



YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997

The Fairview Town Crier

JUNE 2022 VOL. 26, No. 6 | FAIRVIEW, NC | fairviewtowncrier.com f i

INSIDE

SPECIAL SECTION: From the Students at Fairview Elementary School p14-17 // ACRHS Graduates p18-19

She Was a Beauty!

By Sandie Rhodes

I've always gotten a thrill to see a completely renovated vintage car. . . sitting there looking brand-spanking new like it just rolled off the showroom floor. Recently at a rest stop on I-40, I had such a thrill... an OMG moment. Pulling in right next to us was the most amazing bright-yellow and green 1950s something I had never seen before. As the dapper gentleman and his wife (Eddie and Debbie Mitchell) exited their pride and joy, I approached to find out more. They were both very used to the attention, as Eddie gave me a knowing smile. He explained that the car was a 1955 Chevy Nomad. The colors were "harvest yellow" and "Neptune green," with a pristine interior of "India ivory" and the most amazing metallic green I have ever seen. They had purchased it in 1975, and it was a mess. The original owner was a house painter and used it to haul around his painting equipment. Needless to say, Eddie and Debbie rolled their eyes when I noted they must have put a lot of heart, soul and money into bringing this beauty back to its original splendor.

There were only 8,530 Nomads produced in 1955, and that year the



Nomad was known for its headlight eye brows, fender and door spears,

large rear wheel wells, waffle pattern interior design and unique trim.

I mentioned the upcoming car show at The Place in Fairview and even gushed about the fundraising effort for the new community pavilion, but the Mitchells were heading to the Bryson City car show. I suspected they might not want to make a detour on their way home to York, South Carolina, but I tried.

Be sure to check out other vintage, classic and muscle cars at the upcoming car show in Fairview on June 18. The Place Fellowship Church is raising money to continue construction of the large covered pavilion that will be available for community use. (See ad on page 11.)

Sandie Rhodes is the Crier's board chair.

ARTISTS UNLEASHED...

Painting with Puppies

EVENT

Save for a few last-minute details, the renovation of the old Ecclesia Baptist Church off of 74-A and Old Fort Road by the Spivey Carp Lake is done. Nan and Jeff Cole bought the building and re-imagined it as a space for upholstery and artists studios, a fine art and gift gallery and a space for creative workshops. And that's just what they named it—Re.Imagine Studio.



A FUNDRAISER FOR Asheville Humane Society

HOSTED BY Re.Imagine

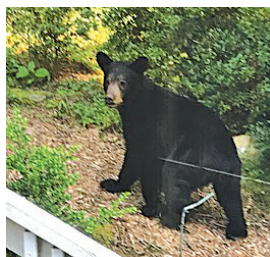
As a board member of Asheville Humane Society (AHS), it is fitting that Nan chose to launch Re.Imagine with a fundraiser, "Artists Unleashed—Painting with Puppies," with all donations going to AHS. For a modest donation you can purchase a canvas, pick your paint colors and watch as the puppies create works of art. You might even get to hold your puppy artist! (Painting sessions at 1, 2 and 3 pm.)

Stop by 15 Spivey Lake Drive on Saturday, June 18, from 12-4 pm to enjoy all the fun, including dogs that paint!

- Family-friendly event with food and beverages, desserts, music and prize giveaways.
- The retail gallery features all local artists' works, ranging from newcomers to nationally accomplished. Resident and gallery artists will be in attendance.
- Artists of the Fairview Area Art League, now based at Re.Imagine, will be there to provide info on upcoming workshops and membership.
- There will be a wagon in the lobby for donations of shelf-stable items for Food for Fairview (where Jeff is the director).
- Plenty of on-site and off-site parking available.

For more information about Re.Imagine, search for "Re.ImagineFairview" on Facebook.

Be Careful During Bear Season



Bears and cubs are once again roaming all over the greater Fairview area in search of food. Maybe

they've already been scratching at your back door. To keep everyone safe—both you and the bears—we thought we'd share some basic bear safety tips again.

Never Feed or Approach Bears.

Feeding bears (intentionally or unintentionally) trains them to approach homes and people for more food. Bears will defend themselves if a person gets too close, so don't risk your safety or theirs.

Secure Food, Garbage and Recycling. Food and food odors attract bears, so don't reward them with easily available food or garbage.

Remove Bird Feeders When Bears Are Active.

Birdseed and other grains have a high-calorie content, making them very attractive to bears. The best way to avoid conflicts with bears is to remove feeders—not just during the daytime, but for the months when bears are active.

Never Leave Pet Food Out. Feed outdoor pets portion sizes that will be completely eaten during each meal and then remove leftover food and food bowls. Securely store pet food so nothing is available to bears.

Clean and Store Grills. After you use an outdoor grill, clean it thoroughly and make sure that all grease and fat is removed. Store cleaned grills and smokers in a secure area that keeps bears out.

Let Neighbors Know. Share news with your friends and neighbors about recent bear activity and how to avoid bear conflicts.

For more information, visit bearwise.org.

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COMMUNITY EVENTS & UPDATES

Asheville Humane Society
JUNE 18 Artists Unleashed—Painting with Puppies fundraiser, 12–4 pm. At new Re.Imagine Studios. See front page for info.

Council on Aging
JUNE 16 & 29 Medicare Info Class, 2–3:30 pm, via Zoom. To register, visit coabc.org or call 277-8288.

Fairview Area Art League
SECOND MONDAYS Meeting, even months at 6:30 pm and odd months at 11 am. The league is for those interested in the arts in our local community and beyond. Annual membership fee is \$25. Meetings are held at Re.Imagine. For more info, email FaArtLeague@gmail.com or visit facebook.com/fairviewart. 15 Spivey Lake Dr., Fairview.

Fairview Baptist Church
JUNE 22-25 VBS Week. Classes available for preschool to adult. See ad on page 10. 32 Fairview Church Rd., Fairview.

Fairview 7th-Day Adventist Church
JUNE 2 3-R Daniel Fast info and sign up session, 5:30 pm. Fairview Public Library, 1 Fairview Rd., Fairview. See ad on page 8.

Flood Gallery Fine Art Center
JUNE 11. Exhibit opening, 6-9 pm. The “all & sundry” exhibit from Fairview’s Sarah Ross will run through July 30. 850 Blue Ridge Rd., Black Mountain. Go to facebook.com/FloodGallery for more info.

Keep Fairview Clean
Help Remove Roadside Litter. Vests, trash grabbers, bags, gloves and great conversa-

tion provided. Follow the Facebook group (@keepfairviewclean) for information on cleanup locations, email keepfairviewclean@gmail.com or call 222-3659.

MountainTrue
STARTING MEMORIAL DAY, get up-to-date water quality results for more than 85 popular recreation areas throughout WNC and beyond. The **Swim Guide program** is powered by volunteers and staff and can be found on the swimguide.org website via the smartphone app.

Old Fairview Sharon Church
JUNE 5 Homecoming, 11 am. Come enjoy good food, a great service and maybe some good singing. It’s been 150 years since the first gravestone was placed in the church’s cemetery for the Clayton twins. Anyone with family ties or knowledge of the twins is welcome to attend. 291 Sharon Rd., Fairview.

Preserving a Picturesque America
JUNE 16 Art Auction & Benefit. Preview and artist reception from 5:30–7 pm. Live auction at 7 pm. Fairview artist Scott (“Doc”) Varn, founder of Preserving a Picturesque America, captures modern renditions of vistas first preserved by artist Harry Fenn in 1872. Attendees can bid on 15 pieces and purchase a travelog of Varn’s journey and a reprint of Fenn’s original publication.
Purchase tickets at preservationthroughart.org. \$75 per person or \$125 per couple. Admission includes beverages, hors d’oeuvres, and a bidding card. Limited number of tickets. Walk-ins are welcome, as space

allows. For more information, call 273-5383. Brunk Auctions, 117 Tunnel Rd., Asheville.

Root Cause Farm
Volunteer Days. Sundays, 4–7 pm, Mondays & Thursdays, 9 am–1 pm. **Share Market**. Sundays, 4:30-5:30 pm. 26 Joe Jenkins Rd., Fairview. rootcausefarm.org.

Rusty Dog Arts & Crafts Show
JUNE 11 9 am–3 pm. See ad on page 26. 379 Old Charlotte Hwy., Fairview.

Spring Mountain Comm. Center
JUNE 14 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.)

Southern Appalachian Highlands Conservancy
JUNE 4 Land Trust Day will benefit conservation. **JUNE 18 June Jamboree**, with free guided hikes, drop-in social and more. Details at Appalachian.org.

The Place Fellowship Church
JUNE 18 Car Show, starting at 11:30 am. Food, raffles, vendors, and more. Free for spectators. For more info, call 691-6700. 2 Laura Jackson Dr., Fairview. See ad on page 11.

Trinity of Fairview
JULY 13-16 VBS Week. 3 years old to 5th grade. See ad on page 23. **TUESDAYS Food Pantry** Open Tuesdays, 9 am–12 pm at back of church grounds. For more info, call 628-1188. 646 Concord Rd., Fletcher.

Upper Hickory Nut Gorge Community Center
WEDNESDAYS Yoga Class, 2–3 pm with a qualified instructor. \$12 per session. 4734 Gerton Hwy., Gerton.

WNC Prostate Support Group
FIRST TUESDAYS Free meeting. Medical professional speakers. First Baptist Church of Asheville, 5 Oak St. & via Zoom. wncprostate@gmail.com or 419-4565.

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.



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- Pain Management
- Pre & Post-Op Rehab
- Balance Training
- Musculoskeletal Injuries
- Worker's Comp

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PROGRAMS FOR KIDS

Story Time Is Officially Back!

As if in a Grimm fairytale, the library has been under a sad sort of spell for the past couple of years—no story times. But happy endings and new beginnings are real things, as Story Time is back!

There are so many things competing for families' attention. With team sports, music lessons, clubs and so on, it is impossible to fit in every single thing. However, there is one thing families can add to their weekly schedule that is educational, fun and **free**. Story Time at the Library!

Story Time provides a relaxed setting where kids listen to stories, sing songs and rhymes, and interact with other kids. These activities are the building blocks for reading, writing, counting and kind social interactions. At Story Time, life skills such as listening, following instructions and joyful group participation are practiced. And it isn't only the preschoolers and toddlers who benefit. When caregivers participate, they develop a framework for positive, loving interactions with their kids to continue home. Make Story Time part of your weekly schedule!

Tuesdays, 10:30 am: preschoolers (3–6 yrs)
Thursdays, 10:30 am: toddlers (18 mos–3 yrs)

Fancy Nancy Celebrations

In honor of one of our favorite children's book characters, Fancy Nancy, the library has declared the month of June is fancy.

Throughout the month, stop by and pick

up a Fancy Nancy Party in a Bag (craft, decoration, playlist), which has just about everything you need to have a DIY Fancy Nancy event at home.

Fancy Wand Making:

Saturday, June 25 from 2–4 pm

This is a special drop-in event where you can make a fabulously fancy wand.

The Party in a Bag and the wand craft are designed for children ages 3 and up.

PROGRAMS FOR EVERYONE

Summer Bingo on Tuesdays

Come one, come all—kids and parents and teens and grandparents. Did I mention that everyone is invited? It's bingo time at the library. There will be corny jokes, zany prizes and hardcore competition. Bring your neighbor. Bring your kids. Bring your neighbors' kids.

June 28, 3:30–4:30 pm

July 26, 3:30–4:30 pm

August 23, 3:30–4:40 pm

Prizes donated by the Friends of Fairview Library.

Community Art Project:
Any Time, All Summer

The library has a new chair. It is functional, but it won't be elevated to art without your creative touches.

