



YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997

The Fairview Town Crier

MAY 2022 VOL. 26, No. 5 | FAIRVIEW, NC | fairviewtowncrier.com



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2022 PRIMARY

Election Day Is May 17

EARLY VOTING RUNS THROUGH MAY 14

If you have not registered already, you will have to use early voting.

Early voting site for Fairview is the Fairview Library, 1 Taylor Road, Fairview. Monday through Friday, 8 am to 7:30 pm; and Saturday and Sunday, 10 am to 3 pm (except for May 14, 8 am to 3 pm).

Election day voting site for Fairview is the main fire department, 1586 Charlotte Highway, Fairview. 6:30 am to 7:30 pm.

Voting sites and district information for Reynolds, Fletcher and Gerton will be different. To confirm or find your info, go to vt.ncsbe.gov/RegLkup and enter your name, then click on your name on the next screen. You'll find a sample ballot and your polling location. You may also

call Buncombe County's voter registration specialist, Joyce Kanavel, at 250-4209.

Due to redrawn electoral maps, Fairview residents may be voting in different districts. Republicans will likely vote in NC Senate District 46 instead of 49. (Democrats will vote in the general election.) Democrats will vote in District 1 for County Commissioners instead of District 2. (Republicans will vote in the general election.) Note: AJ Fox, a Republican candidate for sheriff, has passed away. Votes for him will not be valid, according to the Board of Elections.

You can pick up a copy of last month's Crier in the box outside of our office (1185 Charlotte Highway) to see our election guide for these primaries.

Horse Camp Mission Expands



Campers, like these, will get outside, get dirty and have fun.

Project HNG, a 501(c)(3) non-profit organization founded in 2021 in Fairview, is dedicated to getting kids, teenagers and adults outside to be helpful, get dirty and have fun while learning important life skills. It is based on a Fairview institution that has been around since David Tickle's Fairview Grocery was the only grocery store in the community: Hickory Nut Gap Farm Horse Camp, started by Susie Hamilton and Annie Ager more than 25 years ago, will now be operated by Project HNG. The new non-profit will continue to offer horseback riding lessons and is developing an equine therapy program, as well as outdoor and agricultural education programs, that will broaden its mission.

For the first time, the horse camp is offering scholarships for children who would otherwise be unable to attend and is working with other local organizations to provide opportunities for disadvantaged youngsters. There will be plenty of opportunities for volunteers to help build

fences, clean out stalls and participate in programs. More information at projecthng.org, HNGFEducation@gmail.com or 450-4463. Project HNG is looking for other ways to support the community and make a difference in people's lives.

► Kickoff Fundraiser May 21 5 pm

**The Big Barn at HNG Farm
57 Sugar Hollow Road, Fairview**

The event will include an old-timey square dance. The Sabora food truck will be on hand, Turgua Brewing, Whistle Hop, Wicked Weed and the Biltmore Winery will provide alcoholic drinks, and tea and lemonade will be available after working up a sweat on the dance floor. Recommended donation of \$30 per family, which you can give at projecthng.org or at the door.

AFTER

A car going too fast crashed into the fence and flipped over into the creek.



Gerton Roadside Artwork Destroyed

Kehren Barbour and Michael Luchtan bought an old red produce stand in Gerton, just east of the Upper Hickory Nut Gorge Community Center, in 2011. Using it as a workshop and art installation, they disassemble old pianos to create new pieces of art. The fence that separated the workshop from the road was a familiar sight to those who regularly drive the curvy stretch between Gerton and Fairview. It was lined with harps (the iron frame that holds the piano strings) from more than a dozen pianos.

I use the past tense because last month a driver going too fast crashed into the fence, destroying it and the artwork.

The Crier is working on a longer article about the artists and their wishes to create something, with the community's support, out of this act of destruction. Keep an eye out for that in a future issue. — Clark Aycock



BEFORE
The harps lining the fence.

The Fairview Town Crier
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Fairview, NC 28730

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A.C. Reynolds High School

MAY 3 Various Ensembles Concert at ACR Auditorium , 7–8 pm; **May 13, Special Olympics; May 24, Chorus/Band Memorial Day Concert** at Thomas Wolfe auditorium, Asheville, 6:30–7:30 pm.

Bible Study

STARTING MAY 2 Independent, Community-Wide Bible Study at (but not affiliated with) the Place Fellowship Church, beside the Food Lion. Join for an in-depth study of the Scriptures. Mondays, 5:30–7 pm. To register, call 230-0507.

Buncombe Co. Master Gardeners

MAY 7 Plant Sale, 9 am–3 pm. 59 Woodfin Pl., Asheville. See ad on page 22.

Council on Aging

MAY 11 Medicare Info Class, 2–3:30 pm, via Zoom; **MAY 27 Medicare Info Class**, 2–4 pm, in person, at 300 Campus View Rd., Asheville. To register, visit coabc.org or call 277-8288.

Fairview Area Art League Class

MAY 14 “Polymer Clay Shibori Beads,” 11 am–12:30 pm. 15 Spivey Lake Dr., Fairview. See page 23 for more information.

Fairview Baptist Church

MAY 28 Annual “Fairview Day in May,” in the Food Lion parking lot, held as a thank you to the community, 10 am–2 pm. A free car wash, hot dog dinner, face painting and blood pressure checks. Info at fbc1806.org or 628-2908 or 231-5035.

Fairview Elementary School

MAY 6 Dance: Mommy-son (5:30–6:30 pm) and daddy-daughter (7–8:30 pm), at the school gym. Proceeds support FES & FES Dads Club activities. For more info, find @fesdads on Facebook. 1355 Charlotte Hwy., Fairview.

Fairview Fire Department

MAY 21 Pancake breakfast, 8–11 am. Sausage, gravy, biscuits, scrambled eggs, grits, pancakes and a beverage for \$10/plate (\$5 for kids). Dine in or take out. Proceeds will help purchase food, snacks, water and Gatorade used when the department responds to a fire, as well as end-of-year gifts for the staff. The FVFD wishes to thank Blue Ridge Banner Supply for updating the previously donated signs. 1586 Charlotte Hwy., Fairview.

Fairview Handmade Market

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

Fairview 7th-Day Adventist Church

MAY 19 3-R Daniel Fast info and sign up session, 6 pm. 1370 Cane Creek Rd., Fletcher. See ad on page 5.

Garren Creek Fire Department

MAY 19 Quarterly Board Meeting,

7 pm. 10 Flat Creek Rd. Residents are invited to attend. For more information, call/text Elizabeth Simmonds at 230-3986.

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

Volunteer Days. Sundays, 1–5 pm, Mondays, 9 am–1 pm, Thursdays, 9 am–1 pm. 26 Joe Jenkins Rd., Fairview. rootcausefarm.org.

Signs for Hope Global Marketplace

MAY 8 One Year Anniversary Party. **MAY 14 Rusty Dog Arts & Crafts Show**, 9 am–3 pm. See ad on page 23. 379 Old Charlotte Hwy., Fairview.

Spring Mountain Comm. Center

MAY 7 Yard Sale Fundraiser, 7–11 am. (Rain date, May 14). Reserve tables for \$20, call/text 231-9884. Table setup, 6:30 am. Biscuits and coffee for sale. **MAY 10 Quilting Bee** (second Tuesdays), 10 am–2 pm. Call Kay at 628-7900. 807 Old Fort Rd., Fairview. (See the new Council on Aging rep, Whitney Emrick, for info for seniors and their caregivers.)

The Place Fellowship Church

MAY 7 and **MAY 28 Yard Sale**, starting at 8 am. **MAY 15 Gospel Music from Molded Clay**, 11 am. **MAY 21 Spaghetti**

Dinner, 4–6 pm. 2 Laura Jackson Dr., Fairview. See ad on page 5.

Trinity of Fairview

MAY 3, 10, 17, 24, 31 Food Pantry Open Tuesdays, 9 am–12 pm. Call the church at 628-1188. 646 Concord Rd., Fletcher, back of church grounds.

Ukraine Fundraiser

MAY 14 “Taste of Ukraine,” hosted by Fairview residents to raise \$20,000 for Ukrainian refugees, 5:30–7:30 pm. Svitlana Eadie (Svitlana’s Kitchen) will prepare Eastern European dishes. Each ticket will be entered into raffle for a vacation stay. There will be a silent auction (raffle-only tickets available for those who can’t attend). Visit atasteofukraine.org for information and to purchase tickets. Southcliff Lodge, 10 Southcliff Pkwy., Fairview.

Upper Hickory Nut Gorge Community Center

MAY 1 May Day Celebration, 2–4. All welcome. A maypole, duck races, a cornhole tournament and Jenga contest. Food and drink provided. **MAY 4, 11, 18, 25 Yoga Class**, (Wednesdays) 2–3 pm with a qualified instructor. \$12 per session. **MAY 17 Monthly Covered Dish and Program**, 6:30 pm. Bring a dish to share.

WNC Prostate Support Group

MAY 3 Free Online Session First Tuesday each month at 7 pm. Medical professional speakers when available. Email WNCprostate@gmail.com or call Eric at 419-4565.

> centennial.edwardjones.com | Member SIPC



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ADULT PROGRAMS



Book Club

We will be reading *The Sparrow* by Mary Doria Russell for the month of May and discussing it May 17 at 7 pm via Zoom.

“Suspense escalates as the narrative ping-pongs between the years 2016, when Sandoz begins assembling the team that first detects signs of intelligent extraterrestrial life, and 2060, when a Vatican inquest is convened to coax an explanation from the physically mutilated and emotionally devastated priest.”

~Publishers Weekly

Registration is required for this discussion. Email the library branch manager at jaime.mcdowell@bun-combecounty.org if you would like more information or would like to attend one of our discussions.

All books for the 2022/2023 Book Club reading season will be revealed at the May meeting.

KIDS PROGRAMS

Craft Kits

Our DIY take-home activity for May is “Map It,” a kit containing all you need to make a map of anywhere. Will you make

a map of a real place like Fairview or Asheville, or will you make a map of place in your imagination? Or maybe you’ll make a map of your house or a castle. It’s up to you. Kits are available while supplies last. Ages 5 and up.

SPECIAL EVENT



Outdoor Storytime

Join us for another very special outdoor storytime on May 14 at 11 am (rain date May 28). Storytime

is a great opportunity to sing songs, learn rhymes, share stories and have a whole lot of fun. This special event is great for children ages 3 to 6 and their caregivers.

SPECIAL EVENT

Early Voting

Fairview Library is an early voting location. Early voting for the primary election takes place from April 28 to May 14. During early voting, you may vote at any early voting location. On election day, you must vote at your assigned precinct. Fairview Library is not an election day precinct.

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

FEATURED EVENT

Using Native Plants in the Landscape
A Gardening Program with Shinnah Black

May 24 at 7 pm
Live, in person, at the library! (1 Taylor Road, Fairview)

Join Shinnah Black from Fairview’s The Garden Spot for this exciting and informative gardening program on using native plants in landscaping. The program will be held live and in person in the community room at the library, and a Q&A will follow the presentation.



PHOTO: NC COOPERATIVE EXTENSION

This program is sponsored by the Friends of Fairview Library. No advanced registration is required.

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 clark@fairviewtowncrier.com. For staff directory, contacts and additional information, please visit fairviewtowncrier.com or see page 31.

Fairview native
Crystal White, owner

SPECIALIZED FITNESS

NEW COMMUNITY FITNESS CLASSES!

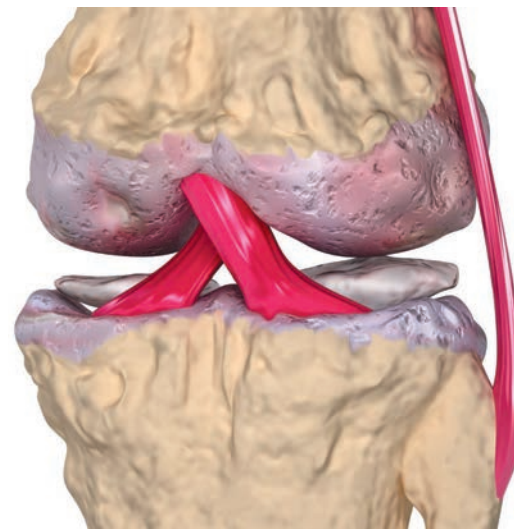
...starting May 16th!

PLUS Personal Training • Strength Training • Silver Sneakers Classes **COMING IN JUNE!**

19 Kristie Scott Lane, Fairview behind KD's gas and Trout Lily 335-0196 specializedfitnesstraining11@gmail.com

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ANYWHERE ELSE! GET NFL LOCKER ROOM TREATMENT!



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**Magnetic Therapy
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**Acoustic Wave Therapy
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**Neuromuscular
Movement Restoration**

PATIENT TESTIMONIALS

Kathy wasn't able to straighten or bend her leg for any time. Laser treatments and Graston therapy worked wonders. Within 2 weeks of starting treatment, she has more movement and less pain!

Dorothy had knee pain and edema in her calves, ankles and feet and had been homebound for 2 years. Multiple doctors ultimately recommended knee replacement, surgery and injections. Graston Therapy, nutritional therapy and pulsed electromagnetic therapy (PEMF) helped so Dorothy is able to live an active life.

Yvonne was in excruciating knee pain and after treatment, she can run up and down stairs!

As a nurse, Kay needs to be on her feet. After a bad meniscus tear, physical therapy and surgery were recommended. She chose another option and after 6-10 treatments of Class 4 Laser and Graston therapy, kinesio taping and nutritional therapy, Kay is out of pain.

**Call for our
Avoid Knee Replacement
offer!**



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

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



The McCrary Family

The McCrary family was at one time a major family in Fairview, but now I do not know of a single McCrary here. They can still be found in Transylvania and western Henderson counties. The McCrary family, like most older families in Fairview, came from the section of Rowan County, NC, that is now Davidson County. They lived south of Lexington in the Jersey Creek and Swearing Creek area. The families descended from Hugh McCrary (1720–February 14, 1785) and Susannah Whitaker (1727–1800). Susannah was a sister of Jane Whitaker Reed, Joshua Whitaker and Peter Whitaker, whose descendants were among the first Fairview residents. Hugh and Susannah Whitaker McCrary are buried at Jersey Baptist Church Cemetery in Linwood, Davidson County, NC.

