



The Fairview Town Crier



Create Backyard Tea Brews p9 // Gerton's Nita Owenby p14 // A Local's Fast Track to Harvard p16 17

Re. Imagine



GOES TO THE DOGS

by NAN COLE

Thanks to our friends, near and far, who turned out to make the "soft" opening of Re.Imagine Studios such a success last month. All proceeds from the day were donated to the Asheville Humane Society to help homeless animals of Buncombe County.

A big thank you to our special guests, Asheville Humane Society (and their artistic puppies) and Bob Travers, who painted all day on a new piece, demonstrating the process of oil painting from the start.

We're also so grateful for the local support, such as Ron Bradley for his generous donation of flyers announcing the event; the Fairview Area Art League for all of their efforts; our artists and volunteers who donated their time, talents and delicious desserts and auction items; Whistle Hop Brewing for keeping us all



Olga and Aidan adopted a painting puppy.

continued on page 20



Earning Eagle His Own Way

by Clark Aycock

Only about 5% of all scouts earn the highest rank of Eagle Scout. And even among those few, Zach Voigt stands out. And so does his Eagle Scout project, a flagpole in front of Oak Grove Baptist Church on Cane Creek Road.

The law of the Scouts (formerly the Boy Scouts) is to be trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean and reverent. Zach is definitely all of those, but I think "determined" needs to be added to that list.

Zach has Down Syndrome, but is high-functioning. And he is so busy at his work in the kitchens at Mission Hospital that it took me a long time to get a free moment with him. I met Zach, his mom, Joy, and his Scoutleader, Randall Barnett, at the church to learn about Zach and his project, and about his determination to see this project through. It took a long time, but it paid off—both for Zach and for the community.

For 30 years, Barnett was the Scoutmaster of Troop 85, a troop based out of T.C. Roberson and devoted to developmentally disabled and physically challenged scouts.



continued on page 11

Zach Voigt (top); and with his helpers (above).

Happy 246th!

The staff at the Crier wishes you all a safe and happy Independence Day!

A big part of Fourth of July celebrations are fireworks displays. And since fire is a part of fireworks, the Crier asked Chief Scott Jones of the Fairview Volunteer Fire Department if he wanted to share anything with the community.

He sent us this quote from the National Fire Protection Association: Each July 4th, thousands of people, most often children and teens, are injured while using consumer fireworks. Despite the dangers of fireworks, few people understand the associated risks—devastating burns, other injuries, fires, and even death.

He also sent us some stats from the NC Office of State Fire Marshal, such as:

Children under 5 years of age accounted for more than half of the total estimated injuries.

Handheld sparklers can burn at a temperature of 1,200 degrees.

Almost 20,000 reported fires are started by fireworks every year.

The only truly safe way to enjoy fireworks is by letting a professional set them off (such as at Upper Hickory Nut Gap Community Center; see page 2 for info).

A SUGGESTION and ALTERNATIVES



★ If you plan to set off your own fireworks, let all of your neighbors know ahead of time so that their dogs, cats and horses won't be startled. Be a good neighbor, and be careful!

★ Instead of fireworks or sparklers, try using pinwheels, glowsticks, noisemakers and silly string.

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Cedar Mountain Missionary Baptist Church
JULY 16 End of School Summer Party, 1 pm. Sno Cones, popcorn, slides, games and a drawing with a special prize. All are welcome. **AUGUST 15-19 Vacation Bible School**. For more info, call 304-573-8166 or email cedarmountainmbcyouth@gmail.com. 27 Reeds Creek Rd., Fairview.

Collide at Covenant Community Church
JULY 6 Twister with a Twist, 1 pm. **JULY 20, Sign-Making Workshop**, 1 pm. Collide is the student ministry at Covenant. See page 23 for info. 11 Rocket Dr., Asheville.

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. For more info, email FaArtLeague@gmail.com or visit facebook.com/fairviewart. Meetings are held at Re.Imagine. 15 Spivey Lake Dr., Fairview.

Fletcher Public Library
JULY 11 The 10 Essentials of Hiking, 1-2 pm. Join a park ranger to determine the top 10 essentials of what to pack when preparing to venture into the great outdoors. Registration required. Call 687-1218 to register or stop by at 120 Library Rd., Fletcher.

Keep Fairview Clean
Help Remove Roadside Litter. Vests, trash

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

Oakley United Methodist Church
AUGUST 6 Bar-B-CUBA and Bazaar. Local crafts, BBQ and music. Vendors email barbacuba2022@gmail.com. For info, call 243-0485, email dotsongr@gmail.com, or visit ecclesiabaptist.org/barbcuba-2022.html. 607 Fairview Rd., Asheville.

Pleasant Grove Baptist Church
JULY 26 Vacation Bible School, 2ñ 6 pm. See ad on page 21. 455 Hollywood Rd, Fairview. For more info, call 628-2032 or visit pgbcfairview.com.

Root Cause Farm
Volunteer Days. Sundays, 4ñ 7 pm, Mondays & Thursdays, 8:30 amñ 12:30 pm. **Share Market**. Sundays, 4:30-6:30 pm. 26 Joe Jenkins Rd., Fairview. rootcausefarm.org.

Rusty Dog Arts & Crafts Show
JULY 9 amñ 3 pm. See ad on page 7. 379 Old Charlotte Hwy., Fairview.

Specialized Fitness
AUGUST 13 Grand opening. 19 Kristie Scott Ln., Fairview, behind Trout Lily. See ad on page 13. For more info, call 767-2632 or email specializedfitnesstraining11@gmail.com.

Spring Mountain Comm. Center
JULY 17 Ice Cream Social, 1:30ñ 3:30 pm

(rain or shine). Indoors/outdoors. Catch up with your neighbors. Churn up a batch and bring it to share. Or bring your favorite store-bought flavor or dessert that pairs well with ice cream. We want to enjoy being with our friends and neighbors! Co-sponsored by Buncombe County Council on Aging and SMCC. **SECOND TUESDAYS Quilting Bee**, 10 amñ 2 pm. Call Kay at 628-7900. 807 Old Fort Rd., Fairview.

Trinity of Fairview
JULY 13-16 Vacation Bible School. 3 years old to 5th grade. See ad below.
AUGUST 11 GriefShare. Grief recovery support group starts on this date. See ad on page 21. **TUESDAYS Food Pantry** Open Tuesdays, 9 amñ 12 pm at back of church grounds. For more info, call 628-1188. 646 Concord Rd., Fletcher. trinityoffairview.com.

Upper Hickory Nut Gorge Community Center
WEDNESDAYS Yoga Class, 2ñ 3 pm with a qualified instructor. \$12 per session. **JULY 4. Annual celebration**, 6:30 pm. A cook-out with burgers and hot dogs will be provided. Neighbors should bring sides. After dinner, bingo will be played, with prizes for the winners. Fireworks will take place just before dark. **AUGUST 5-6 Summer Play**. Cleaning Up, by Helen Brown and performed by the Hickory Nut Players. Save the date. 4734 Gerton Hwy., Gerton.

WNC Prostate Support Group
FIRST TUESDAYS Free meeting, 6:30 pm. Medical professional speakers. First Baptist Church of Asheville, 5 Oak St. and 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.

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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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 Angela Zarrella, FNP | JT LaBruyere, PA | Olivia Caron, PharmD, BCACP, CPP



Trinity of Fairview

VACATION BIBLE SCHOOL!

i wonder...

July 13-16

More information: 9am-12:15pm
828.628.1188

Pre-register:
trinityoffairview.com

Trinity of Fairview 646 Concord Road, Fletcher

NEW SERVICES

Carside Service

Fairview Library is very excited to now be offering carside service. Park in the carside service spot, give us a call, and we'll be happy to deliver your library materials to your car window.

Community Room Rental

The Library Community Room is available for organizations to rent. Effective July 1, there will no longer be a charge for non-profit organizations. The cost is \$50 for all other organizations. All events must be free to the public. Give us a call if you would like to use the space.

PROGRAMS FOR KIDS

Story Time At The Library

Every Tuesday morning at 10:30 for preschoolers (ages 3-6 years)
Every Thursday morning at 10:30 for toddlers (ages 18 months to 3 years)

Star Wars Month

The community of Fairview should be proud and feel safe because there are a lot of Jedi among its residents. That's thanks in part to the library's annual Jedi Training Academy.

Throughout the month of July, visit the library to pick up Jedi Training Academy course materials, such as a craft, activities and a playlist, while supplies last.

Galactic Collage Drop-In Event:

Saturday, July 30 from 2-4 pm
This is a special drop-in event where you can create your own galactic collage.

The take-home Jedi Training Academy material and Galactic Collage Drop-In Event are designed for padawans (children) ages 3 and up.

PROGRAMS FOR EVERYONE

Summer Bingo

Come one, come all! Come kids and parents and teens and grandparents and—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 neighbors. Bring your kids. Bring your neighbor's kids. Prizes will be donated by Friends of Fairview Library.

July 26 3:30-4:30 pm
August 23 3:30-4:40 pm

COMMUNITY ART PROJECT

The library has new chairs. They're functional, but they won't be elevated to art without your creative touches.

Stop by and weave fun yarns, ribbons, and flowers into them. We'll have lots of ribbon and such on hand, but we encourage you to bring your own special pieces. The result will be stunning, unique, and community-driven. Once complete, the chairs will reside in the children's department for use by kids and their grownups looking for

a quiet reading nook.

The chairs 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

SUMMER MOVIE SERIES: Hitchcock in the 50s

Fairview Library is excited to welcome back James Rosario for a summer movie series and discussion. He is a North Carolina Films Critics Association member and author of the 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.

July 28: Rear Window

August 25: Vertigo

This film series is sponsored by the Friends of Fairview Library.

Life Writing Creative Writing Workshops with Fairview Author and Teacher, Dr. Beth Keefauver

In this workshop series, students will draw from the well of 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.

July 7: Crisis and Agency

Our lives are punctuated by crisis moments—when everything changes because of unforeseen circumstances, a traumatic event, or an intentional choice—when you, the protagonist, are compelled to act.

This workshop will focus on one particular crisis moment from your life with particular attention to creating a voice of agency, even if the events were outside your control.


August 4: Mapping your Memoir

As a book-length autobiographical work, a memoir integrates the true story of your life with the literary elements of the novel. However, reader expectations create a tricky scenario for the memoir writer due to the tension between truth and entertainment. In this workshop, you will create a map of your memoir's major events to ensure it has the narrative trajectory of a novel and the truth-telling component of nonfiction.

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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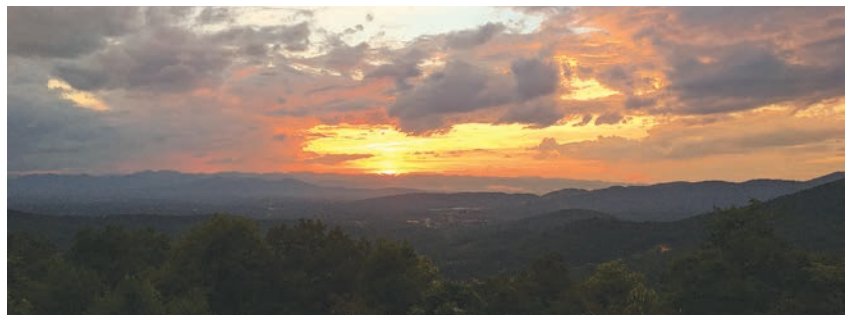


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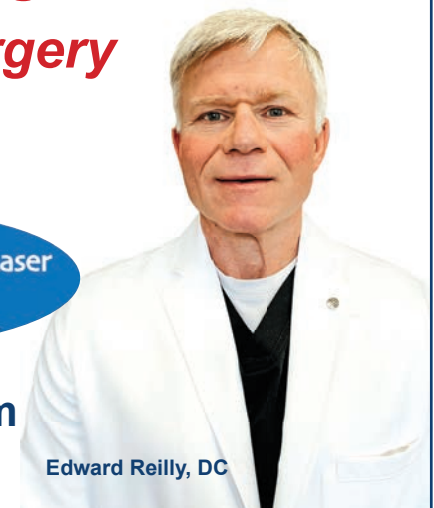
OUR PATIENTS SAY...

