



Hear Ye! Hear Ye!

HELP US CELEBRATE 25 YEARS!

It is hereby decreed that in the year of 1997 the *Fairview Town Crier* was born. As such, we feel a party to celebrate our 25th year is in order. So, you are all invited to join us to rejoice in our community. The commemorating event shall be called "Sweet 25."



The festivities will be held in the afternoon in early October at Root Cause Farm (date to be announced soon) and will feature delectable sweets, historical games and contests, artistic expressions of our amazing community for an enthusiastic auction, and many other activities for one and all.

Since your local newspaper is a non-profit—meaning you get it for free every month—the event will include a variety of sponsor and donation opportunities. We hope the community businesses, artists, churches and other groups will support our 25th anniversary event. For more info, contact Sandie Rhodes at 280-8270 or sandie@fairviewtowncrier.com.

We need purveyors of sweet items, artists to create works of art in any medium depicting Fairview, parking directors, gate keepers, etc. Full details will be in our September issue. We are all looking forward to celebrating our history with you in joyous merriment!

The Fairview Town Crier

FAIRVIEW, NC | fairviewtowncrier.com  

AUGUST 2022 VOL. 26, No. 8

back to school

IMPORTANT DATES

August 26 FAIRVIEW ELEMENTARY

Meet the teacher 8–10 am (see page 18 for more Back-to-School info)

August 10 CANE CREEK MIDDLE

Welcome Day for 6th Graders 8 am–3 pm (see page 20 for more info)

August 26 Meet the teacher 11 am–1 pm

August 26 A.C. REYNOLDS MIDDLE

Meet the teacher 10 am–12 pm 6th grade; 1–3 pm 7th and 8th grade

August 25 A.C. REYNOLDS HIGH

New student orientation 8:45 am dropoff; 11:30 am parent meeting; 12:20 pm student pick up

August 29 First day for all county schools

New Principals Bring Local Connections by Clark Aycock

AC Reynolds High School

Last month, I got to sit down with Ben Alexander, the new principal at A.C. Reynolds High School. I brought along a copy of the front page of our April 2021 issue, which gave a brief history of the man the school is named for. I thought he, like me, might like to get a closer connection to the community. I asked if he knew what "A.C." stood for.



Ben Alexander

because of the set standard of excellence," he said. "I'm not just talking about athletics, but academics, the 'Mary Poppins' play production [last school year] was amazing, etc. The standard of excellence is set here. So, the people of this community should be proud."

From Enka to Valley Springs

Alexander went to UNC-Asheville to get a degree in Latin, and then got his masters degree in Latin from the University of Georgia at Athens. "My plan was to be a Latin teacher for 30 years."

After getting his bachelor's, he wanted to stay in Buncombe County with his wife (then girlfriend), who had one more year at UNC-Asheville. But the closest Latin job he could find was in Columbia, SC. When a position as a Latin teacher became available at Enka High School, he jumped at the chance.

He was awarded Teacher of the Year honors at Enka and named Enka District Teacher of the Year, and that led him to attend meetings that were about more

"Yes: Alonzo Carlton," Alexander said quickly. "He was a superintendent of a few systems, and a teacher in Buncombe County." Only a local would know that. It was clear to me, and will be to students and parents as well, that the new principal knows all about this community, and that the high school is in good hands after Doris Sellers's retirement.

"I grew up in South Asheville and went to Cane Creek Middle," he said. "But I ended up graduating from Enka High School because we moved out there when I was a teenager."

He's glad to be back in a community he knows and to run a school he respects. "When you look at Reynolds, people are envious of this school and community

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Cane Creek Middle School

Andrea Britt, the new principal at Cane Creek Middle (CCMS), has always known she wanted to be involved in education. And not just as a teacher.

When I met with her last month, she told me that she "taught school in my bedroom to my dolls and stuffed animals. 'I was the teacher, but I was also the principal.'" She added, "I was the kid in school that collected all the used textbooks and teacher's editions when they were being discarded. Yeah, I was that child," she said, laughing at herself.

So, she is very ready to lead CCMS. "I've



Andrea Britt

just always felt that being a principal would be my place—and now I'm here and I'm excited," she said.

Britt is from eastern North Carolina. The Goldsboro area—and Seymour Johnson Air Force Base, in particular. Her father was in the Air Force, and her grandfather was the base commander there. "And that's how my mom and my

father met," she said, "because my father was a chief master sergeant there."

Growing up in Goldsboro, she learned about hard work on a family friend's farm. "I had to slop hogs, milk cows, crop tobacco, and dig potatoes and peanuts," she said.

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The Fairview Town Crier
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COMMUNITY EVENTS & UPDATES

ACRHS Class of 1982

AUGUST 17. Reunion, 12–6 pm. At Turgua Brewing, 3131 Cane Creek Rd., Fairview.

Cedar Mountain Missionary Baptist

AUGUST 15–19 Vacation Bible School.

For more info, call 304-573-8166 or email cedarmountainmbcyouth@gmail.com. 27 Reeds Creek Rd., Fairview.

Conserving Carolina

AUGUST 27 Conservation Celebration

fundraiser, 4–8 pm. All proceeds benefit conservation work in WNC and upstate SC. Ticketed event with gourmet meal, drinks, live music, raffle and online auction. For more info, go to conservationcelebration.org or call 697-5777 ext. 209. At Falling Creek Camp in Tuxedo, NC.

Council on Aging

AUGUST 10 Medicare Info Webinar,

2–3:30 pm, via Zoom. **AUGUST 17 Medicare Info Class**, 2:30–4:30 pm, in person, 3 Avon Rd., Asheville. **AUGUST 26 Medicare Info Class**, 2–4 pm, in person, 1616 Patton Ave., Asheville. To register, visit coabc.org or call 277-8288.

Fairview Area Art League

AUGUST 8 Meeting, even months at 6:30 pm and odd months at 11 am, every second Monday. Annual membership fee is \$25. For more info, email FaArtLeague@gmail.com or visit facebook.com/fairviewart. Meetings at Re.Imagine. See page 23 for next event. 15 Spivey Lake Dr., Fairview.

Fairview Seventh-Day Adventist

AUGUST 18 Plant-based Cooking Class, 6:30 pm. Third Thursdays monthly. See ad on page 12. For more info, call 222-2042. 57 Cane Creek Circle, Fairview.

Fairview Vol. Fire Department

AUGUST 13. Fundraiser, 10 am–5 pm. The 9th annual fundraiser for the FVFD. Catered by Smokey & the Pig. See page 9 for more info. 1586 Charlotte Highway, Fairview.

Keep Fairview Clean

Help Remove Roadside Litter. Supplies 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. See page 7 for more info. 607 Fairview Rd., Asheville.

Root Cause Farm

Volunteer Days. Sundays, 4–7 pm, Mondays & Thursdays, 8:30 am–12:30 pm. **Share Market.** Sundays, 4:30–6:30 pm. 26 Joe Jenkins Rd., Fairview. rootcausefarm.org.

Rusty Dog Arts & Crafts Show

AUGUST 13 9 am–3 pm. See ad on page 12. 379 Old Charlotte Hwy., Fairview.

Signs for Hope

SEPTEMBER 17 High Tea on the Green fundraiser. See ad on page 11. 379 Old Charlotte Hwy., Fairview.

Specialized Fitness

SEPTEMBER 10 Grand opening. 19 Kristie Scott Ln., Fairview, behind Trout Lily. See ad on page 5. For more info, call 767-2632 or email specializedfitnesstraining11@gmail.com.

Spring Mountain Comm. Center

AUGUST 20 Annual summer picnic, 6 pm. See page 23 for more info. **SECOND TUESDAYS Quilting Bee**, 10 am–2 pm. Call Kay at 628-7900. 807 Old Fort Rd., Fairview.

Trinity of Fairview

AUGUST 11 GriefShare. Grief recovery support group starts on this date. See ad on page 28. **SEPTEMBER 24 Motors for Missions.** Car, truck, motorcycle and craft show. See ad on page 11. Register via donation. **TUESDAYS Food Pantry** Open Tuesdays, 9 am–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

AUGUST 5–6 Summer Play. "Cleaning Up," by Helen Brown and performed by the Hickory Nut Players has been postponed until 2023. **AUGUST 16 Covered dish dinner and program**, 6:30 pm. **WEDNESDAYS Yoga Class**, 2–3 pm with a qualified instructor. \$12 per session. 4734 Gerton Hwy., Gerton.

WNC Prostate Support Group

AUGUST 2 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.

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

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

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



Mother Earth FOOD

Local, Organic Food Drop Spot Now in Fairview!

fruits • veggies • meats • baked goods
pantry items • dairy • and much more!

www.MotherEarthFood.com



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. There is no longer 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

Weekly Story Time at the Library

Every Tuesday at 10:30 for preschoolers (ages 3-6 years)

Every Thursday at 10:30 for toddlers (ages 18 month to 3 years)

Special Event: Outdoor Story Time

August 13, 10:30 (Rain date: August 27, 10:30)

Held exclusively outdoors, this story time will be geared to children ages 3 and up and their caregivers.

Tracks and Scat: A Program with the Friends of the WNC Nature Center

August 19 at 10:30 am

Studying what an animal leaves behind is a great way to learn about the lifestyle and habits of local wildlife. Participants will

rotate among three stations to play animal track games and design their own track guides, as well as work in small groups to study scat models. A fun, family program for ages 10 and up.