Boyd McCrary, born around 1755, was the son of Hugh and Susannah. He married Nancy Anna Merrill, a relative of the Merrill family, also early settlers of Fairview. They moved to Fairview in the late 1790s, as did his Whitaker and Reed cousins. Boyd and Nancy were listed on the 1800 Buncombe County census. The family had one male over 45, one female over 45, two males from 16–26, two males from 10–16 and two females from 0–10.

I believe Gravelly Branch was originally known as McCrary’s Mill Creek. Boyd McCrary had a mill on the creek. It appears

that Boyd and his wife separated. Boyd’s will was written on October 15, 1815 in Buncombe County, witnessed by John Whitaker, Andrew Merrill, Benjamin Merrill and Joseph Henry. The will was probated on November 8, 1838, in Howard County, Missouri. Boyd had two sons who moved to Howard County, Missouri, and two sons who moved to Davies County, Missouri. It appears that Boyd moved to Missouri and lived with his sons.

Boyd and Nancy Anna McCrary had 11 children, all born in Rowan (now Davidson) County, NC.

- 1. William, born around 1775, died by 1815. He had three sons and three daughters. Apparently, they and their mother left Buncombe County. There is no record of them.
- 2. Joseph “Joel,” born around 1776 and listed on the 1810 Buncombe County census. He was dead by 1815, per his father’s will. He had two children. (Joel’s son, Silas, was the last McCrary in Fairview. He was born in Fairview on October 29, 1806. He married his father’s second cousin, Malinda Whitaker, daughter of William Whitaker and Susannah Sumner. They lived on what is now called Gravelly Branch. They had 12 children. Two children that died as infants are buried in Cane Creek Cemetery. Silas and Malinda moved to DeKalb in Bowie County, Texas, in 1850. Silas died there on

- January 7, 1886. Malinda died there on September 22, 1852.)
- 3. Hugh, born around 1777. He moved to Buncombe County by 1802. He married Elizabeth Burton Clark. His second wife was a woman named Jones. It is said his three sons detested his second wife and ran away to Duck River, Tennessee. One son married a Cherokee girl. Hugh moved to Strawberry Plains, Tennessee. He is said to have died in Monroe County, Tennessee, between 1831 and 1839.
- 4. Elijah, born around 1778 and moved to Howard County, Missouri. He was said to have had 14 children.
- 5. Phoebe, born in 1780. She married Thomas Burton (1771–1802), who was the son of John Burton (the founder of Asheville) and Jane (or Jean) Forester. After Thomas died, she married Zebulon Brevard. Phoebe died in Miami County, Ohio.
- 6. Eleanor, born around 1782 and married John Mackey.
- 7. Nancy, born around 1783. She married William Merrill, who was born in October 1785 to John Merrill and Catherine Rhodes. Nancy and William had one son. After William died, Nancy married Eli Merrill. Eli was born on October 29, 1777 to Benjamin Merrill (1752–1836) and Penelope (1760–1830). They moved to Merrillville, Missouri, which may now be in Davies County, Missouri. The McCrary Cemetery there is full of Fairview last names. Nancy died in Merrillville in 1837. Eli moved to Dallas County, Texas, after his wife’s death and died there on December 26, 1849.
- 8. Susannah. Nothing known except name.
- 9. Benjamin, born November 12, 1785. He married Mary “Polly” Coleman on March 13, 1808. They moved to Howard County, Missouri. He next married Harriet Emandy Wilson. He died on September 14, 1878.
- 10. John, born April 9, 1793. Married Sarah Sumner, born March 27, 1798, to Richard Sumner of Fairview. John died between 1850 and 1860. Sarah died on October 5, 1883. They are buried in the Carter Cemetery in Gentry County, Missouri.
- 11. James, John’s twin, also born April 9, 1793. Married his second cousin, Margaret Whitaker, born on December 25, 1793 in Fairview. Daughter of William Whitaker, Sr. (1772–1860) and Mary Canady (1772–1848). When Davies County, Missouri opened up, they moved there to Sheridan Township. James is said to be the first person to die in Sheridan Township, on August 22, 1835. He was the first person buried in what became the McCrary Cemetery. Margaret died of typhoid fever on May 13, 1858. Typhoid fever was so widely spread among the McCrary family that it became known as McCrary fever.

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).

THE PLACE FELLOWSHIP CHURCH

May Events!

SAT, MAY 7 8 AM-?

Yard Sale

SUN, MAY 15 11 AM

Molded Clay



SOUTHERN GOSPEL MUSIC MINISTRY

SAT, MAY 21 4-6 PM

Spaghetti Dinner

SAT, MAY 28 8 AM-?


Yard Sale

FREE ADMISSION! to all events

FOR INFORMATION CALL 691-6700


2 LAURA JACKSON DRIVE, FAIRVIEW (BESIDE FOOD LION)

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3-R DANIEL FAST

June 5 - July 2, 2022



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Purge your system with pure and simple food. Boost your energy and lose weight. Watch your blood pressure and cholesterol drop to normal. Gain a clearer mind that will give you a better understanding of the Bible and God’s will for you. Your life’s reboot button is waiting!

PROGRAM LOCATION:

FAIRVIEW SDA CHURCH
57 CANE CREEK CIR.
FAIRVIEW



INFORMATION AND SIGN-UP SESSION

May 19, Thursday 6PM
Cane Creek Community Center
1370 Cane Creek Rd

Grey Beard REALTY

Eastwood Village
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Highway 74

Serving the community since 1999

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greybeardrealty.com

FEATURED LISTING



3 BR | 2.5 BA | 2,395 SF | 3.88 ACRES

Asheville 10 Holly Drive

Rare find! Quiet neighborhood adjacent to Warren Wilson College, with many miles of hiking trails along rivers, through forests and fields right out the back door. Fifteen minutes to Asheville or Black Mountain, surrounded by trees and nature. Remodeled by an architectural designer/artist, this home has been described as a sanctuary. With a 330-sq-ft cabin in the back of the property, ready for the artist/writer/work-from-home resident. No drive-bys please. By appointment only.



ACTIVE LISTING with Alejo Rottenberg
\$1,099,000 | MLS ID 3837010

ACTIVE LISTINGS

Marion



3 BR | 3 BA | 3,993 SF

67 Riverview Forest Drive
\$899,000 | MLS 3845505

Black Mountain



3 BR | 2 BA | 2,097 SF

10 Winter Haven Lane
\$399,000 | MLS 3819556

Black Mountain



4 BR | 4 BA | 5.34 ACRES

221 Forest Brook Drive
\$649,900 | MLS 3840911

FAIRVIEW REAL ESTATE MARCH 2022

LISTING PRICE	NUMBER SOLD	AVERAGE SALE PRICE	AVERAGE DAYS ON MKT	AVERAGE % LIST-SALE PRICE
UNDER \$300K	5	\$210,000	46	99.75
\$300K-599K	3	\$476,000	4	107.85
\$600K-899K	2	\$755,000	26	99.1
\$900K+	1	\$985,000	7	100

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

Agent Spotlight ELAINE WOOD



“
Very impressed with both her professionalism and knowledge in the real estate market. Elaine is an asset to Asheville, and I'd recommend her to anyone!!
—Christopher and Rachael M.

”

CONTACT ELAINE TODAY!

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A Crazy April Gives Way to Warmer Weather

Last April once again had all kinds of weather during the month. Within the span of a couple of days around the 6th, we had a balmy 80 degrees followed by a potent arctic blast that brought the temperatures down to 30 degrees, with some places in Fairview on the east side of 74A getting a couple tenths of an inch of snowfall. That snowfall actually helped to cover and insulate the tender new growth on many of my budding trees at the nursery, and I suffered little damage.

We've had a slow start to spring this year, but now we'll really start to march toward summer, with May's average high temperatures generally in the mid-70s (and average lows in the low 50s). While we can still have an unusual late season frost, many years we don't. The old adage, "plant your warm season annuals and vegetables around Mother's Day," is still pretty good advice for our area. The combination of warmer, later-spring temperatures along with rising soil temperatures support more vigorous growth of warm-season crops for the rest of the year's growing season.

Fairview averages about five inches of rain for the month, with rain falling on an average of 12 days. In any given May, we get between seven to 10 thunderstorms. As we head into late spring and early summer, we might wish we could



An early spring snowfall can actually help to cover and insulate tender new growth

have "bottled up" some of the cooler, early-spring weather and bring it back for the "dog days" of August.

The long range forecast from NOAA's Climate Prediction Center (cpc.noaa.gov) for the May through July period predicts above normal for temperatures to about normal for precipitation. However, as you know, precipitation is a tricky forecast here in the mountains during the summer due to the spotty nature of thunderstorms, which drench some areas

while leaving others spots dry.

Looking even a bit further ahead, the 2020 Atlantic hurricane season is an upcoming event in the annual cycle of tropical cyclone formation. The season will officially start on June 1 and end on November 30; these dates define the period in the year when most tropical cyclones form in the Atlantic basin.

However, the formation of tropical cyclones is possible at any time.



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

WEATHER WONDER

What is the difference between flooding and flash flooding?

According to NOAA's National Weather Service, a flood is an overflow of water onto normally dry land; the inundation of a normally dry area caused by rising water in an existing waterway, such as a river, stream, or drainage ditch; or the ponding of water at or near the point where the rain fell. Flooding is a longer-term event than flash flooding that may last for days or weeks.

A flash flood is caused by heavy or excessive rainfall in a short period of time, generally fewer than six hours. Flash floods are usually characterized by raging torrents after heavy rains that rip through river beds, urban streets or mountain canyons, sweeping everything around them. They can occur within minutes or a few hours of excessive rainfall. They can also occur even if no rain has fallen—for instance, after a levee or dam has failed or after a sudden release of water by a debris or ice jam.

Check out the article on the historic flood of 1916 in this area in the Town Crier from November 2017.

QUESTION of the MONTH

What is the latest forecast for the upcoming hurricane season?

Went here for right leg pain with calf spasms. Maggie Parker and her team did a great job. From the moment I walked in the door till I left, I felt welcomed. They helped me with my needs and concerns, gave me a variety of things I can continue to do at home. They always had a smile and an encouraging word. I have and will continue to recommend this group for any Physical Therapy needs.

-SJ

SEE WHAT THE PEOPLE OF FAIRVIEW ARE SAYING ABOUT...

SEPT PHYSICAL THERAPY

I highly recommend the therapy at SEPT, in the Fairview office. Dr. Parker is so professional and has developed a very effective therapy program for me. I have improved significantly in 2 months. After my PT sessions, Dr. Parker gave me all the exercises to work on at home. Thank you for all your efforts and help.

-CK

Highly-skilled Physical therapy without the pain and stress. They let you go at your own pace. A very healing and compassionate vibe to the place. I dreaded PT and now I look forward to my sessions.

-KK

The people at SEPT have made me feel comfortable fast! I was so nervous about starting PT, but Maggie and everyone else have made it easy to feel safe and capable. I will continue coming here, and I really enjoy it too! They're personable and easy to like.

-AW

SEPT PHYSICAL THERAPY (828) 338-0707
1356 Charlotte Highway
(across from Fairview Elementary School)

Serving Fairview, Fletcher, Gerton and Reynolds
All referrals and insurances welcome
WALK-INS WELCOME!

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TO BEIJING AND BACK

By TIP RAY



Fairview's Tip Ray traveled from February 24 to March 16 to be an official for the Paralympics games in Beijing, China. He shared with the Crier his account of the trip.

The amount of paperwork that I needed to complete just to get on the airplane was pretty amazing—a massive amount of forms that included passport information, vaccination records and a background check. In addition, because of COVID-19, nobody from the outside is permitted into China. I had to complete two COVID protocols—a negative test 96 hours in advance of my trip and then again 72 hours in advance. And the 72-hour test had to be done at a Chinese embassy-approved lab, which Asheville doesn't have. The closest one is in Greenville, SC. To make it even more complicated, the tests had to be done on Beijing time. So, just getting to the point where I could get on an airplane was extremely stressful.

My itinerary was from Asheville to Atlanta to Paris to Beijing. I arrived in Beijing at a terminal that was shut down for everyone except Olympic and Paralympic athletes and officials—part of what was called the “bubble,” a closed loop that I could not leave. As soon as I got off the plane, I was met by people who were covered head-to-toe in complete hazmat suits, booties, hoods, Tyvek suits, face masks, face shields, and some with goggles. I was given another PCR test, and after waiting for the results, was bussed to a hotel dedicated to Paralympic attendees.

COVID regulations were very strict. I had to take a PCR test every morning. The restaurants at the hotel had workers in hazmat suits, and every table was divided with plexiglass.

Finally, when I arrived at the venue for the games, people were not in hazmat suits anymore—although everyone except the athletes wore masks. The venues were built specifically for these competitions, about 160 kilometers from Beijing. I took a bus from the airport to Zhangjiakou, where the Nordic venues were located, and then a bus to go back and forth from the hotel to the competition venue. On the bus, driving through town, I could glimpse out the window at downtown Beijing and the people. But I had absolutely no contact with the “outside” world. When people ask, “How was your time in China?” I say it was great but that I didn't really get to experience China at all. When I travel, I like to spend a couple of extra days walking around a city, enjoying restaurants and getting a sense of the people and the community there. But I couldn't do that on this trip.

My specific role at the Paralympics was an international referee, and my job was to make sure that the biathlon shooting range



was set up to the proper specifications for our athletes and our competition. I also provided training for the volunteers. During the competition, I supervised to make sure that the rules were being followed. Another official from Paris did not make the trip, so I ended up doing his job too. It was overwhelming at times, but I've been involved in major competitions before and the other officials gave me a hand when needed.