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

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

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

**Call for your \$59*
 Avoid Spinal Surgery
 evaluation!**



Edward Reilly, DC



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The British Encouraged the Cherokee to Go to War

The Revolutionary War broke out between the Americans and British in 1776. The majority of Americans desired independence from England. A great many Loyalists, however, wanted to remain part of the British Empire. The Tories wished to govern themselves and have no connection to the British. Economics played a role in regard to which side you backed. Many in the cities owned businesses that profited off being part of the British Empire. The people in rural areas were often self-sufficient and had no need for Britain. People often resented the high taxes England placed on the colonies to support the British military in order to maintain their ever-expanding empire.

Great Britain often encouraged the Native Americans to wage war against the settlers who moved near Cherokee territory. It seemed like a winning plan for the British. It saved them money. It reduced the risk to British soldiers' lives. Every Cherokee that died made the Cherokee less of a threat to Great Britain. And the British thought that attacked settlers would want the British Army to remain to provide protection for them. This British strategy had local effects.

The Pacolet River runs at the foot of the mountain between Henderson County and the present town of Tryon. The Hannon family lived on a small farm on the north

fork of the Pacolet River in 1776. People had to make their living growing crops to eat and feed their animals. However, the mother became sick and died a few months after the birth of her ninth child.

It was planting season for corn, as the dogwood blooms indicated. The Hannon family was lucky enough to have an ox, which was stronger than a horse and enabled them to plant more ground. The widowed husband and five oldest children were out plowing the field and planting seeds. The four youngest children were left alone at the house. Winnie, a 7-year-old girl, looked after the baby. Edwin, a 10-year boy, kept the fire going. It burned no matter the season, as it was where they prepared their meals.

The father and five kids had been making good progress planting seeds. So, they took a break to refill a gourd with water from a nearby creek. While they were drinking, they heard crows cawing all around them. One of the boys remarked that it was strange that they had been hearing crows all morning, as they had not seen any flying over them.

The father remarked that when he first came to this area, such an occurrence meant that Native Americans were hiding nearby. It meant it was time to grab your guns and prepare for an attack. He could see fear in one of his daughter's eyes, but

he told the kids that was a long time ago. It had been nearly 10 years since there had been any trouble with the Cherokee.

They went back to the middle of the field and began working. The crows started cawing again on all sides of the field. One of the girls got scared, but one of her older brothers told her to stop worrying. "You know good and well," he said, "ain't no [natives] going to be messing around here what with Captain Rogers and his Rangers down at the Block House."

Suddenly, the air was filled with the war whoop of the Cherokee. They dashed from the woods, covered with war paint. The Hannon family stood in the middle of the field in shock and fear. The father yelled, "Run! For God's sake! Run!" Then an arrow entered his back and passed through his body. The head of the arrow protruded from his stomach as he fell dead onto the freshly plowed ground.

The five children ran in terror, but it was too late. Each was caught and killed. The Cherokee ran after the ox and killed it with their tomahawks. They stripped the ox's hide off with their knives. Each warrior cut a hunk of meat from the ox for a meal.

Edwin and Winnie, back at the cabin, heard the war whoops. They went to see what was going on and were horrified by what they saw. John, a 3-year-old boy, started running toward the field. He

thought his father and brothers and sisters were playing a new game.

Edwin ran and grabbed John, and Winnie ran back toward the cabin. One of the Indians spotted Edwin carrying his baby brother. The Cherokee gave a whoop and took out after Edwin. He was forced to drop his baby brother as they gained on him. His brother was killed, but Edwin made it to a hiding place under the riverbank.

Winnie grabbed the baby from its cradle and ran out the back door up the hill to the cane brake behind the cabin. It was as place she knew from playing hide and seek with her brothers and sisters. The Cherokee ransacked the cabin and set it on fire.

Several hours later, Edwin got the courage to crawl from his hiding place under the riverbank. He went to the cane break and softly called his sister's name. Winnie came out holding the baby. Edwin knew that if they followed the river downstream, they would eventually run into a settler's cabin.

They headed downstream, taking turns carrying the baby. They came to the home of Colonel John Earle, not far from the town of Landrum, SC, near the North Carolina state line. Earle later adopted the three children.

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).

Wishing you and your family a

HAPPY 4th of JULY!

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FAIRVIEW REAL ESTATE MAY 2022

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UNDER \$300K	2	\$189,000	174	92
\$300K-\$599K	5	\$503,000	1.5	104.55
\$600K-\$899K	5	\$742,000	3	107

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

Agent Spotlight TOM LASLEY



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—Jeffrey and Melissa I.

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The Jet Stream, and Rain Percentages Explained

The jet stream, which is the ribbon of air that acts as a west-to-east highway and propels organized storm systems and cold fronts across the country, generally lifts northward into central Canada for the next several months. The main factor driving the weather in the US is local mesoscale effects and tropical systems in the south. In fact, on any given summer's day (from July into September) you can wear shorts in Fargo or Miami, with the average July high temperatures about 82 in Fargo and near 90 in Miami. However, you can't try that in January, with average highs in Fargo around 16 and Miami around 74. The magnitude of these temperature differences is due to the amount of solar radiation received, which in turn drives cold air south in the winter and warm air north in the summer. There are other factors involved, but this conveys the general idea. Also, in the summertime, with the jet stream generally north in Canada, the subtropical easterlies drive tropical systems and hurricanes from the eastern Atlantic westward toward the US.

Now that we are in the midst of summer, our precipitation tends to be spotty and directly related to where showers and thundershowers set up on a daily basis. This changes from day to day and week to week depending on the particular upper air pattern. As a result, it is very difficult

QUESTION of the MONTH

Why are the mornings so foggy in our area during August and September?

Find out in August's Weather Wonder!

to pinpoint where these storms will form. It is a lot easier to predict a case of no rain vs. a thunderstorm or shower day because sometimes the atmosphere gets "capped." This is when a ridge of high pressure builds and inhibits the daily buildup of thunderstorm convection caused by local surface heating. If this "capping" happens frequently and lasts long enough, it can lead to a hot dry summer with local drought conditions. In fact, for most of the next three months (July, August and the first part of September), you could forecast "partly sunny and warm with a 40% chance of an afternoon or evening thunderstorm" and generally be accurate.

But does "a 40% chance" mean it will rain 40% of the time or that it will rain over 40% of the area? The "Probability of Precipitation" (PoP) describes the chance of precipitation occurring at any point in an area. The PoP = C x A, where "C" is the confidence that precipitation will occur

somewhere in the forecast area and "A" is the percentage of the area that will receive measurable precipitation, if it occurs at all.

In the case of the forecast above, if the forecaster knows precipitation is sure to occur (confidence is 100%), he or she is expressing how much of the area (40%) will receive measurable rain. But most of the time, the forecaster is expressing a combination of degree of confidence and area coverage. If the forecaster is 50% sure that precipitation will occur and that it will cover about 80 percent of the area, the PoP is also 40%.

Meteorologists also use phrases in conjunction with the PoP—10 to 20% is a slight chance, 30 to 50% is a chance, and 60 to 70% is likely. So, if the forecast mentions that rain is "likely," there is a 70% chance of precipitation. It's a good bet you'll need an umbrella.

Remember, the important point is that the odds estimate the chance for precipitation to fall on any place in the area covered by the forecast. This means that the probability could be low—say 30% or 40%—yet you have hard rain for a few hours. In this case, the forecast isn't wrong. You're just one of the people who happened to be in the small part of the region that got wet that day. If your lawn and garden needed the rain, you were one of the lucky ones. Your friend a couple of miles away who

WEATHER WONDER

What Atlantic-basin Hurricane Lasted the Longest?

The San Ciriaco Hurricane of 1899 lasted for 28 days and took a C-shaped path from southwest of the Cape Verde Islands off Africa's eastern coast through the Lesser Antilles and then through Puerto Rico, Hispaniola, the Bahamas and eastern NC before curving over the northern Atlantic. It claimed a total of 3,369 lives in Puerto Rico, making it the deadliest hurricane in the island's history.

needs the rain can't complain about the forecast not working out since rain did fall on at least one place in the area.



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

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RUSTY DOG



ARTS & CRAFTS SHOW

2nd Saturday of the Month
April through October

9am to 3pm

379 Old Charlotte Hwy
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Between Daymoon Coffeebar & Signs for Hope

Secret secret (n.) Something you tell everybody to tell nobody.

A highway patrolman pulled alongside a speeding car on the highway. Looking at the car, he was astounded to see that the elderly woman behind the wheel was knitting.

The trooper cranked down his window and yelled to the driver, Pull over!

No! the woman yelled back, Cardigan!

Q. What can you hold in your right hand, but never in your left hand?

A: Your left hand

“When your mother asks, ‘Do you want a piece of advice?’ it is a mere formality. It doesn’t matter if you answer yes or no. You’re going to get it anyway.”

—Erma Bombeck

A partier was proudly showing off his new apartment to a couple of friends late one night. He led them to his bedroom where there was a big brass gong and a mallet. “What’s that brass gong?” a guest asked. “It’s not a gong. It’s a talking clock,” the

“People say money is not the key to happiness, but I have always figured if you have enough money, you can have a key made.”

—Joan Rivers

partier replied. “A talking clock? Seriously?” asked his astonished friend. “Yup,” replied the partier. “How’s it work?” the friend asked. “Watch,” he replied. He picked up the mallet, gave the gong a hard pound, and stepped back. The three stood looking at one another for a moment. Suddenly, someone on the other side of the wall screamed, “Stop that noise! It’s three AM!”

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.

Protecting While Sharing

When loaning your smartphone to someone else, you can do a few things first to limit what they can do.

On iPhones, turn on Guided Access (Settings>Accessibility, and slide on Guided Access), and use Passcode Settings to set a different code from your normal unlock code. Explore Time Limits for other options. Limit use to one app by opening it and invoking Guided Access with Siri; you can also triple-press the Home button on older iPhones or triple-push the side power button. When you get the phone back, don’t forget to turn off Guided Access, with Siri or the home button triple-press action.

On Androids, use App Pinning (some features are only available in Android 11 and up). Go into Security or Security & location>Advanced>App pinning and turn it on. To limit use to a specific app, open that app and swipe up to the middle of the screen to see a Pin icon or choice at the top of the screen. Tap that pin and that app will be the only one available until you unpin it by swiping up from the bottom of that app and holding until you get a PIN or unlock screen. For video examples, search for “android app pinning.”

Try percussive maintenance. Some devices, like TV remotes, that have loose or slightly corroded battery contacts can sometimes be “fixed” with a gentle tap.

Laptops are less likely to be fixed this way. There is a fun data visualization tool for low earth-orbiting satellites. Leolabs (platform.leolabs.space/visualizations/leo) lets you explore the location, ID, type and other details of launched satellites. If you add in the debris-tracking layer, you might wonder how we can still see stars at night.

Working online too much? Try Productivity Blocker (productivityblocker.com). It may sound like a joke, but being forced away from online work sites such as LinkedIn, Slack and Dropbox gives us time to be in our own thoughts. How ironic that some of us have to schedule downtime.

Google will soon roll out to users of Google Meet or Duo a merged video messaging and meeting app with all the features of both.

Never give out one-time codes. A friend was trying to figure out if he had been scammed by passing along a one-time code from Google Voice to someone “interested” in a Facebook Marketplace item. It turned out OK; he was just helping someone get a free Google Voice number without having a cell number.



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



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Create Your Own Tea Blends From Backyard Herbs

By **ASHLEY HAYWOOD**

One of the greatest parts of living in our community is the abundance of plants that grow naturally in this region without much care or attention. I'm new to the area, having just moved here in January from Florida, so I'm constantly finding new surprises in my yard and neighborhood. I recognize a lot of the plants from my time living in Charlotte and even growing up in Maryland—there is a lot of crossover in flora.