Prehistoric Oceans: A Program with the NC Museum of Natural Science

August 19 at 2 pm

Join us as we dive through prehistory and discover the different ways reptiles returned to the seas. On this marvelous maritime expedition, participants will learn why plesiosaurs had such long necks, what group of dinosaurs took to the waves, and even come face-to-face with a life-size Cryptocelids. A fun, family program for ages 8 and up.

Pollinators—Garden Heroes and Helpers

August 20 at 10:30 am

Explore the world of pollinators: the insects and animals that help plants thrive and provide healthy crops for food, fibers, medicines and other products. Discover how we can help these pollinator heroes in their vital role to sustain habitats that support us and wildlife. We'll do a butterfly craft too. A fun, family program for ages 5 and up from the Master Gardeners Youth Outreach.

Take Home Craft Kit

Beginning August 2

Make a sunflower. Great for ages 5 and up. Available while supplies last.

Community Art Project: Fairy-View Castle

All month, drop by the library to work on a new community project. It's the Fairy-View Castle we will build together. You supply the ingenuity, creativity and effort, and the library will supply the materials. Once completed, the Fairy-View Castle will be on display for several weeks (or until the fairies take it away).

PROGRAMS FOR EVERYONE

Summer Bingo

August 23, 3:30-4:40 pm

It's bingo time! There will be corny jokes, zany prizes and hardcore competition. Bring your neighbors, your kids, and your neighbors' kids. This will be the last session of the summer. Prizes donated by the Friends of Fairview Library.

PROGRAMS FOR ADULTS

SUMMER MOVIE SERIES Hitchcock in the '50s: Vertigo

August 25 at 5:30 pm

Fairview Library is excited to welcome back James Rosario for the final film in our summer movie series and discussion. James 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. This film series is sponsored by the Friends of Fairview Library.

Diagnosing and Solving Plant Problems: A Plant Clinic with Master Gardeners

August 30th at 6:30 pm

The abundant summer garden brings rewards as well as challenges. Just as flowers turn to fruit, holes, spots and blotches appear, creating havoc and frustration. Knowing common seasonal issues can help to know when or if treatment is needed.

Learn to diagnose and solve plant problems. Samples provided, but you are welcome to bring your own.

Creative Writing Workshop

August 4 at 10:30 am

"Mapping Your Memoir"—Join Fairview's Dr. Beth Keefauver to 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 required: call 250-6484 or email jaime.mcdowell@buncombecounty.org.

SAVE THE DATE

The library's Book Club will start again on September 20 with a discussion of *The Lacuna* by Barbara Kingsolver.

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

Hometown Guarantee
a portion of our closings will go to the local Fairview charity of your choice



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Now is the time to prepare your home for sale. Small projects can bring more money for your home. Call one of our expert agents today to find out what you should do to be ready to sell now! **CALL TODAY! 628-3088**

NEW LISTING



EXCLUSIVE GATED COMMUNITY Property sits above the road in The Crossing at Cane Creek, desirable Cane Creek area of Fairview. 0.67 acres **\$98K**

NEW LISTING



FAIRVIEW 29+ acres 3BR/2BA. Cottage hidden in landscaped gardens. Mix of quaint w/ modern amenities. Cleared, level, mtn view. Property could be multifam or comm w/ zoning change. **\$1.95M**

VIEWS!



UNDER APPRAISED VALUE! \$75K site work & driveway already in place to build your dream home. 11-acre mtn estate w/ incredible YEAR-ROUND VIEWS at 3500ft. **\$379K**

14 ACRES!



PRIVATE LOG LODGE ESTATE in Cane Creek Valley. Wraparound covered porch on 3 sides w/ open deck in rear, creek w/falls. 2 car gar w/ apt above & private deck. Call Allen (828) 329-8400. **\$1.95M**

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

COMMERCIAL! 2+ ACRES Unique to the current market. Wonderful opportunity in the heart of Fairview, corner of Emma's Grove and Hwy 74. Incredible 2.85 level acres great for your home or business. Level with creek and mountain views. **\$600K**

EXCEPTIONAL 2.27 ACRE mountain property w/ potential for gorgeous long-range views, near end of private road. Driveway put in years ago, to area previous owner intended to build. **\$70K** Call for info 828.216-3998

5.2 ACRES IN FAIRVIEW with spectacular views, high elevation & end of rd privacy. These are 2 properties surrounded by large wooded lots. Call Karen 828-216-3998. **\$125K.**

INVESTMENT OPPORTUNITY! CASH INVESTOR WANTED FOR JOINT VENTURE. Ideal for three large multi-family units w/ lower and upper parking areas. Public water, sewer, gas, electric, cable and phone available on prime corner, 1800 foot road frontage. Call Allen 828-329-8400. **\$600K.**

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ACTIVE LISTING with Elaine Wood
\$1,250,000 | MLS ID 3859813

ACTIVE LISTINGS

Black Mountain



3 BR | 2 BA | 1,625 SF

1015 Old US 70 Highway
\$350,000 | MLS 3872366

Black Mountain



3 BR | 2 BA | 1,741 SF

120 Cragmont Street
\$629,000 | MLS 3876186

Candler



2 BR | 1 BA | 900 SF

240 Monte Vista Road
\$275,000 | MLS 3872604

FAIRVIEW REAL ESTATE JUNE 2022

LISTING PRICE	NUMBER SOLD	AVERAGE SALE PRICE	AVERAGE DAYS ON MKT	AVERAGE % LIST-SALE PRICE
UNDER \$300K	2	\$237K	3	105.30
\$300K-599K	8	\$437K	3.5	101.35
\$600K-899K	4	\$766K	3	106.45
\$900+	3	\$3.2M	12	95.43

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

Agent Spotlight MATT LUTZ



“
Matt is an amazing, hardworking, and honest realtor. He is very knowledgeable and trustworthy, and we would not hesitate to recommend him to anyone. He cares a lot about his clients and works diligently to accommodate their needs. In summary, Matt is the best!

—Ahmed and Marwa K.

”

CONTACT MATT TODAY!

917-204-3134 | matt@greybeardrealty.com

Did a Famous Outlaw Visit WNC?

Jesse James is one of the most famous outlaws in American history. Many movie and television shows have been made about him. How much of what has been written about him that is factual is always disputed. Frank L. Fitzsimons, in his book "From The Banks of Oklawaha" Volume Two, indicates that James once traveled to Henderson County, North Carolina. This may seem strange, but up until the Civil War, more people moved from WNC to Missouri than any other state.

You could visit the McCrary Cemetery in Daviess County, Missouri and think you are in Fairview. Almost every tombstone has the last name of one of the old Fairview families. People in the first half of the 1800s did not move individually to other states. They moved in groups of five or more families at a time. Why would they do this? It gave them a support group. They were not out in the middle of nowhere by themselves. If a group knew each other, they helped each other get settled, and instead of being in a group of strangers, they had friends and family to help them become established in a new community.

Jesse James was born in Clay County, Missouri, on September 5, 1847. Daviess County was fewer than 50 miles from where James was born and raised. This area of Missouri was known as "Little Dixie." Missouri, like Kentucky, remained in the Union during the Civil War, but a large segment of its population backed the Confederacy. Union and Confederate armies made up of Missouri residents operated and fought each other in the state.

Jesse James's father, Robert S. James, was a minister who died in California during the 1840s gold rush. James's mother, Zerelda Elizabeth Cole (1825-1911), was born in Woodford County, Kentucky. She was married three times. Her first husband was Jesse James's father. They were married in Kentucky, where he was a hemp farmer. After he died, she married Benjamin Simms. This was an unhappy marriage. Simms disliked Zerelda's children and was mean to them and her. He was thrown from a horse and died as a result. Zerelda then married Dr. Reuben Samuel. He was said to be a quiet, passive man who let his strong, outspoken wife run things.

Missouri was in a bad position when the Civil War broke out. It was a border state, and its residents were divided. Many considered themselves Southerners, especially in rural areas. The St. Louis area leaned toward the Union, as did the southern Ozark region.

Jesse James's older brother, Frank, joined the Confederate forces in the war. In the summer of 1863, Union soldiers raided the James/Samuel farm. They tortured Jesse James's stepfather, Dr. Samuel, by repeatedly hanging him from a tree then taking him down just before he died. They grabbed 15-year-old Jesse James and thrashed him. Jesse hated anything "Yankee" for the rest of his life.

[James] had been raised around people from Buncombe County... with his son having just been born, he may have been looking for a place for his family to live in safety. Perhaps he thought he could live in the open in Henderson County where no one would know him or his family.

A few years later, Jesse James began his career as a bank and train robber. A lot of people admired him for robbing Yankee banks and trains.

Jesse James married Zerelda Mims, a cousin. He had a home just outside Nashville, Tennessee, for most of the time he carried on his career in crime. Jesse and Zerelda had two children that lived to be adults. Jesse Edward James was born near Nashville on August 31, 1875. He died in Los Angeles, California, on March 26, 1951. Jesse James's daughter, Mary Susan James, was born in Nashville on August 17, 1879. She married Henry Lafayette Barr and died on October 11, 1935, in Kansas City, Missouri. When the two James children were born, they were given the aliases of Mary and Tim Howard.

Jesse James's time in Nashville makes the story of his visit to Henderson County in November 1876 more possible. The distance between Nashville and Asheville is 295 miles. If you add 20 miles from Asheville to eastern Henderson County, it is still only 315 miles. That's much closer than northwest Missouri, which is more than 1,000 miles away.

He had been raised around people from Buncombe County, and I am sure he had heard many stories about the area. With his son having just been born, he may have been looking for a place for his family to live in safety. Perhaps he thought he could live in the open in Henderson County where no one would know him or his family.