Stop by and weave fun yarns, ribbons and flowers into the new wicker chair. We will have lots of ribbon and such on hand, but we also encourage you to bring

your own special pieces to incorporate. The result will be stunning, unique and community-driven.

Once complete, the chair will reside in the children's department for use by kids and their grownups looking for a quiet reading nook.

The chair and materials will be set up in the community room for you to work on anytime you visit the library (and when the community room is not in use).

Be on the lookout for more community art projects in the coming months.

This community art project is sponsored by the Friends of Fairview Library.

PROGRAMS FOR ADULTS

Life Writing Creative Writing Workshops

with Fairview author and teacher,
Dr. Beth Keefauver

In this workshop series, students draw from personal life experiences to craft autobiographical narratives that may be collected into a longer work of memoir.

These classes can be taken individually or as a series.

Thursdays at 10:30 am online via Zoom.

June 9: Snapshots of Childhood

A child's mind is attuned to the most eccentric details, which reflect the early fears, hopes and fascinations that escape us in adulthood. This workshop will take you back in time to explore your most vivid memories. You will write small stories to make narrative sense of these moments.

SUMMER MOVIE SERIES

► Hitchcock in the '50s
Monthly, Fourth Thursday

Fairview Library is excited to welcome back James Rosario for a summer movie series and discussion. James is a NC Films Critics Association member and author of movie blog thedailyorca.com.

He will introduce each film and lead a discussion after. All films will be on the fourth Thursday of the month at 5:30 pm.

June 23 Strangers on a Train

July 28 Rear Window

August 25 Vertigo

This program is sponsored by the Friends of Fairview Library.

July 7: Crisis and Agency

August 4: Mapping your Memoir

Registration is required for these classes. Class size is limited. To register, email jaime.mcdowell@buncombecounty.org or call 828-250-6484.

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

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the artist/writer/work-from-home resident. No drive-bys please. By appointment only.

ACTIVE LISTING with Alejo Rottenberg
\$998,000 | MLS ID 3837010

ACTIVE LISTINGS

Asheville



3 BR | 3 BA | 1,918 SF

360 London Road
\$575,000 | MLS 3852072

Black Mountain



2 BR | 2 BA | 956 SF

607 Hiawassee Avenue
\$435,000 | MLS 3853803

Old Fort



3 BR | 2 BA | 1,299 SF

2564 Mount Hebron Road
\$399,000 | MLS 3849847

FAIRVIEW REAL ESTATE APRIL 2022

LISTING PRICE	NUMBER SOLD	AVERAGE SALE PRICE	AVERAGE DAYS ON MKT	AVERAGE % LIST-SALE PRICE
UNDER \$300K	1	\$260,000	8	94.5
\$300K-599K	6	\$457,000	4	103.43
\$600K-899K	3	\$700,000	2	103.7
\$900K+	1	\$975,000	3	100

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

Agent Spotlight AMELIAH DAVIDSON



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—Michael C. and Ann J.

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Clayborne Stroud Freeman

Clayborne “Clave” Stroud Freeman was born on April 15, 1845, in the Edneyville section of Henderson County, NC. He was the son of Isaac K. Freeman, who was born in 1815 on Cathey’s Creek in Rutherford County, NC. Clayborne’s mother was Elizabeth “Betsy” Harper of Fairview. She was born in 1814 and was the daughter of Lot Harper (1781–1866) and Mariam Whitaker (1786–1824). Elizabeth was born without thumbs on either hand. Despite this handicap, she was known as one of the best seamstresses in Fairview.

Clayborne enlisted in the Confederate Army on May 27, 1862. He was in Company A, known as “Edney’s Greys.” It was a part of the Twenty-fifth Regiment of the NC troops. Freeman was wounded near Richmond, Virginia, on June 28, 1862. He returned to his unit after recovery sometime before September 1. Freeman was discharged in December 1864.

Clayborne became a farmer upon his return. He married Mary Elizabeth Conner on December 18, 1867. She was born in McDowell County, NC, in 1844 and was the daughter of George and Jane Smith Conner. She died in 1880.

Clayborne married Mary E. Rhodes on December 25, 1881. She was called “Molly.” She was the daughter of Andy and Anna Summey Rhodes. Molly was born on November 23, 1852 and died in Edneyville,

Henderson County, NC, on April 3, 1922. Clayborne died on October 1, 1920. He is buried in Liberty Cemetery in Edneyville.

Clayborne Stroud Freeman and Mary Elizabeth Conner had six children.

- 1. Marion Tells Freeman was born on November 11, 1868, in Edneyville, Henderson County, NC. He died on February 22, 1952, in Henderson County. He is buried in Oakdale Cemetery. He married Mary Elizabeth Maxwell (May 1, 1873–July 3, 1955), who also is buried in Oakdale Cemetery.
- 2. Rebecca L. Freeman was born on August 26, 1872, in Edneyville, Henderson County, NC. She married Pinkney Barnwell (October 3, 1872–December 30, 1938). She died on May 17, 1963, in Wilson, NC.
- 3. Jay Whittington “Whitney” Freeman was born in 1874 and died as a child.
- 4. Noble Tildon Freeman was born in Edneyville, Henderson County, NC, on October 23, 1876. He died in Rutherfordton, Rutherford County, NC, on July 1, 1922. He is buried in Liberty Cemetery in Edneyville. On October 12, 1902 he married Mary Elgiva “Givie” Wall (November 18, 1880–October 25, 1974). She is buried in Bearwallow Cemetery.
- 5. George Melchizedek Freeman was born

- on September 18, 1878, in Edneyville, Henderson County, NC. He married Emma Catherine “Kate” Edney (1878–1938). He died on March 31, 1925.
- 6. Robert C. Freeman was born in 1880 in Edneyville, Henderson County, NC.

Clayborn Stroud Freeman and Mary E. Rhodes had four children.

- 1. Ida Belle Freeman was born on July 25, 1884, in Edneyville, Henderson County, NC. She died on September 2, 1950. On January 25, 1913, she married Guy V. Pryor (July 26, 1866–April 26, 1965). Both are buried in Liberty Baptist Church Cemetery.
- 2. Paul Freeman was born on August 11, 1886, in Edneyville, Henderson County, NC, and died as a child.
- 3. Jennie Lee Freeman was born on February 12, 1889, in Edneyville, Henderson County, NC. She died on June 12, 1955, in Asheville.
- 4. Matt Ransom Freeman was born on July 6, 1891, in Edneyville, Henderson County, NC. He married Emma Kuhn. He died on October 20, 1942, in Cincinnati, Hamilton County, NC.

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).

IMPORTANT
COMMUNITY CONTACTS

PUBLIC SERVICE

Sheriff's Department 250-6670
Fairview Fire Department 628-2001
Garren Creek Fire Dept. 669-0024
Gerton Fire & Rescue 625-2779
CALL 911 FOR EMERGENCIES

SCHOOLS

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

COMMUNITY CENTERS

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

POST OFFICES

Fairview Post Office 628-7838
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Gerton Post Office 625-4080

MISCELLANEOUS

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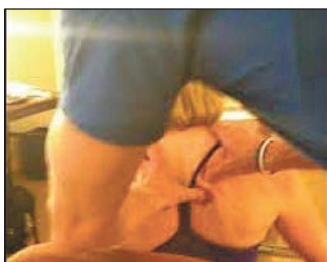
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Microcurrent**



**Acoustic Wave Disc
& Nerve Repair Therapy**



**PEMF Spine
Tissue Repair**



**Nerve - Muscle
Re-Education**

OUR PATIENTS SAY...

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

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

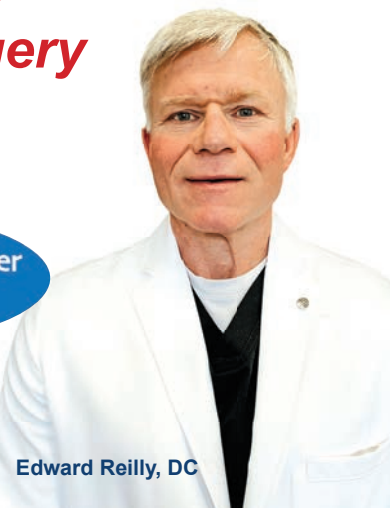
"I came in with bad low back pain. It was hard to bend over after I had 4 surgeries — there was just a lot of pain. I couldn't do housework, or even sweep due to pain. Worst of all, I couldn't even sleep at night because it hurt so badly. I didn't seek other treatment because I didn't think anything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

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Edward Reilly, DC

Muggy Days Will Return Soon

The cool mornings of early May moderated somewhat and allowed the planting of warm-season plants and vegetables last month, and they will progressively become a memory as we head into summer. In Fairview, we have been a bit on the dry side the last two months, with fewer showers and thunderstorms than usual, at least through mid-May. We have had more of a west-to-northwest flow of air, which inhibits the influx of warm and humid air from the south and southeast. This pattern should break down a bit more over the next few months to get us into our more typical pattern of scattered showers and thunderstorms. We have gotten a few doses of rain right when we needed it so far. Hopefully, this will hold as we make our way through the summer.

June on average has high temperatures in the low 80s with an average low temperature within a few degrees of 60. June, July and August comprise our "meteorological summer," which is the warmest three month period on average during a given year. We should also notice an increase in the dew point temperature,

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

Will Tropical Storms Hit the US?

In the tropics, the long-term average number of tropical storms or hurricanes that form each year in the Atlantic Ocean basin is about 14, of which seven become hurricanes. The important questions: Will any hit the US, and where? While we can have a fairly decent forecast to predict the number of named storms, predicting track and intensity is still a short range forecast activity. Hurricanes are slow-moving, long-term events. The computer models that predict the intensity and forecast tracks are updated several times a day using conventional weather and satellite data. As a storm gets closer to the US coast, hurricane hunters fly missions into the storms to gather detailed meteorological data that help feed computer models; the models help guide National Weather Service (NWS) meteorologists and hurricane forecasters at the National Hurricane Center in Florida.

All thunderstorms produce lightning and are dangerous. If you hear the sound of thunder, then you are in danger from lightning. Lightning can actually strike 5 to 10 miles in front of or behind the



thunderstorm, where skies are clear—hence the phrase "bolt from the blue." Lightning kills between 75 and 100 people each year and being outdoors is the most dangerous place to be. Always listen to the radio and television for the latest information and instructions for your area.

The NWS office in Greenville-Spartanburg, SC is responsible for the various watches and warnings for our area. A thunderstorm watch means a thunderstorm is possible for your area. A

thunderstorm warning means a thunderstorm is taking place in your area. If you are outdoors, look for threatening skies, flashes of lightning or increasing winds. Lightning often precedes rain, so don't wait for the rain to begin. If you hear the sound of thunder, go to a safe place immediately. The best place to go is a sturdy building or a car (make sure the windows in the car are shut). Avoid sheds, picnic areas, baseball dugouts and bleachers. If you're playing outside, wait at least 30 minutes after the last observed lightning strike or thunder to start again.

Staying Safe Indoors

If you are indoors, avoid water. It's a great conductor of electricity, so do not take a shower, wash your hands, wash dishes or do laundry. Do not use a corded telephone. Lightning may strike exterior phone lines. Power down and do not use electric equipment like computers and appliances. Stay away from windows and doors and stay off porches. There are many computer and phone apps that will give you alerts about severe weather occurring in your area.



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

QUESTION of the MONTH
What Atlantic basin hurricane lasted the longest?