Many of the plants growing around us can easily be wild-harvested responsibly and brewed into nutritious tea. I'm going to cover the five that I think are the most important and easy to find or grow, but be aware—most of the plants discussed can be invasive and unwanted by neighbors. Please be respectful of planting near borders so they don't wander out of your yard and into others'.

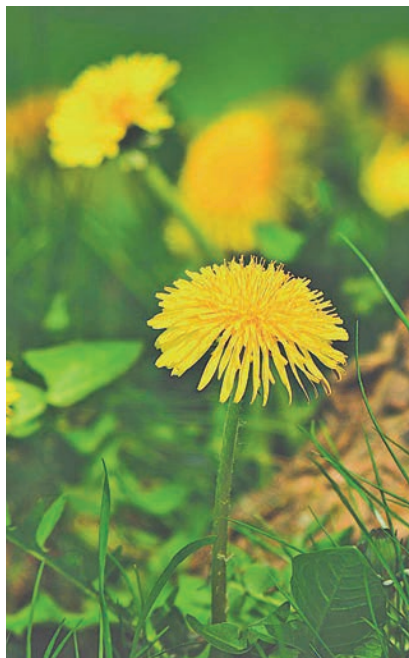


Purple Dead Nettle belongs to the mint family. It can be identified by its square stem and triangular or heart-shaped leaves cascading down, with top leaves a distinct purple color. It emerges very early in the spring. It's very different from stinging nettle—nothing about this plant will sting.

This "weed" is highly nutritious. Like any other dark leafy green, it's high in vitamins C, A, and K, iron, calcium, magnesium, manganese and fiber. It is a mild antihistamine and anti-inflammatory, but it's also a diaphoretic, diuretic and laxative, so be careful how much you consume and test your body by drinking a small amount in a single day first and increasing slowly over time.

To harvest, pull the leaves off from the top down, stopping about midway down the stem.

Another vastly abundant plant that we all know is **dandelion**. These often grow in grasses and areas where we absolutely do not want them. But before you go killing them, maybe you can shift your mindset and appreciate what this "weed" can do for you. Dandelions are a rich source of vitamins C, A (in the form of beta-carotene), E and K, while also providing potassium and fiber.



All parts of the dandelion are edible, although the leaves, flowers and roots are mostly the parts used in tea. For the leaves, younger is better so that they aren't so bitter. You can even steep the flowers, but it's best to remove the green parts before placing them in your cup or infuser.

To make tea with the roots, harvest the most mature plants you can find—you're looking for a thick tap root. Dig it up with a garden spade and shake off excess dirt. Carefully cut off the root and wash it thoroughly; then scrape it clean with the side of a knife blade. Chop or mince the roots and bake in the oven on 250 for two hours to roast them and bring out a nice, earthy flavor. Store leftover roasted roots in an airtight container in the cabinet or freezer.

There is an abundance of **berries** locally; some are native, and some aren't. But, either way, hidden in plain sight are highly nutritious leaves being overshadowed by the amazing rich berries. In some cases, the leaves are even more full of nutrients than the fruit. In fact, the Journal of Medicinal Food shared a study that blueberry leaves contain 31 times more antioxidant polyphenols and anthocyanins than the berries themselves—unbelievable!



For raspberry and blackberry leaves, it's best to harvest leaves that are still bright green and new. Collect the leaves in the morning just after the dew has dried.

Mountain mint grows wild and may be in your backyard or wooded areas. If you can't find wild-grown mint, it's also very easy to grow a variety of other commercially grown mints like spearmint and peppermint, or even chocolate mint.



As lovely as mint is, it can take over if you're not careful about where you plant. It's best to start it in pots as starter plants; and be careful of the rhizome runners or seeds jumping out of the pot and spreading to soil nearby. If you want it in the garden, it's possible to sink a pot down in the ground to keep it contained. I make mint tea often. And in order to keep the plant producing, I try to pick the leaves regularly to keep plants compact and to ensure lots of new shoots.



At the end of each growing season, or just before spring, you can pull up the plant (likely root-bound), pull it apart and put half in a pot with new soil and compost. Spread the love of mint and share the other half with a neighbor or friend.

Fresh or Dry?

Should you use fresh ingredients or dry them first—if, for instance, you need different amounts. A good rule of thumb is to use three times as much fresh herbs as dried when you're measuring out a specific amount in teaspoons. However, if you're using the whole leaf or flower intact—fresh or dried—a cup of tea would require the same amount. In other words, if you're using whole leaves, use the same, but if you're using a teaspoon to measure, use three times as much fresh.

Drying leaves and herbs is simple. Place the leaves in a food dehydrator on low for several hours until they are dry but still green. Drying on a paper towel in a sunny window works too, but it takes a day or two. Roots and flowers take a different amount of time, depending on if you break them apart or chop them into smaller pieces, but the methods above still work well.

To brew herbal teas, use one teaspoon of dried herbs for every eight ounces of boiling water and steep for 10 minutes—and more if you're using fresh herbs. You'll notice a difference in flavor when you use fresh ingredients vs. dried, and you may want to add a ½ teaspoon of raw honey to your cup to add balance. Go explore what you love best and enjoy your Fairview-grown backyard tea!

Disclaimer: I'm not a medical professional or doctor. None of the statements in this article are approved by the FDA. If you have any concerns or questions, please consult your medical physician first.

Ashley Haywood owns Embrew Tea company, which is made locally and can be found at Signs for Hope Global Marketplace at 379 Old Charlotte Highway.

Animal Rescue Team Hosts Training

We would like to extend a huge thank you to every person who attended the fire department's pancake fundraiser last month. We had over 120 neighbors attend and were so happy to see everyone in person again. We would like to thank the firemen and the board who attended and helped. We are hopeful to hold another pancake breakfast in the fall. We hope to see you there.

A three-day large animal rescue class was hosted by our fire department for our district and region. The hands-on training was conducted by 4Hooves Large Animal Services. The fire departments thanks T & K Utilities for allowing us to use their equipment and facility for portions of the class. The fire department's Support Operations Team provided water, Gatorade and snacks for the participants. Lunch was provided by Smokey & The Pig, Black Bear Pizza and Firehouse Subs. Many of the staff commented that this was the most realistic training that they had received. Technical rescue equipment has been ordered that will help in different types of rescue scenarios. A large animal rescue team will be established as soon as the equipment arrives.

Robin Ramsey is vice president and treasurer of the Support Unit Group of the Fairview Volunteer Fire Department. Visit fairviewfire.com or Facebook search Fairview VFD Buncombe.



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Earning Eagle His Own Way continued from page 1

Since Zach had been in mainstream education at Cane Creek Middle School and A.C. Reynolds High School, he was a member of his local troop (number 77). Because Barnett had so much experience, he volunteered to visit Troop 77 and help Zach. (After Zach graduated from ACRHS in 2012, he became the Senior Patrol Leader for Troop 85 for a few years.)

Scouts must earn their Eagle before they turn 18. However, those with special needs can have that restriction waived and finish in the time they need. But they still have to earn a minimum of 21 merit badges and plan, develop and lead a service project that demonstrates both leadership and a commitment to duty.

The project has to get approved, and there's a lot that goes into that—on purpose. "Because that's what real life is about," said Barnett.

"A group of people had to sign something saying they wanted Zach to do the project," his mom said. "Then he had to explain everything he was going to do." Zach's cousin and her husband attend Oak Grove and let him know that their church needed a flagpole.

"The plans for the final project need to be detailed enough so that someone else could do the project if the scout couldn't do it," said Barnett. "How deep the hole needed to be and things like that."



Zach with Randall Barnett

"Zach stuck to it," he continued. "He had determination. Some leader told him at one point, 'Your brothers got their Eagles and are all done. You can stop now.' But he didn't want to do that. It took him longer, but he did everything. No shortcuts."

Zach's older brother Aaron, who is a contractor and former Scoutmaster, was his project coach. He helped Zach submit his project proposal (installing the 25-foot flagpole and flag) to the Scout council.

Once it was approved, Zach could recruit others to assist him. He had help from two brothers and two nephews, all Troop 77 Eagle Scouts, as well as his dad, Tom; his brother Aaron; and Barnett. The project



Zach supervising the flagpole project

was completed last November.

"He didn't personally have to dig the hole," Barnett said. "He had the plans for it. And he said, 'Everyone be safe.' And then: 'I want you to dig the hole and then let's measure. Make sure it's the right depth.' So he was the supervisor."

"That's what an Eagle Scout has to do," added Barnett. "If an Eagle Scout does his project by himself, he can't get Eagle. He has to learn how to lead others."

Zach finished his project, and then his Eagle Ring of Honor was held later that month—the same day as his 28th birthday. When I asked him why he stuck with it, he said, "I liked all the activities. My brothers



Zach with the finished flagpole

are Eagle Scouts, and I wanted to be one too. And I'm proud of myself."

Barnett helped Zach put into words what he thought of his project. Zach agreed that the project made him feel proud. He liked that he did a service for the community. And it will be something that will be around for a long time and probably outlive him. Before his project, there was no flag. And now everyone who drives by will see it. If you're driving south on Cane Creek Road and see the flag, you should think of Zach and remember his dedication and service to the community.

Clark Aycock is the editor of the Town Crier.

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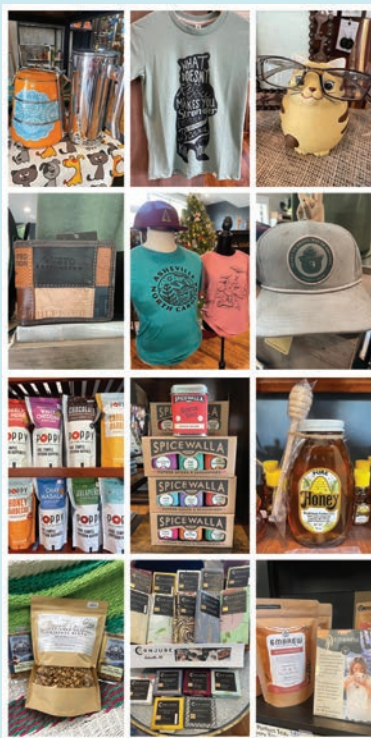


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Inner Knee Pain

There are approximately 160 bursal sacs in the human body. A bursa is a balloon-like sac filled with synovial (joint) fluid that provides cushioning to a joint. It releases synovial fluid when compression or movement across a joint occurs, providing protection to surrounding tissues and also reducing friction between bones, tendons and muscles. Bursas are located mainly on bony prominences where several muscles attach to a bone. Bursitis is the generalized term used to describe an inflamed or painful bursa where localized tenderness, swelling, or redness may be present. This can happen if there is increased pressure due to abnormal forces through the joint.

Bursitis is not commonly the primary problem of a painful joint, but more often a secondary diagnosis. There is usually another main cause or dysfunction that contributes to bursitis; thus, the specific cause of joint pain can be misdiagnosed and inefficiently treated. Bursitis usually occurs on one side of the body. Joints where bursitis commonly occurs are in the shoulder, hip, knee and ankle.

Have you ever experienced knee pain when getting up from a chair after sitting with your legs crossed? Any knee pain when walking up and down stairs? If you are an athlete, have you experienced knee pain while pivoting, sprinting, cutting or running for long distances? If so, you



Applying ice or using other anti-inflammatory treatments can help decrease knee pains.

may have developed pes anserine bursitis.

Pes anserine is the region of the upper and inner part of the shinbone where three long thigh muscles attach. These muscles work together to lift and cross the legs when in a sitting position. The muscles independently have other actions—flexing the hip, bending the knee and adducting the hip (bringing the leg across the midline of the body). At their attachment point on the shinbone is the pes anserine bursa. When this bursa becomes agitated and inflamed, pain is felt on the inside of the knee just below the joint line where the knee bends. Like other knee problems, internal derangement, direct trauma, obesity, hip problems and overuse have all been associated with

the development of pes anserine bursitis. Knee osteoarthritis mainly in the medial (inside) compartment is an early and common finding in people with pes anserine bursitis. Running, basketball and racquet sports may also make one prone to pes anserine inflammation. Studies suggest that middle-aged, overweight women and diabetes mellitus are associated with this condition.