Before the Paralympics, the Russian team was invited to participate as neutral athletes (no country affiliation). The Paralympic movement is designed to transcend geopolitics. It's supposed to be about sportsmanship, unity and inclusion. But that was impossible to maintain with the Ukrainian team also in attendance, so the Russians were expelled,

as was the Belarus team. There were real concerns about safety and decorum between the Russian athletes and the staff and everybody else in the athlete's village.

The Ukrainians have a good team, with top athletes in biathlon and cross-country skiing. They are professional athletes, so they tried to compete with pride and dignity the best they could. They competed, and they won, but their focus was naturally on their families and their homeland. They didn't know whether they had a home to go to or not. One of the coaches couldn't contact his wife. I was shown a video of his street that was completely blown up. The team did not return home after the games and ended up in Poland, with only what they had brought to the games with them.

COVID protocols were strict in China, but the camaraderie between Chinese volunteers, athletes and the international team of officials was heartfelt. Tip Ray is in the center of the top center photo.

They are now in Finland, having been invited to stay at a sports academy there. They have no idea when they will be able to go home. It's so sad.

After the games were over, I began my trip home. I flew to Seoul, South Korea, then back over China. The flight was originally intended to fly over Russia, but we had to fly around it instead, which added at least two hours to the trip. From there, I flew to Paris for a 12-hour layover, and then to Atlanta. Unfortunately, I had a long layover there, too—so close to home!—and finally, a quick flight back home to Asheville. It took me basically two and half days to get home.

About the Paralympics

Some people wonder if the Paralympics and the Special Olympics are related. In fact, they are two different organizations. They are both equally important, but they serve different populations and purposes. “Para-” in Paralympics stands for “parallel,” which means the events go on in parallel to the Olympic events and are held in the same venues about two weeks apart. Paralympians are elite, professional athletes who train all year, every year to achieve the highest level of performance. In non-Paralympic years, they compete worldwide in World Cup and World Championship competitions. The US hosts periodic events in Utah, Colorado, Idaho and New York. Traditionally, Paralympians belong to six different disability groups: amputee, cerebral palsy, visual impairment, spinal injury, intellectual disability, and a group that includes all those who do not fit into the aforementioned groups.

It is interesting to note that the US Paralympics team has included several veterans who suffered injuries on the battlefield during deployments. These ex-soldiers seem to find a new purpose in life by becoming elite athletes. They like the competition, the adrenalin rush, rifle marksmanship—many of the things they experienced as soldiers, they can achieve through sports.

You can find out more about the Paralympics, Paralympians, and the sports of biathlon and Nordic skiing at paralymphics.org.

Why I Do This

I'm retired now, but I worked in the field of recreation and tried to assist people with disabilities become more included in typical recreation and leisure lifestyles in their communities. I worked with individuals with disabilities, but more importantly, I worked to create systems change with municipal parks and recreation organizations, nature centers—anybody who provided a recreation program. I tried to help them understand how they could be more inclusive. My connection to biathlons comes from my son, who competed at school in Minnesota. (He is not disabled.) I volunteered at his events and then attended my first Para Nordic event in 2015. I went to many more para events and finally decided to go to the Paralympics. China was actually my second Paralympics, having attended the 2018 Games in Korea.

I got into this to complement my professional experience and then, over time, gained responsibility. I also gained knowledge of what needed to be done in my role, while working with coaches and earning their respect. I don't know how many more years I'm going to do this, but right now, it's fun. The travel is interesting, plus, somebody else pays my way to get there! And I get to be “inside the ropes” of a major international competition. It is work with many challenges; but that's what makes it such a special experience.

err-or-ist *air-er-ist* (n.): someone who is repeatedly or invariably wrong

Yesterday I saw a guy spill all his Scrabble letters on the road. I asked him, “What’s the word on the street?”

A woman in labor suddenly shouted, “Shouldn’t! Wouldn’t! Couldn’t! Didn’t! Can’t!”

“Don’t worry,” said the doc. “Those are just contractions.”

A bear walks into a bar and says, “Give me a whiskey and ... cola.”

“Why the big pause?” asks the bartender. The bear shrugged. “I’m not sure; I was born with them.”

Did you hear about the claustrophobic astronaut?

He just needed a little space.

If at first you don’t succeed, then skydiving definitely isn’t for you.

—Steven Wright

Why I no longer watch the news: My desire to be well-informed is currently at odds with my desire to remain sane!

In heaven, there were two huge signs. The first read, “Men Who Did What Their Wives Told Them to Do.” The line of men under this sign stretched as far as the eye could see. The second sign read, “Men

Who Did What They Wanted to Do.” Only one man stood under that sign. Intrigued, Saint Peter said to the lone man, “No one has ever stood under this sign. Tell me about yourself.” The man shrugged and said, “Not much to say; my wife told me to stand here.”

Thanks to these Fairview readers for the following submissions.

Alex Longy

Q: What do you call a psychic gnome on the run from the law?

A: A small medium at large.

Cynthia Greenfield

Q: What question can you never answer yes to?

A: Are you asleep?

Are you a Crier reader? 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.

Tips for Backups

The only backup you will ever regret is the one you didn’t make. Though World Backup Day was the last day of March, you shouldn’t think about it only once a year. The point of a backup of your electronic data—a DVD, thumb drive, or a syncing service like iCloud, Dropbox or Backblaze—is that you want to be able to recover data when bad things happen. That can be theft of a device, failure of a hard drive, or malicious encryption of data through accidentally clicked-through phishing emails, among other things.

There are a variety of approaches to data backup, but all should start with figuring out what needs to be copied. You may not need to back up everything, but start with what makes you money or would cost money to recreate. Add what you may have to keep for legal reasons, and determine the value of it all. Then decide what percentage to spend on keeping it backed up or duplicated. Next, consider how you would want to implement something like the 3-2-1 approach: three copies of data (including the original), with two types of backups — one offsite and offline. That last one is really important in order to avoid ransomware attacks. Finally—and this is rarely practiced—you should practice how to restore those backups.

One item I like to add when discussing backups is that you should ensure you

have a printed list printed of your logins and passwords for all sites. Or, at least, for your email, smartphone account and any login that does not use your email address for password reset. If you use a password manager, include that master password in this printed-out password backup.

It is shocking when you get a text from yourself, coming from your own phone number. It is fake, as your phone number can be spoofed. What to do? Apart from not clicking through any link “you” sent to you, report it to the FCC (consumercomplaints.fcc.gov). Reporting it as spam to your own carrier may not do much; they should have already been able to catch those spam texts (and some do).

There may be times you really want to unplug while on vacation, but there are very few places that actually don’t have internet access. Before you go on vacation, tell people that internet won’t be available.

For fun, play around with text to musical tones at typatone.com. For instance, read the preceding sentence at typatone.com/m/bSKr9Ckewz.



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Sales Farms and Greenhouses Celebrates 50th Anniversary

Bud Sales was excited in 1972 as he and his dad, Junius Sales Sr., put the finishing touches on their new 21" x 105" glass greenhouse. Bud had graduated from NC State in 1959 with a Bachelor of Science in Horticulture. He was inspired by his time in Raleigh, where part of his education was spent in the university research greenhouses. Midway through his sophomore year, he was hired to be a live-in caretaker for part of the college's greenhouse complex. He had waited 13 years to put this part of his education into practice. The greenhouse business would diversify the family farm, which was primarily growing cabbage, corn and tobacco at the time.

The operation started very small. Most plants were grown from seeds planted by various family members. Using the resources they had, many plants were grown on wagons, which could be rolled into Bud's basement each night to protect them from cold and frost. At the time, the main focus of the business was selling vegetable starts for family gardens. Tomatoes, such as Burpee Big Boys, were a favorite. Early wholesale customers included unlikely buyers, such as the garden center at Sears Roebuck in the Asheville Mall.

As the greenhouse business gained momentum, the Sales family realized they

needed more space. A large wooden and plastic greenhouse was built behind the original glass house, followed later by six Quonset huts. However, as the business grew, this was still not enough space to meet the demand. In the early '90s, the Sales family built the first two sections of their current main facility. While Bud was meeting the delivery demands of wholesale customers throughout WNC, his wife, Aretha, focused on the day-to-day activities of keeping the plants watered and healthy. When the couple first met in 1959, Aretha had commented to Bud about how she "loved to watch things grow." Little did she know that this would turn into a lifelong passion.

Fifty years later, the original glass house sits in the shadow of a newly expanded 16,000-square-foot, modern greenhouse. Ever the visionary, Bud had planned for the future when he built the original two sections. The original grading was designed to accommodate additional sections on the front and back of the house. He took advantage of the opportunity in 2021 when gross sales had increased by 50% in two years. When he should have been slowing down to enjoy retirement, he announced an ambitious expansion project to double the size of the current greenhouse. What was a 90% wholesale



Sales Farms and Greenhouses staff

operation has shifted to a vast, mainly retail business. While vegetable starts are still available for the family garden, most customers are looking to beautify their yard with bedding plants and hanging baskets full of flowers. Other changes include social media accounts and the ability to accept credit and debit cards. Aretha still works full-time, overseeing fine detail work and advising on plant care.

Bud and Aretha's daughter, Keila Briggs, retired after 30 years of teaching at Reynolds High School in 2019 to help with the family business. It really is a family affair, including Bud's sister, Peggy Whisnant, and Aretha's sister-in-law, Sara Wilson. Another employee, Jerry Best, has become family in the more than 40 years he has worked on the farm. Other friendly faces you will see working include Gwen James, Kim Hill, Ella Wright and Stazie Braswell.

The Sales family have been members of this community long before the start of the greenhouse operation. The farm was established in 1803 by Cornelius Sales. Bud and Aretha are the sixth generation, and their children and grandchildren are the seventh and eighth generations to live on the family farm. Sales Farm was recently recognized by the NC Department of Agriculture as one of 91 bicentennial farms registered throughout the state, and one of only three in Buncombe County. Being connected with the past while staying open to the changes of the future will help the Sales Family Greenhouse stay open for 50 more years, and generations to come.

Ivy Briggs is a math teacher at A.C. Reynolds High School and a lifelong resident of the Reynolds community. She is the eighth generation to live on Sales Farm.

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Learning on a Leash

We have all seen a dog that starts to bark, growl and lunge when it meets another dog. Has your dog ever done that? That behavior is the dog's way of communicating.

Your dog may not like it when other dogs get too close to him or you. The dog's behavior is saying, in essence, "Hey buddy, I don't know why you are coming so close to me and my family, but I don't like it one bit. Get the heck away from us." Once the other dog passes, your dog probably calms down and enjoys his walk again.

Your pup may see another dog and squeal and bark, thinking it is playtime. Isn't that what usually happens when she sees another dog? But does that other dog have any desire to meet your dog? Maybe not. The sight of another dog should not trigger an overexcited response in your dog. Teach her an on and off switch.

In both scenarios, your dog's body language is communicating with you and the other dogs, conveying a message about how they feel about the situation. The leash plays a major role too. A dog's natural greeting is to approach, dance around, sniff a little backside to greet and sum up the other dog, and then decide if they want to engage in play or run in the opposite direction. The leash prevents the dog from doing any of that. I always advise owners not to allow dogs to meet face to face on

leash. That scenario sets up an unnatural way of greeting and often enhances tension; the owners hold back the dogs by pulling on the leashes, and that increases the stress factor greatly for most dogs.

So, what should you do instead? Work with your dog to be the center of their world during training sessions. Learn how to get your dog to pay attention to you instead of anything else. Be interesting, know what they like, and use it to get their attention. Use the name command (as in, look, watch, etc.) to get your dog's focus back on you. Teach the touch command to give them a job to do when they get nervous when another dog approaches,

instead of letting them glare into the eyes of the potential nemesis. Whip out their favorite toy or treat to turn focus back to you. Keep moving to get past their distraction. Reward their successes.

In some cases, you might need to create more space between your dog and the other dog. Do what it takes to get your dog's attention and build up their confidence instead of allowing them to build up their fear, anxiety and distrust until they explode on the other dog. You must advocate for them, especially when they are asking for your help. If you let them keep reacting wrongly without changing the process, you are allowing—even encouraging—they to

create bad go-to behaviors.

Walks should be about your dog, not you, and what they need to be fulfilled and confident. Put down your cell phone, take only one dog at a time and be prepared to have to help them focus on you. Advocate for your dog. No one else is going to help them but you.



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



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Get Active at Home with Your Pet

If you have trouble getting outside to exercise because of pain or other difficulties, it's time to think outside the box.

Exercise is an important, lifelong activity that keeps us strong and active and reduces pain, falls and comorbidities. And it's important for dogs too. My dog Honey loves to play but doesn't like the cold, so this winter we worked on indoor exercises together. This article will focus on full-body exercises that you can do every day—and your dog can help!

Hamstring Stretch for Lower Back Mobility

Standing tall with your furry friend in front of you, reach down toward your toes as far as you comfortably can and give them a pat for 10 seconds. You should be able to feel some pulling in the back of your legs. This should be a comfortable stretch. If this position is not comfortable or safe for you to perform, try sitting on the edge of a chair or couch, stick your legs out toward your dog and give them a scratch or pet. Repeat eight to 10 times.

Sit to Stands

Find a seat that is secured and won't slide, such as a couch or a chair against a wall. Grab your sweet pet and have them sit in front of you or next to you. Stand up without using your hands. Have your pet stand

when you stand and sit when you do. This way, you both get your legs moving and can practice an activity we do many times throughout the day. "Sit to stands" are one of my and Honey's favorite exercises to do together because we can work on our leg strength, my balance and her brain power. Plus, I give her treats for every sit. Repeat this eight to 10 times.