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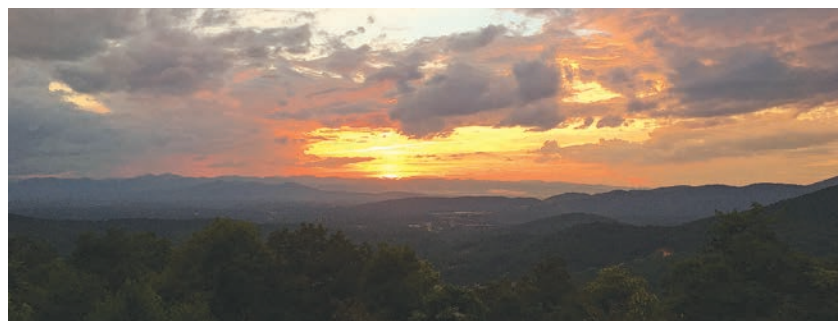
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Purge your system with pure and simple food. Boost your energy. Watch your weight, blood pressure and cholesterol improve. Gain a clearer mind for a better understanding of the Bible and God's will. Reserve your spot today! Space is limited.

INFORMATION AND SIGN-UP SESSIONS

Thursday, June 2nd 5:30PM, Fairview Public Library
1 Taylor Rd, Fairview, NC

SEMINAR LOCATION:



FAIRVIEW SDA CHURCH
57 Cane Creek Cir. Fairview, NC

balanced diet *bal-anced diet* (n.) One cookie in each hand.

While going through his deceased father's things, a man found a 25-year-old claim stub for a shoe repair. Curious, he went to the store and handed the ticket to the owner, who headed to the back of the store before reappearing. "Good news," he said. "I found them. They'll be ready next Friday."

Just turned down a job where I would be paid in vegetables. The celery was unacceptable.

"I want my children to have all the things I couldn't afford. Then I want to move in with them." —Phyllis Diller

One of the oddities of Wall Street is that it is the dealer and not the customer who is called broker.

I brought a cheese sandwich to the police station. They grilled it for 10 minutes.

At a party, a young wife admonished her husband. "That's the fourth time you've gone back for ice cream and cake. Doesn't it embarrass you?" "Why should it?" he said. "I keep telling them it's for you."

I tried to organize a hide-and-seek tournament, but it was a complete failure. Good players are hard to find.

Thanks to these Fairview readers for the following submissions.

Debbi Mathis

When a cop tells you to get out of your car, it's not so he can take selfies with you. Now I know.

Mike Warren

"You can't have everything. Where would you keep it?" —Steven Wright

Patti McCoy

Q After an unsuccessful harvest, why did the farmer try a career in music?
A Because he had a ton of sick beats.

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.

No More Passwords?

Apple, Google, and Microsoft are working to end passwords. Before you cheer too loudly, review what they are trying to do. This does not mean that there will not be a need for some type of authentication. Have you ever tried to login to a website and had to get a one-time code sent to a trusted device, like your smartphone, that you have to type in to finish the process? This new process, called FIDO (Fast IDentity Online), for replacing passwords will be similar. The companies are working out some of the easy-to-guess complications, such as making allowances for those who don't have smartphones or who have lost theirs. You will still need to remember a master password that will grant access to FIDO, but you won't have to remember passwords for any site using this authentication. So long as you control a trusted password and/or smartphone, it will be more difficult for others to access your accounts.

If you find it too easy to find your own personally identifiable information (PII) through a Google search, the company now lets you request such information be removed. This won't remove it from the entire web, but it makes PII harder to find. Go to tinyurl.com/stt6crns to find out more.

Khan Academy, in partnership with Arizona State University Prep Academy, will

open an online high school this fall. It looks like out-of-state students will pay tuition. Information at asuprep.asu.edu/khan-world-school and look through the ASU Prep enrollment at asuprep.asu.edu/enroll.

I recommend the Ninite tool (ninite.com), which will easily install and update many applications in Windows. Check off the apps you want and then download your custom installer. If you run it again some weeks later, it will update all your apps. There is something analogous for your Mac. Visit macapps.link and click to select. You will have to learn a little bit about Terminal in order to copy and paste a long text link to actually perform the installations. It is good to learn something new!

I wish I could read Dutch, but luckily, this Dutch nature conservancy's list of live bird webcams needs no translation (vogelbescherming.nl/beleefdelente).

Anyone still running Office 2013: Microsoft will stop providing security patches for that suite of apps in April 2023. It will still work, but if you are concerned about security, you should upgrade.



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

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Kenny Davall: Staying Calm, Helping Others

In our most precarious times, it's often a stranger's disembodied voice that answers our call for help. "911, what's your emergency?" However, if you call from a Buncombe County location at the right time, that voice might belong to Fairview's Kenny Davall.

"I was born and raised here," Davall said. "Went to Fairview Elementary, Reynolds Middle and graduated from AC Reynolds High back in 2002." He pointed up the road toward Asheville and added, "I started at Reynolds' Fire Department when I was 16; would've started at 15 but they said I was too young."

The day after his ACRHS graduation, Davall went to work at the Buncombe County 911 Center. He continued working part-time as a firefighter, including a stint at the Asheville Airport, where he worked for nine years as an aircraft firefighter.

"That was fun!" he said, with more boyish enthusiasm than you would expect from someone whose job was literally to put out airplane fires. "Mostly they were general health calls, but I worked a few plane crashes."

It wasn't all fire and rescue, though. "We got to do security detail for presidents and candidates when they came to the area," he added, rattling off names. "I've met Presidents Obama, Trump and Biden; plus John McCain, Sarah Palin, and Hillary



Kenny and his family

Clinton." He paused, looked up as if trying to remember other VIPs. "I think that's it," he determined. "But I can't tell you anything about that, really," he said, tilting his head and leaning in. "Secret service..."

Though he would still volunteer as a firefighter in a pinch, Davall's primary job now is as Assistant Supervisor of the Buncombe County Emergency Communications Center. He helps manage the center, which is far busier than many locals may realize. They receive an average of 500 calls in a single 24-hour period. That's 500 individual contacts handled by

the 10 to 12 people who serve as emergency communicators. That doesn't even count the 800 or so administrative calls that come in during the same 24 hours. 911: it's a busy place. Who knew?

The county's Emergency Communications Center receives an average of 500 calls in a single 24-hour period, in addition to around 800 non-emergency calls—all answered by 10 to 12 people.

"Not all of them are true emergencies, though," Davall explained—and then interrupted himself. "Do not call 911 if it's not an emergency!"

When operators are taking those nonurgent calls, they cannot address true crises, a fact that could lead to tragedy. Pranks are not the norm, though; often people have simply miscategorized their circumstances. Davall chuckled, recalling, "They call asking why their trash hasn't been picked up or to report bears walking through their yards." And the stereotypical cat-in-the-tree scenario? They get that too. "Plus, this one guy called to complain that

his remote control wasn't working!" Davall smiled. He shrugged his shoulders as he continued, "So I said, 'Maybe change the batteries, sir?'" But really, don't call 911 unless you have a true emergency. They have more than enough to handle without those interruptions.

"Our job is to help the callers and to protect our first responders," Davall said. "When COVID hit, it was scary because we didn't want our responders to walk into a situation where they could get the virus, then go home and take it to their families. We asked a lot of questions so our responders could be prepared for what they would face."

"These days, nearly half of our calls have to do with drug overdose. It's sad," Davall said, shaking his head. "So many overdoses these days. It's much worse now than it used to be." All Buncombe County first responders—police, firefighters and EMTs—carry Narcan, the medication that can save lives by reversing the effects of an overdose. Private citizens also have access to Narcan for free locally through The Steady Collective (thesteadycollective.org).

Those calls are hard, but it's worse when a child has been hurt. "When you hear it is a kid, you feel it in your gut. But you give it a split second and then you react calmly. We have the skills to help," he said. Emergency communicators have first aid



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THREE CRITICAL THINGS TO KNOW BEFORE CALLING 911

- 1 REMAIN CALM** The longer it takes for you to become calm, the longer it will be for you to get help.
- 2 KNOW YOUR LOCATION** If you can give the 911 operator your address, it will speed things up considerably.
- 3 GIVE AS MUCH PERTINENT INFORMATION AS POSSIBLE** When you provide important details about the incident, you shorten the response time.

certification and are also qualified as EMTs and CPR instructors. That means that, even over the phone, 911 operators can help a novice administer CPR.

"I guess the saddest thing, though, is when I know my voice is the last thing they will hear," Davall said. "I just keep saying to the person, 'Help is on the way,' or 'They're coming to you.' I never say everything will be okay; I don't know if it will be, so I don't say it." Davall's voice, laced with WNC's trademark mountain drawl, got even softer and gentler as he said, "I tell them they aren't alone and that we're going to do what we can to help. That's all I can say." And in such moments, what could possibly be more comforting than that?

Davall perked back up. "I've also

delivered babies over the phone! It's awkward and everything, but when I hear the baby cry," he put his hand to his chest, "I think, 'I was a part of this. I helped.'"

And that seems to be Davall's goal in most things: to be a helper, a non-anxious presence in troubled times, a faithful friend. "You hear about firefighters and police officers being one big family? 911 is like that too," he clasped his hands, interlocking his fingers. "We love our work and we're there for each other," he said. "Buncombe 911, it's home."

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

Federal Food Plan

TEFAP Eligibility

Effective 10/1/21-9/30/22

The previous article in the *Town Crier* mentioned Food for Fairview's involvement with TEFAP, the federal government's emergency food assistance program. TEFAP allows our pantry to provide our clients with canned fruits and vegetables, pasta, canned meat, mac and cheese, rice, milk, dry beans, juice, fresh fruits and vegetables and frozen meat products, and we can also provide food from TEFAP to any resident of the county.

TEFAP provides the pantry with one of the guidelines for eligibility we use for local clients. Households may be eligible for TEFAP and other pantry foods for home consumption by self-declaration if total income is at or below 130% of the current poverty level for the number of persons in the household. For example, if the federal poverty level for an individual is \$19,828 per year, then the person must make \$25,776 or below to qualify.

The graph at right shows current guidelines to determine eligibility.

The client must also reside in Fairview. We do, however, allow non-residents of Fairview who are aware that the pantry is open Monday afternoons, hitchhikers and the homeless to be one-time shoppers. A one-time shopper who resides outside of Fairview is given MANNA Foodbank's phone number so they can get the location of a pantry closer to their residence. If a

Household Size

PER YEAR	PER MONTH	PER WEEK
\$25,776	\$2,148	\$496
\$34,848	\$2,904	\$670
\$43,920	\$3,660	\$845
\$53,016	\$4,418	\$1,020
\$62,088	\$5,174	\$1,194
\$71,160	\$5,930	\$1,368
\$80,256	\$6,688	\$1,543
\$89,328	\$7,444	\$1,718
+\$9,096	+\$758	+\$175
per each additional family member		

person can get to the pantry before 5:45 pm on Monday, they can shop, provided they meet the eligibility requirements.

The pantry has two donation collection wagons on Charlotte Highway. One at First Bank, 5 Olde Eastwood Village Blvd, and the other at Americare Pharmacy at 1356 Charlotte Highway. An additional wagon will become available after Re.Imagine opens at 15 Spivey Drive on June 18 (see front page for more information.)

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

RUSTY DOG



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April through October

9am to 3pm

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Fairview, NC

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Emerging from COVID's Social Isolation

As a nurse practitioner making house calls in Buncombe County, I witnessed firsthand the negative impacts of social separation during the COVID pandemic. Anxieties appeared, especially in older community members who lacked access to or understanding of remote technologies created to help address social and medical needs during this time. Accessing behavioral and mental health services for this population was a particular challenge for me as a primary care provider. For greater insight, I called upon Dr. Carrie Torrey, a psychologist and colleague at MAHEC who has counseled older adults for the past eight years at the VA Medical Center in Asheville.

