited Texas. They did not like it there, and after a year they moved back to Georgia. She told her granddaughter that she got her foot caught in a knothole on the ferry crossing the Mississippi River. She could not free the shoe, and her father had to make her another shoe. A young colt they were bringing home from Texas got spooked when they were crossing the river and jumped off the boat and swam to the shore.

McBrayer was back in Paulding, Georgia in 1860. He died there in 1863 at the age of 89. He is believed to have been buried in Paulding County in an unmarked grave. Sarah, his wife, was living with their son John in Pontotoc County, Mississippi when she died in 1865 at the age of 85.

John and Sarah Ashworth McBrayer had eight children.

1. Joseph Russell McBrayer was born in Fairview, Buncombe County, NC, on February 6, 1802. He was married on December 27, 1828 in Georgia to Margaret H. Leathers Dickson. She was born on August 17, 1811 in South Carolina. She and Joseph died in the 1870s in Franklin County, Alabama.

2. Ashworth William McBrayer was born in 1805 in Horse Shoe, Buncombe County (now Henderson), NC. He was married on March 27, 1828 in Hall County, Georgia to Barbara Wigley. She died between 1850 and 1860 in Coosa County, Alabama. He then married Mary, who was born in 1813 in Tennessee. Ashworth was listed as the assistant US Marshall in Coosa County, Alabama in 1870. He died in the 1870s and is buried in Friendship, Georgia at New Georgia Baptist Church Cemetery.

3. Andrew Erwin McBrayer was born on June 28, 1807 in Horse Shoe, Buncombe County (now Henderson), NC. He married Nancy Ann Leathers on January 23, 1833, in Carroll County, Georgia. She was born on July 17, 1813 in Greenville County, SC.

Andrew died on October 29, 1889. Nancy died on November 20, 1908. They both died in Draketown, Paulding County, Georgia.

4. A daughter died between 1830–1840, name unknown.

5. Alford M. McBrayer was born around 1810 in Horse Shoe, Buncombe County (now Henderson), NC. He was married on April 25, 1839 to Matilda New in Cass County, Georgia. He moved to Arkansas, Oklahoma, and then Upsher County and Ellis County, both in Texas. He died between 1850 and 1860 in Navarro County, Texas. He was a blacksmith.

6. Ashley "Sley" McBrayer was born around 1811 and died before 1900. He is said to have been older than brother John and to have died before him.

7. John H. McBrayer was born on February 13, 1812, in Horse Shoe, Buncombe County (now Henderson), NC. He married Susannah "Susan" B. Leathers on March 19, 1836, in Douglas County, Georgia. They lived in Paulding County, Georgia. John died there on October 20, 1900, and Susan on December 28, 1900, both in Paulding County.

8. James Henry McBrayer was born in 1818 in Buncombe County, NC. He was married to Cynthia Durham, who was born around 1815 in Paulding County, Georgia.

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).

FIRST BANK

PROJECT LAUNCH CONTEST

Calling all creative thinkers, nonprofits, educators, and entrepreneurs.

What would you do to improve or create new opportunities for education in your community?

Asheville Reynolds 5 Olde Eastwood Village Blvd. 828-298-8711
Asheville East 10 South Tunnel Road 828-298-8193
Fletcher 3551 Hendersonville Road 828-651-8074

Enter your idea.



*Entries will be accepted until December 17, 2022. Information subject to change. See contest terms and conditions for more details. Equal Housing Lender | Member FDIC.

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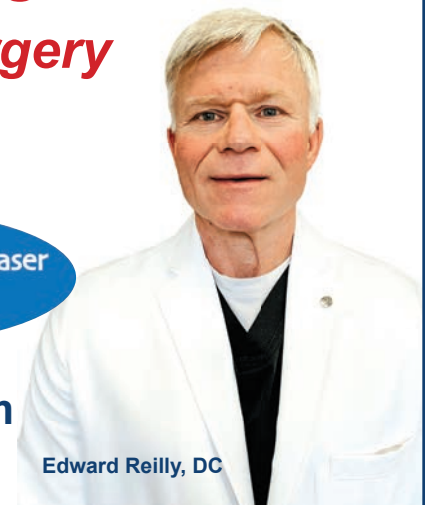
OUR PATIENTS SAY...

"I had chronic back pain that radiated into my legs (due to degenerative disc disease). It had been going on for years — way before I had back surgery in 2012. The pain was constant — all day, and then I often had trouble sleeping at night. Even after the back surgery, I was not 100%. I was able to go back to work, but I was in constant pain. At meetings, I was able to stand only for a few minutes before I began to feel very uncomfortable. I was facing another back surgery when a friend referred me to Dr. Reilly. I was really skeptical —but after only several months — I feel comfortable at work! Back surgery is off the table now! The staff is great! They work together as a team and are always polite, kind, and happy to be here." —*Brian*

"I came in with terrible back pain. I couldn't walk, couldn't sleep, couldn't perform (I am a professional skier and ski instructor) — really, I couldn't do anything. I was very depressed. I thought I would be out for months, but after only a few weeks with Dr. Reilly (with one of the most knowledgeable and professional staff I have ever worked with), I went from having to have someone help me put my shoes on to jumping off the table!" —*Austin*

"I came in with bad low back pain. It was hard to bend over after I had 4 surgeries — there was just a lot of pain. I couldn't do housework, or even sweep due to pain. Worst of all, I couldn't even sleep at night because it hurt so badly. I didn't seek other treatment because I didn't think anything could be done (since I had already had surgery). Treatment at Dr. Reilly's office helped me tremendously! I can bend over, do more housework, and best of all, sleep at night! I would tell folks with similar problems to definitely come see Dr. Reilly — it really works!" —*Geraldine*

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Edward Reilly, DC



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

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Surviving Chills and Mapping Greenery

Last month threw us a curve ball. From March 12–14, we had temperatures in the balmy mid-60s followed by a 40-degree drop, with rain changing to sleet and then some snow squalls and flurries. Temperatures on the morning of the 13th bottomed out at 14 degrees, a tie for the second coldest morning of the season. The other two coldest mornings were 9 on January 28 and 14 on January 27. That kind of chill is likely now in the rearview mirror and we won't see these extremes again until 2023. Moving forward, seasons relentlessly change and the sun climbs higher, at the rate of about 100 miles per week, according to an old rule of thumb. For many folks, spring begins when we can plant early lettuce or perhaps the first mowing of the yard. For most of us, that time is at hand.

NOAA Satellite Data

Scientists can track changing conditions using satellite images. In an effort to monitor major fluctuations in vegetation and understand how they affect the environment, over 25 years ago, scientists began using satellite remote sensors to measure and map the density of green vegetation. Using NOAA's Advanced Very High Resolution Radiometer (AVHRR), scientists have been collecting images of our planet's surface. By measuring the wavelengths and intensity of visible and near-infrared light reflected by the land surface back up into

QUESTION of the MONTH What is the difference between flooding and flash flooding?

space, scientists use an algorithm called the "Vegetation Index," or "NDVI," to quantify concentrations of green leaf vegetation around the globe. By combining the daily Vegetation Indices into 8-, 16-, or 30-day composites, scientists create detailed maps of the Earth's green vegetation density that identify where plants are thriving and where they are under stress (i.e., due to lack of water). To view the index and see the "greening of the US this spring," click on the link at fairviewtowncrier.com/links.

A gardening tip that bears repeating is this: Don't plant your tomatoes outside until Mother's Day. They really don't grow that much until the soil temperature warms to almost 60 degrees, which doesn't happen until May. Two great resources to check the progress of soil temperature warming are climate.ncsu.edu or greencastonline.com/tools/soil-temperature.



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

WEATHER WONDER

How Extreme Is our April Weather?


In April, our average high temperature goes from 64 at the beginning of the month to 71 by month's end, with the lows moving from 39 to 47. Plants and trees usually wake up during this period, and local farmers' markets typically have early-season produce.

April in WNC is also typically a month of extremes, and one needs to keep an eye out for late-season frosts, which harm tender vegetation, especially if trees and plants "green" up earlier than usual. This increase in surface temperatures combined with still cooler air aloft in April can lead to a process that can create a large, vertical temperature gradient from the surface to 40,000 feet. This gradient, in which the air aloft is still cold enough to maintain water in a frozen state, can produce hail closer to the ground. April thunderstorms have a greater likelihood of containing hail, which can reach the surface and cause damage, especially to apples and other early-spring crops. These same crops are also adversely affected by late-season frosts and freezes in our mountains. We can have it all in April: extreme warmth and cold, snow and hail, and floods and drought.



Frozen daffodils sitting on ivy in sleet in March 2022. (When they thaw out a day or so after the freeze, they won't look so good.)

2021 TOP AGENT OF THE YEAR




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COOL MOUNTAIN
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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

Easter Services and Events

Sunday, April 10

12:30 pm
Easter egg hunt and cookout following morning worship service. Hunt will be held outdoors or indoors.
Fairview Baptist Church



Wednesday, April 13

6:30 pm
Passover Seder
Fairview Baptist Church

Friday, April 15

6:30 pm
Good Friday Service
Trinity of Fairview

Saturday, April 16

10 am
Easter egg hunt
Trinity of Fairview



11:30 am
Meet the Easter bunny! Easter egg hunt, hot dogs/drinks, prizes. All ages.
The Place Fellowship Church

12 pm
Easter egg hunt, games, pony rides, hot dog lunch.
Blue Ridge Cowboy Church

Easter Sunday, April 17

6:30 am
Easter Sunrise Service
Cane Creek Cemetery

6:45 am
Easter Sunrise Service
The Place Fellowship Church

7 am
Easter Sunrise Service
Old Fairview Sharon Church

7:15 am
Breakfast
Fairview Baptist Church

9:15 am
Easter Celebration Services
Trinity of Fairview

10:30 am
Easter worship celebration
Blue Ridge Cowboy Church

10:45 am
Easter Celebration Services
Trinity of Fairview

11 am
Resurrection Sunday celebration in the church sanctuary.
Nursery provided.
Fairview Baptist Church

11 am
Breakfast (after the service)
Fairview Baptist Church

Cantata: "For God So Loved the World"
Reynolds Baptist Church



Blue Ridge Cowboy Church

49 Saxon Hill, Fairview
684-5555

Cane Creek Cemetery

1396 Charlotte Highway,
Fairview
628-3694

Fairview Baptist Church

32 Church Road, Fairview
628-2908

Old Fairview Sharon Church

291 Sharon Road, Fairview
628-1568

Reynolds Baptist Church

520 Rose Hill Road, Asheville
779-9783

The Place Fellowship Church

2 Laura Jackson Road, Fairview
581-0588

Trinity of Fairview

646 Concord Road, Fletcher
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That Spring Has Sprung

By JOHN SMITH

Have you ever heard the old saying “that spring has sprung”? There’s nothing better than a good cliché to get through a moment, such as starting an article about what is dearest to me: springs.