Squat or Sit to Stand

Part 1

Grab your furry companion's favorite toy. Go to an area of your home that has a little more space, like a hallway or in front of a chair or sofa. Start with the toy in front of your pet by bending down into a squat. (Instead of a squat, you can also perform a sit to stand from a chair or sofa.) As you bend down, bend your knees and keep your chest up high. Perform this motion slowly. You should feel this along the front of your thighs. If performing the sit to stand variation, make sure to sit down with control to avoid plopping down.

Part 2

Toss / Throw

Throw the toy for your dog, and when they bring it back, perform another squat or sit to stand to retrieve it. Pick up their toy and then repeat eight to 10 times. By doing this two-part exercise, you are working



on balance, strength, coordination and control while getting some mental and physical activity for your pet, as well. (If your dog is like mine, then you may get some extra steps in by walking to get the toy from them as they turn this into a game of chase!)

Bicep Curl/Grip

Let your pet keep its toy and play a little tug-of-war.

You can hold onto the toy while your pet pulls back against you. This will help you work on grip strength. Since bringing my tug-crazed pup home, my grip strength has improved significantly from our playing together. To work your bicep/front

Holding onto a toy while your pet pulls back against you will help with your grip strength.

of the arm more, pull on the toy and bend your elbows. This can be performed sitting or standing. Just be aware of your pet's strength so you remain balanced during tug time.

Wrap Up

There are many exercises you and your pet can do together to stay active.

Once you work through these exercises, you should be feeling a little warmer and maybe a little fatigued. Remember to modify these exercises so they fit you and your pet's current activity level. With your pet's help, maybe you'll be able to garden, hike the dog park, and more.



Dr. Maggie Parker, PT, DPT, is a licensed physical therapist at SEPT Physical Therapy. She is a dog lover who works with people of all ages and ailments and is a native of the Fairview/Reynolds community. 1356 Charlotte Highway. 338-0707.

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Your Brain Is Hungry for Good Reason

Did you know that your brain might be your biggest energy consumer? Studies have shown that a typical person diverts about 20% of their energy to the brain. That means that if you eat a 500-calorie meal, your brain takes 100 of those calories to have sufficient fuel to regulate the rest of your body.

It's Your Brain's Fault You're Hangry

Our brain has many important jobs, such as keeping our vital organs operating, encoding information into our memory, and keeping our balance as we walk and talk (or text/check social media) simultaneously. When there is a decreased amount of energy available to the brain, the brain focuses on what is most important for keeping us alive, but this means it is less able to perform other functions. Anyone who has ever been "hangry" (hungry and angry) has experienced this before.

When energy levels are low, your brain does not have a private energy reserve it can tap. Instead, it relies on a steady bloodstream to constantly deliver the fuel it needs to function. So, if we are hungry and our blood sugar is low, the brain has to find a way to make do with what is currently available. Compared to beating the heart and inflating our lungs, things like emotional regulation and proper focus become less of a priority when there is less available energy. The "hangrier" you are, the more likely you are to

be irritable and even bicker with others.

When we sleep at night, there are changes to our brain's vascular system that allow our neurons to recharge and heal from the day's stress. Without quality sleep at night, our brain has less energy, resulting in the same thing—maybe being more grumpy, irritable or perhaps stressed and anxious about trivial things.

Blood Flow = Brain Energy

Our brain is so dependent on blood flow; it is one of the most vascular organs, meaning it is incredibly dense with blood vessels. Health conditions that affect the blood vessels and cardiovascular system, in general, have been correlated with increased risk for brain issues like dementia, cognitive decline, depression and especially stroke.

This list represents a massive burden on society and countless families and individuals. Due to recent events, the scientific community is also learning a great deal about the detrimental effects of viral infections on the nervous system. It is becoming increasingly evident that these infections can cause long-term damage to brain tissue.

Improving Blood Flow

Encouragingly, a fascinating, recent brain research finding is that you can actually improve blood flow to the brain (called cortical perfusion). The good news is that there are plenty of low-tech ways to increase

blood flow to the brain. Below are two of the easiest and most accessible methods.

- **Cardiovascular exercise** is a fantastic tool for improving brain health. There is no shortage of evidence that exercise improves neurological conditions like depression, anxiety disorders and attention deficit disorder, but it also reduces the risks of developing other brain issues.

- **Deep breathing techniques** have also been proven to help boost blood flow to brain tissue. Staying focused on breathing for any amount of time takes focus and concentration. Many mindfulness techniques rely heavily on focused breathing as a primary tool. A great collection of scientific studies demonstrates the benefits of deep breathing techniques, such as those used in yoga and mindfulness meditation.

What is great about both of these blood flow-boosting techniques is that they are free and deliver benefits at most any fitness level. Taking the stairs, walking/running around the block, and doing a few bodyweight squats or modified push-ups on the counter while making dinner are easy and effective ways to help your brain get more energy.

Instead of streaming or scrolling when trying to sleep, try taking 12 deep breaths. While inhaling, count the seconds, then exhale for twice as long, if you can. You may be surprised how quickly this can improve with consistent practice. You may

also be surprised how rarely you get to breath number 12 without falling asleep.

Give Your Brain an O2 Boost

One of the most researched and impactful therapies available for improving blood flow to the brain is called hyperbaric oxygen therapy (HBOT). This treatment combines increased atmospheric pressure and breathing supplemental oxygen.

Many research studies have confirmed the numerous effects of HBOT on brain health, such as increased cortical perfusion (i.e., blood flow to the brain). In addition, HBOT has been shown to help the body create new blood vessels within brain tissue through neovascularization. As a result, HBOT can provide enormous benefits for brain-based issues like brain fog, depression, post-COVID infection symptoms, memory issues, concussion, stroke and other forms of brain injury.

For these reasons and more, HBOT has become one of the most effective non-invasive and drug-free therapies used in the practice of functional medicine.



Dr. Henry Zaremba is an associate and lead clinician at APEX Brain Centers. He is a board-certified chiropractic neurologist. Visit ApexBrainCenters.com or call 708-5274.



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Anne Ogg: Living and Building

By the way, I love the *Town Crier*!” Anne Ogg said. “In fact, I helped with the website at one time. Sandie [Rhodes] was looking for volunteers, so I offered to help. That’s been years ago.”

Ogg has lived in Fairview since 1990 after Hurricane Hugo forced her move from the Virgin Islands. At first, she worked in sales and marketing; later, she began teaching high school and college. Today, she works as an Instructional Designer at the University of North Carolina–Asheville (UNCA), partnering with faculty to maximize the efficient use of technology in the classroom.

She is also an artist. “Well, when I think of my woodturning self, it’s a stretch to call me an artist,” she countered with a chuckle. Yet she teaches woodturning in UNCA’s STEAM studio, runs Spin-Sterns, a club for UNCA faculty and staff interested in woodturning, and was recently elected president of Carolina Mountain Woodturners (CMW)—the first woman

ever to hold this post.

“The first thing I turned was a honey dipper,” Ogg said, eyes shining. “It was like I had died and gone to heaven.” Heaven? Really? “There’s just something about turning wood at a high rate of speed that is very mindful and soothing.”

Within a month of that initial divine encounter, Ogg had joined the American Association of Woodworkers, attended a workshop to learn the basics of the craft,

and purchased a lathe. She specializes in miniatures: bowls smaller than a penny, candlesticks just over two centimeters tall, and other tiny wooden trinkets that are easily outmeasured by a stick of gum. You know: art.

Plus, she builds boats—the life-size variety. “My brother was teaching kids in school to build canoes,”

Ogg explained. She was visiting him in Maine and saw his works in progress.

“You think I can do that?” she asked, admiring his work. He responded with conviction, “Yes! If you can follow directions, you can build a boat.” It was 2020 and the pandemic was well underway. She needed a project.



This small, hinged pear is a miniature replica of a 18th century tea caddy.



Anne glueing the ribs on (below) and launching (above) her hand-built canoe.

It wasn’t just the pandemic that prompted Ogg to find a new avocation, though. In 2017, her husband of 32 years died suddenly. Shock and grief hit hard. But Ogg continued working full-time, and she and her teenaged daughter found ways to adjust to the burden of their loss. Simultaneously, Ogg was caring for her mother, whose health was failing. In February 2018, just five months after her husband’s death, Ogg’s mother passed away.

Grief can be a demanding companion, commandeering every stray thought. Thank goodness Ogg knows how to stay busy. But then March 2020 came along and ushered in its uninvited guest; and the world slowed down for everyone. Building a boat would demand complete focus, requiring precision and accuracy while allowing for creativity and design. It seemed like the perfect diversion for such an uncertain time.

“Anytime you can change something that seems static—I would need to heat up the wood to bend it and shape it—that seems a little like a superpower,” she said, beaming. She ordered the plans and supplies and got started. She would finish the canoe with a clear vinyl skin and, with any luck, have it in the water by summer 2021.

And so, the process began. Studying the plans and learning the craft, Ogg began the meticulous measurements and careful craftsmanship. Inevitably though, she hit an occasional snag. “I like to take shortcuts sometimes,” she admitted. “For example, I had forced the frame onto the ribs in a couple of places. But my brother would have none of it and advised me to go back and rework it. He explained that the wood and the design of the boat are forgiving,” she said. “That’s his word, ‘forgiving.’”

Ogg listened to her brother and followed his direction. Recalling one such time, Ogg said, “I took a deep breath and cut. As I did, the wood popped audibly and the curve resumed its natural shape, no longer stuck in an awkward position.” Ogg’s voice wavered for a moment, and



it was clear that the boat was much more than just a project to keep her busy.

“The transparent skin means you can see all the mistakes I made,” she laughed gently. “And sometimes that’s all I do see. But I don’t see that forced shape anymore. Now, there is a graceful curve—albeit one

marked by a few scars—that enables the boat to travel straight in the water.”

She named her boat “Joy,” Ogg said, “I learned from author Valerie Kaur [See No Stranger] that if you don’t love, you don’t grieve. Kaur taught me that ‘joy is the gift of love’ and ‘grief is the price of love.’” She paused, the emotion washing

over her. “Building

the boat also helped teach me that. Working with my brother, focusing on the project, learning from my mistakes—the whole process... it was healing.”

Ogg launched Joy last summer. “Now I’m building a rowboat. Then next, I’m going to work on a sailboat. This summer, I’m also leading a woodturning camp for girls in the STEAM studio. And in my position with CCW, I have a lot of new responsibilities. But I’m in no rush,” she said, back to building her boats. “I’ll just take my time,” she smiled peacefully.

Anne Ogg is a gentle superhero, traveling through life beautifully scarred and grateful for the journey.



Anne and her brothers

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

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Organizing a Party or Large Event

In the last few months, I was asked to organize a wedding and the FBA Business Expo. The expo was a big success, and the wedding is around the corner. The bride is pretty calm and staying within her budget. Practically everything is done, and the big day is six weeks away. I know it will be a wonderful celebration.

Organizing a party is similar to organizing anything else. You need to have a plan, starting with the size of the party. Once you have an idea of how many people will attend, you can start to organize and purchase—and then ultimately enjoy it!

Here are some tips to hosting a successful party:

- **Make a list of the people who will be invited.** Based on the number of attendees, you'll need to find an event space well in advance of the proposed date. Make sure you leave enough time to prepare, whether it be a large wedding or a small dinner party.
- **Send out the invitations.** It is important to effectively communicate to people about the party. Will they be coming for the day? Overnight? Weekend? Where will they stay? You should call weeks in advance to reserve space at hotels or Airbnbs nearby if the event is larger than a dinner party.
- **Make an RSVP list** by checking off

the names of the attendees as people reply to your invitations.

- **Mark the date of the event on a calendar.** Having a month-at-a-glance calendar helps to see when each checklist item needs to be completed. Enter the items that need to be completed on the left or right side of the calendar so you can keep track and make sure you are completing them on time. Enter all dates and deadlines and be sure to work backward from the day of the event. For example, if a wedding is June 4, invitations should be sent out six weeks before—about the week of April 24. (If it is a birthday party, less time is needed to send out invitations.) Write "Invitations to go out" on the day or the week of the 24th.
- **Plan for food.** Many event venues supply the food, but you need to decide what your budget will allow. If you're hosting a smaller party, you will need to contact caterers or stores (for platters). If you are going to prepare the food, you will need to plan how much to buy and possibly make it in advance. Food is probably the highest cost for a party, so make sure to have a good idea of how many people you will have. You might want to put a monthly budget together so you can pay it off over time.
- **Many parties serve alcohol,** and it can be expensive. Budget for this in

- advance.
- **Plan for musical performers,** which might have to be scheduled months in advance. A deposit is usually required, and it might have to be paid for in advance of the party, so schedule the payment on the calendar.
 - **What will you wear?** If it is a wedding dress, you will need to purchase it several months before the event. A large deposit will be necessary and, again, you might want a payment plan to make it easier to pay for the dress. If it is a modest party, clothing can be purchased possibly months, weeks or days in advance.
 - **Make a shopping list.** Will you decorate the venue? Will you purchase dinnerware, napkins, centerpieces and flowers? All of these items need to be budgeted for, and I strongly suggest that you plan to make the payments over time rather than waiting until the last minute. Look at the calendar and plan in advance to purchase all of these items so you will not be stressed at the last minute.
 - **Where will people sit?** Will you have table assignments? This is one of the items you will need to address near the date of the event when you know who is coming.



- **Who's going to help clean up** after the party? Make sure you ask friends or pay for someone to assist with the clean-up.
- Lots of people use wedding or event planners to help them stay on track and within budget. If you give yourself time to plan and organize your party well in advance, you will be able to enjoy the planning process and the party.
- If you have a topic that you would like me to write about or have questions about organizing, please get in touch with me through the Crier. Call 628-2211, text 828-771-6983 or email clark@fairview-towncrier.com.*
- Diana Soll is a Certified Professional Organizer living in Fairview. For more information, you can email her at diana@grandsolutions.net.