Identifying the Problems: Fear, Anxiety and Mistrust

Perhaps not surprisingly, Dr. Torrey shared that clients' fears of leaving their home predominate her counseling sessions, particularly for those who are immunocompromised. The local mandates to stay apart "left folks hesitant to venture out and unsure of their community's sense of responsibility for another's health." She notes, too, "the trepidation over health risks initially outweighed the fear of the isolation itself."

While making best efforts to protect physical health, feelings of loneliness and

abandonment unfortunately surfaced for many older adults in this situation. Roles and identities are typically reinforced by interactions with family and community. Without these routine outlets, it makes sense that people turn to television for information and connection. What can result from this one-way interaction, Dr. Torrey explained, is not only an increase in anxiety but also "negative assumptions about the world and others' intentions." Isolated adults identify with what is broadcast, but may not have anyone to process different perspectives or the emotions associated with conflicting ideas. What often results can be "feelings of hostility along with insomnia and greater anxiety or depression," she said.

Illuminating the Solutions: Empowerment through Movement, Mindfulness and Compassion

Our community is opening up again. However, some older adults may choose to stay separated for now. So how can we empower them? "They can increase their physical activity, if possible," said Dr. Torrey. "I advise them not to stay in bed during the day. [They should] walk or roll to the mailbox or sit on the porch for a spell."

Additionally, she promotes focusing on what you *can* control. For example, she

A CALL TO FURTHER ACTION

For Individuals and the Community

Making changes in habits is tough, but seeking out mental health support can offer a boost. Dr. Torrey offered these additional ideas:

- Check out The United Way and Area Council on Aging for senior-friendly resources and activities.
- Call The Friendship Line at 800-971-0016. Sponsored by the National Institute on Aging, it offers both crisis intervention and a non-emergency "warm line" for adults 60 and older.
- Practice mindfulness. Try to notice the sounds and sensations of your breath rather than the unhelpful thoughts that weigh you down.

What can we do to help older folks in the community? We can assist them to connect virtually. Video chats with loved ones can be therapeutic. "When folks get frustrated with the technology, they tend to see it as the enemy and turn away from it. Building efficacy in these skills will encourage connection," Dr. Torrey said.

teaches how to focus on helpful thoughts like "I am currently safe." And she reminds individuals that "they cannot control how long a crisis will last, how others react, or future outcomes of a pandemic." She also suggests limiting news time to 10 minutes a day, as well as listening to something soothing instead of going online before bed.

To increase social connection, Dr.

Torrey suggested that people choose one or two loved ones to call maybe every other day because "engaging in activities that increase empathy and compassion helps with uncertainty, connectedness and emotional regulation. Volunteer work in any form can also do the trick."

D. Dow Stick is a Certified Nurse Practitioner at MAHEC Family Health Centers



379 Old Charlotte Hwy, Fairview | 828-222-2180



NEW LOCAL VENDOR

Embrew Tea

@embrewtea

WEDNESDAY - SATURDAY

9:30 am - 4:30 pm

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@signsforhope @sfhmarketplace

Signs for Hope Signs for Hope Marketplace

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Call 768-2369 for a FREE home self-testing kit!

The Institute for Preventive Healthcare & Advocacy will deliver a kit to your door. You may also pick up a kit at the Fairview Fire Department: call 628-2001. **HELP STOP THE SPREAD!**

For more information, please visit www.ifpha.org

I Really Have To Go

Are we there yet? Do you ask this question on a trip or plan stops according to bathroom breaks? Do you know exactly where the bathrooms are in each retail shop? Have you stopped enjoying social activities because of urinary incontinence?

Urinary incontinence, the loss of bladder control, is a common and often embarrassing problem among men and women. One in four women over the age of 18 experience urinary leakage. Bladder control issues can cause people to avoid normal activities, but incontinence can often be stopped or controlled.

Types of incontinence:

- **Stress incontinence** occurs when urine leaks as pressure is put on the bladder, such as during exercise, coughing, sneezing, laughing or lifting heavy objects.
- **Urge incontinence** happens when people have a sudden need to urinate and cannot hold their urine long enough to get to the toilet. It may be a problem for people who have diabetes, Alzheimer's disease, Parkinson's disease, multiple sclerosis or have had a stroke.
- **Overflow incontinence** happens when small amounts of urine leak from a bladder that is always full. A man can have trouble emptying his bladder if an enlarged prostate is blocking the urethra. Diabetes and spinal cord injuries can also

cause this type of incontinence.

- **Functional incontinence** occurs in many older people who have normal bladder control, but who have trouble getting to the toilet due to arthritis or other disorders that make it hard to move quickly.
- **Mixed incontinence.** Experiencing more than one type of urinary incontinence. Most often, a combination of stress incontinence and urge incontinence.

Urinary incontinence can happen for many reasons, including urinary tract infections, vaginal infection or irritation or constipation. Some medications can cause bladder control problems that last a short time. Certain life events and health problems in women can weaken the pelvic floor muscles, such as pregnancy and childbirth, trauma or injury, pelvic organ prolapse or menopause, leading to stress incontinence. Weak pelvic floor muscles can make it hard for the bladder to hold urine during stress incontinence. Individuals may have overactive bladder muscles or a diagnosis such as arthritis that may make it difficult to get to the bathroom in time. Damage to nerves that control the bladder from diseases such as multiple sclerosis, diabetes, or Parkinson's disease may also increase incontinence. Most incontinence in men is related to the prostate gland, including prostatitis, a painful inflammation of the prostate

gland, injury or damage to nerves or muscles that control the bladder, or an enlarged prostate gland.

Treatment and Management

The choice of treatment for urinary incontinence depends on the type of bladder control problem you have, how serious it is, and what best fits your lifestyle. As a general rule, the simplest and safest treatments should be tried first.

A combination of treatments may help you get better control of your bladder. Your doctor may suggest the following:

- **Physical therapy** to strengthen pelvic muscles to help support the bladder, which can help you hold urine in your bladder and avoid leaks.
- **Urgency suppression** helps control strong urges to urinate so you can make it to a toilet on time. For example, you can try distracting yourself to help keep your mind off needing to urinate, taking long relaxing breaths, holding still, and squeezing the pelvic floor muscles.
- **Timed voiding** is used to help control your bladder through scheduling time to urinate. For example, you can set a plan to go every hour. Over time, you can slowly extend the time between toilet breaks.

If the above does not help, your doctor may suggest medications, biofeedback, nerve stimulation and, possibly, surgery.

Hypotonic vs. Hypertonic

Hypotonic muscles are too weak. They struggle to fulfill their responsibilities in

your body relating to the lower back, core and pelvic organs. Hypertonic pelvic floor muscles are too tight or too tense (while still generally being weak). Full range of motion is critical for your pelvic floor — these muscles need to contract to maintain bladder control, but also must remain flexible and relaxed to avoid pelvic and low back pain and allow use of the bladder and bowel movements when appropriate.

Pelvic floor exercises are often a good tool to address a hypotonic pelvic floor. But they can be useless or even harmful for hypertonic pelvic floor dysfunction, so it's very important to understand what is going on with *your* body. There are ways to practice relaxing or down training your pelvic floor muscles if they are hypertonic. Both hypo- and hypertonic pelvic floors can be improved or fixed, often using nothing more than exercise or lifestyle changes. Physical therapy can help you regain the strength necessary. Just be sure to choose a physical therapist who has experience in treating pelvic floor dysfunctions. Pelvic floor dysfunction is not inevitable, so don't just accept it if you have it!



Allison Fender is the co-owner of Unified Therapies, 145 Charlotte Highway. She has a Doctorate of Science in Physical Therapy with a concentration in Neurology. unifiedtherapies.com, 414-2368.

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The Fairview Town Cardinal!

The end of the public school year is a time of change. Fifth graders finish their time at (perhaps) the only school they've known. Teachers and staff get to start enjoying some much-needed downtime. The routine of school days gives way to summer activities.

To capture a moment in time before that change takes place, we asked

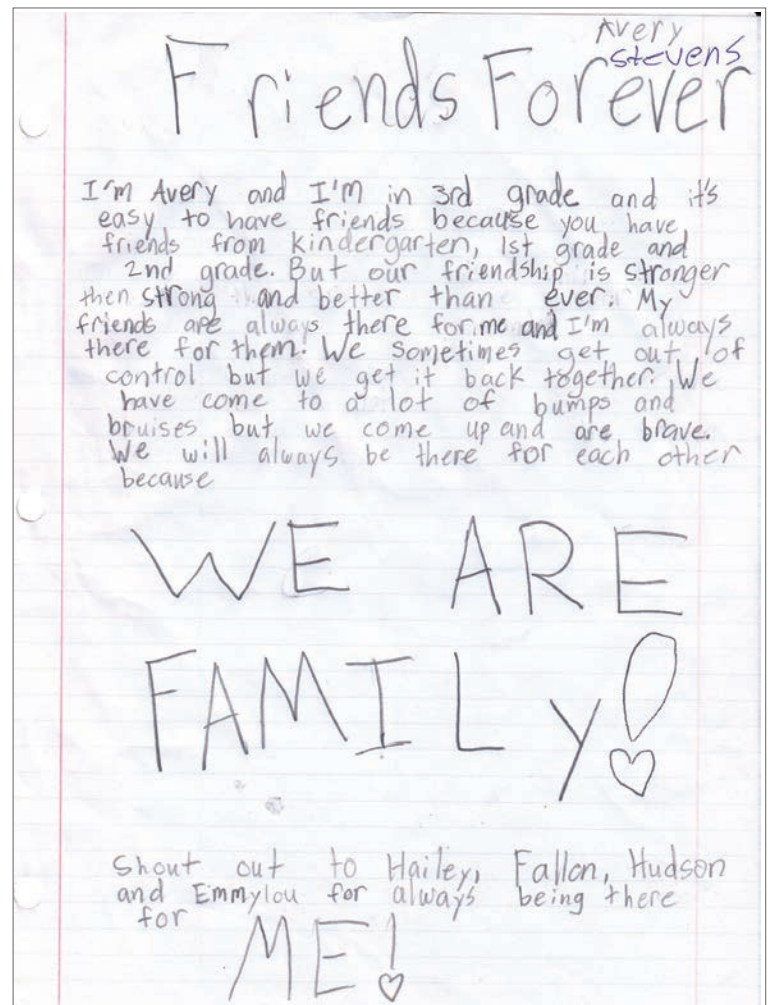
the students at Fairview Elementary School—from kindergarten to fifth grade—to write or draw about their lives.

Thanks, as always, to Kenya Hoffart at FES for keeping the *Crier* so well connected to what's going on at the school.

We hope all the students, teachers and staff enjoy a great summer!

Bitsy the spider goes to school at FES. He makes nice friends. One day, he hurts one of his 8 legs playing toilet tag at recess. His friends help him back up. Bitsy and his friends R.I.S.E.