I hope this humble write-up about springs will entice you to investigate the usefulness of springs. Springs give water, they give life, and they give sustenance. Historically, they give a holy connection to the divine. Castles were built over spring heads to ease any kind of siege. Springs have started towns that ultimately turned into metropolises.

However, in the US, there are laws in place that prevent towns from catching their own water. Out west, there is a



A drive pipe heading downhill with a fall of 35 feet, which creates the force to run the water hammer. No oil or gas needed to pump water uphill. It gets no greener than that.



The final stage of the water’s journey is the storage tanks. The arching ¾-inch Schedule 80 pipe is the end of the delivery line. These tanks are filled from the ground up, and the water dripping out is simply overflow.



Spring site with county-approved spring box piped to a control station. Notice the start of the back fill using pond grade plastic. Very important to protect the ground around the site.

saying: there isn’t a water shortage issue; there’s a water management issue. If small-town bureaucracy in drought-riddled areas prevents a city’s inhabitants from collecting rainwater into a barrel, those citizens should change the laws. Our past, present and future show an endless world of triumphs and struggles with water.

Many times, I have heard smart folks call water “liquid gold.” I agree with this, of course, and think back to my own experience uncovering three springs 12 years ago. The first spring was clocked at 9.5 gallons per minute (GPM); number two, which had a shower head from the ’50s attached to it, was an easy 5 GPM; and the third had a whopping 23 GPM gushing out from within and under a rock. I found a beautiful salamander residing in its niche. All together these wild springs added up to 37.5 GPM. Take that total and multiply it by 60 minutes in an hour and then multiply by 24 hours. You get around 54,000 gallons of pure spring water per day—at no cost. Do the math for the year, and that’s a lot of liquid gold. Think of all the things that much water could produce.

I personally know of two people with private springs in Buncombe County. The first person changed his outside property by adding an aboveground pool, a duck pond, an expanded garden and a greenhouse. He has goats, chickens, dogs and a family. His property now looks like a jungle in the summer. The second person unplugged and cleaned up his spring box. This was on his rental property that had been sitting vacant for over a year and not pulling in one red cent. In short, water can be money.

My family purchased 10 acres of property around 2005 in California. In 2011, I found a 9.5 GPM spring on the property and registered it with the county as our residential source of water. This specific county required, at the time, that a spring must produce five or more gallons per minute for residential use. We developed the spring, putting on a spring box. Then we piped it downhill to a water hammer called a ram pump and then uphill for 350 feet in elevation and 1,250 feet in length. It was



Welcome to the water hammer. This device by Rife, which has been around since before the Civil War, is called a RAM pump. There are many YouTube videos of this pump doing its magic. Check it out.

quite a distance to get to four 2,500-gallon tanks. All the water was used for a small, single-family dwelling (aka a tiny house). The spring supplied water to our 35 goats and 18 olive trees, and a willow was fed by our gray water. We filled a 750-gallon pool for the kids and fed the garden as we deemed fit. For eight years, water was life to me and my family. And it was never taken for granted. We lived rent-free, started and closed a goat business, brought up our little kids and got to see what homesteading

felt like. We had three wonderful years of planning and eight years of adventure and exploration, family and pets included. And in 2018, those 10 acres—“a declinate wasteland from hell,” as someone called it when I bought it—sold for more than twice what we paid.

Other uses for natural springs are endless. For example, a spring can create electricity through hydropropulsion and provide light in a shed. Or you can add

a waterfall with a small pond on your property, pumped by itself or by using solar, that can increase the value of your property while adding aesthetics to your life.

So keep an eye out for that little trickle going through the yard: you might be looking at a spring. A free source of water could be right in front of you.

John Smith is a natural spring consultant. See his ad on page 23.

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Renata's Reiki and Retreats

Sharing What She's Learned

Renata Osorio, the owner of Renata's Reiki and Retreats, grew up in Wyoming, graduated from Arizona State and then moved to the Asheville area to attend the Daoist Traditions College of Chinese Medical Arts. But life had different plans for her, and she began focusing on traveling and energy healing.

In 2011, she traveled to Peru to work with a shaman and returned for three more years, during which time she started to learn reiki. Her studies also led her to a master plant teacher in Africa. She's been practicing reiki since 2012 and has taught it since 2016. She said her purpose is "to share what I have learned with the world."

She fell in love with Fairview a few years ago "after staying at the Ager property in a wonderful little cabin surrounded by a lush garden," she said. "I enjoy how it feels like you are in the country, which reminds me of where I grew up. It's close enough to the city and still quiet and charming."

She now lives off Charlotte Highway near the VEE DUB shop and loves visiting local businesses, such as Trout



Renata Osorio

Lilly, Local Joint, Whistle Hop, Hickory Nut Gap Farm, Appalachian CBD and Daymoon Coffee, and is always finding new places to enjoy.

"My life revolves around my 14-year-old, my dog and reiki," she said. "I am so grateful for this life and all of the neat experiences we get to have."

See the ad for Renata's Reiki and Retreats on page 9.

La Rumba

A Party for Your Taste Buds

Those still lamenting the closing of Bonefish Grill in east Asheville are in for a new treat at La Rumba Restaurant Latino, which opened in the same space. La Rumba isn't your typical Mexican restaurant. It features the food of southern Mexico and Vera Cruz, which has always been an important port of entry. An influx of non-native cultures (Spanish, Caribbean, Cuban) brought new ingredients and ethnic cuisines to the region, and La Rumba's menu reflects all of these cultural influences—fresh ingredients thoughtfully accented with tropical fruits (plantains, papayas, yucca) and herbs (thyme, marjoram, bay laurel, saffron, cloves, cinnamon).

Reynaldo Macario was born in Vera Cruz and moved to Asheville in 2003. After working in the food industry for almost 20 years, he partnered with friend Luis Rodrigues to bring his dream to life. The name is a throwback to Vera Cruz, where it's a catchall phrase meaning to go to a fiesta or party. "We created La Rumba as a place for people to enjoy delicious food, classic and innovative drinks and to have a good time," Mercario said. "Our margaritas and selection of tequilas are unique."

On the menu, you'll find whole fried fish, tempura fried chili relleno with a



mole sauce, braised pork shoulder, fried baby plantains, street corn on a stick, house-made tortillas and chunky guacamole, empanadas, and more. La Rumba's chef Mike Martin was born in West Virginia but honed his Latino kitchen skills living in Texas. And of course, Luis and Reynaldo are in the kitchen to be sure everything is authentic.

La Rumba Restaurant Latino is open every day, 10 am–9 pm (except Sunday, 10 am–8 pm), 105 River Hills Road. For information, visit larumbaasheville.com, find them on Facebook or call 505-2128.

For more about Vera Cruz cuisine, visit seriousseats.com/regional-mexican-cuisine-veracruz. See La Rumba's ad on page 29.



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Embrew Tea

Sweetness to Bring Out the Flavors

What do you get if you combine a preference for tea and a personality that always is looking to optimize a process? You get Embrew Tea.

"I've always been a tea drinker—coffee makes me too jittery—and I like mine just a little bit sweet," said Ashley Haywood. "I found myself repeatedly sweetening my cup in the same exact way." She went searching for a pre-sweetened tea bag, as she assumed others wanted it too.

"People have been putting sugar in tea for hundreds of years," she said. But there was nothing—"not a single thing," she said. "And this was 13 or 14 years ago."

A few years later, in 2016, after the birth of her second child—and still no pre-sweetened tea bags on the market—Ashley decided to turn her search into a business. "The world needs this. It should already be here," she said to herself.

Originally from Baltimore, she graduated from Clemson, got married and has moved all around the southeast (and even lived in Costa Rica for a while). Before moving to Fairview at the beginning of the year, she and her family were living in St. Petersburg, FL, which Ashley said is a great city for startup businesses. After nine



Embrew Tea's Ashley Haywood

years there, though, they were looking for a change. Her husband went to high school in Candler, so they were familiar with the area. They began looking for a house last summer and a few months later found the perfect one in the Spring Mountain community.

"We landed in a great spot in Fairview off of the road with tons of trees," she said. "It feels like we were meant to be here. And Fairview seems like such a great community." Her two kids attend Fairview Elementary.

Embrew is not the sweet tea your grandma would keep in her fridge. This is different. "It really is just a little bit sweet," Ashley said. "It balances out the flavors of the herbs and teas—like a chef would do

with a dish by adding sweetness. I'm trying to pull out flavor notes that wouldn't otherwise be there."

She currently has 10 teas to choose from. Those include Bourbon Smoked White Tea—"I found raw sugar that is smoked with authentic Kentucky bourbon barrel wood." Creamy Honey Oolong—"that I blend with honey. It tastes like a butter cookie. It's the smoothest tea that I've ever tasted." And Lavender Chamomile Kick—"It has a little bit of



EMBREW
Sweetened Artisan Tea Bags

cayenne in there. Nobody does that with chamomile." Her tea bags are unbleached and the packaging is compostable—no tags, strings, or staples.

And how does she come up with these interesting flavors? "I have no idea," she said. "It's just fun experimenting in my kitchen. I don't have a certain method. I try to find unique tea bases."

Her product is carried in some Asheville stores. She doesn't have any in Fairview-area places yet, but keep an eye out.

You can find out more about Embrew Tea and Ashley at embrew.com.

BIZ SHORTS

Angie's Sandwich & Soup has opened in the spot formerly occupied by Wayne's Subs. As the name suggests, they have sandwiches and soups, as well as salads and chili. According to a Facebook post, there are vegan and gluten-free options.

1397 Charlotte Highway
Open every day, 10 am–8 pm
388-5015.



Fro Yo Lab

Fro Yo Lab is open again. They are now also offering

premium ice cream from a small Wisconsin creamery. Stop by for a cone or cup.

145 Charlotte Highway
Open Monday to Friday, 3–9 pm
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Have a business update to share? Please get in touch with the editor: clark@fairviewtowncrier.com; or call/text 828.771-6983.

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All About Hamstring Strains

The weather has finally become more enjoyable, warmer and pleasant. Flowers and trees are budding and there is a renewed energy that comes with spring. It is also a time when people increase their outdoor activities. Prepping the garden, landscaping and performing more recreational activities outdoors are common undertakings that many people become involved in once the cold winter weather has passed. With this renewed excitement and increased activity levels, there also comes a risk of hurting yourself. Joints, nerves and muscles are being asked to move in ways that they weren't used during a period of winter inactivity. Anytime there is a sudden increase in one's activity level and demand on the musculoskeletal system, there comes a risk of injury. Many of these activities involve a combination of bending, twisting and lifting, which may overstrain the hamstring muscles.