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Fairview's "River Runs Through It"

When Norman Maclean wrote his classic novel "A River Runs Through It," he captured a story of family, friendship and fishing centered on an iconic, western river in earlier times. Not everyone lives in a storybook setting on a scenic river, but the same strong bonds among land, waters and people are evident in countless places across our country. Here in the greater Fairview area, a river runs through it—and that river's name is Cane Creek. This waterway and its tributaries are our "home waters," to borrow another concept well known to fishermen. Home waters might be the waters closest to your home, or maybe they're the waters closest to your heart. Sometimes, they can be both.

It is not coincidental that Cane Creek is so central to our area—Fairview grew up around it. It forms the backbone of our local landscape, defining the lay of the land since well before our earliest settlements began. Many communities, large and small, have similar ties to a lake, river or stream around which the community grew. Those cultural ties developed in appreciation of so many things that their home waters provided: drinking water, irrigation, transport, water power, arable, flatter land, recreation and fishing are just a few examples.

Surprised to see land use mentioned as a value of a waterway? You shouldn't be. Land and water are intertwined to a remarkable degree. Water does not exist in

minute—what happens uphill doesn't always stay uphill, sometimes it ends up in the creek. This includes rainfall that sustains creek flow, soil eroded by rainfall, and pollution carried by runoff. What's more, 'what happens uphill' may be miles and miles away, not just the lands near the water's edge.

How far can you go from Cane Creek and still be in Cane Creek's watershed? Let's take a look. On the map, you can see the extent of the entire Cane Creek watershed. It's a surprisingly large 88 square mile area, extending almost to Swannanoa to the north, bordered by the Eastern Continental Divide near Gerton to the southeast, then extending westward through Fletcher to Cane Creek's mouth at the French Broad River.

There are also many tributary creeks on the map that add their own sub-watersheds' input to the Cane Creek system. These tributaries are an inseparable part of Cane Creek and its watershed. The named tributary creeks upstream and downstream of Charlotte Highway are numbered on the map and in the table below; there are also many unnamed tributaries in addition to those listed.

Sometimes, we may not realize how our local waters are so connected. After the August 2021 flood, a shiitake mushroom log washed up on my Cane Creek floodplain and I posted on Nextdoor asking whether anyone along Cane Creek had lost it. One reply came back saying they lost some logs but they lived along Garren Creek, not Cane Creek. Well, Garren Creek is a tributary of Cane Creek.

Getting back to watersheds, why should all this matter? And why should we in Fairview care?

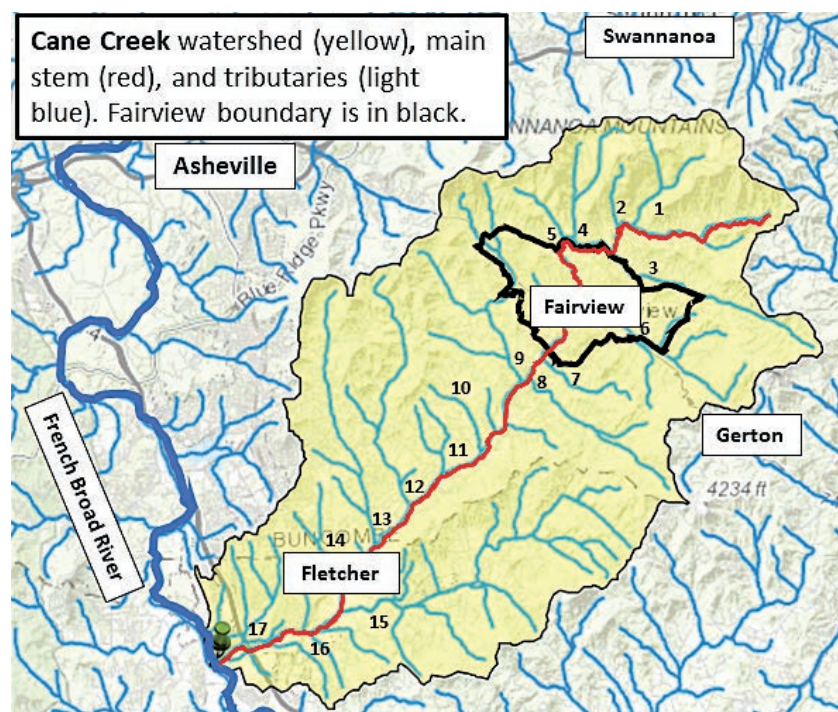
- **We care whether Cane Creek—and all its tributaries throughout the watershed—are an attractive part of Fairview.** Litter or flood-damaged streambanks aren't very pretty.

- **We care whether Cane Creek is healthy.** Cane Creek supports a wonderful array of wildlife (see the March 2022 *Crier* bird article, for example). An unhealthy creek might not support trout and thus be dropped from the stocked waters program.

- **We care whether Cane Creek is polluted.** No one wants pollution in their home waters. Currently, part of Cane Creek is listed on the State impaired waters list for some fixable pollution problems. What we do in the watershed can help.

- **We care whether Cane Creek is stable under duress.** When flooding inevitably comes on occasion, does the creek briefly overtop its banks then return to its normal channel, or destroy property far from its traditional course?

If you already care, two great things you can do are to become active in a watershed group or simply learn more about watersheds. The French Broad River Partnership Organization (frenchbroadriver.org)



CANE CREEK'S 17 MAJOR TRIBUTARIES, FROM UPSTREAM TO DOWNSTREAM

Upstream of Charlotte Hwy

- 1 Rocky Creek
- 2 Laurel Branch
- 3 Garren Creek
- 4 Trantham Creek
- 5 Ballard Creek
- 6 Ashworth Creek

Downstream of Charlotte Hwy

- 7 Shoal Creek
- 8 Brush Creek
- 9 Gap Creek
- 10 Gravelly Creek
- 11 Tweed Creek
- 12 Merrill Cove Creek
- 13 Robinson Creek
- 14 Pinner Creek
- 15 Hooper's Creek
- 16 Cushion Branch
- 17 Kimsey Creek

The 88-square-mile Cane Creek Watershed drains lands as far away as the Swannanoa Mountains and the Eastern Continental Divide through a network of tributaries before reaching the French Broad River.

ANNOTATED BASE MAP COURTESY OF THE EPA WATERS GEOVIEWER WEBSITE



Flooding after Hurricane Fred at Whistle Hop Brewing Company IMAGE: GINA MICELI

a vacuum. Cane Creek highly influences the land around it, and its surrounding land affects the creek. Cane Creek doesn't just 'run through it.'

Nothing captures the relationship between land and water like the watershed concept. A watershed is "the entire land area that drains to a given stream, lake or river," affecting the water quantity and quality in the water body that it surrounds. The boundaries between watersheds are often ridgelines between valleys, but they can also be subtle changes in elevation that are just enough to make rainfall run off in two different directions. Virtually everywhere is part of a watershed. In fact, we all live in a watershed, no matter how far from the water we may be.

Watersheds provide some risks as well as benefits. Just think about that for a



"This part of Cane Creek on Old Fort Road is usually 7 to 12 inches deep and 8 feet wide. The flood was over 7 feet above the normal level of the creek, so the volume of water was absolutely incredible." IMAGE AND QUOTE: ALEXANDER KISS

covers a larger watershed that includes Cane Creek and is a source of numerous watershed groups active in our area. To learn more, the Healthy Watersheds Program (epa.gov/healthywatersheds) and the Watershed Academy (epa.gov/watershedacademy) are motherlodes of watershed information presented for non-scientists as well as scientific audiences. Also, watch the *Crier* for more information about Cane Creek and its watershed. If you still

aren't sure whether understanding the Cane Creek watershed is important, just think of flooding—and read the article on the facing page!

Doug Norton (dougorton99@gmail.com) is a retired watershed ecologist and online science educator who lives in Fairview. "Cane Creek Chronicles" is an article series that explores the great outdoors of the Cane Creek Watershed.

FLOODING IN FAIRVIEW: BE AWARE & BE PREPARED

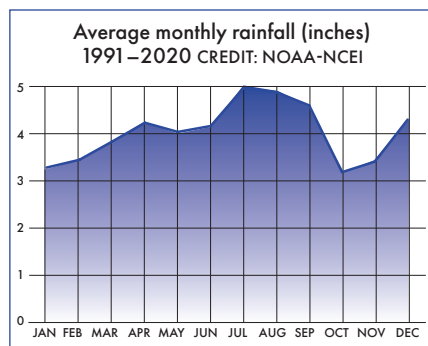
By **MARY SPIVEY**

When Tropical Depression Fred brought gusty winds and rainfall to Western North Carolina last August, the resultant flooding was a potent reminder of the power of water in our lives.

Those that ventured out after Fred had passed often found their way blocked by high water. According to the Fairview Volunteer Fire Department's Facebook page, "the storm dropped over 4 inches of rainfall in four hours, flooding roads and causing many trees to fall into the roadways." Cane Creek, the main waterway in our area, rose beyond its banks and spread across adjacent fields. Water from our area's normally tranquil creeks surged over roads, creating impassable, often dangerous situations across the Fairview area. Residents posted pictures and comments of high water and downed trees from Molly's Market to Webb Creek to Garren Creek Road, and the fire department website urged caution when traveling across the area.

FLOOD FACTORS IN FAIRVIEW

Floods occur when water expands over land that is normally dry, and they are the most common and widespread of all weather-related natural disasters (National Oceanographic and Atmospheric Administration). In western North Carolina, floods are primarily the result of excessive rainfall.



The amount of rain in our area varies throughout the year. (See graph above.) This monthly precipitation graph for Fairview is based on a 30-year period of rainfall data called a "normal." For this graph, the normal refers to the period of 1991–2020. Therefore, the values in this graph represent the average of all the rainfall in our area each month for the past 30 years. The months with the most rainfall are July–September, a fact that many readers already know due to their strong connection with the land.

The majority of memorable floods have occurred within these months, including The Great Flood of 1916 (July) and the recent flood of 2021 (August). A smaller flood affected Fairview in October 2021 due to rainfall from a strong low-pressure system that brought moisture-laden air from the Gulf of Mexico to our region. Clearly, the weather doesn't stick to the

calendar, as this flood was outside the normal months of high precipitation. (See sidebar at bottom right for more information on the causes of flooding in our area.)

Rainfall amounts in our area are trending upward over time. The graph (at right) from NOAA's National Climatic Data Center shows the total annual rainfall in Asheville from 1947 to present (1947 being when data collection began). Note the blue line showing the gradual increase in rainfall over time. This trend is in line with expectations of how precipitation amounts could change as the climate warms.

WHERE ARE FLOODS LIKELY TO OCCUR?

Like the real estate maxim, where a flood will occur is all about "location, location, location." The Buncombe County website features several tools to determine the vulnerability of any property to flooding. The Flood Risk Information System (FRIS) is the most user-friendly of the choices. Using the FRIS interface, anyone can quickly check to determine the susceptibility of a specific location to a 100-year flood (see sidebar for explanation).

In the FRIS image at right, the areas shaded in blue lie along creeks and streams. These are typically lower-lying areas and also tend to be sandwiched between areas of higher elevation. (See the article on the facing page to learn more about the role of watersheds in our area.) While many of us will find that our homes and businesses are not within a flood zone, the roads we traverse to get from home to work, school and other places cross flood-prone waterways and can be submerged by high water.

With an increase in precipitation comes the increased risk of flooding. What can we do to prepare so we can stay safe and resilient during a flood event?

BEFORE A FLOOD—BE PREPARED

When thinking about preparing for a weather emergency of any kind, ask yourself, "What would I do if basic services like water, power, gas, and phones were not working for several days or more? How much food, water and supplies would I need and who would I want to contact?" A good place to start is the Emergency Preparedness page on the Buncombe County website: tinyurl.com/mr2ze54t. Here, you can find resources on how to prepare for an emergency before it occurs.

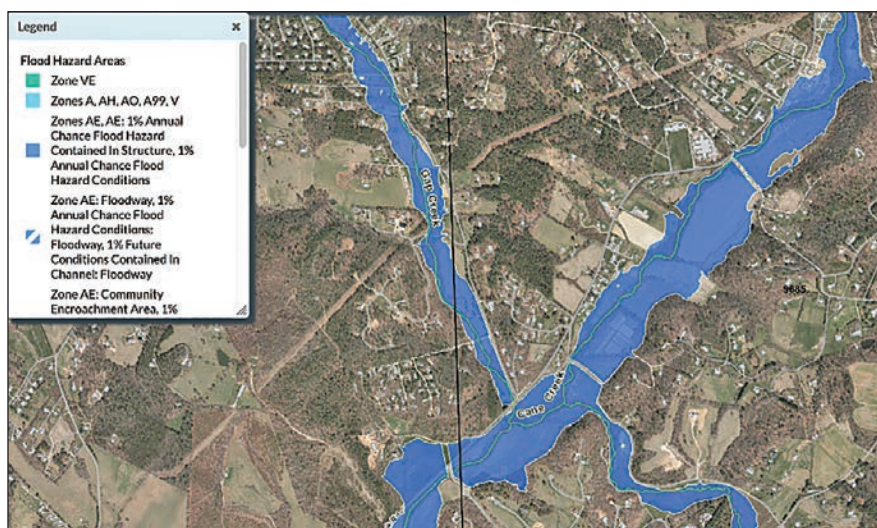
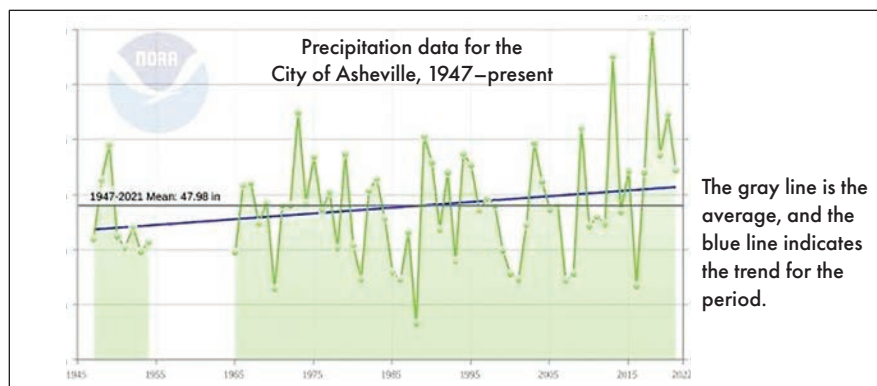
For basic supplies, the county website suggests the following for an emergency kit:

- At least three to seven days' supply of non-perishable food and water for people and pets;
- Manual can opener for food;
- Battery-powered radio or NOAA Weather Radio with tone alert and extra batteries;
- Battery-powered flashlights and extra batteries;

continued on next page



Dotson Road at Cane Creek culvert, August 17, 2021. IMAGE: RUTH ATKINS



A section of Fairview from the FRIS website showing Cane Creek, Gap Creek and Brush Creek. The areas in blue have a 1% annual chance of experiencing a 100-year flood.