By Samuel Brown

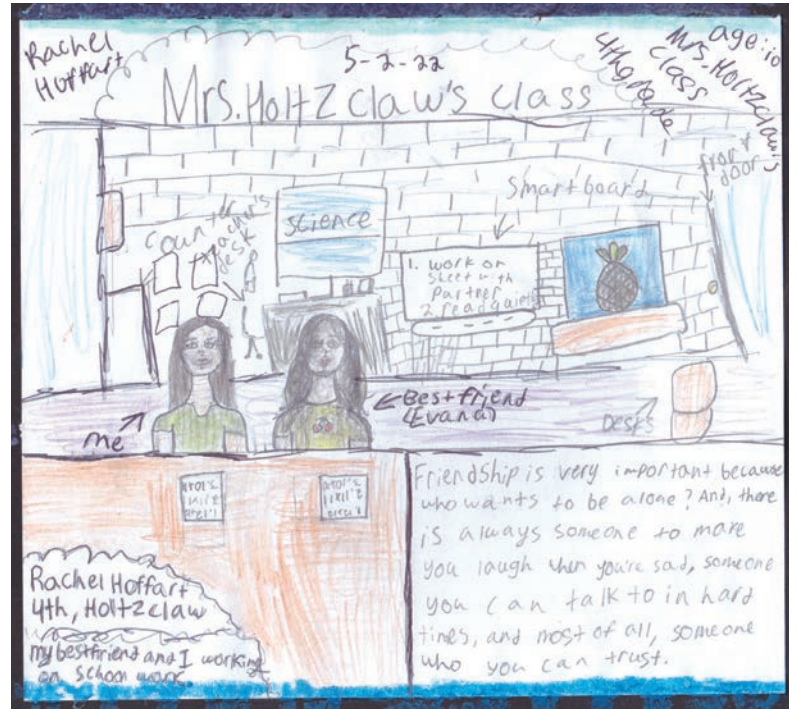


Ellise Phillips Grade 3, Mrs. Anderson



second Grade ★ Lola Ashe

I have fun at recess in many different ways. I enjoy walking around the playground and talking with my friends about things, and watching the action. Another thing I enjoy at recess is playing on the dome because I can climb then sit on a triangle of the dome and drop into the dome. It is fun. It is fun to swing with my friend Na'horrah, too. We start swinging high and jump off the swings in the air and land. Next we watch kids get on the big oval swing and other kids push them high. I look forward everyday to go to recess and play in different ways.



Across the Bridge

A collaborative poem by Cadence McClure, Pierce Besler, and Owen Mcabee (from Mrs. Townsley's 5th grade class)

A group of people so familiar
A group of friends, in particular
So different and unique
But together is where we reach
our peaks
We're making it up as we go along
Yet we've made such a beautiful,
harmonic song
Vulnerable and connected hearts
With eyes wide open, we give
ourselves a fresh start

Friends were beside me the whole
way through
But it seems I will always remain
this blue
The ship has capsized
The flowers have died
I've lost my honor and kindness
I can't put my ways behind us
That's what it was until now
We're across the bridge, anyhow
We won't let each other feel
betrayed

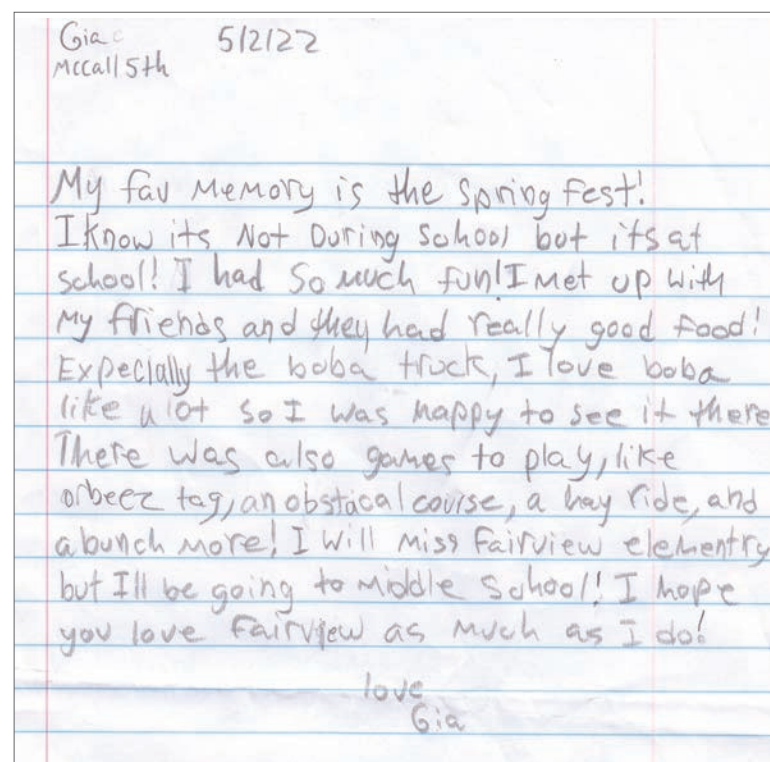
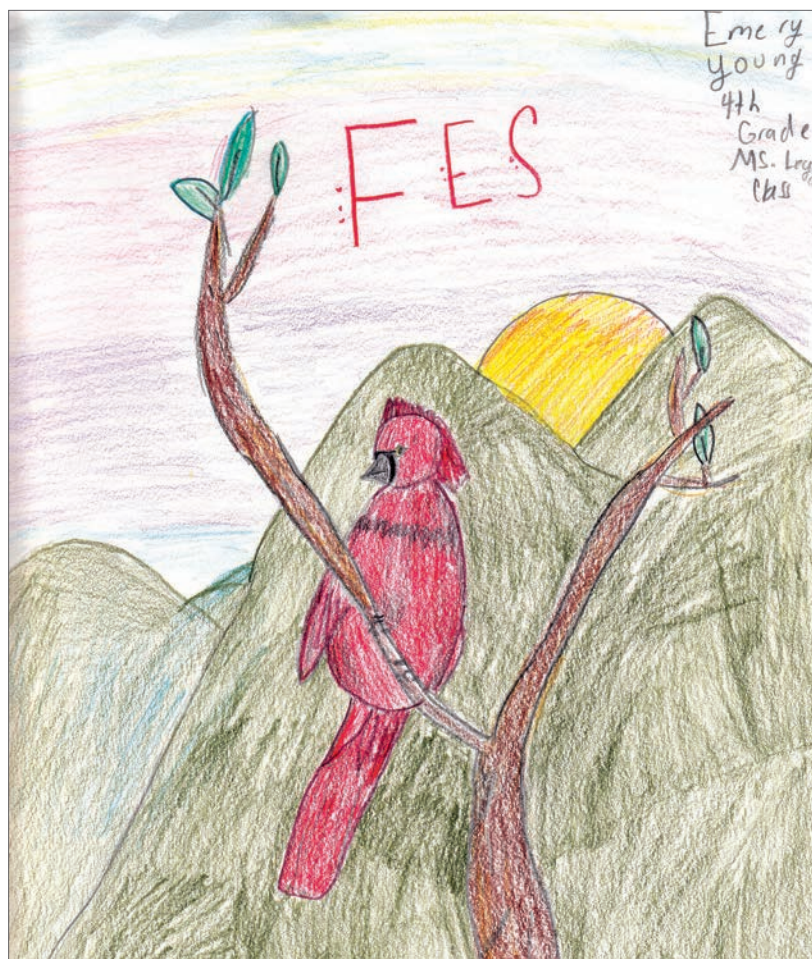
As leaves will sway
And the sun is never shining in
our way
Instead it shines a path we can
chase and follow,
And if one friend falls we come
back for them,
Even when the sun is shining,
there will be wind that pushes us
behind,
And to learn not to fly with it,
But to look on with the views
who have helped us time after time

And with all of this around us,
The world never stops turning
And time never stops running
And before you know it, you're
not just crossing a bridge,
You're crossing a mountain
And your storms and hurricanes
turn to dust,
And to come to think you reached
the end

And just as others watch
Just as the birds would sing
They whisper happy thoughts
as we run along,
Run along to great life
Of being friends, of being
family, of being inseparable
But as they slow to a walk
The people they love most urge
them to run again
To continue that great life

You realize you're just at the
beginning
Then you look and realize you
can't see the end,
Only more mountains to cross,
And more hearts to follow
So go cross those mountains.





By Anonymous

THE PENCIL IN THE CORNER

A famous individual once said "be the change you want to be," and I believe almost every change begins with a paper, a pencil and an idea worth hearing. A pencil opened a whole new world for me, and I hope it will do the same for you.

Alone.

It seemed useless, alone, nobody to care.
The pencil in the corner, nobody would share.

It seemed useless to me, what could it be?

But it had a lot more inside that I couldn't see.

What could it hold, what could be sold? Many ask.
Well I can easily tell you there's a lot in store plus even more.

Don't judge a pencil like a book by its cover,
don't judge a pencil like a fish's ability to climb a tree, they say.
But even as they say, they're still blind to its ways,
it's life changing power passed through day to day.

It's an opportunity,
an answer or opinion.
An opportunity to prove yourself,
teach others or gain in your personal education.

A choice to be in space or under the sea.

A choice to be who you want to be,
say what you want to say,
express you, yourself,
and who you are as an individual

Life changing.

A voice,
not just any idea,
a voice worth hearing,
A movement to spread across the nation,
A couple words changing the way we view things,
preventing social injustice,
transforming the earth,
and creating the exceptional place we call "home."

"I have a dream" transformed lives permanently.
A splash of color brightened up lives.
Your creations changed you, or is still waiting to work into your life.

So how is a chair without a seat different from a pencil without a personality?
That tiny pencil has the potential to revolutionize the world,
and you have the power to guide its remarkable, unstoppable things.



FROM THE STUDENTS OF FAIRVIEW ELEMENTARY SCHOOL

Izzy Clayton Fulkerson 4
FAIRVIEW
 What makes fourth grade the best is the people around us. Also all the new things we have done. For example on April first we took the urban trail in downtown Asheville, I had been on the urban trail before but I never knew it was called the urban trail. Also the field trip was not just about walking around the city and learning its history, it was also about spending time with our class outside of school while learning new things. Another thing that makes fourth grade the best is, all the after school activities you can join like chorus, chess club, percussion.



Quorra DeLoach
 Grade 3, Mrs. Brown



Jackson Maher Kindergarten, Ms. Burleson



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Congrats

ACRHS Graduates!



Abdullah Al-Harbi
Benjamin Allen
Camila Alvarez
Melvin Amaya-Del Cid
Brycen Anderson
Shawn Anderson
Alea Austin
Brittany Avalos-Ortiz
Denis Baires
Luke Baker
Devin Baldasaro
Madison Ballard
Haidenn Barkdoll
Jordan Beachboard
Jayda Beckman
Eric Bell, Jr.
Mari Best
Justine Blaylock
Dadrian Blue
Titouan Bouillon
Benjamin Bouressa
Jeremy Bowie, Jr.
Amber Brown
Imani Brown

Logan Brown
Zoe Brown
Carter Buckner
Simon Burgin
Yaw Buster
Rodney Cabe
Kariah Carter
Robert Casiano, Jr.
Daniel Castellon-Diaz
Maria Castro Ayala
Alexandre Causer
Owen Chauncy
Hermer Chavez
Cardenas
Pete Cheatham
Nikolas Chmunevich
Thomas Clark, Jr.
Clara Coates
Hannah Cohen
Domenico Companioni
Kaila Confer
Ariana Cook
Dilyn Cook
Amelia Crain

Keaton Curry McIntosh
Wesley Denton
Hugo De-la-Torre
Anthony Diaz
Hayden Dietzman
Landon Dipple
Nevaeh Dixon
Jenna Dotson
Noah Douthit
Lyon Doyle
Ethan Durkovic
Caden Earley
Wendy Escobedo
Harrison Fagan
Kamarion Flythe
Joseph Fodi
Ari Frayne
Cory Gaines
Chase Gall
Ronan Geoffrey
Kai'ana Ghassabian
Thomas Gibson III
River Goldie
Mary Gonzalez