A Stranger in Town

The tale from Frank L. Fitzsimons's book describes a day, around noon, in November 1876. An old mountain man was sitting on the porch taking a brief nap before lunch. The dogs woke him up as a stranger rode up on his horse. The old man told the stranger to light and set a spell. He seldom had strangers show up at his isolated farm. The stranger appeared to be in his late 20s, slender and well built. He got off his horse and walked to the porch and sat down. It appeared the stranger and his horse were both tired and worn out.

The old man could tell by the way the stranger was dressed and the brand on his horse that the stranger was from the west. The stranger said his name was Tom Howard and that he had gotten lost in the mountains. He told the man his horse was worn out and all he wanted was a few days of rest until his horse could regain its strength. The man told the stranger he could sleep in the loft above the one-room cabin with his son.

The first night, the 14-year-old boy and

Tom Howard climbed into the loft to sleep. Howard brought his only possessions with him—a rolled blanket tied to his saddle and his saddle bags. He fixed his cold, blue eyes on the boy and told him, "Don't you never lay a hand on those bags and you and I will get along dandy."

Tom Howard stayed for weeks. He helped around the farm. He paid generously for his keep with gold and silver. He helped the family any way he could. Howard rarely left the place but always took his saddle bags with him when he did.

The boy was curious about Tom Howard. After six weeks had passed, Tom Howard was careless—he left his saddle bags in the loft and left the house. The boy saw his chance. He stepped softly to the saddle bags and opened one. He found a large, folded paper and pulled it out.



He saw a picture of Tom Howard, clean shaven, with the words "Wanted Dead or Alive. \$10,000 Reward!" But the name on the paper was Jesse Woodson James.

The boy heard a snarl behind him, dropped the poster and turned around. "I'm a mind to kill you," Howard said. The boy was too frightened to speak or move. Howard told him, "Name this to a body and I will. I will shoot your guts out." Howard grabbed the poster and his saddlebags and went down the ladder. The boy collapsed on the floor and covered his face with his hands. A short time later he heard the man gallop off on his horse. The stranger was never seen in Henderson County again.

Years passed and one day the boy—now a grown man—was at the Bat Cave Post Office. A newspaper came through the post office with a big headline: "Jesse Woodson James had been killed." The famous outlaw had been shot and killed by Robert Ford while living in St. Joseph, Missouri, under the name of Tom Howard.

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).

GRAND OPENING!
SEPTEMBER 10TH

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19 Kristie Scott Lane, Fairview behind KD's gas & Trout Lily
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Fairview native Crystal White, owner

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- ✓ Plantar Fasciitis
- ✓ Chronic Ankle Sprains
- ✓ Heel Spurs
- ✓ Metatarsalgia
- ✓ Ankle Arthritis
- ✓ Morton's Neuroma
- ✓ Slow Healing Wounds
- ✓ Achilles Tendonitis
- ✓ Neuropathy



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Neuromuscular Rehab (Trigenics)



Magnetic Tissue Repair Therapy PEMF



Movement Therapy Manipulation

OUR PATIENTS SAY...

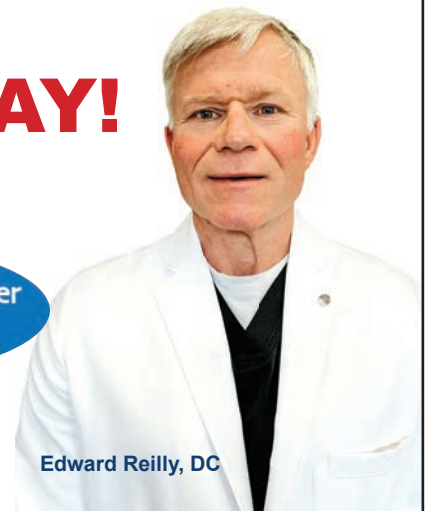
"My brother is a patient of Dr. Reilly's and suggested I give him a try when I started having trouble with Achilles tendonitis and bone spurs. I had already gone to one of the best orthopedic doctors in town and all he had to offer me in the way of treatment was foot surgery, which would leave me incapacitated for months. I decided to take my brother's advice — I am so glad I did! After getting Graston, Trigenics, and laser therapy, I feel great. I can now say NO! to debilitating foot surgery." —*Nancy F.*

"I'd been to several doctors and massage therapists, none of whom could give me answers. A friend who was a patient of Dr. Reilly's recommended I give him a try. Dr. Reilly diagnosed me with plantar fasciitis and heel spurs and recommended Graston Therapy and Class 4 laser treatment. After only a week or so, I began to feel better. Great news, especially since I'd been seeking relief for nearly two years!" —*Mark H.*

"I had severe pain in my heels and the bottom of my feet. I'd been dealing with it for years with no end in sight. Dr. Reilly diagnosed me with heel spurs, Morton's neuroma, and plantar fasciitis. After only a month of Graston and laser therapies, I am much better, much improved. The staff is great! You cannot go wrong by coming here!" —*Greg S.*

"I came in two years ago with foot pain. I had gone to a podiatrist who put me in a boot. It was awful! I heard about Dr. Reilly and decided to give him a try. He diagnosed me with plantar fasciitis and a bone spur. After about a dozen treatments, the pain was gone! When I was diagnosed this year with plantar fasciitis in my other foot, I knew just where to go! I am pain-free after only a few sessions. Come to Dr. Reilly for foot pain relief!" —*Joe P.*

CALL TODAY!



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Stan Dotson and Kim Christman

Stan Dotson, an A.C. Reynolds and Mars Hill University alumnus, met his future wife, Kim Christman, a Demon Deacon from Winston-Salem, in 1985 when they were both seminary students in Louisville, KY. Back then, neither of them had even visited Cuba. Today, they split their time between their home in Fairview and their lives in Cuba.

Here, they live on land that has been in the Dotson family since before the Civil War. One of Stan's brothers has a house a stone's throw from theirs; the other brother lives not too far away in the Reynolds community. The Dotson clan is close-knit and not very far-flung; many cousins, aunts, uncles, nieces, and nephews live right here in Buncombe County.

When Stan and Kim aren't here among the Dotsons, they are likely traveling back and forth to Matanzas, Cuba (and across the island) to be with their other family: a family they've adopted through love. They have Cuban daughters, sons, aunts, sisters, brothers and parents—relationships that have been growing for two decades.

It all started in January 1992. By then, both Kim and Stan were ordained Baptist ministers, co-pastoring a church in Stoneville, NC. Kim was invited to go with a delegation of Baptists from the US—mostly women—to participate in the ordination service for the first three women to be ordained as Baptist pastors in Cuba.

Kim recalls her first impression. "It was a difficult time in Cuba, much like it is now, and it was obvious that the whole society was suffering," she said. "I remember feeling sad for the dogs and cats in the street; they looked so hungry." She shook her head at the memory and continued. "But we were so welcomed. It had to be a sacrifice, a hardship for them, but you would never know it. They really gave us the right hand of fellowship." Kim was inspired and captivated, moved by the gracious welcome.



Banner at a Baptist church in Cuba

She struggled to put words to the feelings she had on that first trip. As she spoke, her hands raised to help form the phrases, "The power and spirit . . . and their faith and fire . . . it was just . . ." she said and her hands fell back in her lap.



Kim and Stan took the Crier along on one of their many trips.



Kim and Stan in Cuba with Carlitos and Silvio Rodríguez (in hat). Silvio is Cuba's most beloved singer/songwriter. Stan and Kim's group, Con Fe Mezcla'o, fuses songs of Silvio and the Beatles.



Kim and Stan in Cuba



Kim with friends from Rivers of Living Water Baptist Church in La Vallita and from First Baptist Church in Matanzas

Eyes shining and smile bright, she said that when that first visit ended, she knew that one day she would go back.

It would take seven years for Kim to realize that dream. In the meantime, the couple moved back to Fairview and began building their house—a process that took a while because they did a lot of the work themselves with the help of family and friends. Stan went to work at Mars Hill University and Kim had various jobs, including a stint over at McCormick Field as Ted E. Tourist. Eventually, though, she accepted a position at McDowell County schools as an English as a Second Language (ESL) teacher. "I took the back roads," she said of her commute between Fairview and Marion. "Many mornings, I'd see more turkeys on the road than cars."

Finally, in 1999, the opportunity to return to Cuba presented itself. Paula Dempsey, a colleague of Stan's at Mars Hill, had a long-standing relationship with Baptists in Cuba. Paula and Stan worked together to organize a student trip to the island. Counting Kim, their group totaled 11.

"It was an amazing trip," Stan recounted. "Truly transformative . . . for all 11 of us."

Stan and Kim started taking groups from churches or the community annually, and from time to time, their Cuban friends have come to the States to visit Dotson Mountain as well. As they introduced their WNC family and friends to their beloved Cuban relations, the bonds became even stronger. Trips to the island introduced

EVENT

BarbeCUBA & Bazaar

A fundraiser for the Ecclesia Baptist and Cuba partnership

Saturday, August 6 10 am–8 pm

Oakley United Methodist Church, 607 Fairview Road, Asheville

- Handicrafts by WNC artisans
- Good-to-the-Bone BBQ (plates and bulk orders)
- Music by local musicians

www.ecclesiabaptist.org/barbcuba-2022.html

Vendors email barbacuba2022@gmail.com for more information.
Call ahead at 243-0485 or e-mail dotsongregmail.com

biological nieces and nephews to Cuban cousins. Sisters flew from Havana to see brothers in North Carolina. For more than a decade, the connections grew and relationships deepened.