IT'S NOT JUST THE RAINFALL

What other factors besides rainfall contribute to flood risk? "There is no flood-free season," said Doug Norton, watershed expert and Fairview resident. "Although tropical storms from the Gulf are typically June through November, an extreme flood can occur any day of the year. And high rainfall in a short time isn't the only factor—watershed characteristics can make a big difference."

With that in mind, what local watershed factors can make flooding worse?

- Already-saturated ground throughout the watershed can't absorb more rain.
- The amount of impervious surfaces such as parking lots, roads and rooftops can increase flooding because all the rain runs off.
- Abundant steep slopes can add runoff too fast to soak in.
- Uncontrolled, badly eroding gullies quickly add water to already-flooding streams.
- Removal of natural vegetation cover takes away a key way to slow down runoff and help it soak in.
- Removal of streamside trees destabilizes the bank, which can allow a stream to carve a new course and cause greater flood damage farther from its original channel.

- First aid kit;
- Water purifying supplies (chlorine or iodine tablets or unscented ordinary household bleach).

Optional, yet useful items to consider:

- Personal hygiene supplies, baby supplies, sturdy shoes, waterproof gloves;
- Medications for you or your pet;
- Insect repellent, long-sleeved and long-legged clothing for protection against mosquitoes;
- Whistle to signal for help;
- Dust mask;
- Wrench or pliers to turn off utilities;
- Non-electric charger for phone and other personal devices;
- Local maps;

Adapt your list to your family's needs as you learn more.



Car carried away after an attempt to cross Cane Creek. Thankfully, the rescuers and driver were uninjured. IMAGE: DOUG NORTON

Another valuable resource is a printable list of contact numbers for area service providers, including power companies, phone and internet providers, and the 211 number to find an emergency shelter. Personalize this list with any additional providers, such as propane, internet (if not on the list), and the Fairview Volunteer Fire Department. Most Town Crier readers are serviced by Duke Energy Progress, so use that number to report and learn about area outages. Finally, today's cell phones are yesterday's phone books, and few numbers are committed to memory or paper. It's a good idea to make a list of numbers of all family members and neighbors you may want to reach, as well as schools, daycares, workplaces, and any other number you might call in an emergency.

To stay on top of weather alerts, sign up for the Code Red notification system on the Buncombe County website, and receive up-to-the-moment information on your phone.

DURING A FLOOD—BE SMART AND STAY SAFE

A flood situation is scary; staying safe during a flood doesn't have to be. The North Carolina Emergency Management website lists the following dos and don'ts:

- Listen to the radio or television to learn what to do.
- Know that flash flooding can occur. If there is any possibility of a flash flood, move quickly to higher ground. Do not

THE HUNDRED-YEAR FLOOD EXPLAINED

It's popularly imagined that a 100-year flood can only occur once every 100 years, but weather doesn't keep track of time. A 100-year flood has a 1% chance of happening in any given year. Given the right circumstances, a 100-year flood can occur in any year or multiple times within one year. The probabilities for determining the recurrence of these floods were developed using historical weather patterns. As the climate warms and more moisture moves through the atmosphere, the basis for the probabilities will change and we can expect an increased recurrence of these extreme flooding events.

wait to be told to move.

- Know that streams, drainage channels, canyons and other areas can flood quickly. Flash floods can happen in these areas with or without typical warnings.
- Turn off water, gas and power at the main switches or valves if told to do so. Disconnect electrical appliances. Do not touch electrical equipment if you are wet or standing in water.
- Do not walk through moving water. Six inches of moving water can make you fall. If you have to walk in water, walk where the water is not moving. Use a

stick to check the firmness of the ground in front of you.

- Do not drive into flooded areas. If floodwaters rise around your car, leave the car and move to higher ground if you can do so safely.
- Do not camp or park your vehicle along streams, rivers or creeks, particularly during threatening weather.

Half of flood-related deaths are due to people driving through deep, hazardous water, according to the National Weather Service (NWS). As little as six inches of high water can stall a passenger vehicle; a foot will float many vehicles; and two feet can carry away most vehicles, including SUVs. Remember, while walking or driving during a flood, never trust deep water. Instead, trust the NWS expression: Turn Around, Don't Drown.

Mary Spivey lives in Fairview and writes about science and the community. She can be reached at maryspivey03@gmail.com.

GET INFO ONLINE

fris.nc.gov North Carolina Flood Risk Information System

drivenc.gov for road closures

outagemaps.duke-energy.com/#/carolinas Duke Energy outage maps



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Volunteers Make a Difference at Fairview Elementary

By Kenya Hoffart

Volunteers are the heart of Fairview Elementary. Parents and community members come in each year and help teachers and students in many ways. Whether they are assisting with a phonics lesson, chaperoning a field trip, proctoring a test or even supervising a classroom while a teacher eats lunch or goes to the restroom, the difference they make is invaluable.

The last couple of years, volunteers have not been able to be as actively involved in our school building due to safety protocols, but we are so excited to see these smiling faces reentering the building and eager to help. They offer encouragement to our staff and students; they share their talents and abilities to enrich school programs; they are available, dependable, friendly, and flexible; they are willing to learn and are aware of school district or state-mandated criteria; and they do all of this with a selfless devotion and giving nature.

We can't possibly talk about how important volunteers are without giving a special shout-out to the Parent-Teacher Association at FES. Our PTA goes above and beyond every year. They organize staff appreciation treats, gifts, and meals, manage fundraisers, offer support at parent events, and so much more. Each year we have to say farewell to parents who



have students moving on from elementary school, which is never easy. This year, we are sad to see several previous and current PTA board members go.

Molly Sherrill has been involved in the FES-PTA for nine years and has served on the executive board for many of those years. She is currently serving as PTA president and has handled the challenges and obstacles a pandemic can present like a pro. Molly is generous, kind, organized and a fantastic multitasker. She always follows through on any given task, is very dependable, and is always happy to share a laugh. Molly works full-time and is a mother of two active kids, but she still finds time to support our school. We are very thankful.

Two other very special PTA members we must say goodbye to this year are Polo and Jen Alonso. They have fed the staff at FES many meals over the last eight years, each one delicious. They have volunteered at almost every school event and have spent hours working on staff treats and hospitality

events. Individually, Polo and Jen are the type of people you know you can depend on and enjoy having around. Polo is a chef extraordinaire who is kind and helpful and always willing and able to do the behind-the-scenes work that can sometimes go unnoticed. Jen has served several years on the PTA executive board, helped organize and collect items for raffle baskets, planned social gatherings and mixers, and spent hours in the classrooms of her two kids. Polo and Jen have been dedicated to the PTA for nine years. They are a kind and helpful team who will surely be missed. The staff and students at FES thank all

the wonderful volunteers who have poured their time and energy into supporting everyone. Each volunteer, no matter what they have been able to give, have made their mark in our school and in our hearts. We recognize that one of the greatest gifts one can give is time, and FES is very appreciative to be the recipient of so many of these gifts. As the Greek author Aesop once said, "No act of kindness, no matter how small, is ever wasted." We could not agree more.

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

ACRHS STUDENT OF THE MONTH Isaiah Kyremes-Parks



A.C. Reynolds High School honors Isaiah Kyremes-Parks as its May Student of the Month. Isaiah transferred into Reynolds during a pandemic, but he never seemed to miss a beat. He has gotten involved in our school community by running cross country and being involved in Girl Up and the Environmental Club. His level of academic and intellectual curiosity is unmatched by his peers. And, in a time where people have a tendency to be unkind and lack a sense of compassion, Isaiah is kind and genuine. He embodies the principles of the school and a Reynolds Rocket.

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

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FES Dads in Action

The Dads Club at Fairview Elementary School was started nine years ago to allow dads to be more involved in their kids' education, and local dads are still making a difference with regular events and projects.



◀ Reading in the Classroom

"Reading is the foundation for success. Dads coming into classrooms with a book in hand lets the kids know how important and how fun reading can be."
—Jorge Redmond



Buddy Benches ▶

Dads, including Danny McGrath (at left), built buddy benches, which help eliminate loneliness and foster friendships on the playground. Any student who feels a little left out, or just wants someone new to play with, can take a seat on a buddy bench and expect someone to join them soon.



◀ Teacher Appreciation

The dads pick a day and deliver coffee and food to classrooms for teachers. Their kids help if it doesn't interfere with their classes.

"Buying a cup of hot cocoa or coffee for the educators that dedicate their lives to our children is the least we can do. Showing our appreciation to the staff is probably more rewarding for us than for them."

—Eric Manley (in white sweater, who came up with this idea and leads this effort.)



◀ Calm Kits

Young kids can have trouble dealing with their emotions. Dads built "Calm Kit" binders that contain activities to help kids work through what they are feeling and calm down so that teachers and administrators can help them.

"We assembled the calm kits together with our kids, and it was a great experience seeing how interested and enthusiastic all the kids were. It was a great day spent with the other dads and their children. It was a real team effort and some great quality time spent with each other."

—Ryan Bently (rear, far right)

Obstacle Course at Last Month's FES Fest ▶

Jason LaStella headed up this project, and the festival attendees enjoyed it.



◀ Daybreak with Dads

Hundreds of dads and kids get to school early for breakfast and a quick agenda. And then dads can walk their kids to class.

"After nine years, it is just awesome to continue to see so many dads making it a priority to come hang out with their kids. My favorite part of these events is when I hear dads ask, 'Now where is your classroom?' and then being led away by hand by their son or daughter. Priceless!" —Brian Fuchs (Dads Club founder)

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MAGIC WITH GREG

BOY OR GIRL?

Want to read something behind your back? Let your fingertips do the work for you!

GET READY

Get an index card or some stiffer paper and rip it into nine equal pieces. Each of the nine pieces should have either "BOY" or "GIRL" written on them.

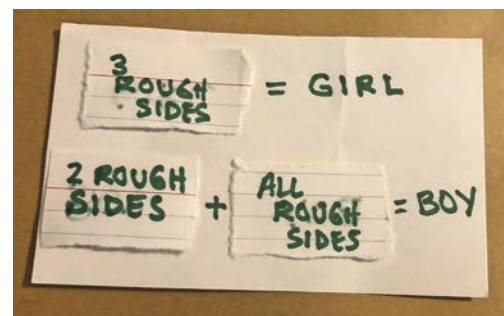
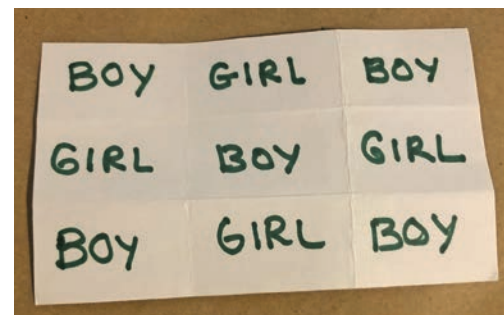
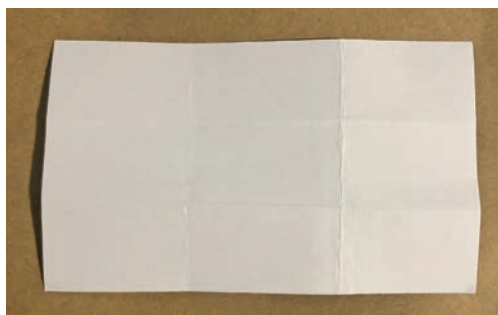
TO PERFORM

- 1 Give the nine ripped pieces to a volunteer and ask them to mix them up.
- 2 Put your hands behind your back and ask your volunteer to place any one of the nine pieces into your hands.
- 3 Next, face your friend with your hands behind your back. Say, "I will try to read the name of this piece with just my fingertips. Then, 'Yes, it says 'boy'. (or 'girl').'" Bring the card out to show them you are correct.

SECRET

The secret is that you will feel the edges of the piece. If it has three rough edges and one smooth edge it is a "GIRL." If the piece has two rough edges and two smooth it is a "BOY." The center piece has four rough edges and is also a "BOY."

magic!



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



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A Gateway to Somewhere Beautiful



By **LINDA REANDEAU**

Just a few miles east of Fairview is the charming community of Lake Lure, located in the Hickory Nut Gorge. Recently recognized by *Southern Living* as the South's best lake town in 2022, Lake Lure has lots to offer visitors, including one of its proudest attractions, the Lake Lure Flowering Bridge.

Built in 1925, the bridge was the route for vehicles to cross the Rocky Broad River until it was decommissioned in December 2010, when a new, wider bridge opened beside it. The community wanted to save the beautiful structure, and the idea of a flowering pedestrian bridge was born. Friends of the Lake Lure Flowering Bridge quickly came together and began planning the gardens that today welcome over 180,000 visitors annually. The first plantings were installed in 2012, and the bridge was officially dedicated on October 19, 2013.

Today, the gardens are cared for by more than 40 volunteers. Emphasizing

the natural beauty of the Hickory Nut Gorge, the gardens encourage adults and children to develop a personal awareness and respect for our natural world and to improve skills related to gardening. Thousands of plants and flowers line the bridge, including many that are native and pollinator-friendly, as well as unique trees and shrubs. No matter the season, the flora on the bridge is always beautiful, with seasonal features and whimsical garden displays offered throughout the year.