Looking into the direct cause of this condition is essential for effective treatment and the full resolution of pain. Commonly, the root cause of pes anserine bursitis is muscle weakness and instability in the hip joint or knee osteoarthritis. The upper part of the femur (or thighbone) forms the ball in the ball and socket hip joint, and the bottom portion establishes the upper part of the knee joint. When the muscles that surround and support the hip joint weaken or become inhibited, the movement and position of the femur is altered. This repositioning can create increased and abnormal pressures along the inside of the knee, as well as stretch the nerves that travel down the leg. The pain that is experienced is on the inside of the knee, but the root cause is dysfunction of the hip. People with pes anserine bursitis often present with decreased hamstring and calf muscle flexibility, decreased hip extension range of motion, decreased strength in the hip joint muscles, and

decreased neuromuscular control, which affects their ability to climb stairs, squat, run and jump properly without pain.

For effective treatment, it is essential to stop performing any activity that causes pes anserine pain. Rest and applying ice or using other anti-inflammatory treatments can help decrease the knee pain. Performing gentle and specific exercises at home can also help decrease the strain and abnormal forces along the inside of the knee. These exercises include hamstring and calf stretches, knee range of motion heel slides, and active strengthening exercises that bring the leg out to the side and behind the body to extend the hip. If these strategies do not help reduce your inner knee pain, being evaluated by a specialized medical provider can help.

A thorough evaluation to determine the specific cause of the knee bursitis is essential for effectively treating the problem. Learning the proper way to perform specific exercises is crucial to obtaining the best results. Therefore, if resting and performing some gentle stretches at home do not successfully get rid of your inner knee pain, contact a physical therapist for more specific and effective exercises.

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

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Your Thyroid and Your Weight

In addition to weight gain and stalled weight loss, low thyroid hormone levels, known as hypothyroidism, can cause feelings of cold, constipation, brain fog (memory or concentration issues), fatigue and lack of motivation, among many other things. You may also experience excessive sleep, depression, hair loss, mood swings or dry skin.

Thyroid dysfunction is estimated to affect up to 15% of the population at some point in their lifetime. Women are up to eight times more likely to be affected than men, and the numbers rise as you age. Some estimate that over half of those with thyroid dysfunction do not know they have it. Incredibly, Thyroxine, the most frequently used medication to treat hypothyroidism, is one of the most frequently prescribed medications. So, is the thyroid the true culprit for our obesity epidemic? Let's start with a few basics.

The thyroid gland is in the lower front of the neck and produces hormones responsible for communicating with nearly every cell in your body and regulating the speed of biological machinery. If you suffer from chronic stress, nutritionally depleted food sources, contaminated water or frequently toxic environments (or a combination), your thyroid may not be functioning as it should.

While there are many hormones that play a role in the production of or suppression of thyroid function, those directly involved

include thyroid-stimulating hormone (TSH), T4 and T3. The latter two can also be measured as free T4, free T3 and reverse T3.

TSH stimulates secretion of the thyroid hormone and is the most frequently tested hormone when assessing thyroid health. But TSH testing doesn't show the whole picture. TSH levels can remain within "range" despite significant thyroid dysfunction and sometimes look "off" despite normal function, particularly when recovering from obesity. When assessing thyroid health or looking for an autoimmune cause of dysfunction, testing all the measurable thyroid hormones and antibodies should be ordered. But even if all tests are run, only a partial picture of the thyroid's state can be revealed—including the interaction between food and energy consumption. To understand each individual situation, the symptoms, labs and history must be considered.

So, does losing weight cause hypothyroidism? You can be fairly certain that your hormone levels will drop with weight loss. This is most often normal and can be completely explained by the higher hormone levels associated with obesity beginning to "normalize" with successfully achieving optimal body alignment. However, some weight loss can result in worsening thyroid function to varying degrees.

According to Dr. Doug Lucas, PHD Weight Loss's Chief Science Officer (and

Support Your Thyroid while Dropping Weight or Maintaining Weight Loss

Don't simply restrict calories and exercise more to lose weight. How you drop weight is key to maintaining a healthy thyroid.

Optimize your sleep, stress and toxic exposures.

Avoid goitrogens: gluten, grains, dairy, nightshades (eggplant, peppers, tomatoes, white potatoes), sugar, caffeine, alcohol and for those with autoimmune cause of thyroid dysfunction eggs. Cruciferous vegetables should be consumed; but if you are worried about your thyroid, consider cooking or fermenting first. If you consume dairy, try goat or A2 cow products.

my husband), two factors worth considering are the extent of calorie restriction and the type of dietary fat consumed. These factors appear to play the largest roles in determining the harmful effects of weight loss on your thyroid. Choosing the right approach can separate weight loss and maintenance success from failure.

Severe calorie restriction and the consumption of highly processed polyunsaturated fats (i.e., vegetable oils) can negatively impact the thyroid. Carbohydrate restriction alone—especially with healthy dietary fat consumption—has much less effect on T3 levels and function. If you experience reduced T3 levels but are following this dietary approach, it is likely the result of normalization of your hormones. Lower levels could also be evidence of a more efficient system and less demand for thyroid function. Bonus: studies on longevity demonstrate an association of a longer life with lower levels of T3.

There is a tremendous amount of noise and misinformation about the thyroid. Remember that thyroid hormone levels are not as important as how you feel. If you are concerned, start with the basics: sleep, stress and nutrition. If you have symptoms, consider working with your health care team to determine if treatment is right for you. If you're in the process of dropping weight or are following a lower carbohydrate lifestyle, fluctuations may well be temporary, and a new "set point" may be established while your body adjusts to its new optimal you.



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

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Nita Owenby: Gerton's Do-It-All Wonder

For Nita Owenby, the former (unofficial) mayor of Gerton, it's all about community. Whether it's volunteer work, advocacy or employment, for her it comes down to caring for the people in her life—family, friends, neighbors, and those whose paths have not yet crossed hers.

"I was born and raised here; my folks [Roy and Marjorie Owenby] were, too," she said, and then corrected herself, explaining that her parents were originally from Bat Cave, not Gerton, where she and her brother, Roy, Jr., were born.

Owenby's smile comes easily; her laugh does too. "I grew up going to the Chestnut Hill Swimming Pool, where you could spend the whole day for fifty cents. We would take our own snacks, and a little extra money for the jukebox, and stay all day," she recollected, eyes twinkling from the nostalgia. The pool, coincidentally built by her dad who worked as a stone mason and builder, was across from the Gerton Community Center.

"It's really the Upper Hickory Nut Gap Community Center," she said. Owenby enunciates the proper title, adding a touch of hoity-toity to go along with it. Then she laughed, dropping the pretense, and waved away the formality. "But everybody just calls it the Gerton Community Center."

Owenby's connection to the place, whatever you call it, is deep and wide. "That's where we started the Gerton Volunteer Fire Department" (GVFD), she said.

The Only Woman

Indeed, back in 1975 when Owenby was a recent graduate of Edneyville High School (where the NC Justice Academy is now housed), she became one of the founding members—and the only woman member—of the GVFD. "We didn't have any fire protection or medical attention in our community, and so several of us got together and raised money for a fire department."

Quick reminder: Gerton is not what you'd call a busy metropolis with streets lined with gold. It's a community of around 200 to 400 people, depending on the season (summer residents double the population). And starting a fire department? That cost hits somewhere between astronomical and insurmountable.

But when it comes to community needs, Owenby's determination is unmatched. "We had fish fries, potlucks, bake sales, raffles, stuff like that," she said, listing some of the fundraisers she helped organize way back when. "Plus, we had a lot of free labor. Everybody pitched in." And so, the GVFD became a reality. Owenby's smile broadened as she reminisced. "We started out with two trucks and a phone tree."

Yep, that's right: a phone tree—the 1970s version of a group text. This was back in the days of corded landlines and long-distance calls. A phone tree was a quick, reliable way to spread important news. It worked like this: a call came—probably to the Owenby house—and then whoever



received it called the next person on the list and so on until all the volunteers were contacted. Radios came along shortly thereafter—you know, when they raised more money.

The teenaged Owenby started out at the GVFD as the traffic officer, the driver of one of their two trucks. Soon, she and her brother and a few others completed EMT training so the department would be better prepared for emergencies like medical crises and automobile accidents, which made up the bulk of their calls.

To Lieutenant then Captain

From traffic officer, Owenby was promoted to lieutenant and then captain. She never lost her love for driving the truck, though. "I've crawled on my belly to put out fires or whatever, but it's not my favorite," she laughed. "I tell you what, though: I thoroughly enjoyed driving the truck. The lights and sirens—that's an adrenaline rush!"

Owenby was behind the wheel at GVFD from 1975 to 2008 and was the only woman for the first 10 years. During that time, the GVFD outgrew its space at the community center, relocated a couple of times, and finally settled across from the Gerton Post Office.

"Now they have paid firefighters," Owenby said, shaking her head. "Boy, I never thought I'd see that."

As the GVFD grew, earned county funding, and became self-sustaining, Gerton residents were increasingly frustrated by another aggravation common to many small communities. Stores that prospered when folks routinely traveled via country roads were closed as highways rerouted traffic around instead of through the little village. It meant that residents were having to go a long way to purchase necessities and little indulgences.

Nita's Grocery

Nita Owenby noticed. "Nita's Grocery started out in Bat Cave, but moved to Gerton four years later in 1986." The location? The space available at the community center, the one left vacant when the GVFD moved on up the road.

Nita's Grocery remained a haven for locals for nearly 25 years, closing in 2010. "I ran it with my mom," Owenby said with fondness. "She would be there every day running the store. She loved it! And everybody loved her too," she said. "People would come in specifically to see her. They'd pull up a chair next to her and say, 'I've just come to see Marge.'"

Of course, there were also paying

Nita Owenby is the founder and owner of New Moon Marketplace. She also started and served on Gerton's first fire department and ran a grocery store with her mom.



customers. "My biggest seller was longhorn cheese. Folks would come from all over the country, and I'd sell that stuff by the pound. That and a bottled Coke. There's nothing like a cold Coke in a bottle," she said. Owenby, a dealer of Coca-Cola memorabilia even now, knows a thing or two about the need for a refreshing drink.

Energy to Spare

In addition to running Nita's Grocery with her mother, she's had a lawn care business since 1999. "I've got three folks working for me," she said, "but I still do part of the physical labor, too." No surprise there. Owenby seems to have energy to spare.

In March 2016, Owenby started her newest venture: New Moon Marketplace, the vintage and antique shop on Charlotte Highway. "I've always loved collectibles and antiques, and sold stuff like that at the grocery," she said. With 27 vendors selling everything from art and antiques, handicrafts and housewares, New Moon has weathered the pandemic (she closed for seven weeks early on) and is attracting some of the old clientele. "It kind of has the feel of the old place," she said.

"I guess I'd call myself an entrepreneur," Owenby responded when asked how she defines her life's work. "A starter-upper," she simplified, laughing at her homespun expression.

If you spend much time with Nita Owenby, you'll likely feel like you've started up a new friendship, maybe even a community.



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

Lights Out for Local Wildlife

When you look at earth from a satellite perspective at night, it is never dark. Buildings and homes light up the sky and create an artificial environment that disrupts nocturnal wildlife.

Light pollution is an often overlooked effect of our modern ways, and one that causes a negative impact on native wildlife. Artificial light causes behavioral changes in nocturnal creatures, such as fireflies, moths, bats and more. And these behavioral changes can be harmful—and even fatal—to many valuable members of our ecosystems.

Fireflies These beloved creatures create a spectacle that fascinates many. But in a recent study by entomologists Dr. Owens and Dr. Lewis of Tufts University, fireflies were found to be on the long list of nocturnal creatures that suffer from light pollution. Specifically, light disrupts their essential ability to reproduce. These scientists found that "...all colors of artificial light significantly suppressed the courtship flashes of the firefly pairs." If you want these unique creatures to stick around for generations to come, reducing light pollution is the best way to ensure their livelihood.

Bats Light pollution causes many negative impacts on these well-known nocturnal animals. One of the most significant is on their feeding behaviors.