Until one day in 2013, a friend said to Stan and Kim, "You should just come and stay here in Cuba." It sounded like a great idea to them, so in 2014 they moved to Matanzas for a full year, working with the Ecumenical Theological Seminary in Matanzas, First Baptist Church of Matanzas, and its ministry partner the Kairos Center. The year passed too quickly; they needed to make a more permanent move.

In 2017, they left their Fairview mountain house in the care of family members and moved back to Matanzas. And that's where they remained and would

be still, if the pandemic had not shut the whole world down.

These days, they are back to short-term trips, leading groups to see all that their home-away-from-home has to offer. Eventually, maybe, they'll be able to move back. But for now, they are grateful for the split life.

"We do love it here. The mountains are home," Kim and Stan said. "It's just now, Cuba is too."



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

Crazy Precipitation Swings

Let's start with a note about the variable precipitation amounts we recorded over the last couple of months. We went from quite a wet May, with over 9.08 inches of rain, to a measly 0.37 of an inch of rain at my location near Echo Lake in June. A few places along and west of US 74-A had a bit more precipitation, but not much.

This was the driest June for me since I started keeping records way back in 1989. At the Asheville airport, they had a few more afternoon thunderstorms and measured 1.66 inches of rain. Hopefully, the rest of the summer won't be that dry. Little or no rainfall makes this meteorologist and nursery owner crabby.

Storm Season

We also turn our attention to the tropics for the next few months. Each year, the United States, on average, has two or three land-falling tropical storms or hurricanes in August, and about three or four such storms in September. The accompanying graph shows how the season ramps up and peaks in terms of storm frequency.

Hurricanes or tropical storms draw their power from warm, extremely humid air found only over warm oceans. Tropical cyclones help maintain the global heat balance by moving warm, tropical

QUESTION of the MONTH

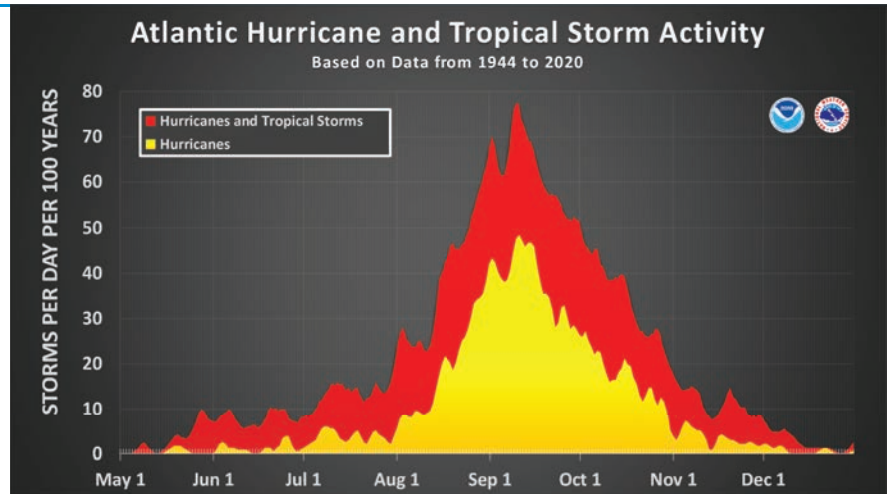
Have we ever had temperatures at or below freezing on a September morning?

Find out in September's Weather Wonder!

air away from the equator and toward the poles. Without these storms, the tropics would get a lot hotter and the poles would become a lot colder. A typical tropical cyclone releases heat energy equivalent to 70 times our daily global energy consumption. The National Oceanic and Atmospheric Administration (NOAA) National Hurricane Center (nhc.noaa.gov) has some excellent resources if you would like to dig into the subject of hurricanes and tropical storms. They also have a two- and five-day outlook for the tropics if you want to be weather-wise and not be caught unaware.



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




WEATHER WONDER

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

Get ready for foggy mornings to return! Fog occurs in the morning when the air close to the ground cools overnight and becomes saturated (its relative humidity reaches 100 percent, so the water vapor in the air condenses and creates tiny suspended water droplets—aka, a cloud on the ground.) The number of foggy mornings on average is greater in August than in any other month, with dense fog on about 12 days. This fog usually burns off by mid-morning. By mid to late August, we are already 60 days past the summer solstice, with the greatest amount of daylight behind us. During August, we lose about two minutes of daylight each day, with sunrise at 6:37 am on the 1st and 7:01 am on the 31st. Sunset times show the same trend. This simple change allows the air close to the ground to cool a bit more in late summer and become saturated, creating our foggy mornings.

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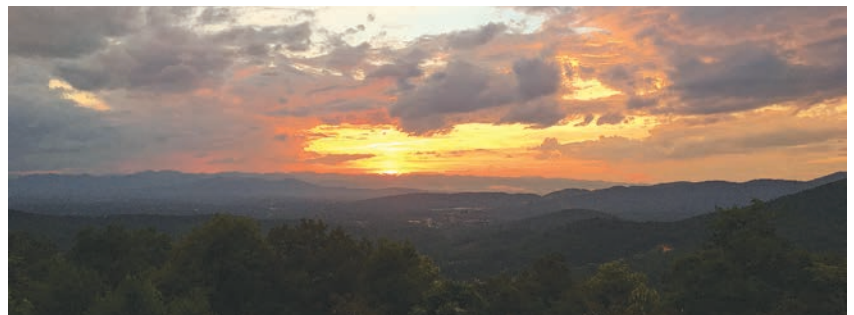
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Child Seat Training and a Fundraiser

The Fairview Volunteer Fire Department staff is constantly training to learn more, enhance their skills and better serve the community.

The FVFD hosted a child safety seat training, and 20 staff members are now child passenger safety technicians serving Buncombe and Henderson Counties. And 13 of those are career staff of FVFD.

We want to thank our personnel for taking a week of their time in order to complete this training.

According to the National Child Passenger Safety Certification Training's website (cert.safekids.org), many parents still misuse their child restraints and need help to get it right. If you would like to have your child passenger seat checked, please stop by the main station.

Mark Your Calendars

We are excited to announce that Smokey & the Pig will hold its ninth annual BBQ fundraiser to benefit the FVFD on August 13 from 10 am to 5 pm at the main station (1586 Charlotte Highway). BBQ plates will be \$10 each.

There will also be raffles, homemade desserts, a bouncy house, t-shirts to



Twenty FVFD staff members (above) completed the child safety seat training held at the station last month.

commemorate the event, and the Joyful Sound Trio will be performing from 2 to 4 pm. The highlight of the day will be a dunk tank with Chief Scott Jones at high noon! We are so thankful for Smokey & the Pig and the sponsors of this event. We hope to see you all there!

Robin Ramsey is the vice president and treasurer of the Support Unit Group of the Fairview Volunteer Fire Department. For more information and updates, go to fairviewfire.com or Facebook—search for "Fairview VFD (Buncombe County)."



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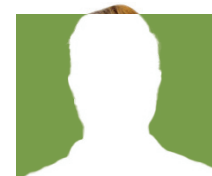
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Dr. Maggie Parker
PT, DPT
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How Physical Therapy Can Help With Knee Pain

Knee pain is a common complaint that can usually be easily treated with physical therapy. Whether you have osteoarthritis, pain from a specific injury like a meniscus or ligament tear, or general knee pain from hiking or work, all of these are normal issues that can have a great effect on our daily lives.

The knee is a complex joint with multiple bones and several muscles and muscle groups, including the quadriceps and hamstrings. These all work together to help us bend and straighten the knee and keep us up and moving.

When you think about all of the parts of our anatomy that have to work together to do something like stand up or sit down, it starts to make sense why knee pain is prevalent and why knees can hurt when we do certain movements.

When you come into the clinic with complaints of knee pain, there are three things that we might do together, though every knee and body is different.

First: Complete an initial screening form to describe your current issue—when it started, how long it has been happening, what may have caused it, what makes it feel better and worse, how intense your symptoms are, the nature of your symptoms, and what goals you have upon completion of physical therapy.

Second: Discuss your symptoms,

aggravating and alleviating factors, and clarify or add any information that might be helpful. At that time, other medical history will also be considered, as it may contribute to your symptoms.

Third: Get hands-on to see how the knee moves; assess muscle strength, cartilage and ligament integrity, and soft tissues; perform a gait assessment and any other special tests that might be helpful in revealing your knee's condition or working toward your goals.

Then, we can discuss the examination findings and formulate a plan about how to improve your symptoms. This might include education about modifying how you are performing certain activities, building a home exercise program, and creating a plan of care.

When building a plan of care, we take careful steps to provide you with education, a guided at-home exercise program, and frequent updates on your progress and areas that you can continue to improve. We will modify your program during your follow-up visits to make sure you are doing everything correctly and that the exercises are appropriate and tailored to your needs, ability level and symptom level.

When at the clinic for follow-up sessions, we may review your individualized home exercise program and modify exercises to work toward your goals, use manual therapy to reduce pain, or

Maggie's Favorite Knee Exercise Program

Quadriceps Set The quadriceps are a group of four muscles that are mainly involved in extending and straightening the knee.

- Sit or lay down with your leg straight out in front of you. Tighten the muscles above your knee and try to flatten your leg to the floor (or surface). You can place a towel roll under your knee to reduce the distance between your knee and the surface. To increase the difficulty, place the towel roll under your heel.

Heel Slide If you have difficulty bending your knee after surgery or an injury or if it's just feeling stiff, this is a great exercise to get it bending again.