The most common types of muscles that are strained or torn are muscles that cross over two different joints. The gastrocnemius (large calf muscle) attaches to the heel and points the foot downward. It also attaches behind the knee and assists in bending the knee. Same muscle, two different actions at two different joints. The hamstring muscles attach to the sit bones of the pelvis (ischial tuberosities).



Gardening, which combines bending, twisting and lifting, may strain the hamstring muscles.

Here, they aid in extending or straightening the hip. They also attach below the knee to assist in bending and stabilizing the knee. When two joint muscles are strained or torn, it usually occurs during a quick, sudden motion of being stretched followed by a quick contraction. A strain is more likely to occur if the muscles are deconditioned or weak. Poor movement or lifting techniques and postural imbalances can also lead to a severe muscle strain or tear.

The hamstrings are group of three main muscles located in the back of the thigh that run from the pelvis to the back of the knee. The most common injury of the thigh is a hamstring strain. When you

bend over to pick something up off the ground or floor without bending your knees, your hamstrings become stretched. When you return to a standing position, the muscles engage and contract to help straighten the hip. If this movement is done repetitively, quickly and with poor technique or overall conditioning, the hamstring muscles can be torn or strained.

There are three grades of hamstring strains. Grade I is a mild strain; a slight excessive pull of the muscle without any loss of strength. Grade II is a moderate strain where there is tearing of the muscle or tendon fibers and loss of strength is present. Grade III is a complete tear or rupture of the muscle or tendon. When a hamstring muscle strain occurs, there may be tenderness along the muscle and swelling and pain with strenuous activity, like running or jumping. The location of the pain can be anywhere from the hip or buttocks region to below the knee. Once a muscle strain or rupture occurs, muscle weaknesses will be present when bending the knee or straightening the hip. These weaknesses can affect the way a person walks, runs, jumps, sits on a hard chair or bends down and lifts an object. Most hamstring strains are usually curable within two to six weeks with appropriate and effective treatment. If these conditions are not treated quickly and effectively, chronic

inflammation, repeat injury or prolonged healing time from injury can occur.

Chronic inflammation of the hamstring muscles and tendons located near the hips can also cause a condition called hamstring syndrome. This syndrome, although rare, can cause pain and numbness in the back of the thigh that at times radiates to the foot. If the fibrous, ligament-type tissue between the hamstring muscles become inflamed, it compresses the sciatic nerve that passes in between the muscles. When the sciatic nerve becomes compressed or affected, nerve symptoms—pain, burning, weakness—occur down the leg. To be effectively treated, the location of the nerve compression needs to be accurately diagnosed.

When returning to outdoor fun and yard work activities, be mindful of how you move and lift. If you should feel a sudden pull, “crackle” or burning sensation in the back of the thigh, knee or butt, stop your activity, rest, ice and seek an assessment from a physical therapist. A proper and accurate assessment will help you return to all desired activities without complications.

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

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Why Do I Keep Getting Fatter?

With each passing day, our bodies change before our very eyes. One day, we look in the mirror and our jaw drops in disbelief. “Who the heck is that and where did that belly come from?” we say to ourselves.

There is a clear explanation as to what’s happening. And it’s important to recognize that as sure as our outward appearance might change, our insides change, too.

Often, when I talk to people about their weight gain, they mention that they don’t eat any differently than they did in the past. However, no matter the calories in and out, continued weight gain seems to materialize.

Here’s the deal. Throughout your life, you experience different stressors or triggers. These triggers, which vary from one person to the next, change the way that we tolerate food. Examples of common triggers are puberty, major lifestyle changes, stress (job, relationships, etc.), pregnancy, menopause, injury, general aging and our own birth (which means you have a genetic predisposition to store fat easily).

Your body changes out of a response to this trigger. Your hair might fall out or your nails might go rigid. Often, we neglect to think about how this trigger affects our metabolism, but it definitely does. Following this trigger, for example,

you may continue to eat the same way that you ate in the past, which previously allowed you to maintain a state of wellness—yet now it results in weight gain. But weight gain and loss isn’t that simple. It’s not about your metabolism being good or bad; it just means that your body and its tolerance level has changed. A switch has flipped and things are different.

Belly fat—or visceral fat—is metabolically active tissue with its own agenda; it is completely unregulated. The only thing this fat-mass wants to do is continue to grow and get fatter as fast as possible.

It’s important to understand that weight gain isn’t your fault. It has nothing to do with you, your personality, the amount of willpower you carry, or counting calories. Instead, the primary culprit for easier weight gain once it has started is the accumulation of belly fat (called visceral fat). This fat—deep, gel-like fat that packs in your belly area—fills up your organs, squeezes them tight and is different from the rest of the fat in



Stressors, including major life changes—like a pandemic—can change the way we tolerate food.

your body. You can’t melt, laser, freeze or sculpt it away. This special fat grows blood vessels, has an oxygen supply and secretes toxic hormones.

This belly fat-mass is metabolically active tissue with its own agenda; it is completely unregulated. The only thing this fat-mass wants to do is continue to grow and get fatter as fast as possible. The hormones it is secreting in your body are there only to encourage its continued growth. It has urges, demands, desires and cravings. It slows your metabolism.

This visceral fat also secretes major

inflammatory hormones. It lowers testosterone in men and increases the risk of estrogen-dependent breast cancer in women. It is a beast and it’s the reason why you’ve dropped weight in the past only to regain it.

A Change for the Better

To minimize the risk of weight regain and to be able to maintain weight loss, you must let go of all of the visceral fat that is causing this metabolic slowdown. You need to understand this requires a different way of eating from the way you have in the past and for the rest of your life. Fortunately, these changes should feel outstanding.

If you have tried to drop weight in the past, only to regain it, do not think of yourself as a failure. Instead, recognize your triggers and adjust your eating patterns to support your optimal health for the long term.



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

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Is Spring Calling?

You must have felt the change. Longer days. Shirtsleeves, shorts and maybe a little bit too much sun. Daffodils standing proud and bright. Must I mow the lawn already? Spring is here. Gardeners everywhere are digging into the serious work of their season. Semi-serious gardeners are beginning to wonder if they should be doing something...

If your interest was piqued by my previous article—if you found some optimism about what is possible—then I hope you'll read a little further. I'm going to offer some practical advice on dirt, another reason to love gardening, and an invitation to a Dahlia festival that my friend and I will be hosting on April 30.

Long-form Learning

One of my favorite things about gardening came as an unexpected surprise. I call it long-form learning. You see, every season, you'll learn lessons that can only be applied to the next season. That's right, you have to wait one whole year before you can attempt again something that you might learn today.

Here's a lesson from this year: We wanted to have flowers other than daffodils in the early part of the growing season. We decided ranunculus and tulips might be the best option. We bought six different varieties in bulb and corm packages. (Corms are like bulbs but smaller.) From

Dahlia Days Festival

Dahlias are my favorite flower. I am drawn to their tenacity and fighting spirit. If you put them into decent soil and offer support as they grow tall, they're pretty much indestructible. I would like to invite you to our first ever Dahlia Days Festival. It will be on the property where my friend Liz grows her flowers, on April 30. We're offering workshops on how to cut apart root balls, planting and caretaking information, and some of our dahlia tubers for purchase. Please send an email to etannotrab@gmail.com for more information.

a previous lesson, we learned that you can buy fall-planted or spring-planted bulbs and corms. We bought fall-planted, burying them in October. But we didn't know squirrels and other critters who like to dig and root might find these little buried nuggets delectable.

As I see our young plants beginning to sprout, I wonder how many of each variety we planted and where and how many have

been stolen into the belly of a squirrel. The lesson is that when I plant these tubers again, I will do a better job of knowing exactly where and how many I have planted in the different parts of the garden. That way, we'll have an idea of how many we have lost or never came up.

There is something very comforting about this kind of mistake-making. Maybe it has to do with how you watch it unfold in slow motion and that there is virtually nothing that can be done. Perhaps it has to do with how learning in this way really drives home the lesson. Whatever it is, I have really come to love long-form learning. I imagine myself as an old man, working my flower patch, seasoned and well learned, but still surprised by another unexpected lesson from mother nature.

Get in the Dirt

I have been told several times, by people whose wisdom I value, that getting our soil tested would benefit our garden. Being only semi-serious gardeners, we have not done this.

I suggest that before you bring out seeds or bulbs to the place where you are planning to grow, put a shovel into your soil. Get an idea of what you are dealing with. Mainly, you need to see if it is mostly clay. If it is reddish-brown and very sticky, you may need to add something to it. Or you can give

up on the garden and pursue pottery.

Seriously, though, much of the earth in our part of the world is red clay. It is a good idea to mix into this clay (no easy feat, mind you) some earthy soil or compost. Trust your eyes and your hands. If the soil is dark-brown to black, then it'll be a good idea to plant things there. Compost or ashes from a burned Christmas tree will definitely benefit soil. We add something to our soil nearly every year. Last year, it was free compost from mulched leaves in Henderson County, and this season we added our own compost. Two years ago, it was a truck bed full of mushroom compost that my grandma suggested.

The last thing I'll say on soil is the importance of breaking it up. Soil is regularly being compressed, whether by recent rain, snow or a season's worth of fallen leaves. If you don't break up the top layer of soil, then it is difficult for roots to push out for nourishment.



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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The Next Steps in Our Journey

By *Becky Lloyd*

In November of last year, I shared in the Crier about my journey from becoming an American Sign Language (ASL) interpreter to being called to coordinate the adoption of Deaf orphans around the world to opening the Signs for Hope Global Marketplace on Charlotte Highway. I followed that up in January with an article on how improving our “executive function skills,” which I learned about in relation to the challenges that Deaf children experience, can benefit all of us.

And now I’m ready to tell you about how I and Signs for Hope are starting to put in place our efforts to help the community.

Helping Local Families

Five years ago, it became clear to me that Signs for Hope would become an entity that develops and creates some of the most sought-after resources, especially those in ASL, to support families who adopt or give birth to Deaf children. We are not just focused on the adoption of these children and helping to place them into healthy, well-equipped and empowered families. We know it takes a village, and we want to help create a healthy, well-equipped and empowered Fairview community that makes life better for all of us, including Deaf children and the families who adopt them.