Blue Ghost Fireflies NICHOLAS HOLSHOUSER

Lights can delay the start of their feeding times significantly, causing starvation and in some cases even death. This can also negatively impact the growth and survival rates of their young. Less light pollution means more of these pest-controlling, pollinating heroes.

Moths Scientists have found that the attraction moths have to light causes them to lose their regular functionality. They wear themselves out flying around the lights, sacrificing energy they need to survive and perform their duties as



Regal Moth SAHC

nighttime pollinators. Although bees and butterflies tend to take credit as major pollinators, recent research, such as from University College London, has shown that moths are major players in many pollination networks. Without these important creatures, many plants reliant on their pollination duties would suffer.

Migratory Birds Although not typically nocturnal, migratory birds can be disoriented by light pollution when flying at night. This contributes to the hundreds of millions of birds estimated to die in building collisions in the US every year. Reducing light pollution can reduce the needless losses of these essential creatures.

What can you do?

The most effective solution to this problem is simple: turn your lights off at night.

If you have necessary lights, however, consider a more conscious alternative. Timers, dimmers or motion-sensors are all options that could reduce your light pollution footprint. Tom Fanslow, Conserving Carolina's Land Protection Director, also noted that, "replacing essential but light-wasting fixtures with ground-focused fixtures is part of the solution."

Another solution is having native plants in your yard as a natural light barrier. In a podcast called "In Defense of Plants," entomologist Dr. Sara Lewis said, "Plants create a barrier... that blocks the amount of light that's coming into [a habitat]." This creates a darker environment for the wildlife beyond your home. Planting native shrubs or trees is an effective way to make this natural barrier. And this not only benefits nocturnal wildlife, but also the ecosystem as a whole.

To see the latest on the fight against light pollution and ways you can help, check out the International Dark Sky Association at darksky.org.

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



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Local Graduate Takes Fast Track to Harvard

A community member reached out to the Crier to let us know that Kelley Woehl, an ACRHS grad, was finishing up her degree at UNC-Asheville and moving on to Harvard to get her master's degree. So I reached out to Kelley to learn more.

Kelley has always lived east of Asheville. She attended Haw Creek Elementary, and then moved with her family to the Reynolds area, where she attended middle and high school. Approaching an upcoming empty nest, her parents moved further into Fairview. The house is "a small cabin with lots of dogs, cats, chickens, ducks, and the occasional bear," Kelley said.

The pursuit of higher education runs in her family. Her mother has a master's of library science degree and is the media coordinator for North Buncombe Elementary. Her older sister, Ella, graduated from Appalachian State and is going for her Master of Public Health degree at Boston University. Her younger sister, Aubrey, just completed her first year at UNC-Charlotte, where she is a double major in mass communication and theater. Her dad, who works for the Department of Veteran Affairs, has always been involved with the military, which meant living in

many different places, and that instilled in Kelley a desire to travel.

So, Kelley knew she wanted to continue her studies, and she wanted to do it quickly. "I knew I wanted to get my associate's degree in high school for a long time," she said. "In my junior year, my mom insisted I take a few dual-enrollment classes to get basic general education classes out of the way. And once I found I could take twice as many college courses, the gears started turning. I took three classes that summer, and the next semester I spent all day in an online classroom, taking five AB-Tech classes."

And the staff at ACRHS supported her along the way. "Gabriel Beckman, who supervised the program at Reynolds, was an amazing supporter throughout my endeavors," said Kelley. "Also my guidance counselor, Laura McReary, and my AP teachers, who really prepared me for college-level coursework and writing expectations."

From Myth to Reality

Kelley just graduated from UNC-Asheville with a bachelor's in religious studies. "I was going to study mass communication with a minor in religious studies," she said, "but I fell in love with the department and



Kelley Woehl, left, at her graduation from UNC-Asheville. She knew she wanted to speed up her education, so she took college classes at A.C. Reynolds High, which allowed her to get her bachelor's degree in religious studies in just two years. She is now off to Harvard Divinity School for her master's degree.

chose to change it to my major."

Kelley's early interest in fantasy and myth, spurred on by her mom, led to her study of religion. "While my sisters were reading the Harry Potter books," she said, "I was ridiculously into the Percy Jackson series, which told fantastical stories of kids in a world where the myths of the Greek gods existed. Understanding each god or goddess, their role, and the significance of that role on Greco-Roman society was

totally eye opening for a kid who had only really experienced her own Protestant American culture. I was instantly hooked on all of these cultures and religious histories. Just recently, I put my knowledge of mythology to good use in an analysis of the Norse mythological accuracy of Marvel's "Thor" franchise."

Speedy Thesis

Graduates usually have to write a thesis to get their degree. Kelley, who finished in



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"While my sisters were reading the Harry Potter books, I was ridiculously into the Percy Jackson series, which told fantastical stories of kids in a world where the myths of the Greek gods existed. I was instantly hooked on all of these cultures and religious histories."

two years, had to write hers in half the time that everyone else got. Since she didn't have the luxury of time to choose a subject, "I wanted to choose something that interested me enough that I wouldn't feel limited or burned out by the end, but something that was lacking research within the field of religious studies," she said. She eventually settled on studying the changing theological perspectives of Methodist denominations on the topics of alcoholic consumption and women's rights between 1870 and 1940.

"I found it interesting that I knew so little about temperance and prohibition movements, especially since they were so closely tied to religious bodies and women's rights movements," she said. "I found that very little research existed on the impact of Prohibition on religious bodies, but I quickly found that to be too large a topic and narrowed my search to consist

of Methodist women. This intrigued me based on my Methodist background, and considering the overall understanding that women were portrayed as the culprits behind the ban on alcohol."

Headed to Harvard

Her work, "Methodist Women's Autonomy: Roles in the Passage and Repeal of Prohibition," will be published in UNC-Asheville's Undergraduate Research Journal in the fall of 2022. She's hoping to publish it in other journals, so you should be able to find it online at some point.

And now she will be heading off to Harvard in the fall to get her Master of Divinity degree in the school's Religious Studies program. "I had enjoyed the thought of attending Harvard for years, but wasn't sure about finances, getting in, or whether it was the best choice for me. It was a very difficult decision to make," she

said. "But I wanted a big change."

She said that Harvard is one of, if not the top, school for religious studies education in the country. It emphasizes coursework and practical education in various fields, like a hospital, prison, farm, or church. "I am a candidate for ordination in the United Methodist Church, supported by my home church Groce UMC, in East Asheville," she said, "so my primary religion of focus is Protestant Christianity and Methodism. I am also hoping to increase my interdisciplinary studies by incorporating the fields of Africana Studies and Women and Gender Studies into my analysis of religious history in the Americas."

Religious Studies

And what, exactly, is religious studies? It's a tough question, Kelley said. "Even the best minds in the field can't fully define it. Because what really is religion?" It can encompass grasping existential understandings of the universe, to physical research on the changes religion has on one's body/mind, to cultural studies around literature as a faucet of religious expression—even as a tool for tracing history of Africana cultures within societies that had enslaved people.

Religious studies is more removed from one's own religious thought in search of an unbiased educational analysis of various

If you are a recent A.C. Reynolds High School graduate who's moving to another part of the country or world for school, work or experience (or the parent or acquaintance of one), let us know. We'd love to let our readers know that part of what makes Fairview special—the people produced by our great schools—is spreading beyond our community.

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religions, religion as a whole or a specific practice in particular. "I, and many other scholars, balance both theology and religious studies in my academic experience," she said, "exploring Christianity as a whole in my ministerial education, and Abrahamic religious history through my academic pursuits."

Clark Aycock is the managing editor of the Town Crier.



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Fairview Elementary Says Farewell to Friends

by Kenya Hoffart

The staff at Fairview Elementary loves and supports each other every day. We truly are a family with a heart for the children of Fairview. When it's time for one of us to move on, it's never easy to say goodbye. The end of this school year brought a few changes to the FES family, and we have to say farewell to several of our friends. Three are retiring, while several others have decided to plot a new course.



Cheryl Lewis has been loved and adored by FES staff and students for 17 years. She started her teaching career as a middle-school band director 32 years ago, but said that after

she discovered the world of elementary music, she was hooked. Lewis is retiring after many wonderful years of service and looks forward to spending lots of quality time with her family and continuing to play with the Asheville Community Band. Lewis said she feels incredibly blessed to have been able to teach at FES and has many lovely memories of her time with the children, families, and staff to take with her.



Vickie Pope first became involved at Fairview Elementary as a parent. She was so impressed with the school that she began volunteering. Three years later, she became a teacher's

assistant. Then, she began teaching third grade in 1999 and kept being a proud teacher at FES for 23 years. She has taught second through fifth grades and has even enjoyed teaching the children of some of her former students. She said she loves her FES family and saying goodbye is bittersweet, but she has a lot to look forward to and is most excited to meet her first grandson when he arrives in September.



Brian Kester has been a bus driver and custodian at FES for seven years. This will be Kester's second retirement, as he retired after working 33 years at FedEx before coming

to FES. Kester is looking very forward to traveling with his wife and taking rides on his motorcycle, but he's going to miss seeing the students he's watched grow up over the years.

Travis Galloway taught art at FES for the last two years, but now that he and his wife have built their dream house, he has taken a job closer to his new home. During the 16 years he has been teaching, Galloway has taught pottery, bookbinding, video production and digital art classes and has hosted an after-school art club at a local museum. He has also written several books for children and is working on having one published soon. Galloway is sad to leave the students at FES and wishes them much luck and creativity in the years ahead.

Paula Ray has been a teacher's assistant at Fairview Elementary the last 14 years and has had the privilege of working with three phenomenal teachers. She said she has grown so much from working with each of them and has formed many life-long friendships with her co-workers. She also said she not only learned a lot from teachers in the classroom but from the students as well. Ray is very excited to be relocating to the Raleigh area for the arrival of her first grandchild.

Christine Troskey came to FES after teaching for two years in Florida and fit right in as an incredible teacher's assistant, but she's looking for a little more flexibility in her daily schedule. She hopes to return to FES as a substitute teacher next year. Troskey said FES is a very special place and she feels very lucky to have worked there.

Cherry Odogwu is leaving her post as cafeteria manager to work for the school nutrition department at the county office. While Odogwu was only with us for one year, we enjoyed getting to know her and interacting with her every day. Odogwu is very organized and always helpful, and we know she will do great things for our school system.

The staff and students at FES also had to say goodbye to our beloved assistant principal, Jamie Slagle. Slagle has been the assistant principal for nine years and was recently honored with the invitation to be the school principal at Glen Arden Elementary. We are so proud of her and know she is very deserving of this advancement, but we will surely miss her sweet smile, helpful nature, encouraging words and so much more.

While we celebrate those who are moving on and wish them nothing but the very best, we are very sad to say goodbye. Thank you, friends, for the time and work you have put in to educate and grow the children of Fairview. You have left an everlasting impression in the hearts and minds of many, and you will never be forgotten.

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



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PRESENTATION

1) Hand the audience member the

largest card below (with 31 images on it). Ask them to look at the card and choose one image.
















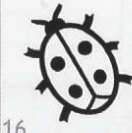


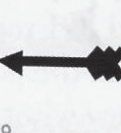












2) Once they have an image in mind, take back the largest card and then hand them the five smaller cards. Ask them to look on each card and check to see if their image is there. If it is, they should give that card(s) back to you.

3) As soon as they hand you back all the cards with their image on it, you immediately tell them which image they chose!

SECRET

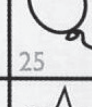
When they hand you back the cards, find the number in the top left of each one (for example, in the first small card, with the dog at top left, the number is

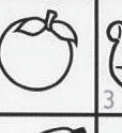


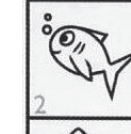












8) and add them up. Then find that total on the largest card, and that will match the image they chose. It works every time!





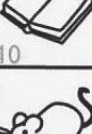
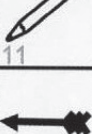
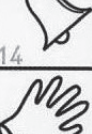
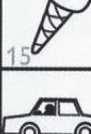








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Greg Phillips is a professional speaker, magician and comedian. Contact him at Greg@GregPhillipsMagic.com or visit MountainMagicAcademy.com.