- Sit in a chair and bend your knee by bringing your foot as far under the chair as you can. For an additional bend, you can use a towel or rope to pull the foot back or place your opposite leg over the affected side and pull it back.

Clamshell This exercise targets the hip muscles on the outside, which are important for walking and standing.

- Lie on your side and bend your knees up toward your chest while keeping your feet in line with your buttocks. Keeping feet together, lift your top leg up toward the ceiling, but don't let your body roll forward or back.

use weight equipment or modalities to reduce symptoms.

Knee pain can be a hassle, but it doesn't have to be permanent. There are many avenues to treating knee pain, and seeing a physical therapist is a great place to start to get you back to doing the things you love.

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

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Belly Fat and Brain Health

According to the CDC, 74% of American adults are either overweight or obese.

There are many reasons why this is a cause for concern. Being in either category increases your risk for developing cardiovascular diseases and cancer, decreases your immune system function, and according to recent scientific research, makes you more likely to develop dementia and cognitive decline.

Based on the best available statistics, 1 in 3 senior citizens will die in the US with Alzheimer's disease or another form of dementia. According to the Alzheimer's Association, Alzheimer's disease and other forms of dementia will cost the US economy \$321 billion in 2022. On top of this astronomical monetary cost, approximately 11 million Americans currently provide unpaid care for those affected. There is a profound physical and emotional toll that comes with being a caregiver for someone with dementia.

Multiple research studies published over the past few years have outlined the link between excessive belly fat and brain function. It has been well known for a long time that being overweight is unhealthy, but this was mostly thought of in terms of cardiovascular health and physical fitness.

But this paradigm is shifting. As researchers continue to analyze data

related to body composition and brain health, the patterns have become undeniable: obesity is a risk factor for dementia—but one that is modifiable. There are risk factors that are fixed, such as race and gender, but obesity is something that can, with the latest therapeutic technology and lifestyle changes, be turned around.

Below are some proven strategies that can help.

Aerobic Exercise

Consistent aerobic exercise can help reduce pro-inflammatory fat cells in the body. The principle is simple: too much fat represents too much energy being stored in the body, so exert more energy and you will burn more fat. Further benefits include reduced risk of depression and type 2 diabetes (both of which also increase the risk of dementia and other brain-related issues).

Nutrition

Our society has an over-abundance of processed foods that are calorie rich and nutrient poor. Convenience leads to poor nutritional choices, such as fast food, snacking, frozen pizza, etc. Unfortunately, many of these foods that are consumed in great quantities by Americans are loaded with substances and compounds that contribute to excessive belly fat storage and poor metabolic health.



The Zerona Z6 cold laser has several FDA clearances for decreasing body fat and shrinking waistlines and other body measurements.

Cold Laser Technology

Going from overweight or obese to a healthier body composition with exercise and proper nutrition alone requires a high degree of self-discipline. This is where technology like cold laser therapy helps make things a bit easier while individuals work toward the greater goals of a healthy lifestyle. This treatment uses a specific type of cold laser treatment in order to actually shrink fat cells. The frequency of energy being transmitted

to the patient's unwanted fatty areas can actually cause the cell membranes of inflamed and enlarged fat cells to open and release their contents for elimination. The Zerona Z6 cold laser has several FDA clearances for decreasing body fat and shrinking waistlines and other body measurements. And it only takes a handful of sessions to start seeing results in most cases.

This particular type of laser has been shown to help reduce fat in those who choose not to exercise or eat healthier. However, this is not an ideal scenario. While going through laser treatment, increasing exercise and reducing intake of harmful foods, along with other positive lifestyle changes, only enhances belly fat loss.

A smaller waist line is not just a goal for those who wish to look better; it should also be a goal for those who wish to preserve their brain health, and with it, their memories and ability to age gracefully and with dignity.



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



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TO YOUR HEALTH ED REILLY

Hip and Knee Joint Replacement

Baby boomers are aging and their parts are wearing out! Many are faced with joint replacement decisions—I get questions on this topic daily.

By 2030, the total number of knee replacements is projected to reach 1.26 million and the total number of hip replacements will grow to 635,000, according to a 2018 study.

Major joint replacement surgery is usually done because of degenerative joint disease or osteoarthritis, which causes the joint cushioning to wear out, causing pain, stiffness, and decreased range of motion. First-time joint replacements have a 90% chance of lasting 10 years. Replacing a replaced joint is so common it is called a joint revision; but it is more complicated and doesn't necessarily last longer.

I have seen hundreds of people before and after joint replacement. Patients seem most satisfied with joint replacements in this order: hip, knee, shoulder and ankle. Among hip replacement patients, those who had an anterior approach seem happiest. Knee replacement patients report good results with lots of rehab, but shoulder and ankle patients report good results less often.

Surgery is almost always a quality-of-life issue rather than a medical emergency. Consider these factors:

- The younger you are, the longer you want to delay hip or knee replacement.

- Lose weight. Joint pain decreases proportionally for every 10 pounds lost.
- Supplement with a high-quality glucosamine, chondroitin, MSM supplement for at least 90 to 120 days to rebuild arthritic joints. We have seen it help.
- Increase your omega-3 intake to 3 grams per day of high-quality fish oil. It may decrease joint pain and inflammation—plus do a lot of other good stuff.
- Use good quality cushioned insoles into your shoes to provide “shock absorption” to your knees and hips.
- Drink half your body weight in ounces of water per day to hydrate your joints.

If you decide to have a hip replacement, ask your surgeon whether you are a good candidate for the “anterior approach,” with less muscle cutting and faster recovery. In my practice, I have often found that joint replacement can be avoided or delayed by using advanced soft-tissue therapies via Graston Therapy to release the painful soft tissues and scar tissue. Class 4 laser therapy can decrease pain, increase blood flow to a joint, and stimulate rapid healing.



Dr. Reilly, DC, is past president of the NC Chiropractic Assn and team chiropractor for ACRHS since 1999. Call 628-7800 for your always-free consultation. fairviewdc.com.

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April through October

9am to 3pm

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Last Chances for Summer Fun

Following are some fun local activities to enjoy before school starts back and the weather turns cooler. (Special thanks to Natalie Furniss for starting this list for the Crier last year.)

PICK YOUR OWN

Berries

Specific pick days are set for August 2, 4 and 6 from 8 am to noon.
Cloud 9 Farm, 137 Bob Barnwell Road, Fletcher.

Flowers

Take your provided bucket and scissors out to the fields to build your own unique arrangement.
Flying Cloud Farm, 1860 Charlotte Highway.

PLAY & KEEP COOL

Cane Creek Pool

For \$3 per person, enjoy a soak in the community pool before the season ends in mid-August. The pool is open Monday–Friday from 11:30 am–5 pm, Saturday from 11 am–6 pm, and Sunday from 1–6 pm.
590 Lower Brush Creek Road near Cane Creek Middle School.

Hickory Nut Gap Farm

Kids can splash on the culvert slides, pay a visit to the animals, and play in the creek. Wednesday–Sunday, 12–5 pm.
57 Sugar Hollow Road, Fairview.

FAMILY TIME AND TREATS & ADULT DRINKS

Hilltop and Whistle Hop

Lots of cool choices, including sugar-free and vegan options, at Hilltop Ice Cream. Next door, at Whistle Hop Brewery, enjoy a round of mini golf, tunnel slides and other fun games. 520 Old Highway 74A and 1288 Charlotte Highway.

Turgua Brewing

Grab a pint and head to the creek out back. Daily food trucks.
3131 Cane Creek Road, Fletcher.

ENJOY THE OUTDOORS

Take a Hike

Two local trailheads with Fairview overlooks are Ferguson Peak Trail and Bearwallow Mountain Trail.
US 74A (Charlotte Highway) driving toward Gerton.

Spring Mountain Community Center

A free community park to enjoy, with creek access, basketball hoop, walking trail, playground and covered pavilion. Please clean up after yourself!
Spring Mountain Community Center, 807 Old Fort Road, Fairview.

The Pond Retreat Center

Seven acres of relaxing space, including a butterfly garden, turtle pond, koi pond, and plenty of places to sit or relax. Reservations required, donations requested. Go to leepantas.com for more information. 18 Garren Mountain Lane, Fairview.

Did we miss something obvious to include for next year?

Send your item to clark@fairviewtowncrier.com or call/text 828-771-6983.



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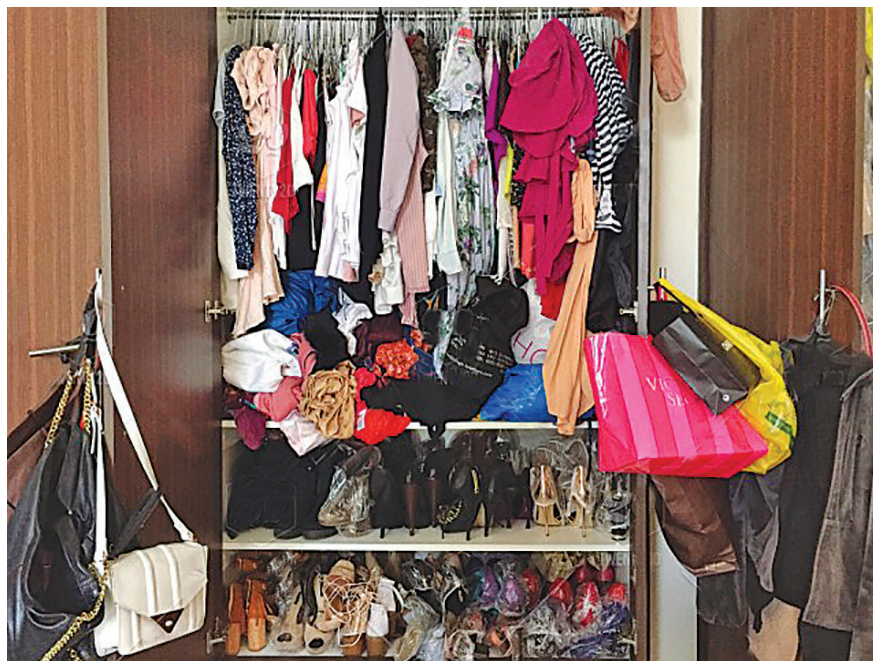
Organizing The Dreaded Closet

Practically every client I have worked with has a closet that is so stuffed that it is rarely opened. It is an easy place to toss, push or shove anything that doesn't have a home. Much of the time, you don't even remember what is stashed in it. And if you do remember what is in it, you rarely use it.