Last fall, I learned that two families in

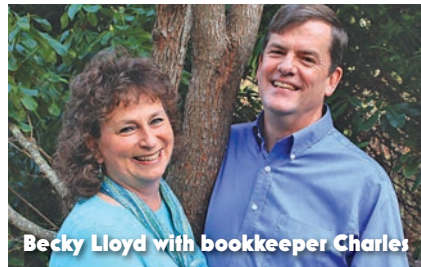
MISSION STATEMENT

Signs for Hope coordinates the adoption of Deaf orphans around the world and partners with families and communities in the lifelong journey of adoption.

Buncombe County would be adopting Deaf children (including one who is Deafblind) from India. There was no plan by these families—the Hughes and the Raders—to coordinate their adoptions or choose their son and daughter from the same country, but here they are. They are now both connected with Signs for Hope for encouragement and support in this lifelong journey. And these two families are not strangers to me, as our children



The Rader Family



Becky Lloyd with bookkeeper Charles

played soccer with both in Fairview and at Asheville Christian Academy.

International adoption costs vary by country but most are upward of \$35,000, which does not include travel costs. This may seem very expensive—and it is—but reframe your thinking just a bit and realize someone else has been caring for these children since birth. To help others understand the cost, I often compare the cost of adoption to that of buying a new car. Some of us would not think twice about buying a \$30,000 car that



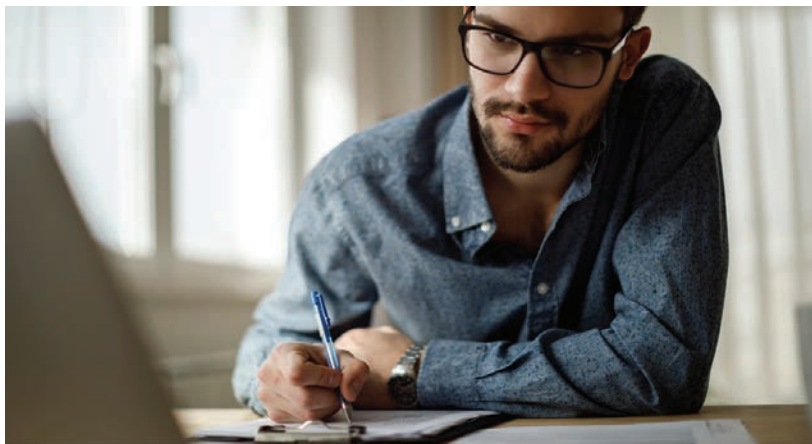
The Hughes Family

we will likely only drive for 10 years or less. To help with these costs, the Marketplace donated 10% of its gross sales for November and December to each of these families.

To create a local community that has more secure, healthy relationships within families, five locals recently became TBRI practitioners through the Karyn Purvis Institute of Child Development (KPICD) at Texas Christian University. TBRI stands for Trust-based Relational Intervention, which is an evidenced-based approach based on mutual respect and trust. Instead of asking “What’s wrong with you?,” practitioners teach us to ask “What happened to you?” This makes empathy the motivation to elicit desired behaviors, and not shame.

I was led to TBRI in 2009 when I was looking for something to better equip families when adopting and fostering children who come from hard beginnings. My experience, from the outside looking in, is that adopting and fostering can often destroy the family unit. And those of us who were not adopted or fostered may have had hard beginnings, too, or have experienced harmful relationships. We all want an approach to healthy relationship with others, but it is so often elusive. TBRI principles and strategies, when implemented by empowered and equipped parents and others, can produce incredible,

continued on page 31



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Your 2022 Primary Voting Guide

VOTING DATES

Election day is May 17. Early voting is from April 28 to May 14. See the information on the facing page for dates and times for early voting.



CHANGES FOR 2022

New district maps

The districts for the US House of Representatives and the Buncombe County Commissioners races were redrawn by state legislators, and you will likely be affected. Fairview residents previously voted in District 49 for the US House and

District 2 for County Commissioners.

You'll now likely vote for District 46 for the US House and District 1 for County Commissioners. Confirm your districts before you go to vote (see the "Find Your District" section on facing page).

Voter ID

You do not need to show ID to vote.

PARTY INFO

Buncombe County Democrats
buncombedems.org 274-4482
facebook.com/BuncombeDems

Buncombe County Republicans
buncombegop.org 253-5800
facebook.com/buncombegop

Candidates and Races Appearing on Fairview-area Ballots

The candidates and races below should be the ones on your ballot. However, we do have readers who live in Asheville and Henderson County, so yours may look different. See the "Find Your District" section on the facing page to get information about candidates in your area.

This is a primary election, so only nomi-

nees of your party will appear on your ballot. There will be no primary ballots for Green or Libertarian voters. The Green party is no longer recognized in NC, and Libertarians will only vote in the general election.

Campaign websites have been provided where available.

DO YOUR HOMEWORK

Research races and candidates at the following websites, which all claim to be nonpartisan:

- VotSMART.org
- RealClearPolitics.com
- Ballotpedia.org
- PolitiFact.org
- [League of Women Voters \(lwvab.org\)](http://League of Women Voters (lwvab.org))



US SENATE

Democrat

- Greg Antoine** greg4nc.com
- Cheri Beasley** cheribeasley.com
- Chrelle Booker** electchrellebooker.com
- James Carr Jr.** carrjr4senate.com/about
- Robert Colon** no website found
- Alyssia Hammond** alyssiahammondnc.com
- Constance Johnson** constancelovjohnson.com
- Tobias LaGrone** ncnewday.com
- B.K. Maginnis** maginnis4congress.org
- Everette Newton** rettnewton.com
- Marcus Williams** williamshouseusa.com

Republican

- Jennifer Banwart** jen4sennnc.com
- Lee Brian** no website found
- Leonard Bryant** no website found
- Ted Budd** tedbudd.com
- Drew Bulecza** facebook.com/drew.bulecza.144
- Marjorie K. Eastman** marjoriekeastman.com
- David Flaherty** no website found
- Benjamin Griffiths** facebook.com/griffithsforsenate
- Kenneth Harper Jr.** ncvoteharper.com
- Pat McCrory** patmccrory.com
- Charles Moss** no website found
- Lichia Sibhatu** lichiaforsenate.com
- Debora Tshiovo** no website found
- Mark Walker** walker4nc.com

US HOUSE 11

Democrat

- Jasmine Beach-Ferrara** jasmineforcongress.com
- Jay Carey** jaycareyforcongress.com
- Katie Dean** electkatie dean.com
- Marco Gutierrez** no website found
- Bo Hess** bohessforuscongress.com
- Bynum Lunsford** no website found

Republican

- Madison Cawthorn (I)** madisoncawthorn.com
- Matthew Burril** burrilforcongress.com
- Chuck Edwards** chuckedwardsforcongress.com
- Rod Honeycutt** cuttforcongress.com
- Wendy Nevarez** wendynevarez.com
- Bruce O'Connell** bruceoconnell.com
- Kristie Sluder** sluderforcongress.com
- Michele Woodhouse** woodhouse4nc.com

NC SUPREME COURT 5

Republican

- Trey Allen** treyalennnc.com
- Victoria Prince** no website found
- April C. Wood** judgewoodforjustice.com

NC COURT OF APPEALS

SEAT 8 d r

SEAT 9 d

- Republican**
- Donna Stroud (I)** judgestroud.com
- Beth Freshwater Smith** facebook.com/votefreshwatersmith

SEAT 11 d

- Republican**
- Charlton L. Allen** youtube.com/watch?v=mL4f88dzlGg
- Michael Stading** michaelstading.com

NC SENATE 46 d

- Republican**
- Warren Daniel (I)** facebook.com/warren.daniel.94
- Mark Crawford** no website found

NC HOUSE 114 d r

DISTRICT ATTORNEY

- Democrat**
- Doug Edwards** dougforda.com
- Joe Bowman*** bowman4buncombeda.com
- Todd Williams (I)** toddwiliamsforda.com
- Courtney Booth** facebook.com/courtneyforda

No Republicans are running for this position.

COUNTY BOARD OF COMMISSIONERS r DISTRICT 1

- Democrat**
- Al Whitesides (I)** no website found
- Bill Branyon** no website found

SHERIFF

- Democrat**
- Quentin Miller (I)** quentinforbuncombe.org
- David Hurley** hurleyforsheriff.com
- Republican**
- Adrian (AJ) Fox** facebook.com/ajfoxforbuncombecosheriff
- Jeff Worley** worleyforbuncombe.com
- Ben Jaramillo** jaramillo4sheriff.com

(I) Incumbent

d With only one Democratic candidate running for this seat, this race will not appear on Democratic primary ballots.

r With only one Republican candidate running for this seat, this race will not appear on Republican primary ballots

* Bowman has withdrawn from the race, but it was too late to remove his name from the ballots.

Voting 101

REGISTRATION

To vote in NC, one must be a US citizen and resident of NC who has lived in the county he or she intends to vote in for at least 30 days. A citizen must also be at least 18 years of age. If the individual has been convicted of a felony, his or her right to vote must have been restored. A voter in NC cannot claim the right to vote elsewhere.

The deadline to register is April 22. If you don't register by that date, you may only vote through early voting.

How to register (or update your Registration)

1. Fill out a registration form.

Online forms can be found at ncsbe.gov/Voter-Information/VR-Form. If you have Acrobat on your computer, you may fill out the form online and print it. Or you can print it and then fill it out.

Printed forms should be available at county election board offices, public libraries, high schools, and college admissions offices.

2. Mail the signed and completed form to: Election Services, PO Box 7468, Asheville, NC 28802-7468 OR register in person at 9 Woodfin Place, Asheville.

(Existing NCDMV customers with a NC driver's license or ID may apply to register to vote or update voter name, address or political party affiliation through the NCDMV Voter Registration web page.)

College students

College students can register and vote in the jurisdiction of their residence. If a college student considers his or her school address to be his or her residence, the college student may register and vote in the county where the school is located.

FIND YOUR DISTRICT

To confirm or find your senate and house districts, go to vt.ncsbe.gov/RegLkup and enter your name, then click on your name on the next screen. You'll also find a sample ballot. You may also call the county's voter registration specialist, Joyce Kanavel, at 250-4209.

EARLY & ABSENTEE

Early voting

The one-stop "in-person" absentee process permits voting at any designated location prior to election day. **No photo ID is needed.**

Early voting runs from April 28 to May 14. Only April dates are shown below.

April 28 and 29 8 am–7:30 pm

Local Early Voting Site

Fairview Library – 1 Taylor Road, Fairview.

Absentee voting

Requesting a Ballot

Anyone may request an absentee ballot for any reason. The deadline for requests is May 10 by 5 pm (but you should request it earlier to ensure you receive it in time to vote). Complete a request form (which you can find at bit.ly/2xmvA2w) and return it by mail (PO Box 7468, Asheville, NC 28802) or in-person (at 59 Woodfin Place, Asheville).