Re. Imagine

GOES TO THE DOGS

continued from page 1

hydrated and donating their revenue to AHS, and Sandie Rhodes for her organizational skills and too many other things to mention. Thanks also to Laila Johnston, donor relations director, and Daniel Gruhn, corporate partnerships manager, both at AHS.

Congratulations to the winners of the silent auction and thank you to the artists

who donated items. Contact me at 338-0070 or 628-8715 to arrange a time to pick up your winnings.

Re.Imagine is planning to bring many creative workshops to the community. The next scheduled workshop, set for July 30, will be "Introduction to Barn Quilt Painting" by Nancy Grindstaff of Outdorable Art (time and cost TBD).

Additionally, our upholstery workroom will be up and running sometime soon.

Beginning July 29, the studios will be open from Friday to Sunday. Exact hours will be announced soon.

Keep an eye on the Re.Imagine and Fairview Area Art League Facebook pages for details on upcoming workshops and events. Anyone interested in holding a creative workshop (craft, art, etc.), please contact me.

The website for Re.Imagine Studios, reimaginewnc.com, will be coming soon with a calendar of events and a link to register for workshops. Until then, please use Facebook or leave a message at 338-0070.



(ABOVE) Attendees bought different sized paintings, chose their color palettes, and let the puppies create.



(RIGHT) Canvases with paint were placed in large plastic bags and the puppies were encouraged to paint with the help of a little peanut butter.



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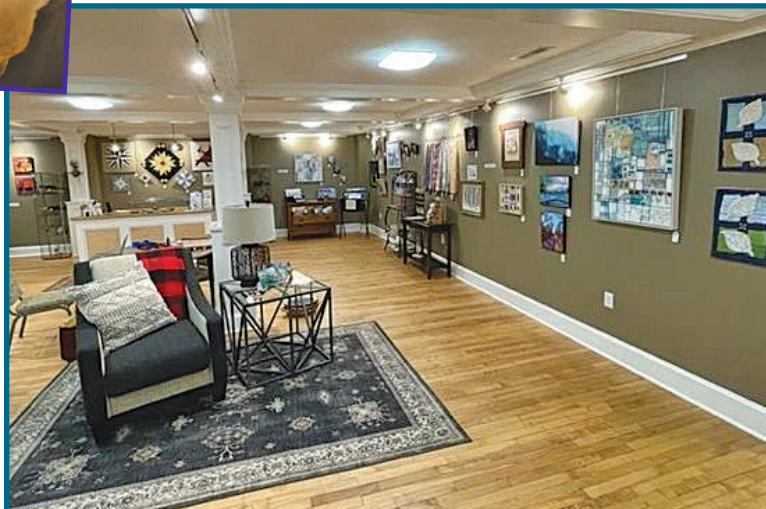
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(TOP AND BOTTOM LEFT) It was hard work but they rose to the cause.

(ABOVE LEFT) Nan Cole and dog angel and advocate Andrea Henninger took a moment to breathe and smile.

(ABOVE RIGHT) Bob Travers was an inspiration to the puppies as he worked on a new painting.

(LEFT) The Re.Imagine Gallery is filled with an amazing variety of quality local art. It will open officially on July 29.

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GET IT DONE RIGHT!

Good Behavior Starts at Home

So many dog owners these days want their dog to go places and do things with them. Go to any brewery just about any day of the week and you will see people and their dogs hanging out. Sometimes you hear the dog long before you see them. Unfortunately, it is that type of behavior in public places that has caused many businesses across the country to forbid dogs. I am grateful for all the opportunities and locations to have dogs out with us to let that happen. It is the responsibility of every dog owner to monitor their dog's behaviors and ensure they are appropriate when in the public eye.

Here are a few points to ponder if you want a pooch to accompany you.

Inappropriate behavior in public reflects behavioral and leadership issues at home. Does your dog get away with a lot of barking, jumping and reactive or possessive behaviors at home when meeting new people and on walks? Are you unintentionally rewarding any of these behaviors, or are you correcting them and guiding your dog to the behaviors you prefer? Correcting your dog is not being mean; it is giving them information and guidance on what behaviors are not acceptable. Failure to give your dog consistent guidance to lead them to understand your expectations as mean. Rewarding your dog, verbally,



Inappropriate behavior in public reflects behavioral and leadership issues at home.

with a small treat or even with a gentle scratch under their chin when they meet your expectations will encourage more consistent responses from your dog at home, on walks and in public.

As a trainer, I see an increasing number of nervous and anxious dogs. When I interview the owners of these dogs, a consistent theme is that the dog has been given conflicting information and a lack of clear guidance. This leads to confusion in the dog, and sometimes this confused state

is so bad the dog begins to shut down. The owner sees that their dog is nervous and stops taking them on walks or to public places, only further compounding the dog's challenges. In most cases, we see the dogs turn around pretty quickly when we provide consistent, clear information on what is expected of them. Concepts like sitting before being fed, stopping at doorways rather than busting through them, no uncontrollable barking at windows and doors, getting petted when calm rather than when acting nutty, and love and affection at appropriate times are all easily taught and help your dog understand they are not in charge and running the show.

Sometimes a rescue dog or a dog from a breeder is matched up with the wrong person, family or household. Get to know breed characteristics before you bring a new dog into your home. This can be difficult with a rescue dog, but knowing breed characteristics can help you better understand typical behaviors, exercise requirements, a dog's needs and their adult size. An older couple may do better with a mature, smaller breed than with a young Labrador Retriever puppy. Likewise, a younger, outdoorsy person who enjoys hiking may want a younger, sturdy breed to accompany them on a hike rather than an older, smaller breed

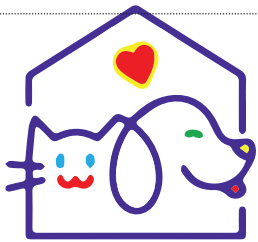
that overheats easily. Breed choices and individual characteristics are important to match to lifestyles.

Watch people who are out and about with their dog. Make a mental note of what you see dogs doing well and what they struggle with or what is annoying to people around them. A list of behaviors you need your dog to be successful at in order to accompany you could include loading up and riding calmly and quietly in the car, entering a loud, busy location with confidence, sitting calmly and quietly next to you with distractions around, keeping all paws on the floor when meeting new people, not begging for food, etc.

Training starts at home and on walks and then advances to public locations. We are all always teaching our dogs something. When you teach your dogs, make sure it is what you want them to learn.



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



ADOPT A PET!

Goats and pigs are available for adoption. *Animal Haven*, 299-1635 animalhavenofasheville.org

Freckles (top right) is a low-maintenance dog who loves to take naps and go on short walks. She is very well-behaved and house trained. She sometimes gets little bursts of zoomies and runs in circles, but she is mostly very calm. She is as sweet as they come and loves to be loved on. *Humane Society*, 761-2001, ashevillehumane.org

Boppity (bottom left) is a little shy and reserved and will probably need two meet-and-greet visits to warm up to people. He is a little over seven months old and enjoys lounging around. *Charlie's Angels*, 885-3647, charliesangelsanimalrescue.com

Jerry the gerbil is very friendly. He enjoys making tunnels, playing hide and seek, and rearranging his furniture. He loves wooden toys and anything made of cardboard. You may think such a tiny creature couldn't have such a big personality, but Jerry really does. *Brother Wolf*, 505-3440 bwar.org



IN MEMORIAM

David Alan Hall



David Alan Hall of Fairview, NC passed away unexpectedly at his home on June 13, 2022 at the age of 60. David was born in Thomasville, GA on May 1, 1962 to the late James Hall and Ruth Louise Scales Hall.

Upon graduation from Thomas County Central High School, David proudly served our country in the US Navy Submarine Force aboard the USS Tecumseh. He later attended Thomas University and AGI-Goldratt Institute. David worked for Glen Raven, Inc. from 1992 to 2019, most recently as IT

applications manager. Since retiring to the mountains of Western North Carolina, he had been enjoying music, camping, cooking, making glass beads, traveling and spending time with his children and grandchildren. David also enjoyed helping neighbors and friends on projects with his excavator and tractors. He was well-known for his quick wit and sense of humor.

David is survived by his loving wife and soulmate of 26 years, Sara Lampman Hall; daughters, Erin Hall Logue (David) of Thomasville, GA, Kelsey Hall Shackelford (Harlen) of Thomasville, GA; sister, Elizabeth Hall Maher (Joe) of Columbia, SC; brother, James Donald Hall of Powder Springs, GA; granddaughters, Mallory Lauren Logue of Thomasville, GA, and Caroline Evelyn Logue of Thomasville, GA.

In lieu of flowers, the family requests that donations be made in David's memory to the Humane Society of the United States.

Condolences can be made to the family at ashevilleareaalternative.com

July Events at Collide Asheville

Collide Asheville is the student ministry at Covenant Community Church, whose mission is to invite all people into a growing relationship with Jesus. James Snook, the interim student director, said it's a safe place for middle and high school students to gather to experience the collision of creativity, diversity, grace, inclusion, and fun.



The ministry's theme for 2022 is experience and July's theme is experience creativity. And Snook said that there will be two creative events in the Fairview area in July.

On July 6, students can meet at 1 pm at Covenant, 11 Rocket Drive, Asheville, to play games of Twister with a Twist while wearing summer clothes that can get messy. The Twister mat will be a blank white canvas with puddles of different colors of paint. The game will result in a colorful abstract



painting on multiple canvases, which will be stretched and donated to local businesses. After the game, students will change and get cleaned up and then share a provided dinner.

On July 20 at 1 pm, students can attend a fun-filled 3.5-hour workshop at Covenant to learn the process of creating signs and working with local businesses. LAZRR, a Fairview-based laser cutting studio, will provide cut-out sign pieces for students to work with in creating a sign for the Spanish Academy of Asheville. Students will learn how to obtain, process, and assemble sign-making materials locally.

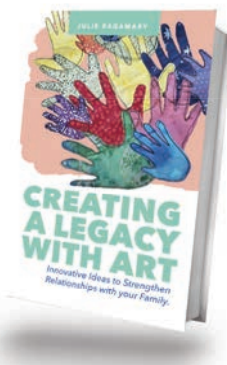


For more information, call 298-8955, visit cccasheville.org/students, Facebook (@cccstumin) or Instagram (@collide_asheville), or email james@cccasheville.org.

Local Author Builds Family Bonds through New Book



Creating a Legacy with Art: Innovative Ideas for Strengthening Your Family is a new book by Fairview artist and teacher Julie Bagamary. This book features stories from her life to illustrate how art, cooking and various handcrafts can be used to build bonds and leave a lasting legacy with your family. It includes stories from the author's family



legacy of sewing, quilting, cooking, woodworking, etc.

Bagamary is a mom of four and has been married to Randy, her biggest cheerleader, for 43 years in July. She has 14 grandchildren, who inspired this book.

There are suggestions for writing in thankful journals to create a lasting legacy of gratitude. And there are a few lessons she uses to strengthen the bond of love and creativity with her grandchildren across thousands of miles.

The book was published in the spring and can be purchased through Amazon. You can find out more about Bagamary at juliebagamary.com. If you would like a signed copy, contact her at julie.bagamary@gmail.com.

Local Stitchers and Sewers

Stitches of Love-Asheville is a group of dedicated folks who create and donate handmade items to local charities and hospitals. The group has created and donated over 28,000 handmade articles since 2007.

Their next meeting will be on June 13 from 7 to 9 pm at New Hope Presbyterian Church at 3070 Sweeten Creek Drive, Asheville. All skill levels are welcome. For more information, call Janet at 575-9195 or search Facebook for "Stitches of Love-Asheville."

The WNC chapter of Project Linus is seeking volunteers to make children's blankets. The chapter creates and donates handmade blankets to area children in crisis.

Over the past 22 years, the local chapter has donated approximately 84,000 blankets in 13 WNC counties. There are local drop-off points for donations. If you are interested in creating crocheted or knitted blankets, quilts or no-sew fleece blankets, contact Ellen Knoefel at 645-8800 or gknoefel@charter.net.