You know that closet; you open it and see an upright vacuum cleaner that has been shoved into the closet and is vertically standing a few inches off the floor because the floor space is full of clutter. It is one big space that has boxes, hanging clothes, sports equipment, maybe bags of mail that have been tossed in when company comes to visit—the list goes on. There is an easy way to tackle the closet, but it takes patience, and maybe a second set of hands to make the work a little easier.

Be Prepared

- Make sure you set aside a few hours.
- You might ask someone to help you to make the task easier.
- Plan to empty the closet (make sure you have plenty of room to sort the items into piles).
- Measure the closet.
- Look for and purchase an inexpensive shelving unit that doesn't need to be assembled with tools that also fits in the



space. Look for inexpensive containers or boxes to store like items in.

- Have trash bags and boxes for donation.

As I have shared in previous articles, it always starts with the "sort." You need to take a look at each item and decide if you are going to keep, toss or donate it. Decide if you really need or use it. Often, there are so many things in the closet that you don't remember owning. Sort belongings into

categories or piles until the closet is empty. Use boxes, baskets or plastic containers and house like items together.

After you assemble the shelves (make sure to use the full height of the closet), you will have a tremendous amount of room. If necessary, label the boxes. Use hooks on the sides of the closet to hang brooms, dustpans, umbrellas, etc. Leave some floor space for the vacuum and other

There is an easy way to tackle a crowded closet, but it takes patience, and maybe a second set of hands to make the work a little easier.

items. You're probably familiar with a shoe hanger that hooks over a door and holds 10 to 15 pairs. Hang it on the inside of the closet door to hold a variety of items that can be easily accessed (shoes, gloves, sunscreen, tools, etc.).

Items that you don't use often should be stored at the top of the closet (luggage, blankets, etc.). A five-shelf storage unit will allow you to house 10 boxes of items, which will be easily accessible without having to dig through your closet.

If there are still a lot of items that need to be stored (like winter coats) after the sort, it might be necessary to store out-of-season clothing in a box and put it elsewhere, such as in the attic or under a bed. Most of the time, once you review and purge a closet of the things you no longer need or want, you'll find a lot more space to easily access without fighting to open or close the door.

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



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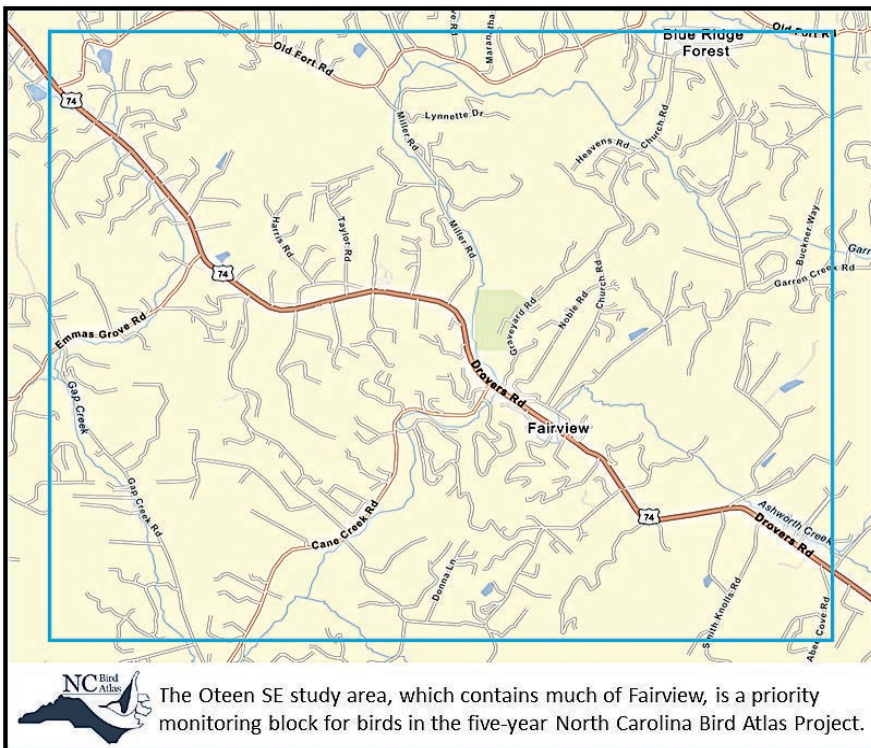


Special thanks to a gift from the estate of Edwina Varner to the Foundation through Mercy UrgentCare to aid the elderly and homebound in the Fairview Community



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Fairview's Birds—and a New Way to Track Them



Earlier this spring, I wrote about the ongoing five-year North Carolina Bird Atlas, in which Fairview is part of the Oteen SE priority monitoring block (see map above). Priority sites like ours are getting a closer look than most of the rest of the state. You can view local and statewide bird summaries online (ebird.org/atlasnc/home) any time throughout the five-year period.

An Interim Report

How does Fairview's bird life look so far, in our second year of the study? Here are some unofficial highlights:

- **129 total bird species reported by 15 birders.** This is impressive, especially considering that Oteen SE is only three by three miles in area and doesn't contain any frequently birded public parks. In comparison, priority blocks containing the Biltmore and Beaver Lake Sanctuary have had 164 and 167 species to date, respectively, and priority blocks near Black Mountain and Craggy Pinnacle without public birding areas reported 29 and 59 species, respectively.
- **68 possible, probable or confirmed local breeders.** Roughly half of our total birds may nest here, as well; many other species just pass through during migration or winter. As it can be difficult to find secretive breeding birds, some additional local breeders are probably yet to be found. Verifying breeding bird ranges is a top goal of the atlas, so please report evidence such as active nests or adults feeding newly fledged youngsters.
- **14 birds of prey.** Eagles, owls, vultures, and several species of hawks have all been seen in our area.
- **5 kinds of woodpeckers.** From the large, crested Pileated to the little Downy, Fairview has no shortage of woodpeckers mining our dead trees year-round.

• **23 kinds of warblers.** These brilliantly colored little gems are a favorite of most birders during spring and fall migration. Although most just pass through, we have Hooded, Worm-Eating, Parula, Swainson's and a few other warblers that nest locally.

The Improved Merlin Bird ID App

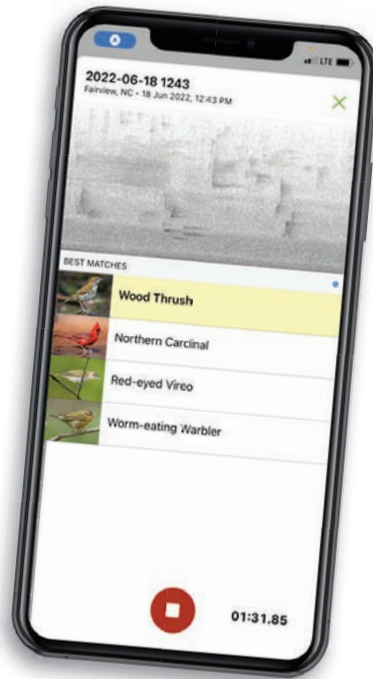
Cornell University's Lab of Ornithology created the free Merlin app in 2014 to help people at any level of birding expertise figure out "what's that bird?" with a smart phone. Merlin's earliest versions used common identification traits like location, time of year, size and colors to help users narrow down the likely species. Then, photos of the best candidates would often help users confirm the ID. In 2017, advances in computer vision technology helped Merlin pioneer a new feature for species identification from user-submitted bird photos.

In 2021, Merlin added bird song and call identification capabilities to its already impressive birding toolbox. What's remarkable about Merlin Sound ID is how easy it is to use—and how much that improves the fun of birding and the efficient use of time outdoors. Frankly, birds are usually much easier to hear than to see. It can feel frustrating to spend time searching for a calling bird only to find it's a very common bird making a sound you didn't recognize. Merlin's Sound ID can help you decide quickly whether a singing bird is something worth searching for. I've also had Merlin "hear" uncommon calls among many singing birds, alerting me to some great sightings I otherwise would have missed.

Birding field guides have existed for decades and many websites have added to the resources for bird identification, but Merlin Sound ID is truly a game-changer. Does it make mistakes?

Sometimes yes, but (in my experience) rarely. And I've yet to meet another experienced birder who is not impressed by Merlin's high accuracy. Ease of use and world-class bird information—in a free app—is truly magical.