Sustainability is of utmost importance, as demonstrated by ongoing recycling and composting efforts that attract birds and insects beneficial to the health of the bridge's plant environment. The bridge is a Certified Wildlife Habitat, a Monarch Waystation, on the Rosalyn Carter Butterfly Trail, and a member of American Public Gardens. Additionally, the bridge includes one of the 100 historical murals on the Appalachian Mural Trail.

There is something for everyone at the Bridge. The majority of the gardens are

Special Features Visit often, as features change with the seasons:

April 5–May 17: **A Tisket, A Tasket—A Bridge Full of Baskets**

June 7–Sept. 7: **Fanciful Fairy Gardens**

Oct. 11–Nov. 1: **Pumpkin People**

Nov. 15–January 2023: **Holiday Decorations and Lights**

Since its establishment, over 100 educational classes have been conducted to share and promote knowledge of the plant world. Classes are usually 10–11 am, many are hands-on, and they are always free. Upcoming classes include:

May 24: **The Joy of Herb Gardening**

June 14: **Fairy Garden Design**

June 25: **Growing Native Plants to Attract Pollinators**

July 26: **Botanical Sun Printing on Fabric**

Aug. 23: **Pruning Basics**

Sept. 27: **Seed Saving, Storing and Swapping**

Oct. 25: **How to Build a Pergola for your Garden**

wheelchair accessible. An audio sensory trail is available to enhance the experience for visitors who are visually impaired. The enchanting Peter Rabbit Children's Garden provides hands-on experiences for young visitors. Furry friends are always welcome, and the River's Edge Dog Garden includes a dog stick library, providing pups with a souvenir. The Pollinator Garden is a delight all summer, boasting colorful blooms that provide important food sources for bees and butterflies. The bridge is always open, and there's no charge to visit.

Throughout the year, several fundraising activities take place. The popular "Say It With a Brick" promotion begins May 1 and runs through June 20. These commemorative bricks are on permanent display along the walkways of the bridge. During the promotion, bricks can be purchased for a 20 percent discount. In the

fall, an art auction is planned where one can purchase a one-of-a-kind piece of art created by Lake Lure artists.

Friends of the Lake Lure Flowering Bridge is a volunteer 501(c)(3) nonprofit organization and is totally funded by donations and grants. Donations to help preserve and maintain the bridge and gardens are always appreciated and are tax-deductible.

Tour groups are always welcome and are hosted by one or more volunteers who provide historical and anecdotal information about the bridge and gardens. Need more information or want to schedule a tour? Email info@lakelurefloweringbridge.org or visit lakelurefloweringbridge.org.



Linda Reandeau, who lives in Gerton, is a Lake Lure Flowering Bridge volunteer.

Spring Fling

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In Honor of Angie

Charles Hill, a Fairview resident for 17 years, has worked in food service for most of his life. His parents owned a small restaurant (the Ritz) in downtown Asheville. "I grew up standing on a little crate washing dishes for them," he said. After serving in the military, he held various roles in the industry, including 12 years as the banquet chef for the Hilton hotel in Asheville in the 1980s.

His wife, Angie, was a musician, but had always wanted to have her own restaurant. She and Charles started making plans last year, but then Angie got ill and passed away in January of this year.

Hill is a friend of Wayne Al-Abed, the owner of the Citgo station and the now-closed Wayne's Subs, from the community and from eating his subs. Hill



Charles and Angie Hill. Charles honored Angie's memory by opening the restaurant they had planned together before she passed away.



talked to Wayne about leasing the location, and then decided to carry on with his wife's plan, and to name his restaurant after her, "to honor her memory," he said.

Angie's Sandwich & Soup opened on March 17. And as the name suggests, they do more than subs. "I wanted to get back to more traditional offerings, with regular-type sandwiches and specials every day," Hill said. "We have soups and chili

every day. And Friday is usually wing day. We change it up to give some variety, but still have old-fashioned cooking. We are trying to be somewhat different and not duplicate what's already in Fairview."

Hill plans to start providing free delivery service, within 10 miles of the restaurant, once he secures a driver. Customers can call ahead to pick up prepared orders.

1395 Charlotte Highway, Fairview. For more information or to learn the daily special, go to facebook.com/AngiesSandwiches or call 338-5015.



Weitzels Celebrate Their 65th

Vince and Novella Weitzel will celebrate their 65th wedding anniversary on May 27. The family has asked that anyone who would like to give a gift to donate to the American Heart Association or the American Cancer Society.

Novella was born in Fairview on Sharon Road in a home that still stands.

► Fairview Area Art League Class

May 14, 11 am–12:30 pm \$10

Polymer Clay Shibori Beads Do you remember making spaghetti with your Play-Doh Fun Factory? In this class, you will be using a similar technique with a pastry extruder to make long, multi-colored strands of polymer clay. You'll wrap those around handmade clay beads to take home, bake and make into earrings, bracelets, necklaces or anything else you can think of. No prior experience with polymer clay necessary.

All supplies and tools will be provided. If you have your own extruder, clay, roller or blades, feel free to bring them. Please register with Nadia at nadiazayman1@gmail.com.

Class is \$10, on May 14, from 11 am to 12:30 pm. Meet at Re.Imagine, 15 Spivey Lake Drive, Fairview. Please bring check or cash for class payment.

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



DR. ASHLEY LUCAS

The Key to Successful Weight Loss

If you're struggling with excess weight and your reason for not doing something about it today is something like "I'm too busy," "I don't have the time," or "I'll do it tomorrow," then I want you to pause and reflect for a minute.

Using time as a reason to not do something you know you need to do is a great, sophisticated excuse. Time passes by so fast. Snap your fingers and the next three to five months will fly by.

I want you to consider your weight gain in increments of time. Let's say it's 60 pounds you want to lose. Think of this as four, 15-pound gains that you likely told yourself that you would handle tomorrow. Tomorrow never came, and in tomorrow's place was (and will continue to be) another 15 pounds.

The reality is that when you tell yourself you will tackle any issue tomorrow, tomorrow never comes. Taking concrete action today is key.

What if you don't allow yourself to procrastinate on important decisions and actions until tomorrow? We know it will be pushed to the next tomorrow.

If, instead, you make that all-important decision to take constructive action today, then tomorrow can be something you feel good about.

The only difference is that in three quick months you'll be experiencing a dramatically new and improved life, possibly lose a decade in how you look and feel, and likely reverse "chronic" diseases like high blood pressure, type 2 diabetes, sleep apnea, and more that are negatively impacting your life. Make a commitment to no more procrastinations and excuses—today!

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

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Match Your Financial Goals with the Right Strategies

To achieve most goals in life, you need some type of strategy. And that's certainly true for your financial goals. Since you likely have multiple financial goals, you may need to pursue several different strategies—but they all should follow a similar process.

What does this process entail? Here are the basic steps:

• **Fully define each goal.** Like most people, you probably have a goal of someday enjoying a comfortable retirement. But have you defined what “comfortable retirement” means to you? Do you plan to spend your retirement years traveling the world, or would you rather stay close to home to be with family members? Would you like to pursue your hobbies? Open a small business? Think carefully about what this goal looks like.

• **Identify the costs.** Once you've identified a retirement vision, you need to put a price tag on it. How much income will you require? You don't have to identify a figure down to the penny, but you should be able to come up with a pretty good estimate. A surprising number of people never reach this point—more than three-fourths of pre-retirees haven't calculated how much they'll need once they retire, according to Four Pillars of the New Retirement, a study by Age Wave and Edward Jones.

THE FOUR PILLARS

55% of U.S. retirees defined retirement as a whole new chapter filled with new choices, freedoms and challenges, and they do so in a more holistic way across four important areas:

HEALTH

FAMILY

PURPOSE

FINANCES

• **Invest appropriately for each goal.** Your investment strategy should reflect your risk tolerance and your goals. So, for example, when you're working toward a long-term goal, such as retirement, you're essentially investing for growth, which means you'll accept the level of risk that always accompanies a growth strategy. But when you're investing for a shorter-term goal, such as taking an international vacation in a few years, you may be somewhat less concerned with maximum growth and more focused on making sure that a certain amount of money is available when you need it. Consequently, you might follow an investment strategy with a lower degree of risk.

• **Understand the potential trade-offs of your financial strategy.**

Each of your goals may have its own investment strategy, but you still need to look at your goals holistically. So, for instance, if you decide you need to ramp up your investing for your child's education, will that affect your ability to put away the amounts you've designated for retirement? If so, do you have the flexibility to change your retirement plans somewhat, perhaps by working an extra year or so? Of course, this might not be necessary, but it does illustrate the potential impact one choice can have on another.

• **Track your progress.** It's important to track the progress of your investments and investment strategies, but you'll want to be careful about using market indexes as benchmarks. Your portfolio was designed for your risk tolerance and goals, so comparing it to an equity index (like the S&P 500) isn't all that relevant, or helpful. Instead, measure your progress at least annually to determine if you're on track to achieve the goals your strategy was designed to meet.

When you review your progress, you may also want to determine if any changes in your family situation or your employment might affect your investment strategies. A financial professional can help you in this area.

Achieving your financial goals takes time, effort and commitment. But by following the most appropriate strategies for your situation, you've got a path that can help lead you to success.



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.

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Elections and Energy

While the NC House of Representatives remains in session—the longest session in our state’s history—my trips to Raleigh were few and far between over the winter. Wrangling over districts finally came to an end in March, just barely in time for candidates to file for office. May 17 is election day, but early voting is in progress. The great benefit of early voting is that you can register, change your address and vote all at the same time. Also, on May 17, you have to vote in your precinct’s polling place. Early voting can take place at any location. The Fairview Library is our local early voting site. Early voting began on April 28 and will conclude on May 14.

May 17 is the primary voting day, which means that you are deciding which candidate in your respective party will be running in the November election. If you are a registered Democrat or Republican, you can only vote for candidates in your party. If you are unaffiliated, you can choose which candidate, of any party, to vote for. A candidate must win 30% of the vote to avoid a runoff. For both parties, there is a slew of contenders for the US Senate and US House of Representatives. If you want to look at a sample ballot, you can go to the Buncombe County Board of Elections, type in your name, birthdate and address and have a look. Please

take some time to study the candidates so that you feel comfortable with their approach to policies, and try not to get distracted by the outrage often generated in a campaign. Our politics these days needs less heat (anger) and more light (understanding).

“Heat and light”

“Heat and light” allows me to cleverly transition to an exciting development in the future of NC energy generation. Despite the powerful efforts of the gas and oil industry, fossil fuels are going to diminish going forward so that we can begin to deal with the excess carbon that I feel has been dumped into our atmosphere. Coal-burning electrical facilities are being phased out. Solar electricity is already being generated on rooftops and on large-scale industrial sites at low cost, although suitable sites are being exhausted. But our state has an enormous resource potential that will begin to come on line soon: offshore wind.

North Carolina has a large continental shelf far out into the Atlantic, where the wind is constant. The Kitty Hawk Offshore Project, located 27 miles out to sea from the Outer Banks, is now in the planning stage. When it is up and running, it is projected to generate 2,500 megawatts of electricity, enough to power 700,000

homes. In just a few days (May 11), the Department of the Interior will auction off lease rights for wind energy on two sites covering nearly 111,000 acres of ocean about 20 miles from Bald Head Island. My understanding is that these huge wind mills are far enough off shore that they won’t be visible to sunbathers.

For the time being, much of this NC electricity will enter the grid in the Norfolk, Virginia, area and power the urban areas of that region. Hopefully, our urban hotspots of Raleigh and Charlotte can benefit more directly from this resource soon, as affordable electricity helps to attract jobs.

What does an acre wind in the ocean sell for on the open market? In February, six wind leases for 488,000 acres off New York and New Jersey were auctioned off for \$4.37 billion, or \$10,700 per acre. That is up from only \$1,000 per acre a short time ago.

The good news does not stop with affordable and reliable energy, but these projects will create a NC industry to manufacture, build and maintain these facilities. Indeed, a report by the NC Department of Commerce is leading the charge to promote these wind farms. The report predicted that during the construction of a project about the size of Kitty Hawk, our state could generate

28,000 full-time jobs and earnings of more than \$2 billion. The blades on these wind mills are as long as a football field, and there will be many miles of cable and other specialty components. All of that can be manufactured in North Carolina.

Embracing the future

NC Secretary of Commerce Machel Sanders wants to keep our state on the cutting edge of technology and jobs. “Just like biotechnology was for us many years ago, today clean energy represents an industry of the future and North Carolina always embraces the future,” she said. Our state has the potential to generate more off-shore wind than others on the east coast, and the work has begun to realize that potential.

I remain honored to represent you in the NC House of Representatives. We will begin the 2022 Short Session on May 18, and I look forward to hearing your thoughts as we adjust the budget and hopefully pass a version of Medicaid Expansion.



Rep. John Ager, District 115 North Carolina House of Representatives. Contact him at john.ager@ncleg.net or 713-6450.

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The Many Kinds of Local Bats

Did you know that bats in the WNC mountains might not all be year-round residents? Some bats hibernate in caves and structures, while others just pass through, spending winters in warmer climates in the Piedmont and coastal areas, then migrating north as the seasons change.

Southern Appalachian Highlands Conservancy's (SAHC) new Land Protection Associate, Kyle Shute, has a long-time interest in bats. He first started working with them assisting on a research project in Georgia in 2016, a summer job that aligned with his interest in habitat conservation and wildlife ecology.

"One of the first things I learned about was the diversity of bat species in the southeast and their different life histories," said Shute. "We typically think about bat species hibernating in caves and in human structures like old barns, but there are a variety of bats throughout the southeast that have different life histories."

Life histories entail the different patterns of survival and reproduction for a species—basically its lifecycle.