Once your form has been received, an absentee ballot will be mailed to you.

Submitting a Ballot

Your absentee ballot must be post-marked on or before May 17 and received by May 20 at 5 pm. Or you may return it in person to 59 Woodfin Place, Asheville.

You may still vote in person if you have requested an absentee ballot.

A voter's near relative may also request and return an absentee ballot.

For active duty military, their family members, and US citizens living abroad, please visit FVAP.gov and follow the absentee ballot instructions to receive a ballot. Call 250-4222 with questions.

DO YOU LIVE IN HENDERSON COUNTY?

For our readers who live in Gerton, please visit hendersoncountync.gov/elections for more information.

QUESTIONS? Call 250-4200 or visit buncombecounty.org/vote



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Community Block Party
April 16, 4p - 7p



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Fairview Fest at Fairview Elementary School

By Kenya Hoffart

Fairview Elementary's Parent-Teacher Association is hard at work planning a spring festival that promises to be a community event not to be missed. It will celebrate the opportunity to be together again safely while supporting the staff and students at Fairview Elementary (FES). So, mark your calendars for April 22 from 4-7 pm for Fairview Fest.

There will be many food options to tempt the taste buds: everything from juicy burgers and tasty pizza to delicious vegetarian options, as well as traditional carnival-style sweets and treats. There will also be several yard and carnival games with prizes, as well as water activities, an egg hunt, and other fun offerings such as face painting and a photo booth.

One very exciting event at the festival will be GellyBall, a revolutionary, low-impact game similar to paintball but with biodegradable, non-toxic gel orbs that are 90% water with no paint or stain and no sting on impact.

The FES Dads Club will provide an obstacle course that will challenge festival goers to run, climb and crawl their way through a maze of fun. Personnel from the Fairview Fire Department will be on hand with firefighting apparatus and their Fire Safety House setup for children to



walk through and explore. The Asheville Tourists, Sun Soo Martial Arts and Boy Scouts of America will be special guests. All of this will be backed by fun music, immeasurable excitement and lots of laughter. Great fun will be had by all!

Wristbands will be sold at the gate for \$20 each (cash or check only) and will

provide for unlimited fun for children ages 2 to 17. Adults will be allowed to enter and participate for free, and a special toddler area will be set up so kids of all ages can enjoy the fun. FES students may pre-purchase wristbands for family, friends and themselves for \$10 each.

A very popular event at previous PTA festivals has always been the raffle baskets, and this year will be no different. Raffle basket coordinators have been collecting donations from local businesses for several weeks and have put together some amazing baskets that are sure to excite. Tickets are \$1 each, and you do not have to be present to win. To find out more about the contents of each basket as well as the generous donors who made these baskets possible, visit fespta.memberhub.com and click on the "Spring Festival" tab. As always, the PTA wants to express an extra-special thank you to all those who donated to make these baskets so valuable.

Several local artisans, craft-makers and vendors will also be at Fairview Fest, making it easy to shop and explore the talents and interests of neighbors. Most booths will be cash or check only, so be sure to come prepared. FES spirit wear will also be available for purchase at discount prices, and tickets for a 50/50 raffle will be sold.

If you or your group are interested in volunteering, there are many opportunities

to help out—from setup to cleanup, and all the fun in between. Email fesvolunteers@gmail.com to learn how you can help.

If you can't make it to the festival, you don't have to miss out on your chance to support the staff and students at Fairview Elementary. You can always mail a donation to the school to the attention

Preview the raffle baskets at fespta.memberhub.com/w/festival


of FES-PTA, 1355 Charlotte Highway, Fairview, NC 28730. Please make checks payable to FES-PTA. Thank you! Money raised through donations and at Fairview Fest will support many programs and activities, as well as aid with the purchase of literacy materials and technology that will benefit every staff member and student at the school.

The staff, students and PTA at Fairview Elementary are looking forward to seeing friends, families and community members at Fairview Fest. The festival will be held on the ballfields behind the school, rain or shine. Let the fun begin!

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

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Learning to Prioritize Responsibilities

When I was a kid, I remember listening to a song called “Nine Bowls Of Soup” by They Might Be Giants. The song is about an ichthyosaur trying to balance nine bowls of soup without spilling anything. While it’s just a silly song for little kids to dance to, I’ve definitely related to that ichthyosaur a lot this year. Although, what I’m balancing is a little bit more pressing than bowls of soup.

I’m no stranger to being busy. All through high school, I’ve done extracurriculars, AP classes, volunteering and babysitting, and now that I have a car, I’m able to



Avery Love
TEEN PERSPECTIVE

take more control over what I take on and when. Because of that, I end up putting way too much on my plate (or in my bowl). During any given week, I may have as many as eight different time commitments—and that’s not including the weekends or other items on my to-do list. Even though these tasks are spread throughout the week, sometimes I’ll open my calendar and panic over how much I need to get done.

Recently, I read about the author Nora Roberts’s glass ball scenario, in which you

imagine that you’re juggling balls that represent every individual responsibility you have. The key to surviving, Roberts said, is knowing which balls are glass and which are plastic. If a plastic ball falls, it may be a temporary setback or disappointment, but it will bounce back. A glass ball won’t. This is something I’ve had to keep in mind a lot over the last few months. And, honestly, it can be really hard. I’m a people-pleaser, like being in control, and hate making mistakes: the idea of dropping a ball—even a plastic one—is taboo.

My craziest stretch of time was January 10 through 17. It was finals week, so I was having one exam a day from Tuesday to Friday. I was also working desperately on two honors college applications that were both due on the 15th and a fellows program application that was due on the 17th. I would come home from taking my exams, drink enough caffeine to kill a horse and then work until I couldn’t anymore.

And there’s one more thing I forgot to mention. All-district is an event where band students audition to be a part of a clinic with all the other best musicians in the district, and my audition was also on the 17th. So, I had a choice to make. I could finish my applications or spend my time preparing to make sure I could be part of my senior all-district clinic. I’ve been in band since the 6th grade; some of my best memories are

ACRHS STUDENT OF THE MONTH

Noah Douthit



The A.C. Reynolds Student of the Month embodies the saying that “attitude is everything.” When Noah Douthit’s teachers talk about him, their first comments are about his demeanor and attitude. Career Technical Educators Ken Ulmer and Cathy Faw both comment on the consistent smile on his face and positive outlook.

“Noah is such a positive presence in our school, always starting the day with a smile,” said Ulmer.

Equally important is Noah’s willingness to help others. In his AP Human Geography class, he has been very supportive of a classmate for whom English is a second language. His kindness has not gone unrecognized.

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

from music, and my dad’s a band director—but that ball was plastic. Because I’m going off to college late this year, applying for scholarships and honors programs needed to be my priority. Those were glass balls.

Even though that week was a nightmare physically and mentally, I ended up getting everything submitted. While I was sad watching my classmates and friends go to all-district without me, I was proud of myself for making the right

decision. Because I put my priorities in the right place, I ended up being invited to interview for both the Meredith honors college and the Elon Communications Fellows program. For someone juggling nine bowls of soup, I’d say I’m not doing too badly at all.

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

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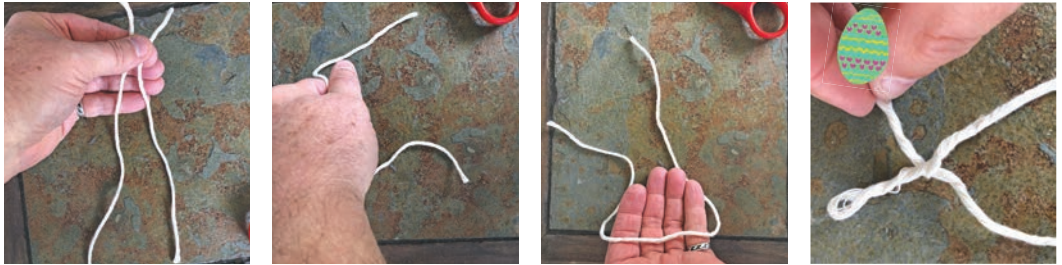
MAGIC WITH GREG

THE STRING TRICK

Tie up your audience with this sneaky illusion.

Effect

The magician shows two pieces of string. Upon pulling them through his hand, the separate strings become one.



The Secret

A little preparation is needed for this trick. You need some string (called butcher or kitchen string) that has individual threads. In the center of a piece of string, pull the individual threads apart from each other. They will nearly automatically twist together. Tidy up any loose threads.

Hold the string at the place where they are connected in the center, leaving the "ends" sticking out above your hand.

Gently pull the string through your hand. The string will stretch back into place and the threads will go back together.



magic!

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



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What to Know about Veterinary Anesthesia

Most pets will need an anesthetic procedure a few times throughout their life, but as a pet owner and veterinarian, I understand how scary it can be to think about. With as much love and loyalty as your pet provides, you want to make sure their medical care is as safe as possible. Luckily, veterinary anesthesia has come a long way and is safer than ever been before.

Today, veterinarians have access to much safer anesthetic drugs, as well as high-tech monitoring systems and pain management protocols, which allow us to tailor the procedure to each patient's individual needs. So what exactly happens to your pet when they "go under?" Hopefully, this article can ease anxiety and answer questions that you might have for your pet's big day.

Best Possible Care

At our clinic, we have a series of steps we take to give your pet the best possible care. Prior to your pet's anesthetic procedure, there will be a thorough physical examination. Pre-anesthetic blood work will be performed to check the function of the kidneys and liver—which is an important test for all patients, not just old or sick pets—that will help flush the anesthesia out of the system.

Blood work can also screen for



Today, veterinarians have access to much safer anesthetic drugs, as well as high-tech monitoring systems and pain management protocols.

infection, anemia or low platelet count (which would affect a patient's ability to clot during a procedure). Even in young patients, blood work will occasionally detect abnormalities that could affect their ability to handle anesthesia.

Fasting will be important for your pet's procedure to be safe. Pets with food in their stomach are more likely to vomit while under anesthesia. This increases the

risk of complications such as aspiration.

Prior to anesthesia, we will give your pet a pre-anesthetic sedative to reduce his or her stress, ease the process and assist with pain management. Every pet will have an intravenous catheter placed to allow administration of supportive fluids, which help to keep blood pressure regulated and allow for rapid medication injection if an emergency were to arise. A breathing tube is placed to administer oxygen

and gas anesthetics.

We monitor and care for your pet the same way you would be monitored and cared for if you underwent anesthesia. Vital signs, blood pressure and anesthetic depth are closely monitored from start to finish, and because low body temperature can complicate anesthesia and result in a prolonged recovery, we will ensure your pet stays warm and comforted with warm

air blankets. We even have crocheted socks to put on their paws to help maintain their body heat.