How does Merlin Sound ID work? From Merlin's home screen, tap "sound ID"; then tap on the green circle to begin recording bird sounds. In real time, a spectrogram of bird sounds heard by your phone scrolls across the screen, and a list of the singing bird species identified by Merlin accumulates below the spectrogram. (See image at left.) The bird singing most recently becomes yellow-highlighted. The red dot near the bottom ends the recording and saves it. Users can select their past recordings and listen to playback or use other Merlin tools to look up more details about bird species they have heard.



See the link at fairviewtowncrier.com/links for a full set of images showing all of the steps detailed above.

Doug Norton (dougnorton99@gmail.com) is a retired watershed ecologist and online science educator who lives in Fairview. *Cane Creek Chronicles* explores the great outdoors of the Cane Creek Watershed.

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Adventure Capitalism with Zeke Trezise

There was a time when people traveled to Chicago with just a suitcase to find the blues. But Zeke Trezise went there in search of green.

Zeke has always been interested in how business and finance works. At Fairview Elementary, he and his 4th grade classmates played a stock market game, and Zeke began Googling for stock tips. “I also decided to write a letter to the greatest investor of all time—Warren Buffett,” he said. “I asked him for stock tips and he actually responded. I still have the letter to this day.”

His first job was selling wild blackberries that he discovered in his yard. The blackberries, packed in recycled Ingles strawberries containers, commanded a premium. “The business did well,” he said, “but it was a thorny proposition.” [The *Crier* appreciates the pun.]

“Eventually, I earned enough to roll into the next venture: gumball and vending machines. This cycle repeated



a few times over, with earnings always financing new ventures.” He said it was fun to have a low-stakes training ground where he could learn about business concepts without the pressure of having to support himself.

Zeke is a Fairview native. He attended Fairview Elementary, Cane Creek Middle, and A.C. Reynolds High schools. “I wouldn’t be where I am today if it weren’t for every teacher along the way,” he said, but “especially Mark Harris, my A.P. statistics teacher, who gave me a fundamental understanding of data critical to everyday life and business, and Charles Furlow, who impacted me through his business fundamentals coursework and leadership of the DECA program.”

At UNC-Chapel Hill, he majored in economics, led the marketing club, and

searched for promising startups across the southeast for the fellowship program at New Stack Ventures, a Chicago-based early-stage venture fund. After graduating in 2021, he passed on a marketing job at a large blue chip tech firm in order to take an unpaid role with New Stack.

“I flew to Chicago for the first time ever. I had three strangers to crash with, two suitcases to live out of, and no formal job offer,” he said. “It was scary, moving to a new place with no friends and no close family, but sometimes in life you have to make the leap.”

His gamble paid off, as he is now a full-time analyst with the company. New Stack invests in businesses that have founders who don’t have a typical educational pedigree or who aren’t located on the coasts. He was part of a team that just raised \$42.6 million in order to invest in these atypical companies.

Zeke still lives part-time in Fairview. “What I love most about Fairview is our natural beauty and ease of access to Asheville,” he said. “It’s a remarkable combo. I’m most excited for the continued expansion of hiking trails out in Hickory Nut Gap, and eventually the continuous trail from the edge of Fairview through Gerton.”

Clark Aycock is the managing editor of the Town Crier.

Venture Capital

Have you ever wondered what a “venture capitalist” is? I sure have. So I asked Zeke to explain. “Picture a man standing outside a store,” he said. “He asks you for money. With this money, he promises to buy a bunch of lottery tickets, and, if he wins, give you the majority of the winnings. You give him the money and he heads inside. But, while inside, he spends a little money on a snack so he won’t be hungry. He takes the rest of the money and buys 21 lottery tickets. He returns, and together, you scratch off the first 10 tickets. All duds. You scratch off another 10. These are small wins and they pay for the cost of the tickets. The last ticket is different, though. It’s a Powerball ticket. You wait together until the evening drawing. Huddled around a TV, you hear your numbers called. You’ve won hundreds of millions. The man, true to his deal, takes a fifth of the winnings but leaves you the rest. He returns to standing outside the store. Put simply, that man is a venture capitalist.” —CA

If you are a recent ACRHS grad 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. Get in touch at 828-771-6983 or clark@fairviewtowncrier.com.

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The Dog Days of Fairview

I grew up in South Florida. I used to say that we had two seasons in Florida: green and brown. This time of year, down there, would be the brown season. The spiky grass would challenge even the most seasoned bare feet. I remember my first years in North Carolina, marveling at how wonderful the grass felt on my bare feet. I try to keep that in mind when I am sometimes hesitant to go outside in the middle of the day—85 degrees really isn't too hot.

We had a bit of a cooker in the first part of July, and my grandmother and mother and I wondered if we would have rain. We planted around 250 dahlia tubers back in April. By this point in the season, I should be running string lines around six-foot posts to assist the dahlia plants in not falling over from the weight of the flowers. Instead, I am having to stake individual plants because less than half of what we planted has shown their green. I must admit that this is a bit discouraging.

When to Water?

Fortunately, I have been in the game for a few years now and have arrived at a place where I don't let it keep me down. It's just another lesson in the school of long-term learning. We wondered at the beginning of the second week if we should water

the dahlia plots. Generally, you don't ever have to water the dahlias, even when you first plant. Next year, if we have a stretch of no rain like we had this year, I think we'll try some water. Even as I write that, I am imagining how the next couple of years might have plenty of rain throughout the summer to the point where we'll forget the lesson from this year. Such is the way for the semi-serious growers of plants.

There Is Light

We do have a few celebrations in our hit-and-miss dahlia patch. All of our rooted cuttings—we tried five this year—have been successful. It is exciting to think about adding these new varieties to our collection. It's even more exciting to think that one plant this year will probably multiply to five when we divide our tubers in the spring.

A rooted cutting is when part of a healthy plant is cut and then the cut portion of that plant is enticed to grow its own roots. We received our cuttings from Utah, and I marveled just a little bit because they arrived in a small wedge of soil with tiny hair-like roots throughout. The notion that these little plants would grow to what is now about three feet tall and produce a strong root ball of tubers at the end of the season was fascinating.



Here is the first flower of the season from one of the rooted cuttings.

Even bolder, we have decided to attempt our own rooted cuttings. I thought I might attempt to direct you on how to do this yourself, but instead I would suggest that you go to Google, just as we have, to find an expert that can walk you through the process. Having not experienced this myself, I will rest easier if you join in the experimentation process alongside me.

One for the Road

I will leave you now with one bit of practical, first-hand knowledge in regard to dahlia maintenance. I feel strongly that this advice also holds to some degree with other flowers as well. Cut, cut, cut. Cutting flowers will help the plants best manage their energy and direct that energy toward more flowers. As dahlia flowers begin to grow, you will find them in groups of three. While they are still buds, you should pinch off the smaller buds so that the plant can send all of its energy to the remaining flower. This process will yield bigger and stronger blooms. The best part is that they just keep coming. Did you know that one dahlia plant can easily produce 30 to 40 flowers each season?

Here's hoping that you, along with us and our flowers, will enjoy the fruits of your labors.



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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—Gary G., September 2020



Back to School Reminders for FES

Fairview Elementary will host a **Meet the Teacher** event on Friday, August 26, from 8–10 am. Families will look for their student's name on the class lists that will be posted shortly before 8 am and will then be invited to meet their new teacher, visit their new classroom, and pick up important information about bus routes, school clubs and more. We ask that families only visit with their new teacher at this time, as visiting with former teachers can make it difficult for these educators to become acquainted with their new students.

Then, FES will happily welcome students back for the first day of school on Monday, August 29. Since student safety is of utmost importance at FES, here are a few reminders to help keep everyone safe, as well as a few pointers to help make the school year successful.

Car Riders' Line. All cars will both enter and exit at the stop light. Cars will travel up Oak Hill Drive, continue on past the bus drop-off area, and then circle around the school building on the road marked Student Drop Off. They will continue on behind the community center and then turn left to travel the perimeter of the parking lot to enter the front drop-off/pick-up area. Once approaching the unloading area, cars will kindly merge into one lane. Please be courteous to fellow parents. All students will need to exit and enter cars on the passenger side. After students are dropped off or picked up, cars will then turn right past the drop-off/pick-up area and follow the same route circling the school building back to Oak Hill Drive to exit at the stop light.

Anyone who must walk into the building while the car riders' line is moving is required to use the crosswalk to the right of the flagpole. There should be no pedestrians navigating their way through the moving carline. Morning sun can sometimes make it difficult to see clearly, and we want to make sure everyone stays safe.

In the afternoon, anyone picking up a student in the car riders' line must have a school-issued sign with their student's name clearly displayed in their car's front window. New signs are issued every year, so signs from previous years cannot be used. Anyone without a sign will be asked to park and enter the building to pick up their student and will be required to show proper ID.

Please also remember that all Buncombe County School campuses are tobacco free. This means at no time are tobacco products permitted on school grounds. No smoking of any type, including vaping, is allowed in the car rider's line, in parking lots, at ball fields, etc., with no exception.

School Times. The school day at Fairview Elementary will begin promptly at 7:50 am. This is when all students should be at their desk prepared to start their day. Students dropped off at or after

7:30 am will be permitted to go straight to class. Students who arrive prior to 7:30 am will be held in the cafeteria or other common area until the bell rings. No student can be dropped off before 7:15 am. School dismisses at 2:30 pm; however, buses start loading at 2:15 pm. If you need to pick up your student early, please plan to do so no later than 2 pm so as to not interfere with dismissal procedures. All students must be picked up from campus by 3 pm. On scheduled early dismissal days, school will dismiss at 12:30 pm. Students who ride a bus will arrive home two hours early, and all car riders must be picked up by 1 pm.