The Laurel Chapter of the Embroiderers' Guild of America will meet on July 7 from 9:30 am to 12 pm. Attendees will learn techniques for a reversible surface embroidery project of holly berries and leaves.

The chapter meets at Cummings United Methodist Church at 3 Banner Farm Road, Etowah/Horse Shoe, NC. Visitors are welcome. For more information, contact Mary Ann Wyatt at 681-0572 or Janet Stewart 575-9195.

Cool Mountain Welcomes Webb

Cool Mountain Realty & Construction has added Donna Webb as a new sales agent.

Webb, a top broker in the Charleston, SC, area, has experience with residential sales, luxury and architecturally significant properties, coastal/waterfront properties, investment/vacation rental properties and new construction.

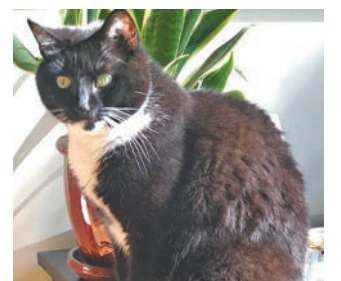
Webb brings more than 20 years of experience and genuine passion to the buying and selling process. She can be reached at 843-469-1110.



Have You Seen Squeaker?

Squeaker has been missing since the end of April. She was last seen near Pheasant Ridge Road in Fairview. She has distinctive markings on her chin. Squeaker is very scared of people she doesn't know, so don't chase if you see her. Check your garages and outbuildings. A reward of \$100 is being offered.

Call Bobbi at 551-7017 with any information.



Start Thinking about Your Retirement Income Plan

If you're getting close to retirement, you're probably thinking about the ways your life will soon be changing. And one key transition involves your income—instead of being able to count on a regular paycheck, as you've done for decades, you'll now need to put together an income stream on your own. How can you get started?

It's helpful that you begin thinking about retirement income well before you actually retire. Many people don't—in fact, 61% of retirees wish they had done better at planning for the financial aspects of their retirement, according to an Edward Jones/Age Wave study titled "Retirement in the Time of Coronavirus: What a Difference a Year Makes."

Fortunately, there's much you can do to create and manage your retirement income. Here are a few suggestions:

Consider ways to boost income.

As you approach retirement, you'll want to explore ways of potentially boosting your income. Can you afford to delay taking Social Security so your monthly checks will be bigger? Can you increase your contributions to your 401(k) or similar employer-sponsored retirement plan, including taking advantage of catch-up contributions if you're age 50 or older? Should you consider adding products that can provide you with an income stream that can potentially last your lifetime?

Calculate your expenses.

How much money will you need each year during your retirement? The answer depends somewhat on your goals. For example, if you plan to travel extensively, you may need more income than someone who stays close to home. And no matter how you plan to spend your days in retirement, you'll need to budget for health care expenses. Many people underestimate what they'll need, but these costs can easily add up to several thousand dollars a year, even with Medicare.

Review your investment mix.

It's always a good idea to review your investment mix at least once a year to ensure it's still appropriate for your needs. But it's especially important to analyze your investments in the years immediately preceding your retirement. At this point, you may need to adjust the mix to lower the risk level. However, you probably won't want to sell all your growth-oriented investments and replace them with more conservative ones—even during retirement, you'll likely need some growth potential in your portfolio to help you stay ahead of inflation.

Create a sustainable withdrawal rate.

Once you're retired, you will likely need to start taking money from your IRA and 401(k) or similar plan. But it's important

not to take too much out in your early years as a retiree, since you don't want to risk outliving your income. A financial professional can help you create a sustainable withdrawal rate based on your age, level of assets, family situation and other factors.

By planning ahead, and making the right moves, you can boost your confidence in your ability to maintain enough income to last throughout your retirement.

And with a sense of financial security, you'll be freer to enjoy an active lifestyle during your years as a retiree.



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.

May 2022 Fairview Real Estate Statistics

		Maximum \$	Lowest \$	Average \$
Homes Listed	8	2,280,000	223,333	1,252,299
Homes Sold	12	815,000	95,000	548,875
Land Listed	8	329,900	35,000	133,487
Land Sold	6	370,000	65,000	218,166

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 is 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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Citizen Science and Counting Species

“**B**ioBlitz” refers to a team of people counting as many species as possible at a specific location within a certain amount of time, such as a weekend or a 24-hour period. A BioBlitz can be a fun way to get people, including students, engaged in citizen science, and for conservation organizations like Southern Appalachian Highlands Conservancy (SAHC) to gather data about a piece of protected land. Citizen science is a process in which individual members of the public can get involved in scientific exploration and inquiry, even if they don’t have a degree or background in a scientific field. Citizen science provides value on many levels, from the personal experience of engaging with nature and science to the accumulation of data on a wide scale to inform conservation and habitat management.

“BioBlitzes are one of the many ways we can connect with our environment,” says Park Greer, SAHC’s new South Yellow Mountain Preserve Manager. “They are different from a casual stroll through the woods or appreciating an expansive view in that they allow us to precisely study the relationships, diversity and importance of the beautiful world around us. As scientists (and citizen scientists) continue to map and describe the thousands of species of plants, animals and fungi, we can paint a more accurate picture of how the natural world exists in our absence. With this aggregated data, we can more responsibly act as stewards to this fragile planet that we impact every day. I’d like to quote the famous primatologist, Jane Goodall: ‘Only if we understand, can we care. Only if we care, we will help. Only if we help, we shall be saved.’ We are a huge part of this ecosystem, and BioBlitzes are one way for us to understand the trillions of biological connections happening every day.”

BioBlitzes are organized by a variety of organizations in our area, from the Blue Ridge Audubon chapter’s annual Birdathon to Asheville Greenworks’ Pollination Celebration BioBlitz (held for the first time in June). Starting in 2007, the National Park Service and the National Geographic Society collaborated to host one large-scale BioBlitz per year leading up to the National Park Service Centennial (100-year anniversary) in 2016. Throughout the 2016 centennial year, national parks across the nation hosted BioBlitz weekend events to encourage public involvement in citizen science and appreciation of public lands. Many organizations and individuals use the mobile-friendly app iNaturalist to record and share observations. (iNaturalist is a joint initiative of the California Academy of Sciences and the National Geographic Society.)

Earlier this year, SAHC organized an exploratory BioBlitz trip at the new Big Horse Creek Preserve in the Highlands of Roan. As part of the Roan Stewardship team, Greer led a small group of volunteers to gather data in a portion of the preserve, as well as information that will be valuable in scheduling a more extensive



Identify a species using all your senses (except for maybe taste). IMAGE SAHC

BioBlitz at the preserve.

“Organizing a successful BioBlitz is an endeavor of patience and adjustment,” said Greer. “The first step is to take the time to investigate your property to see if it would be a good candidate. Often, especially due to the history of industry in the US, the land around us has been altered beyond modern recognition. With few exceptions, our forests are young, many species are hybridized or non-native, and the wildlife corridors are fragmented. After performing a cursory search to identify the species, one can then begin to plan a BioBlitz. A few things to take into account are the larger the subject area, the better; the more varied (e.g., elevation, wetlands, open areas), the more species one is likely to find; and having a large number of capable, curious and motivated people will make or break a BioBlitz.”

“When it comes to organizing an event, there are similarities to planning an expedition or military operation,” said Greer. “The project leader should have plans for bad weather, first aid stations and protocols, communications such as radios or walkie talkies, designated leaders for different disciplines of research, check in/check out procedures, and a map of the area with all the pertinent information to hand out to participants. Leading up to the event, communication is key. Having a complete list of participant info and contacts, and sending out a ‘What to expect/Gear List’ to everyone will minimize the risk of issues. Include in your communications the type of terrain, presence of plants such as poison ivy or stinging nettle, weather forecasts and a schedule of events. Also, if you are planning to use apps such as iNaturalist, include a ‘How to’ guide that participants can review beforehand. Gear lists should consist of proper clothing for the time of year and weather, first aid supplies, field books, identification instruments, notebooks, writing utensils, sunscreen, bug spray, snacks, lunch and plenty of water. Oh, and please use the



Look under everything. IMAGE SAHC

scientific name when logging data.”

Want to get involved? You can join an organized BioBlitz in your area or create your own day of exploration on a property you own or manage. Although you don’t have to have any particular training or experience to participate in a BioBlitz, it’s helpful to have an idea of what to expect.

“When looking for species, it helps to adopt the mind of a curious child,” said Greer. “Look under everything (carefully), poke around the boulders and cliff faces, be sure to look up as much as down and please tread carefully. Wetlands, rocky outcrops, fields and streams are always good

places to look but don’t underestimate what one can find in the most mundane of places. Take the time to properly identify the subject and use all your senses (except for maybe taste) to narrow down the species name.”

For more information on BioBlitzes, see the links at fairviewtowncrier.com/links. SAHC will be posting about upcoming BioBlitz events on Appalachian.org.

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

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Gifts From the Garden

Time for Reflection

Something happens as a school year winds down. Actually, many things happen, and there is a lot of chaos and exhaustion thrown into the mix. But there is a unique time for reflection that takes place. As a teacher, I find myself looking back on the whole year, considering how my students have done, how I have done. Celebrations. Failures. Growth.

Being an eternal optimist, I like to focus on the growth. I have the very good fortune of being with some of my students from their first days of 6th grade all the way through to their 8th grade graduation. There is a lot of growth. There are unexpected revelations. There are corners turned and leaps and bounds achieved. There is pain and loss, as well as tear-inducing successes. This morning, as I write, I am struck by the parallels of the garden.

By now, we are well into the season of growth. For many gardeners, it is a time of waiting and watching, of collecting and taking stock. My hydrangea bushes are bursting to overflow with their wonderful balls of flowers. Dahlias are just beginning to bud. Daffodils are long gone, as are the ranunculus. Questions float about in the air: Will the weeds win? Is the lack of rain going to kill our dahlias? What is that flower over there? Did I plant that? While



The author's mother and grandmother with the latter's hydrangea (taller than her this year) and roses.

there is always some maintenance that must be done in this part of the season, I try to remember that in many ways the course is now set and I can only enjoy the ride.

Delights in the Bounty

Part of enjoying the ride is in the harvest. I have cut quite a few bouquets for our home at this point in the season. I can remember a time when I was just starting out as a grower when one bouquet in our home each week was a celebration. Now it is often that we have at least three. In the peak of the season, on Saturday or Sunday

mornings, I generally make six to eight bouquets. Several go into our home, and one goes to my grandmother. That leaves three or four, which we like to give as gifts. If there is great joy in fresh flowers in our own home, I often delight in how much that joy is multiplied by sharing flowers with friends and family.

This year, I feel that we have only further reaped the rewards of the sharing of the joy of flowers. We have received eggs from one neighbor, eight new varieties of dahlia tubers from another, and a friend called to ask if we wanted the hydrangea bush that they had just dug up. I shared with many of my colleagues the abundance of tubers that we had, and many of them shared wisdom from their gardening experience.

Unexpected Joys

When we first began to think seriously about gardening, my grandmother took a two-pound bag of wildflower seeds and sprinkled them along the edge of her yard in the space that connected our properties. It was lovely and unexpected and an easy way to have a riot of color. What we did not account for was the amount of self-seeding that would take place. Even this year, some five years later, poppies and larkspur have come up of their own accord. We learned years ago to let some

things grow that could ultimately be weeds because often they turn out to be some unexpected flower.

Perhaps it is just the semi-serious gardener in me, but I love that looseness in our garden. There is never going to be clean-edged cut grass butted up against fresh mulch in my garden. There will instead be unexpected joy in the growth of a canna lily that my mom found on sale at the Food Lion or a self-seeded sunflower that is taller than I am that has sprouted in the midst of the dahlia patch.

I hope that you are able to find joy, whatever that may mean for you, in your garden and that you have a bounty from whatever you may grow. And you should consider sharing your bounty with others, as I am certain that it will only multiply your reward. Cheers to you and happy gardening.