Dean Gorelik
Elli Gosnell
Jorden Graham
Cassidy Greene
Chad Greene
Dylan Griffith
Sienna Gronek
Jan Guerra Lazarin
Luke Hale
Serra Hardtke
Micah Hembree
Quierra Henry
Andre Hensley
Kimani Hicks
Fairly Hilliard
Lucie Hills
Lana Holcomb
Ivy Holley
Paul Hutchison
Makhi Ikeme
Colton Ingle
Evan Ingle
Korbin Jackson
Jadyn James
Miliue James
Jubal Janes
Jasmine Johnson
Lillian Johnson

Bethany Jones
Jessica Keck
Maverick Kennedy
Benjamin Kepple
Caswell Kern
Dyala Khalaf
Kali Kilby
Malachi King
Parker Kinney
Caroline Kiser
Samuel Klingel
Eli Kohatsu
Peter Kolomiyets III
Isaiah Kyremes-Parks
Anna Laws
Grace Laws
Leah Libert
Abigail Lopez-Quinones
Avery Love
Henry Luu
Henry Macleoud
Julian Mallory
Mary Marlowe
Samuel Marlowe
Alexis Martin-Roberto
Angie Martinez-Machado
Allyson Massey
Kobi McClain

Autumn McGarry
Olivia McKeel
Mackenzie McNeil
Ava Meigs
Chase Meklas
Dean Middleton
Serena Moore
Kane Morgan
Addison Morris
Malia Needer
Alex Nguyen
Elliot Nichols
Jupiter Odom
Gracelynn Olinger
Willard Owens, III
Alexis Pacheco
Chloe Page
Emmaline Parker
Grace Parker
Ayah Patton
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Aiden Pearson
Sara Peñ̄a Perez
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Carolina Potas	James Sills	Lauren Trent
Bridget Price	Connor Sills	Sarah Trent
Madison Proffitt	Brayden Silvers	Noah Troitino
Kevin Ramirez	Amber Simons	Elizabeth Tumash
Hernandez	Halle Skibo	Joshua Turner
Natalie Ramirez	Ryder Skroski	Rylan Tuten
Alana Ray	Leif Skrypek	Lizabeth Villanueva
Allyson Ray	Aaron Smith	Mariana Villatoro
Elliot Ray	Luci Smith	Tyler Wagner
Joshua Ray	Amelia Smith	Madison Walicki
Mason Reese	Elizabeth Smith	Joshua Walker
Tyler Robinson	Julionna Smith	Mackenzie Walker
Kaylee Rogers	Alexander Sosa-	Christian Watkins
Etta-Leigh Rose	Calderon	Brenton Watson, Jr.
Lucas Ross	Hailey Sprinkle	Kelsey Watson
Marcella Rouchard	Michael Sprouse	Allyson Welmaker
Leah Rudisill	Shyanne Staton	Devon Wenczel
Kelby Rymer	Julia Steininger	Owen Westall
Ansley Sales	Blake Stotesbury	Bailey Wester
Emilia Saltzman	Anna Subbiondo	Ansley Whitaker
Alexia Sanchez	Nevel Swain	Brandon White
Braylin Sayles	Cameron Tagner	Christina Wilburn
Morgan Scarborough	Lance Takahashi	Ryan Wilson
Alexandra Schill	Hannah Thayer	Murdoch Wiprut
Carmen Sexton	Sydney Thayer	Mikaia Woods
Cecilia Shaw	Sara Tilley	Riley Woody
Ilya Shmat	Isabella Todd	Savannah Wright
Mary Shoop	Parker Townsend	Jichen Yu





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Reflection Brings Appreciation

It was on a random Tuesday in the December of my eighth-grade year. I was tagging along with my mom as she did some holiday shopping, and on a whim we decided to stop at The Hub, which at the time was a center for local arts and crafts and the headquarters of the *Town Crier*. We had a quick conversation with a woman, Annie, who was then the *Crier's* office manager. If you'd told me back then that this meeting would lead to a four-and-a-half-year-long partnership, I wouldn't have believed you. But here we are.

Recently, I was looking at some of my old columns. Old for me are the 2018 "teen angst" columns. My column from May of that year disgusted me. Obviously, my grammar and writing skills were less polished



Avery Love
TEEN PERSPECTIVE

than they are now, but that wasn't what hit me the hardest. The column was the second in a trilogy about the different generations of my family, and it was about my parents. In the first two paragraphs, I wrote about how I didn't get along with them, how they didn't understand me—basically just airing my dirty laundry in print. I ended the column with a pathetic attempt at saying that they were actually pretty okay and I liked them. When the column was printed, my

parents were hurt, especially my mom, who got the brunt of my complaints. At the time, I couldn't see why they were angry, and I basically brushed it off. Now that I look back, I'm horrified. It's one thing to be a pre-teen with the typical angst, but it's something else entirely to write a column that gets sent to every household in the area. Everything about that column was a mistake, and it hurt two of the people who care for me the most.

I've grown a lot, in every single aspect of my life and personality. The quarantine forced me to spend more time with my parents, and that really opened my eyes. Quarantine was the catalyst that showed me how hard they work to support all of us, emotionally and financially, and how much I enjoyed their company—my mom, especially. She helped proofread my essays for scholarships and college applications. Finally, just last month, she held my hand when I confirmed my enrollment in UNC-Charlotte in the fall.

I'm not forgetting my dad, either. He is the best cure for a late-night funk or a willing listener to talk through difficult situations. Recently, I was having a really bad day that nothing could fix. Not reading, not our foster puppies, not a snack. Nothing. I followed him around moping for about 30 minutes until he plopped down on the couch. I sat next to him, and without saying anything he queued up the first episode of a show I'd never seen and let it run. All he said

ACRHS STUDENT OF THE MONTH

Christian Watkins



June's A.C. Reynolds Student of the month is Christian Watkins, a student-athlete who history teacher Bill Rice says has "unlimited potential." Watkins, who runs track, was initially nominated by his Spanish teacher, who explained that he "works hard in class and is always positive, kind and willing to support a peer." Ms. Miller went on to praise him for staying focused on his academic and athletic goals.

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

was, "See how you like this." The show was awesome, but the comfort of just being near my dad, with no pressure to explain what was wrong, was what made me feel better.

My parents are endlessly supportive of me. They're proud of everything I have accomplished in my senior year, and they tell me that almost daily. Now that I'm leaving home in a few months, we want to spend as much of the time we have left together as possible.

I know there's a point to all this. I think it's growth. If you've been following along with my column, you've watched me evolve into the person that I am now. Not only has writing for the *Crier* been an important way for me to express myself, but it's also given me valuable experience that I'm excited to turn into a college degree. As a freshman, I couldn't have told you what I wanted to major in or what I wanted to do with my

life, but now I feel ready to pursue writing in a more professional capacity. No matter how embarrassing it is to look back at the stuff I've written, it serves as a reminder of who I was and how far I've come since then. No matter how uncomfortable it may be, those memories have helped me become better.

My future is coming up quickly, with my move-out date in less than three months. This new start, however exciting it may be, means leaving behind things that are important to me. Of course, I mean my family and high school friends. But there are other things that are going to end, such as my time as a columnist for the *Crier*. My last column will be in the August issue.

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



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The Importance of Grooming

Even if your dog's hair isn't particularly out of control, grooming provides many health benefits for your dog which may not be immediately obvious.

Brushing ventilates your dog's coat, helping it grow healthy and strong and takes away old and damaged hair. Grooming also ensures that your dog's skin can breathe and keeps down the level of oil in their coat. Too much oil can block pores, cause irritation and all sorts of skin problems. Brushing also acts as a massage which promotes good blood circulation.

As a dog sheds, the loose hair can get tangled, causing matting, which if not untangled regularly can eventually tear skin and create painful sores. The sores can get infected, and this is hidden underneath their fur, so if you aren't checking on a regular basis, it may be missed.

Dogs can't tell us something hurts, so grooming can provide an opportunity to give them a health check where they can be checked for matting, sores, fleas, ticks or general lumps, bumps, and scratches, as well as the condition of their eyes, ears and paws.

Visiting a Professional Groomer

Although many dog owners prefer to groom their dogs at home, having your dog professionally groomed can save

you time and energy. Dogs who are old or anxious or become aggressive when you try to groom them must be handled gently and confidently, and some may need to be muzzled while being groomed—this is something a professional groomer can do. Additionally, if you have a physical condition such as back issues or arthritis, professional grooming will keep you from having to deal with painful lifting and handling of your dog while being groomed.

Professional groomers also have all of the tools to get your dog looking their best, from different kinds of brushes, clippers and scissors, to a grooming tub, and even an adjustable grooming table. They're also equipped with shampoos and conditioners for all coat types, as well as for dogs with skin allergies, irritations, fleas or ticks.

While short-haired breeds are less likely to require a full-on groom than those with longer hair, getting your short-haired dog bathed by a professional groomer is a great opportunity to have your dog checked over. The groomer has the right tools and products to enhance your dog's coat and can offer advice on what products are best for your dog's coat. Not only that, it provides a social interaction for your dog which gets them accustomed to a different environment and being handled by someone else,



Nail trimming reduces the risk of nail tears and cracks, painful paws and poor posture.

which is helpful in all sorts of situations. Dog breeds with longer coats require a more thorough groom, and there are often specific coat styles for particular breeds. A professional groomer will know which coat style suits which hair type best and which products will enhance the dog's coat the most. How often you should have your dog groomed will depend on your dog's breed, lifestyle and their coat length; ask the groomer for advice on how regularly they should be groomed.

In addition to keeping your dog looking and smelling great, professional grooming offers many health benefits:

- Regular (but not weekly) baths wash away dirt and help prevent skin irritations.

- Detangling prevents mats from forming and creating painful sores.
- Different coats require different brushes, which groomers have. The more dead hair they remove from your dog, the less you'll find on your living room rug.
- Brushing distributes the dog's natural oils and gets rid of dead skin.
- Handling during grooming allows the early detection of lumps, bumps, and skin irritations.
- Nail trimming reduces the risk of nail tears and cracks, painful paws and poor posture.
- Groomers can also brush your dog's teeth with a dog-specific toothpaste (although regular teeth cleaning should also be done every day at home).

No matter whether you visit a professional with your dog every six weeks or a few times a year, a good bath, nail trim, brushing, de-matting, ear cleaning, and freshening up of private parts will make your canine kid more healthy, comfortable, and pleasant to live with.



Stefani Cotten is the owner of Fairview Boarding, located at 1923 Charlotte Highway. For more info on boarding or grooming your dog, call 628-1997 or go to FairviewBoarding.com.

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When I was in the classroom, I had a wall with the saying “The Power of Yet!” in neon letters that my students and I saw every day. With a reputation for being the “hardest” English teacher in the 8th grade, I often explained to students that my job was to get them ready for the rigor of high school and beyond, and I learned from my research on “growth mindset” that it was the *only way* students got better. Carol Dweck, a Stanford psychologist and Ph.D., developed this theory and claims that when people of all ages practice “process improvement,” much more is gained. She writes, “Why waste time proving over and over how great you are, when you could be getting better?”

Where do you find yourself when you face a challenging task? Most of us sit on a spectrum between the two mindsets. On any given day, we may waffle between the two perspectives.

Self Talk for Growth Mindset	Self Talk for Fixed Mindset
I can do hard things.	I could never do that.
Feedback helps me grow.	Don't criticize me. I can't handle it.
It's only a mistake and it doesn't define me.	I'll always be a poor _____.
I can move through this setback one step at a time.	I'm just not good at that and won't try it again.