Rest and Recovery

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Another concern many pet owners have is the cost of anesthesia: Why is it so expensive? As I've just described, modern anesthesia involves a lot of equipment and expertise, and this unfortunately costs money. Cutting corners by not intubating patients, not keeping patients warm or skimping on pain medications and monitoring can save money, but the price is decreased comfort and safety for your pet.

Veterinary anesthesia isn't a one-size-fits-all process. Each patient is unique, which requires a protocol catered to individual needs. Now that you know more about safe anesthesia, don't let your pets receive anything less.

Susan Wagner is a veterinarian at Cedar Ridge Animal Hospital, 184 Charlotte Highway, Fairview. 575-2430.

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IN MEMORIAM

Margaret Keever Morgan



Margaret Keever Morgan, age 90, was born on September 20, 1931, to the late William and Ada Keever and departed this world on March 6, 2022. She joined her husband, Garland Richard Morgan, 74 years from the date they were married. She was also preceded in death by her son Randy and granddaughter Tina. She had retired from CP Clare.

Survivors include Tony (Kathy) Morgan, Doris Styles (Dave Herzig), Wanda Morgan and Sandy Kennedy (Ken) of Swannanoa; six grandchildren: Karey, Stacey, Erica, Travis, Kristie (Mark), Courtney (Lance); ten great-grandchildren: Jessup, Montanna, Latasha, Desiree, Payton, Madison, Mason, Kynlee, Avett, and Oliver; and four great-great grandchildren: Miley, Bryant, Colt and Kingston. Special friend Adam Jones.

Funeral services will be held March 10 at 3 pm at Laurel Springs Missionary Baptist Church, of which she was the oldest living member. Rev. David Blackwelder will officiate and burial will follow in the church cemetery.

The family will receive friends one hour prior to the service. In lieu of flowers, donations can be made to eblencharities.org.

SMCC Roadside Cleanup

Spring Mountain Community Center is sponsoring a roadside litter cleanup along Old Fort Road on April 9 from 10 am to noon. Snacks and drinks will be provided. Rain date will be April 23.

Special “trash” will be hidden in secret spots along the road. Anyone finding a special item will win a \$10 Ingles gift card if they also turn in at least one orange bag of litter. Volunteers will be briefed as to what the treasures might look like when they check in to get their safety vests, gloves, and trash bags. Meet at the Spring Mountain Community Center, 807 Old Fort Road, to begin your quest.

Everyone is welcome, but children must be accompanied by an adult and should be old enough to safely move along the roadside.

For those who would like to help clean up our community but cannot come on that date, call Ruth at 628-1625 to arrange for safety vests, gloves and bags. You may do your litter pick-up at another time, but the scavenger hunt items will only be available on the 9th.



► Fairview Area Art League Class

April 16, 11 am–1 pm \$10 (rain date is April 17 at 1 pm)

Photography as an Art Form This class will be facilitated by Art League member David Koll, sole proprietor of Southern Image Photoworks. It will be informal and non-technical. Expect a combination of discussion, creating and sharing images, ideas and experience. Questions will be encouraged.

The following points will be discussed: the difference between “taking pictures” and creating works of art; paying attention to how a subject makes you feel; creating an image that stirs an emotion; what to include (and exclude) in an image; paying attention to light. We will not be discussing technical aspects of camera operations and equipment. Bring your own camera (or phone) and a lawn chair or blanket to sit on.

To sign up, contact David at southimage@bellsouth.net or 989-1884. At the Asheville Botanical Gardens (not the Arboretum) at the corner of Broadway and Weaver Blvd near UNC-Asheville (ashevillebotanicalgardens.org).

Find out more about the League on Facebook (@fairviewart).

UHGCC Is Open Again

by Margaret Whitt

By unanimous vote, the Board of Upper Hickory Nut Gap Community Center (UHGCC) is pleased to announce its re-opening.

Our first event will be a meet and greet on April 19 at 6:30 pm. Participants are asked to bring finger foods, and UHGCC will provide beverages.

Because the building has mostly been unused for the past two years, we will have a spring cleaning on April 16 at 10 am. Please join us if you can.

Our usual monthly covered dish meals with a program will resume on May 17.

We are following CDC guidelines for holding indoor public meetings. Each person is asked to consider his/her own risk tolerance to determine if it is safe to participate. Masks will not be required.

We look forward to meeting friends—old and new—and celebrating the life we cherish in our beautiful part of the world. 4734 Gerton Highway, Gerton.

Margaret Whitt is a board member at UHGCC.



UHGCC had its first litter sweep of 2022 last month. Participating were (standing, l to r) Sarah Gayle, Charles Gamble, Stan Mobley, Karen Owensby (and kneeling, l to r), Stephen Israel, Mike Hamlin, Sylvia Sane, Dawn Loftis, and Karen Gamble.

On the Road



Ron and Patty Halvorsen carried the Crier to Egypt. “After the Sphinx and the Great Pyramids in Giza, we traveled down the Nile to Aswan,” they said. “It was quite an adventure.” It certainly looks like it! Thanks for taking us along.

The Crier always welcomes photos from readers on (or after) their travels. Send them to Clark, the editor, at clark@fairviewtowncrier.com or 828-771-6983 (text).

Get Some Help during Uneasy Times

As an investor, your own decisions will be the biggest factor in your success. Nonetheless, you'll always want to consider the potential power of external events. And today is no different—with the lingering effects of the pandemic, the geopolitical situation in Ukraine, the impact of inflation and the rise in interest rates, you might be grappling with feelings of uneasiness. How should you respond?

First of all, remember that the financial markets have shown great resilience through wars, recessions, natural disasters and political crises—events as serious as what's going on now.

Nonetheless, you could still feel some discomfort when you're bombarded by anxiety-producing news of the day. But you don't have to go it alone. Many people have found support and guidance from a financial professional to be especially valuable in turbulent times. In fact, more than three-fourths of investors who work with a financial advisor are very or somewhat confident in their knowledge of the impact on the economy on their financial situations, according to a recent survey from Morning Consult, a research and data analysis company. By comparison, the same survey found that only about half of the adults in the general population have this degree of confidence.

Specifically, a financial professional can help you:

Reduce the tendency toward emotion-driven investing—It's usually not a good idea to let emotions be a primary driver of your investment decisions. For example, if you let fear drive your choices, you could end up selling quality investments—ones that still have good prospects and are still suitable for your needs—when their prices have fallen, just to "cut losses." A financial professional can help you make informed moves appropriate for your goals.

Put investment results in context—You may wonder why your investment portfolio's performance doesn't track that of a major index, such as the S&P 500. But if you maintain a diversified portfolio—and you should—you'll own investments that fall outside any single index. So, instead of using an index as a benchmark, you should assess whether your portfolio's performance is keeping you on track toward your individual goals. A financial professional can help you with this task and suggest appropriate changes if it appears you are falling behind.

Recognize investment trends and patterns—If you invest for several decades, you'll likely see all kinds of event in the financial markets. You'll see "corrections," in which investment prices fall 10 percent or more in a short period of time, you'll see "bear markets," in which the downturn is even greater, and you'll

see bull markets, in which prices can rise, more or less steadily, for years at a time. A financial professional can help you recognize these trends and patterns—and this knowledge can make it much easier for you to maintain a long-term perspective, which lead to informed decision-making.

Gain feelings of control—Most important of all, a financial professional can enable you to gain a feeling of control over your future by helping you identify your important goals and recommending strategies for achieving them.

The world, and the financial markets,

will always be full of events that can be unsettling to investors. But by getting the help you need, you can reduce the stress from your investment experience—and you'll find it's easier to keep moving in the direction you want to go.



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

February 2022 Fairview Real Estate Statistics

AVG DAYS ON MKT: 0		Max \$	Lowest \$	Average \$
Homes Listed	0	--	--	--
Homes Sold	12	1,140,000	410,000	682,923
Land Listed	3	399,000	27,000	167,000
Land Sold	5	365,000	40,000	147,600

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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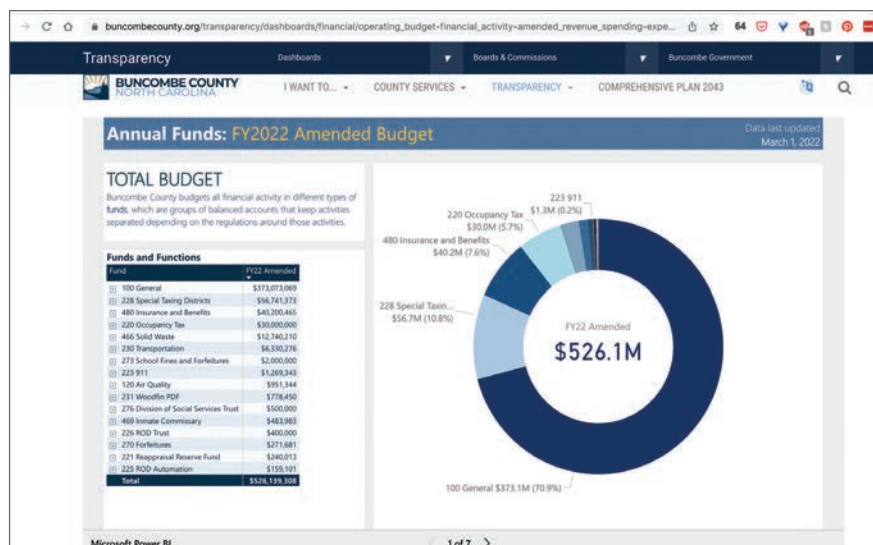
Each year, like clockwork, as we watch late winter wrestle with the start of spring, your county government enters budget season. I know, I know—that may not sound like the most enticing reason to keep reading, but I promise it's important.

Think about it this way: Broadband access. Farmland conservation. Expanding Pre-K. Affordable housing. Responding to the opioid crisis. Public safety services, from EMS to the Sheriff's Office.

These are exactly the issues that our county budget focuses on because these are exactly the issues that people across Buncombe County describe as urgent priorities in their lives.

Stewarding Funding

Our current county budget totals more than \$500 million. As county commissioners, one of our most important responsibilities is to make sure that this funding truly serves our community's needs, each and every year. It's important that community members have all the information they need in order to share their ideas and input in this process. A budget should reflect a community's values and priorities. And it is also about accountability. Every dollar in the budget is a public dollar, and we have a responsibility to steward that funding to ensure it is having an impact and being



Visit Buncombe County's interactive Budget Explorer Dashboard to take a close look under the hood at any part of the budget that interests you.

put to the highest possible use to serve Buncombe County, whether by delivering core services such as the public health department or providing funding on key priorities such as expanding Pre-K.