"For example, the gray bat in WNC uses caves year-round, but they can also use structures like bridges and abandoned buildings," said Shute. "Other species migrate and do not use caves at all. Some may pass through the

mountains on their way to winter on the coast and as they return north in the summer, perhaps going as far north as Alaska. The areas that SAHC focuses on as a conservation organization are also important for bat species."

In April and May, hibernating bats begin emerging from their caves and roosts around the mountains. In the summer, high-elevation ridges across the mountains form corridors for migrating bats to move northward. These high-elevation areas are generally priorities for conservation, which benefits the bats.

"Those migrating species are so interesting, and there's a lot we don't know," said Shute. "For example, we know generally how they go north and have a sense of timing for approximately when they begin to migrate. [But i]t's very hard to track down specifically where they are going because they are so small, fly at night, and are all over the place. We can put tiny radio transmitters on some species and track where they are going during the day. But unlike larger animals [like golden eagles, who have been GPS-tagged to gather data about migration patterns from the mountains of WNC to Canada], the range on those transmitters is very limited, so it's hard to track exactly where they go and end up."

There are approximately 12 species of



The hoary bat is the largest in the eastern United States. PHOTO: KYLE SHUTE

bats found around the mountains of NC. Those that hibernate in caves include the northern long-eared bat, little brown bat, eastern small-footed bat, Indiana bat, and gray bat (all in the genus *Myotis*), as well as the tricolored bat (genus *Perimyotis*). The little brown bat, northern long-eared bat, and tricolored bat have been heavily impacted by white-nose syndrome, a disease caused by a fungus that has killed millions of bats in North America. The northern long-eared bat has recently been re-listed from a "federally threatened" species to the more serious "endangered" listing. The gray bat and Indiana bat are both federally endangered. The Virginia

big-eared bat is a very rare resident of the northwestern mountains of NC, in the Avery, Caldwell, and Watauga county area (also federally endangered).

"Migratory and foliage-roosting species include the Eastern red bat; the hoary bat, the largest in the eastern United States, usually seen in early summer as they start to move north; and the silver-haired bat, a migratory species that you may see roosting in tree cavities," said Shute.

However, the most common species that you are likely to see is the big brown bat. These bats live here year-round and roost in many different types of human structures. If you've put up a bat box, you're most likely to see big brown bats using it.

"I definitely enjoyed doing research projects on bat species in different states," said Shute, "and I also feel it's important to learn more about broad-scale habitat conservation. In the position I'm in now, I can make a different type of impact. I like being able to bridge the field research and broad-scale conservation, working with partners to conserve habitat. Both of these go hand in hand."

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

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Commerce and Community at First Business Expo



Many vendors and community members turned out to enjoy a nice setting and good weather and music. The Crier created a special prop so attendees (like Diana Soll, who organized the event) could get front-page exposure.



The first FBA Business Expo took place on April 3 at Turgua Brewing Company in Fairview. A large crowd of more than 300 attendees (including several dogs) of all ages enjoyed the music of Natalya Zoe Weinstein, John Cloyd Miller and Patrick David Sawyer. Everyone had an opportunity to personally meet and learn about many members of the Fairview business community. Twenty-nine local businesses, from contractors to realtors, doctors to store owners, artists to house renters and bankers to personal chefs, greeted the community. Raffles and a variety of free samples were available to all attendees. We hope this free event provided community members with an

opportunity to get to know our local business people so that, the next time someone needs work done, they will contact an FBA member rather than go out of the community.

May Meeting

Our May meeting will take place at Sweet Farm on Cane Creek on May 10 at 6 pm. A panel of local Fairview insurance agents will be there to answer everything you want to know about insurance. Our local insurance specialists are knowledgeable about car, auto, home, long-term care, Medicare, accident, commercial, RV, bike and other insurance coverages. Each insurance specialist will give a short

description of their specialty, and then members will have an opportunity to ask questions. Those interested in a tour of Sweet Farm are invited to come early, at 5:30 pm. Please bring a chair, as outdoor seating is limited. Sweet Farm is located at 40 Blue Ridge Development Road off Old Fort Road in Fairview.

New Member

Welcome to Looking Glass Realty, the newest member of the FBA. They can be contacted at 707-0345.

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

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 this effort, this column will share highlights of several of our business members.

The entire list of members that typically runs each month 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.



Dan Fowler and Katie Moore
Barn Door Ciderworks
828.484.1586
barndoorcw.com

In November 2020, Dan and Katie opened Barn Door Ciderworks, a small cider house and taproom located in Fairview. Their goal was simple: produce craft ciders that uphold the traditions of cider drinking as part of meals, social gatherings and celebrations. They have created a comfortable space for folks to gather and enjoy barrel-aged, dry cider, local beers, other beverages and house-made food.



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The Redbud Tree

One of my favorite trees is the magnificent redbud tree. Each spring, the borders of the woods burst into a riot of color as the nearly luminescent, fuchsia blossoms unfold, providing such a visual treat. They are often interspersed with the white blossoms of shadblow and dogwood.

Redbud trees are in the legume family, and many people are unaware that their blossoms are edible and taste similar to a mild, sweet garden pea. Every spring, we have great fun picking radiant green fresh lettuce for a salad and sprinkling redbud blossoms on top, along with a few handfuls of wild purple violets, which create a stunning presentation and a special celebration of the bounty of spring.

After spending most of my adult life in the Blue Ridge of Virginia, where redbuds were an inherent part of the mountains, we moved out west for two years. When we returned to the ancient mountains of NC and saw redbud trees blooming, we knew we had come back to the place we belong. Trees and flowers have deep roots, and they become part of the fabric of our souls; sometimes we don't know how deeply these roots grow until we don't have these "familiar" close by.

Redbuds (*Cercis canadensis*) are easy to identify from their vibrant, pinkish-purple flowers, which appear before any leaves in

the spring, often growing up and down the trunk and inner branches. It is unusual to see a tree where flowers seem to cover every inch of the tree form itself, transforming the branches and trunk into a living canvas of beauty and grace. The foliage is easy to recognize, as each leaf has a distinct heart shape.

Another feature is the hanging seedpods, which are characteristic of the bean family. The tender young pods are edible and can be steamed like peapods but become tough quickly. In Western NC, many of the redbuds are called "forest pansy," and they differ from other redbuds by leaves that are a stunning bronze-purple hue all summer. There is also a far less common cultivar/variant of the pink blooming redbud with pure white flowers, called "whitebud." The maximum height for a redbud tree is about 40 feet, but most range from 15 to 25 feet.

Bees and other pollinators love the nectar-laden flowers of redbud, and many bird species, such as cardinals, and squirrels feast on the seedpods. And deer seem to love the foliage. Redbud flowers have a slightly nutty, pea-like flavor and can



cousins in the Mediterranean regions. George Washington reported in his diaries on many occasions about the beauty of the tree and reportedly spent many hours in his garden transplanting seedlings obtained from a nearby forest. Redbud is one of the trees nominated to be our national tree by the National Arbor Day

Foundation. In my opinion, the redbud is one of the most beautiful native trees in eastern North America. One of my favorite stands of redbud is an area where there are several large, white dogwood trees, and some years we are fortunate enough to have them bloom together. One of my favorite folk sayings about redbud blossoms are that the "flowers of a redbud are a breath of fresh air after a long, hard winter." Seeing these blossoms in full bloom is always a breath of fresh air in my life.

Another name for the redbud tree is "the Judas tree," as it is a relative of the type of tree on which Judas Iscariot was said to have hung himself. Redbuds are native to North America but have cousins in Europe and Asia. In 1571, the Spaniards made extensive notations about the redbud trees native to our world and the distinctions between their

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Time for Dahlias, and Maybe Hydrangeas, Too

Happy spring! This month, I would like to share with you some of the rumblings that are currently underway in my garden. And then, if you'll indulge me, I thought I might draw your attention to another flower for which I have great affection, the hydrangea.

Coming Up for Air

As I write today, we are finishing up the first week of April. Yesterday I went down into the basements of my mother's and grandmother's houses and brought up what will probably amount to 400 dahlia bulbs. They are currently in the same state that they were in after the first frost in the fall. Covered in dirt, the stub of the stems still intact and various states of what appears to be dehydration. Do not be fooled. A tuber that may appear to exist in a terrible state will produce a strong and vibrant plant in just a few weeks.

I bring them out and place most of them in my grandmother's 6' x 8' greenhouse so that they might wake up. What doesn't fit there lives under her carport. We try to keep them dry so there is no possibility of mold.

Essentially, what happens is they start to soak up some sunlight and warmth, and then the eyes—the place from where the stems will grow—start to shoot. It is very much like a forgotten potato in your



Nate Barton with his grandmother and mother.

pantry that has begun to sprout greenery.

When dahlias wake up, it makes all of the next steps that much easier. The root ball, which can easily become a tangled knot, now presents, for anyone to see, all of the plants that will exist for the season. This makes it easier to separate and cut apart, as well as plant. As a semi-serious gardener, I lose most of the anxiety associated with possibly damaging or killing the plant when they are in this state.

"Waking up" for dahlias generally requires about a week or so, although some of the tubers came out of the

basement with viable shoots basically asking to be planted. I very much enjoy a daily trip over to my grandmother's to see where I might spot some new growth. They often start out purple as a bud then change to deep green as they near shooting.

It is an exciting time of year for sure, with the full promise of the growing season hanging in the air.

Po-tay-to Po-tah-to

Hydrangea, which is also sometimes referred to as hortensia, is another one of my favorite flowers. As I have considered my gardening in a more serious way through endeavoring to write about it, I have come to realize that there seem to be several factors that come together to make for a likable plant.

- Ease of care and maintenance. (How little do I have to do?)
- How many flowers do they produce? (One and done is not always so appealing.)

- Shelf life. (In a cut flower bouquet, will they last a week or more?)

Hydrangea checks all of those boxes. As I write this, I feel as though I do the flower disservice by not starting with one of its biggest attributes—its beauty. Sometimes a single cut flower may be as big as my head. The flowers come in beautiful shades of blue but also deep purples and white as well as shades of pink. Hydrangea produces flower after flower for most of the growing season, and the cut flowers can sometimes last for weeks; even, on occasion, becoming a lovely dried flower that you can have out in perpetuity. Have I mentioned that it grows on a bush which, once established, can produce year after year indefinitely with minimal maintenance?

If you don't have hydrangea in your gardening repertoire, I would highly recommend you consider the addition today.



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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What Happened to Plan J?

Original Medicare has been around since 1965. Initially dubbed as "Health Insurance Benefits for the Aged," the program, with its Hospital (Part A) and Doctor (Part B) components, provided rich healthcare benefits for seniors. But there were holes in the coverage, such as deductibles, copays, coinsurances and prescription drugs, that were not covered by the program. These gaps created an open-ended exposure to healthcare costs for seniors and an opportunity for insurance companies to help meet a need. Medicare supplement (Medigap) plans were born. Product and marketing standards were at first voluntary. The Omnibus Budget Reconciliation Act of 1990 mandated the sale of 10 standardized Medicare Supplement Plans, labeled Plans A to J. The benefits and features of these plans were to be regulated by the states. Plan J was particularly popular because it covered all the gaps and offered prescription drug coverage.

Duplication of Coverage

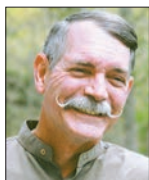
The Medicare Prescription Drug Improvement and Modernization Act of 2003 "modernized" Medigap plans. Because the act added Medicare Part D prescription drug provisions, Medigap plans like Plan J containing drug benefits could no longer be sold. To consolidate and simplify,

Plan J without prescription benefits was eliminated because it was deemed to be a duplication of the Plan F medical benefits. Those who had Plan J were grandfathered in and allowed to keep their plans. On January 1, 2006, all Medicare beneficiaries—including those with Plan J—were subject to Part D late enrollment penalties if they did not have prescription drug benefits that were not "creditable drug coverage as good as Medicare Part D."

Choices

To avoid Part D late enrollment penalties, Plan J owners had several choices. They could keep their existing policy and purchase a stand-alone Part D plan or purchase another Medigap plan with a stand-alone Part D. Medicare Advantage plans, though they are not Medigap plans and are subject to enrollment periods, are also an option if they contain prescription drug benefits.

Plan J has great benefits. But if you have Plan J, and want to save money, consider a modernized Plan F with the same benefits. You'll never notice the difference.



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

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The Fairview Town Crier

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

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

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



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LEICESTER! 15 mostly rolling acres, w/ 2BR/2BA manufactured home, barn, outbuilding & old farm-house, property has septic, well & spring, bordered by creek w/ great views, **MLS#3826965 \$525,000!**



ARDEN! 2.44 acres in convenient Arden location, 3 BR, 2 bath home, city water & sewer, close to shopping, restaurants & entertainment, zoned R-2, **MLS#3743392, \$485,000!**



FLETCHER! 2 BR Sycamore Cottages home, open floor plan, hardwood floors throughout, fenced backyard w/patio, mountain view, convenient location, **MLS# 3846419, \$299,900!**



FAIRVIEW! 3 BR, 1.5 baths, den, covered front porch, convenient location close to grocery stores, school & more, **MLS# 3837260, \$275,000!**



ZIRCONIA! House on 1.38 acres, needs extensive work throughout. Home offers one bedroom, one bath, views, **MLS# 3830801, \$160,000!**



CANDLER! Three acre level lot in private Candler location, peaceful location, well and septic needed, **MLS#3754034 \$92,000!**



BAT CAVE! 1.35 Acre lot in private Blue Rock Valley Subdivision, lot at end of cul-de-sac, private, easy access, **MLS#3828412, \$79,500!**



SOUTHEAST BUNCOMBE! Beautiful sloping, .78 acre lot, Reynolds district, minutes to downtown Asheville, nice area of homes, **MLS# 3744891 \$69,900**



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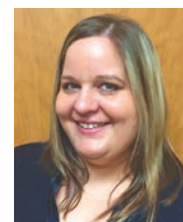
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Sales



Kat Todd
Closing Coordinator



Ashley Nelson
Office/Listing Manager



Rebecca Guy
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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