Some of my favorite students in the class of 2022 are graduating from high school and college this year. If any of you are reading this, take these thoughts to heart:

- **Your past does not define your future.** Don't worry about what you're going to major in and embrace the challenge. Trust the process and enjoy the journey.
- **A growth mindset fosters resilience.** That is the “stick-to-it-iveness” to move through difficult situations.
- **A growth mindset protects you from viewing negative feedback as defining and defeating.** You don't give up just because of that, but try to grow personally and improve into your “best self.”
- **It keeps you humble.** A growth mindset reminds you that there is more to learn.

Parenting is hard. Having a growth mindset matters. If I could go back to when my kids were in middle and high school, I would change some of the feedback I used with more of a growth mindset. When I said, “You're so smart,” little did I know that I was contributing to a fixed mindset because it gave them the understanding that their accomplishments were based on something innate. A better way to build self-esteem would have been to focus on the effort it took, to focus on process. Consider the following:

Say this:	Not that:
“I can see you worked so hard on this.”	“You're so smart!”
“Perhaps it is time to try another strategy.”	“It's OK. Maybe you're not cut out for this.”
“I like watching you do that.”	“You're a natural at that!”
“It looks like that was too easy for you. Let's find something challenging so your brain can grow.”	“Great job! You did that so quickly and easily.”
“What strategies can you try to understand this concept more?”	“That's not right. Are you paying attention in class? It seems like you're not even trying.”
“That was really hard. Your persistent effort paid off. Next time you'll be ready for this kind of challenge.”	“That was really hard. I'm so glad this is over and you don't have to do it again.”
“You've worked hard to become a good writer. You should challenge yourself with an advanced class in HS so you can learn something you don't know how to do yet.”	“You have a real talent for writing. You should take a creative writing class because you're so good at it.”

What other benefits does a growth mindset give?

- **It helps you develop a vision** of what you want your family to be and create practical, realistic action steps to make it a reality.
- **It develops perseverance.** And don't we all need that as parents?
- **It gives hope** because they know that their capacity to achieve is not just because of their genetic makeup and generational influence. The sky's the limit!
- **It keeps you humble.** You see failure as part of learning and you own up to your own limitations. That makes you more gentle with yourself and with your growing kids and teens. They love to hear your stories from “the school of hard knocks.”

When I coach parents, one of my questions is: “What more do you want for your family that you don't have yet? With a growth mindset, I bet you'll put more effort into achieving some of your dreams. Good luck!

Christi Hurd, a retired ELA teacher who worked at Cane Creek Middle School, is a Parent Coaching Institute-certified Parent Coach. For more information on her and her services, visit sites.google.com/view/christihurd-parentcoach/home.



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The root cause of these chronic conditions is inflammation. While there are many things that trigger inflammation, the biggest factor is food. How we fuel our bodies is the number one key to reducing inflammation, and losing any excess fat-weight comes in at number two.

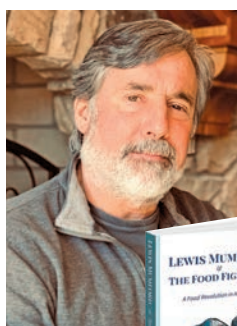
You can choose to make an impact on your health, starting today, by choosing anti-inflammatory foods, such as those listed below.

Cold-pressed extra virgin olive oil. No vegetable oil or canola oil (and use avocado oil for high-heat cooking); **whole eggs** (no processed egg beaters); **full-fat, unflavored dairy** (real half and half or heavy cream) if you can tolerate it—no skim or sweetened milks or creamers; **fatty fish and wild seafood**; **meats cooked at lower temperatures** (no burning or charring) with spices to neutralize inflammation; **vegetables in the colors of the rainbow**; **spices like turmeric, black pepper and ginger**; **a mixture of sea salt and table salt** to fulfill your iodine needs; **berries instead of tropical fruits** (bananas and mango); and mushrooms such as porcini, shitake, chaga, turkey tail, and lion’s mane. You can cook with these or get them in powdered forms to add to your smoothies.

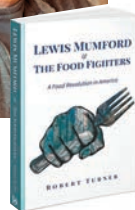
Pay attention to the fuel you’re giving your body to lose the toxic excess fat-weight you’re carrying. Take small, daily action and you’ll see huge results.

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.

Fletcher Author Publishes Book



Robert Turner



In his second book, *Lewis Mumford and the Food Fighters*, Robert Turner tells the tale of how a misfit group of rebel food fighters battle to take back control of their food and their

lives in this true story about food security and food sovereignty in the heart of Appalachia.

The book is available at Firestorm Books in Asheville (which is also a setting in the book, and Firestorm will store stamp your copy), Malaprop’s, Barnes and Noble, Amazon and most independent booksellers.

Turner, who owns The Village Commerce Park in Fletcher, also serves on the board of directors for the Organic Growers School. More information can be found at robertturner.com.

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Market Decline Offers Buying Opportunities

The financial markets have gotten off to a rocky start this year. What's caused this volatility? And does it present opportunities for patient investors?


First of all, several factors are behind the market volatility, including the war in Ukraine, higher inflation, rising interest rates and the lingering effects of the COVID-19 pandemic. However, while these factors may be specific to the recent market decline, volatility itself is a common feature of the investment environment. In fact, history shows that corrections of 10% or more happen about every year, and declines of 15% or more have happened every other year, on average. Furthermore, while 2022 has thus far been challenging for investors, it was preceded by a long period of strong markets, with the S&P 500 averaging more than a 20% return over the past three years.

Knowing the typical frequency of market volatility and reviewing the results of the past few years may make the current situation seem less shocking. But you don't have to simply "ride out" the downturn—because a down market may give you the opportunity to buy more investment shares at good prices. Specifically, you can expand your holdings in companies that have good growth prospects due to strong management and products or services that provide sustainable competitive advantages. And this type of opportunity is important, because one of the keys to building wealth is to increase the number of shares you own in your various investments and hold them for the long term. While the market will always fluctuate, the long-term trend has been positive, particularly for well-diversified portfolios built with quality investments.

Of course, while it is a good idea to boost your share ownership at favorable prices, you still want to be strategic about it, rather than just buying whatever seems to be the biggest bargain. In reviewing your existing portfolio, can you identify any gaps that could be filled with new investments? Are there opportunities to further diversify your holdings? By owning different types of stocks, bonds, government securities and other investments, you can help reduce the impact of volatility on your portfolio. (Keep in mind, though, that diversification can't guarantee profits or prevent losses in declining markets.) Or, if your portfolio has become "unbalanced" in some way, you could also use this time to rebalance it back to its original long-term targets. You might also consider setting up a systematic investing program in which you invest the same amounts in the same investments on a regular basis, such as monthly. When

prices go down, you'll automatically buy more shares, and when prices rise, you'll buy fewer shares. (However, systematic investing does not guarantee a profit or protect against loss and you'll need to be willing to keep investing when share prices are declining.)

Before this year, average annual returns have been solid for about a decade, which makes it somewhat easy to forget about normal market volatility and may have led to overly optimistic performance expectations. So, it would not be surprising if your initial reaction to the current downturn is one of concern. But by viewing the current investment environment as a chance to add quality investments at attractive prices, you can help yourself develop a behavior that can serve you well throughout your life as an investor.



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

April 2022 Fairview Real Estate Statistics

		Maximum \$	Lowest \$	Average \$
Homes Listed	5	2,200,000	179,999	901,600
Homes Sold	12	975,000	260,000	562,653
Land Listed	10	600,000	73,000	209,350
Land Sold	1	30,000	30,000	30,000

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

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2023 Budget Update

After months of work dating back to December 2021, Avril Pinder, Buncombe County's manager, presented her fiscal year 2023 (FY23) budget to the county commissioners on May 19. Through a series of budget work sessions, presentations and identifying priorities, the proposed spending plan sits at \$399.2 million and holds the current property tax rate of 48.8 cents. See the box at right for the formal recommendation on how the budget would supplement community survey results and 2025 Strategic Plan goals.

Education, human services and public safety are the three largest areas of spending for the proposed plan. The education funding would bring all locally funded Buncombe County Schools employees to a minimum of \$15 per hour or provide a 2.5% increase while helping reduce salary compression issues. The budget provides \$109 million for education, including early childhood programs, Buncombe County and Asheville City Schools and A-B Tech.

The vast majority of the budget comes from property taxes and includes local option sales tax and other sources of revenue. Only three tax rate adjustments were requested (Asheville City Schools, Skyland fire district, and Barnardsville fire district), and county staff only recommends approving the request of the Barnardsville fire district for the FY23 budget.

Comprehensive Plan

I've written a lot over the last year about the County's Comprehensive Plan, and that work continues. After multiple virtual and in-person feedback sessions with the public, the staff has started identifying goals and an overall vision for the plan. Some themes have emerged: a desire for more sidewalks, trails, greenways; support for affordable housing; and a focus on conservation, especially trees and waterways.

As the Comprehensive Plan enters its next phase, there will be an opportunity for even more public input. The county will put information about these public input sessions on its website and social media channels and will alert the media when dates are confirmed.

All work sessions, meetings and public hearings are streamed live on the Buncombe County Government Facebook page. You don't have to have a Facebook account to access the live stream.

Honoring Volunteers

On May 19, five Buncombe County residents received the Governor's Volunteer Service Award, which honors the true spirit of volunteerism by recognizing individuals, groups and businesses that make a significant contribution to their community through volunteer service. The awards program, created by the Office of the Governor in 1979, recognizes NC's

2025 Strategic Plan Focus Areas

- \$104.9M: education partners with a 10.9% increase for K-12 and A-B Tech
- \$3.82M: early childhood education
- Environmental and energy stewardship
- \$4M: solar projects
- \$1.6M: alternatively fueled vehicles
- Resident well-being
- \$564,146: recreation projects
- \$326,055: additional investment for the Community Paramedicine program
- Vibrant economy
- \$4.3M: economic development programs
- \$2.3M: affordable housing support
- Equity, operational excellence
- 63 new positions for 23 departments
- \$5.1 M: implementation of the compensation study
- \$2M: reparations
- Educated and capable community

most dedicated volunteers. This award has honored thousands who have shown concern and compassion for their neighbors by volunteering in their local community through the years.

This year's recipients are Lynn Lederer, for being part of MANNA's FoodBank Food Access and Support Team Helpline; James Stillwell, for his commitment of service to the veterans at our WNC VA health care system; Edith Walker, for being the lead volunteer for the Abernethy UMC B.E.A.R. closet (Baby Equipment and Resources); Hannah Soboleski, as the founder and president of Home for Black Cats, which specializes in saving black cats and kittens and advocating for their right to a happy, healthy forever home; and Dr. Greg Lentz, for his leadership skill with Hearts of Hands, a disaster response organization located in Buncombe County. This is well-deserved recognition for the

selfless hours of care and compassion these community leaders have given to support the needs of people and animals.

Lastly, as we head into summer break for our schools, I want to thank our incredible principals, teachers, administrative staff, bus drivers, custodians, cafeteria employees and everyone who educates our children. This was not an easy school year, and you all ensured that our kids had a warm, safe, fun and healthy learning environment. I hope all of you find time to relax and recharge over the next few months.



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

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The Bird Game

BY BETH LOVE

My husband Greg and I bought the game Wingspan for our teen daughter as a Christmas gift in 2019. She enjoys animals and is considering a career in wildlife biology, so a board game about birds and their habitats seemed like a home run.

She hated it. Yes, she gave it a try. She played it with her dad and me two or three times before tactfully bowing out each time we suggested a game.

But Greg and I were hooked, and this game has been the saving grace of our sanity through two very difficult years.