Within the budget, we make important decisions about how much funding to invest in key priorities and what specific strategies and programs to invest in. The heart of these discussions happen at budget workshops. The Buncombe County Commission held its first budget

workshop in December 2021 and has several more scheduled: April 26 and May 10, from 11 am–2 pm. These workshops include detailed presentations by county staff and key partners, such as the Buncombe County Sheriff's Office and both local school districts. These workshops are streamed live on the county's Facebook page and available for later viewing on the county's YouTube page.

In May, our county manager, Avril Pinder, will make a formal budget

presentation to the county commission. In the weeks that follow, we will have continued discussion and public input, including public comment at our meetings. We want to hear from as many community members as possible before taking a final vote to approve the budget in June.

Budget Explorer Dashboard

For anyone wishing to take a deeper dive at any time, you can visit the county's Budget Explorer Dashboard. This interactive site allows you to take a close look under the hood at any part of the budget that interests you. It is updated throughout each fiscal year, so you can also track how income and expenditures are progressing during any given budget year. You can find a link to the dashboard by visiting fairviewtowncrier.com/links.

As we move through budget season, I'd love to hear directly from you about your priorities and what you want the county to focus on. As always, you can reach me at the contact information below.



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

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Leslie Koretz, D.O.

Our Special Setup

Food for Fairview (FFF) is a unique organization in several ways. Unlike some organizations, everyone is a volunteer—the board of directors, the pantry manager and the executive director; those who help the clients shop and load their food into their vehicles on Monday afternoons; those who come in on Tuesday mornings to stock the food from MANNA; the truck driver who picks up the MANNA order and The Emergency Food Assistance Program (TEFAP) shipment; and the people who move the TEFAP items into boxes to be distributed to the clients. (We do pay outside suppliers such as our webmaster and data-based software supplier, the company that does our mailings, rent for space at the Fairview Community Center and additional storage space across the street from Fairview Elementary, and utilities.)

The pantry is also one of the few that participates in TEFAP, a government program that provides FFF with food at no cost so that we can provide it to our clients. TEFAP deliveries might include frozen meat, canned and fresh fruits, vegetables, potatoes and salmon, rice, pasta, mac and cheese, potatoes, cooking oil, butter, cheeses and bottled juices. Not all of this comes every time. The most recent TEFAP delivery totaled 3,200 pounds, which cost \$3,300, all at no cost to the

pantry. The Tuesday morning volunteers put together 96 boxes the last time.

As with any government program, participation in TEFAP has numerous requirements. The pantry must provide annual anti-discrimination training. The food must be stored separately from the other food, which means separate freezers and refrigerators. The pantry must supply information to the government about the clients receiving the food. At the end of the month, FFF must report the inventory of the food not distributed during the month in which it was received. The pantry just passed its annual inspection from MANNA for the TEFAP program.

FFF is also one of the few pantries where clients pick out (with a volunteer shopper alongside) what they prefer. This requires more space and variety of products. When a client leaves, they may have their shopping box and a TEFAP box.

The pantry has two donation collection wagons on Charlotte Highway: First Bank at 5 Olde Eastwood Village Boulevard, Asheville; and Americare Pharmacy at 1356 Charlotte Highway, Fairview.

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

i-ro-ny īrānē (n.): drawing trees on paper

I worked in the woods as a lumberjack, but I just couldn't hack it...so they gave me the axe!

“My mother always used to say: The older you get, the better you get, unless you're a banana.”—Betty White

A very old man lies on his death bed. He smells the cooking from the kitchen. His beloved wife of 50 years, Lillian, is making his favorite cookies. With every bit of his remaining strength, he pulls himself out of bed and crawls his way to the kitchen. As he reaches for one of the steaming cookies, Lillian hits him on the back of his hand with her spatula. “Leave them alone,” she shouts. “They're for your funeral!”

I like to help people find things by pointing out that they gotta be around here somewhere.

Q: How can you go without sleep for seven days and not be tired?
A. Sleep at night.

Did you hear about the actor who fell through the floorboards? He was going through a stage.

A pun has not completely matured until it is full groan.

Me at 16: This radio station is playing my song.

Me at 21: This bar is playing my song.
Me now: This grocery store is playing my song.

Thanks to these Fairview readers for the following submissions.

Patti McCoy

I think I have a weekend immune system because I only get sick during the week.

Stephen Steff Israel

Push-downs: Lie on your back and relax. Push your arms up all the way. Repeat several times. Recover!

Are you a Fairview resident? Have you heard or read something funny recently? Email me at bginbc@aol.com or call/text 215-208-0646—and include your name. Your joke may appear in a future issue.



Blaine Greenfield is host of the BLAINESWORLD radio/Facebook Live show on WPVM, and he publishes an award-winning blog with the same name.

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Keep it Local!

Meet the Members

One of the purposes of the FBA is to allow readers of the Crier to learn more about the local businesses that serve Fairview and the surrounding communities. To further those efforts, starting this month, this column will share highlights of several of our business members. We'll begin with current and former board members.

The entire list of members that typically runs each month (at right) will alternate with these member highlights. You can always find all of the FBA company names and contact information on our website at fairviewbusiness.com.



Diana Soll
Grand Solutions
516 238-6979
FBA president

Diana is the owner of Grand Solutions, a professional organizing company. She works with individuals and small businesses, specializing in conquering clutter and creating solutions that make life easier. Regain control of your life—get organized.



Brandy Lampert
Frame-It Asheville
808-0923
FBA vice president

For the last five years, Brandy Lampert, a 14-year Fairview resident, has owned Frame It Asheville, a custom picture framing store in South Asheville. She takes your works of art, your kids' art, diplomas, memorabilia or family heirlooms and creates pieces to display. Brandy does everything from helping you decide on the look of the piece to crafting the final piece.



David Stovall
Stovall Financial Group
275-3608
FBA treasurer

David has been the owner of Stovall Financial Group for over 25 years. He and his office work with individuals and business owners with their long-term care, life insurance, retirement, disability and social security needs. He also works with business owners on designing exit strategies and providing substantial tax savings.



Heather Ward
First Bank
298-8711
FBA secretary

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Bill Scobie
Scobie.Net
628-2354
FBA webmaster

Scobie.Net is your most friendly and local Macintosh and Windows PC support option. Bill can talk you through choosing new hardware and software, make it work with what you currently have, and chase out those computer gremlins. He's been in business for over 20 years in Buncombe County.



Katherine Morosani
Edward Jones
628-1546
FBA former president

I love helping people develop their financial big picture to help them realize their goals and dreams. I help people prepare for the unexpected and create a strategy to live the life they want to live. My clients become my friends because we develop a strong, trusted relationship.



Michelle Shuford
Sunset Hollow Vacation Rental
768-0120

FBA former vice president
My vacation rental is a 3-bed/2-bath cabin (sleeps 8) with a private swim pond. Close to everything but feels like far away on 20 wooded acres. Its open-concept living space is beautifully appointed. It's great for family gatherings. Call or text for booking links and more info.

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

NEW OR RETURNING MEMBER

ACCOUNTANT	Sunset Hollow 768-0120
Bob Williamson, CPA 338-0314	Sweet Farm on Cane Creek 242-4425
	The Cove at Fairview 628-4967
ARCHITECTURE & DESIGN	
Rueger Riley 407-0437	
ART/ANTIQUES	
Abba's Vintage	
Resurrections 865-567-7549	
Fibersong 712-8391	
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	
BREWERIES/DISTILLERIES/CIDERIES	
Barn Door Ciderworks 484-1586	
Turgua Brewery 338-0218	
Whistle Hop Brewery 338-9447	
BUILDER/CONTRACTOR	
Grace Homes 222-4567	
BUILDING & MAINTENANCE	
AA Diamond Tile 450-3900	
All Season Heating & AC 651-9998	
Cane Creek Concrete 230-3022	
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Poison Ivy

When I lived in rural Virginia, in Rappahannock County, we had an in-house joke that one of the main reasons the whole region was so undeveloped and pristine was that poison ivy was the unofficial state flower, as it is everywhere, just like WNC.

Poison ivy is a plant everyone who hikes and loves nature needs to learn about, as it is prolific and grows in several forms: either as an upright, herbaceous plant, a small shrub, or a hairy vine that looks like something from a sci-fi movie—it can snake up tree trunks for 40 feet and looks scary with its furry roots.

The scientific name, *Rhus toxicodendron*, comes from the Greek words “toxico,” meaning poisonous, and “dendron,” which refers to tree or plant. Poison ivy grows throughout much of North America, in open fields and along the borders and interiors of woods where it can proliferate, but it’s rarely found above 4,500 feet. The berries are an important food for birds and wildlife, but for most humans it is a plant to avoid. One gift of poison ivy comes in the fall as, like Virginia creeper, the leaves turn bright yellow and red and are quite beautiful from a distance.

As a child, my father taught us the old familiar rhyme and verse: “leaflets three, let it be,” which served us well. And

even though here in WNC there are many other plants that resemble poison ivy at first glance, it helps to always be on the lookout for three leaves along with hairy vines in winter and white berries hanging from trees in the late summer and fall.

Urushiol is the chemical agent that causes the rash on humans; depending on sensitivity, it usually develops within a few days of contact. Don’t wash with hot water after exposure, as it opens the pores of the skin and spreads the rash.

I always carry a small bottle of rubbing alcohol. And when I know I have been in poison ivy heavily, I douse my hands, wipe my shoes down and wash my clothes, which helps. As a child, I was immune and could pick it, but then I became strongly allergic. One of the best remedies for me is a homeopathic pill called *Rhus Tox*, which I have taken every year for decades, as it helps reduce the severity and frequency of infections and slowly rebuilds immunity. I also have crushed jewelweed stems



hundreds of times on hikes and slathered the juice on me as a preventative.

Poison ivy has been used in the form of a tincture for hundreds of years to treat rheumatism, and the leaves have been harvested to yield a brown dye. But by and large it should be eaten or ingested only by birds, squirrels and goats, which love it.

Whenever I am splitting wood, I am always careful to look for hairy vines, as one thing you never want to do is burn poison ivy. The volatile oils can get into your lungs and throat, causing a nasty allergic reaction.