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

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From Cider to CBD



Just last year, Barn Door Ciderworks was one of the best kept secrets in Fairview. But since then, their business has been designated as a place to go to relax and connect with friends in an inviting outdoor space. Be sure to visit their website (barndoorcw.com) and sign up for their newsletters so you don't miss out on live music and small bite tastings, made in-house by co-owner Katie. She has a love of making cheese and pickling veggies. I definitely suggest trying the pickled mushrooms. They are delicious. Be sure to look to them for your next event, as you can rent the whole venue out.



Members enjoyed a visit to Barn Door Ciderworks in June.

Especially important to Dan and Katie is "keeping it local." Could they have grown bigger? Sure, but they like their quaint venue with a full hands-on approach—keeping their fresh, local and traditional operations under one roof.

July Meeting

It's been two years since we met at Appalachian CBD. In addition to all of their CBD products, which can help with chronic pain and anxiety, they now also offers pet products.

Brandon Brunet and his partners began Appalachian CBD in 2019 to connect customers with the community, offering a wide variety of quality CBD products, including Delta 8 and THC-O, that are all sourced in the US. Most products

are available for vaping and as edibles. Brandon knows the growing and harvesting procedure firsthand and stands behind the quality of the products he sells right here in Fairview. Come see what's new at our next meeting on July 20 at 6 pm at 775 Charlotte Highway, Fairview.

Brandy Lampert is the vice president of the FBA and the owner of Frame-It Asheville.



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Summer Mushrooms

Morels are the shining stars of spring mushrooms, and chanterelles tend to dominate the mainstream fungal culinary buzz in mid-summer. But WNC is one of the most bio-diverse regions on the planet, and we are incredibly blessed to have a huge variety of mushrooms, wildflowers and edible plants. This spring, I have been making wild greens dishes, such as wilted dandelions over mashed potatoes with garlic and a little bacon and violet leaf pesto with wild onions. This is all from our own land, as we skipped a spring garden this year, making the edible weeds prolific.

One treat this year was finding wine cap or King Stropharia (*Stropharia rugosoannulata*) mushrooms popping up on wood chips in our gardens after rain, both naturally and from the spores I put down last fall. These mushrooms are in the agaric family; they are considered a choice edible and are amazingly easy to cultivate. This year, we used over 40 yards of wood chips in our gardens and paths, and we now have free mushrooms popping up where I have never seen them before.

While we have had several deliciously grilled, free meals, I am choosing to let many of the wine caps mature and spread their spores around for future harvests. You can order the inoculant mycelium spawn and create mushroom gardens on your own land. These tasty mushrooms

are highly dependent on rainfall and begin to appear like magic after heavy rains, in both sunny and shady areas. I love them grilled with garlic and butter or sauteed and mixed with rice.

Another early summer mushroom that populates hemlock forests is the prized and famous reishi, the mushroom of immortality. Reishi mushrooms belong to the genus *Ganoderma*, and they have been super abundant this year. These mushrooms have been used medicinally in China and throughout Asia for over 2,000 years, making reishi one of the oldest mushrooms known to have been used in human history. These stunning polypore mushrooms are easy to identify, with their conspicuous red-varnished kidney shaped caps. Reishi mushrooms lack gills, and although they are soft and fleshy when very young, they become corky and woody with age. Their preferred habitat is hemlock forests, but they also grow on maple trees.

The generic name *ganoderma* is derived from the Greek word “ganos,” meaning “brightness, sheen,” and “derma,” meaning “skin.” The Chinese name for reishi is “lingzhi,” which means spirit, miraculous, sacred and divine. In Asian culture, it is referred to as the mushroom of immortality, reserved for the emperors. Fortunately, we all have access to this wonderful mushroom in our modern age.

Reishi mushroom tinctures, extracts and teas are used throughout the world as powerful medicines. These mushrooms are being investigated thoroughly in the west, as chemical compounds within them may stop the growth of cancer cells. Current clinical data indicate that reishi mushrooms contain strong antioxidants and strengthen the immune system. In addition, reishi extracts seem to have sterols that not only lower blood pressure and have anti-allergy/antihistamine effects but also slow the process of blood clotting. In short, reishi mushrooms are truly an amazing example of the wondrous, complex fungal world.

Fresh, baby reishi tips are delicious when sauteed. The mushrooms become quite tough and bitter with age, though. Although I was familiar with their legendary medicinal uses, it was a marvelous discovery to sample these tasty treats, fresh from the forests we live in. They were not only delicious but quite nutritious.

Beginning in July, another unique and incredibly delicious wild mushroom appears, the wondrous and unusual lobster mushroom (*Hypomyces lactifluorum*). If Dr. Seuss were to create a mushroom, it would likely be the lobster mushroom, as these whimsical forest gems are very unique in their shapes and colors. Lobsters are not a mushroom but actually a parasitic ascomycete fungus that grows on certain species of mushrooms, turning them a reddish orange color that resembles the outer shell of a cooked lobster.


Lobsters often parasitize members of the *Lactarius* or milkcap family, as well as members of the *Russula* genera of mushrooms. These mushroom parasites are so distinctive and are one of my favorites. Like reishi mushrooms, they also love hemlock forests. Lobster mushrooms are widely eaten and highly esteemed by chefs around the world as culinary delicacies—and for good reason. They have a firm, meaty texture and exquisite flavor that some folks liken to seafood. Lobster mushrooms are often covered in a white powder that people sometimes confuse with mold, but the powder is in fact spores—it is the way they are supposed to look. Their aroma is strong, rich and earthy. I think they are one of the most delicious mushrooms I have ever eaten in my life. I have sauteed them with garlic and ramp leaves, pairing them with scallops, shrimp or chicken, and they are outstanding in flavor.

Summertime is approaching, and my hope is that you cherish the long days of sunshine and the abundant bounties the good earth is providing us with, in our gardens and in our beloved forests and mountains.



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Snapping Turtles: A Little Respect for Cane Creek's Elders

One cold day in February while digging a settling basin in mud at the inlet of my pond near Cane Creek Road, my shovel made an odd “thunk” noise. I hadn’t run into any rocks previously, so I was puzzled. I moved over several inches and again, “thunk”—a buried log, maybe? I found an edge to pry from beneath and turned up a large, sleepy—and very grumpy—snapping turtle.

Many months later, I was eagerly awaiting a brood of ducklings to hatch from a local nest when I spied a huge snapper cruising my pond. No way would I let him feast on those cute, fuzzy little guys in my pond, I thought. And that goes for my fish, too—cute or not. I rarely play favorites among native wildlife, but in this case, I would make an exception.

In both cases, I captured these big turtles unharmed and relocated them to suitable habitat in larger bodies of water many miles away. They probably did just fine eating the abundant bluegills and creek chubs in their new homes, and my pond’s youngsters had a little less to worry about. Nevertheless, these large, fearsome turtles are pretty fascinating, so I was inspired to learn more about my unusual Cane Creek valley neighbors.

As it turns out, there’s much to learn, not so much to fear, and maybe even some things to admire about snappers.



As the region’s largest turtle species, they commonly reach over a foot in shell length and weigh well over 25 pounds. Very large snappers may even exceed 18 inches, and the largest captured in North Carolina weighed in at 61 pounds. In captivity, they can grow even heavier.

These turtles never stop growing. You may wonder, then, how old is a large snapper? An 8- to 10-inch turtle—their average size at maturity—is likely to be at least 10 years old. Counting the annual rings on shell scales has shown some to be 75 or older. Could a snapper be Cane Creek’s eldest resident? It is possible.

Reaching adulthood is key for snapping turtles. The mortality of eggs and small turtles is very high, with only a few in a thousand surviving to maturity. (And you thought you had a tough adolescence?) Once fully mature, few natural predators remain and about 60% of adult snappers

live to age 50 or older. Your prospects are good for a long turtle life—if you happen to be a grown male. The larger males often settle into relatively small, safe territories of 20 acres or less for years at a time. Females, on the other hand, leave their homes annually in search of suitable nesting sites, and may crawl eight or more miles to find them. In doing so, they provide

the main method for dispersal into new territories, but it comes at a cost as they encounter roads and other fatal hazards. Nearly 50% of adult female snappers die yearly, as compared to a few percent of males. Thus, most snapping turtles we may encounter are males.

Many people are wary of snapping turtles, with good reason, but fears can be overblown. Snappers in wading or swimming areas do not attack people and will normally swim away long before a person gets close. An encounter on land may reveal the nastier side of a snapper, which may face off with a person, hissing and snapping if approached. The neck is nearly as long as the shell. A bite wound can be nasty, but the ability to sever fingers is exaggerated and has never been documented. As with venomous snakes and spiders, injuries from snapper bites

are nearly always due to careless behavior around provoked animals.

There are reports of people keeping snappers as pets, but this can be, er, challenging. I learned as a boy that baby snappers can’t hibernate indoors and likely will not survive the winter. Snappers need to spend most of their time in water, which is difficult to simulate through enclosure design. Also, there’s the danger of snapper bites to curious young fingers.

Should you ever need to move a snapping turtle (e.g., out of a road), the safest ways are with a shovel or by grasping both sides of the rear of the shell by the legs. Lifting by the tail may be safe for you, but can injure the turtle. Placing it in a box or a five-gallon bucket is advisable if relocating. And watch out for that long neck!

My reading verified that snapping turtles can pose a threat to ducklings and “slow” fish, but surprisingly, their diet is about 65% plant material. Much of the rest of their diet is scavenged, which may rid ponds of rotting carrion rather than deplete live fish. I was also surprised to learn that relocated turtles often find their way home even from several miles away. Now that’s a talent I could certainly use on occasion.

Doug Norton (dougorton99@gmail.com) is a retired watershed ecologist and online science educator who lives in Fairview.

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Bless Your Heart, Too

“Bless your heart” is an oft-used colloquialism in conversations. People would say to me, “You’re having open heart surgery? Well, bless your heart” (meaning “Good luck with that!”). Following my recovery, I would hear “Well, bless your heart” (meaning “You made it through!”). I would say “Bless my heart” (meaning “I’m glad I had insurance!”). That little phrase can have many connotations.

Being a Blessing

A while later, I was reflecting on my open-heart surgery experience while contemplating my impending enrollment in Medicare. Back then, my wife’s insurance, with its maximum out-of-pocket (MOOP) limit of \$6,000, provided us some peace of mind. But how would that have looked if I’d had Original Medicare only, or with a Medsup or a Medicare Advantage plan? My clients frequently wrestle with these questions. I often say, “I don’t sell insurance, I offer peace of mind.” So, I quantified the amount of peace of mind these options would give. Using this anecdote to help clarify their decision-making could turn my open-heart surgery into a blessing for them.

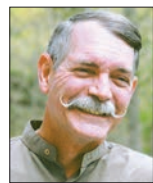
The Strategy

I had to evaluate the ballpark cost of my surgery without insurance. The national average cost is more than \$200,000, depending on the procedure. I decided to disregard the Part B premium for Medicare,

using it as a baseline cost in my calculations. Combining my cost shares (deductibles, copays and coinsurances) of the initial doctor visit, nuclear test, specialist visits, hospital room and board, surgeons, anesthesiologists, recovery room, ICU, durable medical equipment, and 36 heart path therapy visits, among other things, should give me my peace-of-mind numbers.

The Results

Medicare reimbursement rates would be less than the average. I estimated deductibles, copays and coinsurances for Original Medicare Part A hospital and Part B doctors cost shares to be about \$32,000 out-of-pocket. A Medsup Plan G (without Part D) would pay all but a then-\$200 Part B deductible and a \$1,200 annual premium, tallying \$1,400 total out-of-pocket. I randomly picked a Medicare Advantage Prescription Drug plan with \$0 premium from the available plans. It had a \$4,500 annual MOOP limit. The ballpark out-of-pocket costs came to approximately \$3,200. These are the available Medicare options. Peace of mind is relative. Which plan would be right for you?



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Kat Todd
Closing
Coordinator



Ashley Nelson
Office/Listing
Manager



Rebecca Guy
Office
Assistant

RESULTS

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

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