It's a complicated game to learn at first. There are two kinds of cards, five kinds of food tokens, turn markers, a bird feeder and dice. There are multiple ways to score points, and you often don't know who won until the end of all four rounds. When I introduced it to one of my college roommates, she suggested it would be a good



Greg and Beth locked into a game of Wingspan.

game to keep retirees' minds sharp and fend off dementia. I think the intricacies of the game are part of its charm.

It's also beautiful. The game boards (each player gets one) depict three lovely bird habitats: the woodlands, the grasslands, and the wetlands. In the original game (there are two expansions), each bird card has a hand-painted image of a North American bird, its preferred food and habitat, its nest type, and—yes—its wingspan.

This game has a permanent place on our kitchen table. You see, Greg and I are both public school teachers, and we spent much of 2020 and 2021 teaching into computer screens. Between learning new ways to do our jobs and trying to make sure our own two children were keeping their heads above the virtual water, we have been stressed and exhausted. Wingspan has been our escape and our opportunity

to connect with one another in the real world. Whenever possible, we take an hour out of our evening to play what we refer to as “the bird game.” We sit at the table, banish our screens, and compete to create the most productive ecosystem. For a while, Greg signaled his interest in a game by calling out “ca-caw!” in the house or sending me an emoji of a bird on my phone. Now, it's a standing date after dinner. Part of the game's staying power is its unpredictability. Sometimes he wins; sometimes I do. This game reflects the “real world” in more ways than one.

Now, I've become some kind of nerdy game ambassador. Greg wanted to crawl into a hole last year in the toy store when I overheard a couple looking at two-person games. I interrupted their discussion to

suggest that they try Wingspan—which wasn't even in stock at the store. During quarantine, I taught two different families how to play the game over Zoom. It was one of the few “social” events I had in those early months of the pandemic. And I'm writing this article in praise of the game that brought us peace and connection in a chaotic and disconnected time.

Want to learn? Drop me a line via the Crier (clark@fairviewtowncrier.com) once school is out. I'm happy to share the bird game joy.

Beth Love is an English teacher at A.C. Reynolds High School, where her children are a freshman and a senior. Her husband Greg is the band director at A.C. Reynolds Middle School.



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Cider Tasting at June Meeting



Last month's FBA meeting was hosted by Molly Mills and Robear of Sweet Farm on Cane Creek. Our meeting was set among their impressive 3.25 acres of organic produce. Unfortunately, their shiitake mushrooms were washed away in the recent flood.

Five FBA members, including four insurance industry and one employee benefits professional, educated a small group of FBA members about the varied and different options available for regular insurance, long-term health care options, and even something that isn't insurance but can cover many medical needs. The members were Joanne Winkler of ESCO Insurance Agency, Tammy Murphy of Tammy Murphy Insurance Agency (State Farm), Cindy Kimmel of Kimmel HR Solutions, Mike Richard of Prime Time Solutions, and David Stovall of Stovall Financial Group.

Our next meeting will be held on June



At last month's meeting at Sweet Farm on Cane Creek, five members educated a small group of members about the many different options available for insurance.

15 from 6-7:30 pm at Barn Door Ciderworks, where owners Katie Moore and Dan Fowler will give a tour of their barn and event space while teaching us what makes their ciders so unique. A tasting straight from one of the barrels will be available for those interested. Barn Door is located at 23 Lytle Road in Fletcher.

As always, we want to hear from you, our members, on what you would like to see in our future meetings, so please join us for this fun night out and bring your ideas.

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Stinging Nettles

While hunting the ridgetops for whatever wild edibles might be in season, I usually diverge down the mountain to follow a creek, drinking in the beauty of our lush mountain spring and enjoying the abundance of native wildflowers.

I was marveling at the beauty of a few clusters of showy orchid in bloom and wild larkspurs with their indigo blossoms when I felt a painful stinging sensation on my leg. I was in shorts, which is unusual on hikes like this, but it was a region without much poison ivy and it was warm. I was too focused on the orchids and flowers and hadn't been paying attention to the undergrowth and my leg brushed against a healthy, low-growing patch of stinging nettles about a foot and a half high. When I looked closely, there were multiple patches of nettles growing in the wet woods by the creek and spring.

Stinging nettles (*Urtica dioica*) are abundant throughout North America and found in every state (except Hawaii), all over Europe and in Southeast Asia.

The sting from these plants is like that from a jellyfish, as the plant's stems and leaves are covered in tiny hairs that are loaded with a toxin embedded in the little hairy needles. When they touch your skin, the poison is similar in action to a jellyfish and quite painful. My lower leg really burned and woke me up at night.

As painful as their sting is, nettles are one of the most delicious cooked greens, and they are extremely nutritious. A friend of mine in college loved them so much he grew them in his garden in a naturally wet, boggy part of the yard and called it his "prized yum nettle patch."

The drawback to nettles is that you need gloves to pick them. So, I returned to the spot where I got "stung," armed with gloves and scissors to snip the lush green tops off the plants. That night, we had sautéed morels in garlic on rice and boiled nettle greens with butter and herbs. It was delicious.

However, I must urge you to cook the greens thoroughly by dropping them in boiling water, which neutralizes the poison completely and yields a fantastic cooked green vegetable. In the '70s, a dear friend had gathered a big bunch on a hike for our meal while backpacking, but he cooked them for only a minute or so in tepid water. When we tried to eat them, it was like getting a mild sting in your throat—not full strength, thank god, but enough to skip the second bite until they were cooked properly!

Leave it to the quirky English to create a rather bizarre custom. For many decades, parts of rural England had a raw nettle eating contest, which sounds like total misery to me. It would be like eating as many jellyfish stingers as one could handle.



Nettles are extremely nutritious, as the steamed young leaves are rich in potassium, magnesium, vitamins A and C, and iron and are exceptionally high in protein. Nettles are prized in many parts of Europe and are added to cheeses, providing a flavoring for Dutch gouda cheese. The leaves are mixed into sauces in Nepal and India, where the young greens are prized. Nettles are used in Albania as part of a dish called "byrek me hithra." The top baby leaves are cooked as wilted greens and then mixed with other ingredients like herbs and rice before being used as a filling between dough layers.

The dried leaves provide a nutrient-rich tea. For years, I have taken dried nettle leaf capsules along with quercetin and vitamin C, which I find one of the more effective remedies for combatting seasonal allergies to pollen. As in most cases, fresh plant material provides the greatest amount of nutritional and medicinal value, and where nettles grow, they often grow in abundance. When we lived in the Pacific Northwest, stinging nettles grew to six feet tall and would carpet the

trails in places, given the amount of rainfall and moisture. Long sleeves and pants were essential in those woods. In Europe, nettle leaf extract is widely used in apothecaries for treating arthritis, whereas in Austria it is used for treating urinary tract disorders, flu, rheumatism and gout.

Some gardeners mix nettles and comfrey to make nutrient-rich compost tea that is sprayed on the garden and highly beneficial. I stick with comfrey as it's easier, but in areas where nettles are super abundant it makes sense. These plants are also critical food sources for many species of moths and butterflies.

Many decades ago, I took my best friend on a wildflower foraging hike, and he asked about a patch of incredibly lush, brilliant nettles. I told him to touch one with the tip of his finger. "Ow, that really hurts," he cried. I laughed and gave him crushed jewelweed as an antidote and said that everyone interested in wild foods should touch one once, as you will never forget it. And 30 years later, my friend Gary still remembers and keeps a wary eye for nettles when hiking.



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Weeding or Foraging?

The next time you are weeding your dandelions, think of it as foraging instead. That's what we do at Root Cause Farm.

We recently hosted Jeannie Dunn, owner of Red Moon Herbs, for a foraging and herbal workshop. According to Red Moon's website, Jeannie has been wildcrafting and making herbal extracts, oils and salves for over a decade as a professional herbalist and NC native.

Jeannie started her workshop with a general presentation of the different uses of the plants that we were going to forage. Then she gave instructions on what the participants were going to look for to process and use for a meal. The main plants were dandelions, chickweed, henbit, dead nettle and wild onions, which are plants that many people can find in their own backyard.

After the presentation, the participants dispersed and picked for an hour, and then Jeannie gave even more instructions on the use of the plants. She taught the process of rinsing, picking, and separating roots from leaves and flowers. She further covered which parts of the plants are good for certain ailments, and addressed anti-inflammatory and nutritional benefits, such as which plants are high in different vitamins.

The workshop continued with everyone making a salad from the foraged plants to eat in the potluck, and Jeannie



demonstrated how to make chickweed pesto and tinctures. She also celebrated the uses of the oft-overlooked dandelion. For instance, sauteed or deep-fried dandelion is an Appalachian delicacy. The flowers are the sweetest part of the dandelion, also known as taraxacum; however, the stems are tough and not desirable, according to Jeannie.

One participant shared how he felt about the food that was prepared, "Oh, it tasted really good. It was very, very fresh and there was a good combination of flavors. We learned so much about the nutritional value

of the different plants. All of them were spring plants that have a purgative quality because people traditionally used them at the end of winter when there was not a lot of greenery available to clean out winter toxins from their digestive systems."

Another observed, "It was interesting that the plants chickweed and henbit were so named because in a field of mixed plants, chickens will preferentially eat them over other plants."

The workshop concluded with a group discussion of some things to remember when foraging, especially when it's not on your own property. See the box below for some tips to remember when you forage:

Pesto Preparation

And that pesto? As we are coming up on greens season, here's a quick and easy recipe. Grab two handfuls of almost any green herb (for example, basil, garlic scapes, or chickweed), add a dash of extra virgin olive oil and a dash of lemon juice, add a couple of garlic cloves or wild onion, add a small handful of nuts (for example, pine nuts or walnuts), add some freshly shredded parmesan, and smooth it all in a food processor or blender. So simple, so fresh, so delicious.

Michele Gregory is a Root Cause Farm board member.

Get Familiar with Foraging

- **Always get permission** to forage if it's not on your own property.
- **Always be completely confident in your plant identification.** You do not want to consume or use an incorrect plant.
- **Be careful where you forage.** For example, if you forage on the side of a busy roadway, the plants could possibly be affected by car exhaust or pesticides or herbicides that have been sprayed by the highway department. And the same is true of other locations as well, such as under powerline rights of way. Be sure you're getting an uncontaminated plant.

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Bless Your Heart, Part 1

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My wife knew that I'd never voluntarily take a physical. "If it ain't broke, don't fix it" I'd retort. (Can you relate, guys?) But that didn't deter her. She would make the appointment with my doctor anyway and tell me I was going. In 2016, all that changed. She was losing her job along with our insurance coverage in August of that year. It only made sense to get a physical while I was still covered by insurance, I reasoned, so I proactively made the appointment myself. I told the doc I wanted "the works," including an EKG, which I'd never had done.

At the appointment, I had no reason to believe that anything would turn up until I noticed his "Spock-like" lifted eyebrow and hushed "Hmmm" as he studied the EKG results. He remarked that he didn't like



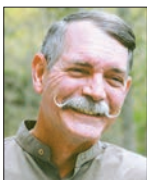
a "nuclear stress test" for my heart. He told me it was used to find and identify any heart problems. I was the last person in the world to have heart problems, I thought, so why not. I'll ace

this thing! Two weeks later, I had the echocardiogram part of the test, which is usually followed by a treadmill stress test—only I never got to the treadmill. The techs took one look at the results and without comment, said, "No need to take the treadmill; you can go home now." Yes! I really did ace it, I said to myself.

In Shock

I was still on the road home when I got an urgent call from my doctor. He said that I had an aneurysm in my heart and that I needed to set up open heart surgery.

So, what does this have to do with insurance? Find out in part 2 next month.



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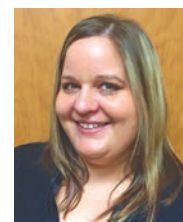
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