As a fledgling naturalist in college, my idol was the late Euell Gibbons, and since I had shifted from immunity to hypersensitivity, I was fascinated by his accounts of mountain lumberjacks eating three tiny leaflets a few times a day in spring to build their immunity. It made sense to me. So, using gloves, I went out and gathered the first reddish leaflets and ate them for two days, as I was certain one could not get it internally. On the third day, I had second thoughts and asked my mentor, who was a medical botanist, whether you could get it

internally. To my utter shock and dismay, he said, “Oh, yes. I had to rush some fool to the hospital and shove a straw down his throat as he had been eating poison ivy and his throat swelled up and he couldn’t breathe.” After chastising me for my voracious reading and gullibility, I learned my lesson. On my way home, I felt like my throat was swelling, but fortunately, it was psychosomatic.

One other fact I learned recently is not to flaunt your immunity. As a child, I picked poison ivy for bouquets and waved it at people. But increased, repeated exposure often leads to an allergy, which proved true in my case.

Folks who are allergic to poison ivy can also have a reaction to mangoes or cashews, which are in the same family. When I was hyperallergic, I noticed that when I ate a lot of mangoes, my throat would have a very slight itch but not enough to bother me or stop me from eating these delicious fruits. But as for poison ivy, I’ll leave that for the goats.



Contact Roger at rogerklinger@charter.net.



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Serving the Community, and Planting Tips

With the arrival of spring, we at Root Cause Farm focus on our intention—relationships. We are grateful and excited to open our garden for volunteering with a new sense of structure and capacity.

As we prepare for the busy season, we are excited to engage with you all in new ways with our community garden. We would love to hear your feedback on how our community garden can best serve you and your needs. Go to tinyurl.com/4pbxuzfx to take our survey.

We absolutely could not do this work without donations or volunteers from our community.

To get involved with us at the farm, check out our website at rootcausefarm.org.

Tips for Spring Planting Season

We can definitely tell that spring is starting here in Fairview. The ground is thawing, the sun is peeking out, and the winter cold is receding. As we move closer to the growing season, we're dreaming about all the sweet, fresh produce we'll be enjoying soon. It's important for us—and for you and your garden—to create a plan to prepare your garden for planting and get your little seeds growing up to their full potential.

Organize and Obtain Seeds You can purchase seeds at many places around the Fairview area, but have you ever considered a seed sharing event? There are many



events in the spring that center around swapping seeds with your community members to find all the good produce you want to grow, and it's often free.

Create a Planting Calendar A garden schedule can help you stay on track for planting and get you excited for when harvesting will begin. There are many tools online that can help you set up your planting calendar, or you can use a garden notebook to track your plants and their corresponding planting days.

Sow Your Seeds Many plants prefer to start indoors to be protected from volatile spring conditions and help them stay strong through the growing season. Pick up some planting flats, worm castings, compost and starter soil and plant your seeds in a warm space with lots of sunlight.

Add Compost and Amendments This is a great time to add compost and amendments to your garden space to make sure your plants will have the right nutrients. You can perform a soil test before purchasing amendments to find out what exactly your garden needs to support the growth of your veggies. You can get soil tests from the NC Extension Service office.

Perform a Garden Clean-Up Take a look at your space and make sure it's conducive to growing. Clean up any trash, fix any fences or trellises, and rope off any areas where you don't want critters to get in. Overall, you want your garden space to be a beautiful, healthy space where your plants can thrive.

Every garden is a little bit different, but we know that everyone is getting so excited for the growing season. If you want to grow your own produce but don't have the land or space at your own home, consider partnering with Root Cause's Community Garden space. We are introducing dedicated space at the farm to allow community members to grow produce based on their needs. Reach out to Becca at donors@rootcausefarm.org if you would like more information.

Becca Malloy is the development and outreach coordinator at Root Cause Farm, which is located at 26 Joe Jenkins Road, Fairview. rootcausefarm.org.

IMPORTANT COMMUNITY CONTACTS

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Fairview Fire Department 628-2001
Garren Creek Fire Dept. 669-0024
Gerton Fire & Rescue 625-2779

SCHOOLS

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Fairview Elementary 628-2732
A.C. Reynolds Middle 298-7484
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Windows Tips, Text Mistakes

I love how Facebook researchers find the darnedest things. The latest out of their labs (actually an internal study from 2018) is that they found that using Facebook increased loneliness more than other activities its researchers surveyed, including video games and watching TV.

As more people “discover” Windows 11, they find things like dark mode doesn’t have what one would expect: scheduling when it turns on or shortcuts to turn it on or off. Try Auto Dark Mode (search github.com for “Windows Auto Night Mode”). You can also use flux (justgetflux.com).

Users of Microsoft 365 find their default save location is OneDrive, Microsoft’s cloud storage service designed to let you access your files from multiple devices. If you want to change that, you can do it each time, or you can enable saving to your computer as the default. In any Office product, click File, Options, Save, and look for “Save documents”. Enable Save to Computer by default and then click the Browse button to find and pick the folder on your computer where you would like to save files. When done, click OK and restart that Office application for changes to take effect.

If it’s a chore to remember to empty the recycle bin in Windows, get rid of it entirely. In other words, deleted items bypass the recycle bin. To set this up, right click on the recycle bin icon and select Properties; after you have highlighted the

C: drive in the list of recycle bin locations, click the circle dot by the “Don’t move files ...” choice. Repeat this for any other drives you wish and then click the OK button. To hide the recycle bin from the desktop, right click on a blank section of the desktop to get to Personalize, then Themes in the left pane, then Desktop icon settings. In this window, uncheck the box by Recycle Bin and click OK to save and close this window.

The Cybersecurity and Infrastructure Security Agency has a list of freely available tools small businesses and individuals might wish to take advantage of at cisa.gov/free-cybersecurity-services-and-tools.

What should you do after you send something critical or insulting to the wrong person? Something like, “This is so awkward, but that was intended for someone else. I’m sorry for involving you and I would really appreciate if we could keep this private” could be good. Go for honesty and checking texts before sending.

Remember to keep down the number of browser tabs you have open, as it will save your battery and improve overall computer speed, both for Windows and macOS.



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

Living Wills

Within the senior population, burial or final expense insurance is frequently requested. As the name suggests, the primary intention of its purchase is to reduce the burden of the cost of dying to the survivors. But there is an increasing concern across this age demographic about living too long. This is where **living wills** can help where insurance can’t.

What is a Living Will?

A **living will**, also known as an advanced directive, is a document that clearly states directions regarding a person’s healthcare wishes at a time when they cannot speak for themselves. This is not to be confused with a **testamentary will**, which involves the bequeathing of property after one’s death. The advancement of medicine has prolonged life but has also created additional problems for family members and caregivers. If a person is terminally ill, seriously injured in a coma, has late-stage dementia or is nearing the end of their life, decisions among healthcare providers and loved ones about extending life can be especially contentious and stressful. A **living will** allows a person to have control of their own healthcare decisions and the extent of the efforts to revive or prolong life. Like insurance, it assures a person that their loved ones won’t have to bear these problems.

How to Make One

A **living will** must be a written document, according to state requirements. The document may require a witness signature or notarization. Forms may be obtained from the state, online or from most hospitals. It can be drafted by you. The services of a lawyer may be useful but isn’t necessary.

What to Include

Things to include or specify in a **living will** may include the use of cardiopulmonary resuscitation (CPR), the degree of brain function, mechanical ventilation, tube feeding, dialysis, antibiotic or antiviral medications, comfort care (palliative care), organ and tissue donations, and donating the body. Do Not Resuscitate (DNR) and Do Not Intubate (DNI) orders may also be a part of the **living will**.

Peace of mind is not just relegated to financial concerns but also to emotional and closure issues. Having experienced two terminal caregiving situations with my mother and mother-in-law, I can say that a **living will** was a very welcomed document to have.



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

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Four more locals have been approved to become TBRI practitioners for our July training, and our plan at Signs for Hope is to build a system of practitioners across Buncombe County. Creating a support system for building strong, healthy families, no matter their history or background, will produce strong, healthy communities in which we all live, work and play.

For the first 13 years, Signs for Hope in many ways was a one-woman show, with others helping along the way. Charles has been supportive through his constant encouragement and became the bookkeeper by default. Finance is definitely one area that our group—a 501c3 IRS approved charity—is looking to grow in impact and initiatives.

Since February 2021, Signs for Hope has added additional staff. My daughter, Rachel Shumate, is the part-time merchandiser at the Marketplace, alongside a wonderful team of volunteers. Our first missionary family, the Russells—Marc, Angela, Logan, Parker, Abigail and Noel—are serving in a variety of capacities. Noel, who is Deaf and now 11 years old, was adopted from China a few years ago. Vandora Henderson has been alongside me the most during this journey, and her role continues to grow at Signs for Hope and as an educator at Trinity of Fairview Academy. Our contract staff is made up of Amy Stout, who is our very efficient and knowledgeable part-time virtual assistant and my personal assistant in many ways, and Carole Ramsey, who receives a stipend as a part-time project manager/counselor/mentor/coach, etc.

Signs for Hope is also seeking to secure a local space for our first office and a training facility, where our staff can grow in relationship with each other daily as we develop and train those in the Fairview community. One-time startup costs for this space are estimated to be about \$5,000, and the space itself will likely cost \$25,000 annually. If you'd like to help us with this local space, you can donate securely online (signsforhope.org/donate) or mail a check to Signs for Hope, Inc., PO Box 1641, Fairview, NC. Donations are tax deductible. If you want to talk more about any of these exciting opportunities, call me at 702-3333.

Upcoming Events

Signs for Hope and Trinity of Fairview are hosting opportunities in April and May for Fairview residents to experience the Hope for the Journey conference, which is a collaborative work between Show Hope, Focus on the Family and the KPICD at Texas Christian University. I think Hope for the Journey is the best place to learn first-hand about the principles and strategies of TBRI. Visit signsforhope.org/ events for more details and to register.

On April 16, Signs for Hope will host an awareness event in the space between our Marketplace and Daymoon Coffeebar. We have invited two other Fairview non-profits, Serve to LEAD and Knickers for New Life. The three organizations will share information and how you can get involved. The event will run from 4 to 7 pm, and there will be free food, entertainment and fellowship for the family.

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Office Assistant

RESULTS

38 Folsom Dr..... Pending in 4 days	93 Stafford Court..... Pending in 4 days
994 Riceville Rd..... Pending in 7 days	2 First Street..... Pending in 1 day
234 Brickton Village Pending in 1 day	39 Tampa Ave..... Pending in 1 day
310 Foxhall Rd Pending in 13 days	131 Vinewood Circle.... Pending in 7 days
37 Beechwood Rd Pending in 2 days	4 Cub Rd Pending in 4 days
87 Huntington Drive..... Pending in 10 days	51 Florian Lane..... Pending in 6 days
1445 Newstock Rd Pending in 2 days	44 Pharis Place Pending in 8 days
103 Cimarron Drive Pending in 4 days	61 & 63 Salem Ave..... Pending in 1 day

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