Late Drop-Off. Any student who is dropped off after 7:50 am must be walked into the building and checked in at the front office by an adult. Students will be issued a tardy slip and then sent to class. If a student is late due to a medical appointment and an excuse note is given to someone at the front office, that tardy will be excused.

Early Pick-Up. Any student who needs to be picked up early will need to be checked out by an adult at the front office. That adult must be on the list parents/guardians complete at the beginning of the school year that indicates who may pick up that student. The adult picking up the student will be required to show a state-issued ID before the student is dismissed. Students who leave school early for a medical appointment should bring an excuse note when they return to school so that their time away from school is excused. Again, any student who must be picked up early should be picked up by 2 pm to help avoid confusion during the dismissal process.

Unexcused absences, tardies and early dismissals. It is very important for students to be in school during school hours. If a student has an excessive number of absences, tardies or early dismissals, their family will be contacted by a school social worker to help determine what can be done to make sure that student is in school.

Bus Riders. All bus riders must be met by a responsible party at the bus stop unless there is a note on file at the front office stating that the student may be let off without supervision and that FES is released from all liability per the parent's request.

Transportation Changes. No transportation changes may be made over the phone, by fax or by email. If a student needs to go home some way other than their usual procedure, a dated and signed note indicating the change should be sent in with the student for their teacher. The only other option for changing transportation is for the parent/guardian to come to school and write a note. An ID is required to make transportation changes at the front office.

After-School Care. The YMCA offers

an after-school program at FES until 6 pm. For more information, please contact the YMCA business center at 210-2273 or check the YMCA website at ymcawnc.org/childcare.

Free/Reduced Lunch. FES is a Title I school, which means we receive special funding based on the number of students who qualify for free or reduced lunch. All families are strongly encouraged to complete the free or reduced lunch application within the first 10 days of school, even if they believe they will not qualify. The application process is completely confidential, and no one is required to accept free or reduced lunches if they are approved. The online application can be found at LunchApplication.com. Grab-and-Go breakfasts will continue to be free to all students, and school lunches will be \$3.50 per student, per day.

Nut-Free School. Due to many student and staff allergies, some severe, FES is a nut-free school. This includes all nuts, not just peanuts. No nut products should be sent to school for snack or lunch.

School Celebrations. No flower deliveries or any balloons are allowed at school. Only store-bought treats are allowed; nothing homemade can be shared with classmates. If someone wishes to send in treats for a class, it is best to check with the classroom teacher to make sure no other treats or special scheduling is planned for that day.

Classroom Supplies. Lists of necessary school supplies for each grade level are available on the school's website. Some teachers may request additional items throughout the school year. If you believe your child will be unable to carry in supplies by themselves, please plan to bring those supplies to the Meet the Teacher event.

Daily Needs. It is very important that students remember their backpacks, lunches, snacks and water bottles every day. It can be difficult to get these items to students once school starts, so it is ideal they come prepared.

Dress Code. Students are expected to dress appropriately for school and choose clothing that is not distracting in an educational environment. Shorts and skirts must be at least fingertip length; midribs and chests must always be covered; no hats, bandannas or sunglasses should be worn inside the building except on designated days announced by school staff; clothing should not display images of weapons or promote drugs, alcohol, tobacco or any inappropriate activity; and no shoes with wheels are allowed.

Personal Property. Students should not bring personal items such as cameras, electronic watches or other electronic devices to school. Students who must bring cell phones

or other ways to communicate with parents at after-school activities off campus must keep these devices in their backpack and have them turned off for the entirety of the school day. This includes time on the school bus both in the morning and afternoon. Additionally, the school is not responsible should personal items be misplaced.

Communication. All calls relaying important information will be sent out each Sunday evening. Information from these calls is also sent to parents by email and posted on the school's Facebook page. Important information will also be sent home by teachers each Friday or as needed. If you feel you are not receiving this information, please call the school at 628-2732. Be sure to check the school's website (fes.buncombeschools.org) and Facebook page (facebook.com/FairviewElementary).

Parent Portal. All families are encouraged to access the Parent Portal (portal.buncombeschool.org) provided by Buncombe County Schools to view grades, attendance and more. Parent Portals will not be available until the first day of school. If you need help setting up an account, please email the school's Data Manager at kenya.hoffart@bcsemail.org.

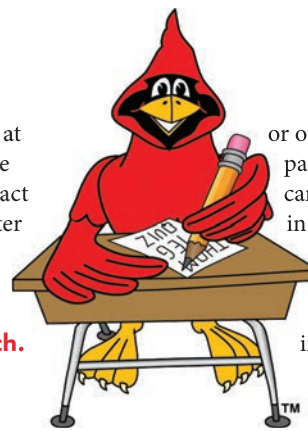
Volunteers. There are many opportunities for parents to volunteer in the school building throughout the year. All volunteers must complete a Buncombe County Schools Volunteer Application online (appgarden6.app-garden.com/VolTrackNC110.nsf). This application must be completed each year.

Privacy. If you prefer that your student is not photographed for inclusion on the school website, Facebook posts and yearbook, please let your student's teacher know as soon as possible. Please note that if you choose to exclude your student from one media, you exclude them from all media. For example, you cannot request for you student to be included in the yearbook but not on Facebook.

If there are any questions about these or other school policies, a copy of the school's parent/student handbook can be found on the school's website under the parents tab. Questions can also be directed to any of the front office staff at 628-2732.

The staff at Fairview Elementary eagerly awaits their students' return and is looking forward to a safe and happy school year.

Go Cardinals!



All Good Things Come to an End

As I write this article, I'm sitting in a dorm room waiting for my college orientation tomorrow. There's a part of me that's excited—ready for a change of scenery, ready to meet new people and take classes that I'm actually interested in. But there's another part of me—a pretty large part, if I'm being honest—that's terrified. After all, it's kind of a big deal: moving out of the only home I've ever known, a new city, new people. And, as those of you who keep up with my little corner of the *Fairview Town Crier* know, this will be my last article. When you read this, I'll be packing up my 18



The Love family

be the same as seeing them every day at school or being in close enough proximity to hang out more than over breaks. But, I've matured enough to know that just because there'll be more distance between me and the friends I have now, I'm not going to rot away and be lonely forever. After all, a new city is an opportunity to meet new people. I've started reaching out to some of those new people via social media, and hopefully when I get to my new place, I'll have plenty of people to talk to. It's always scary to put yourself out there when you don't know what's going to happen, but it could end up being one of the best things to ever happen to you. I'm trying not to think of this as a loss but as an opportunity for expansion and growth.

I can't think of a way to make leaving my family feel good, though. Obviously,

over time, people need to be on their own to explore themselves and learn to be self-sufficient, but it feels weird to think about how soon it'll be happening. My mom and dad have been there for me constantly for the last 18 years. Whenever I have a bad day and need somebody to talk to, they are always there for a hug. Even today, when I left to drive to my orientation in Charlotte, they went through my packing list to make sure I didn't forget anything, walked me to my car, and gave me a hug. That support is priceless, I know, and even though I can just text or call or FaceTime, it'll never be the same as in-person.

And don't even get me started on my sister. During the quarantine, we became really close and learned to enjoy each other's company. In my senior year, we got to be in the symphonic band together and in the same section for marching band. It feels kind of cruel that we just reached a great place in our relationship only to now be pulled apart. She's going to be at marching band camp on my move-in day. I can't feel bad about that, but it still sucks.

Sometimes it feels like I'll be changing and growing in isolation, but I know that's not true. Just because I'm moving away from the familiar doesn't mean that the support offered by those in my community

will end. My family and friends aren't going to disappear because I'm not physically here anymore. They still want me to succeed and grow into the person they know I can be.

I'll miss writing for the *Crier*, too. After all, I've been doing it since I was 13. This column has given me an outlet to work through my teen angst and has been a soapbox for the things I feel are the most important. You readers have watched me grow: in age, in my writing, and as a person. And now, it's time for me to keep growing.

I'll end my time at the *Crier* by saying thank you. To my editor, Clark, who helped me make sure these articles were clean enough to see the light of day and was always patient with me. To my family, who've read all of my articles and have been proud of me since day one. And to you, the readers. It has been an honor. Thank you for getting me this far.

This is Avery Love, signing off. Good night, Fairview.

The Crier will greatly miss the perspective that Avery brought to our paper and sends fond farewells and best wishes. If you would like to send a message to Avery, you may contact the editor (clark@fairviewtowncrier or call/text 828-771-6983), and he will forward it.



Avery Love
TEEN PERSPECTIVE

years of life and preparing for move-in day as I leave this column and everything I know behind. So, right now, I'm trying to buckle down and brace for the change.

My friend group is splitting up. Some are going to UNC-Chapel Hill, some are going to NC State, and some are yet to graduate. Every time I've hung out with them this summer, I can't help but feel like it's the end. I know that we'll keep in touch as we go our separate ways, but it won't

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Andrea Britt, Cane Creek Middle School *continued from page 1*

As she moved through middle and high school, she figured out she wanted to try to combine compassion and education, and planned to do a double major in nursing and education in college. “But the education piece has always weighed more,” she said. And she has some family history there, too. “On my father’s side of the family, there are educators and administrators, mainly in high school but also up to the college level as well.”

She eventually moved to WNC—to the Reynolds school district—as a single mom to attend Mars Hill and be near her mom and stepdad, who watched her kids at night while she went to school. While studying, she was a permanent substitute at A.C. Reynolds High, and her children also graduated from ACRHS.

After graduating with an education and business degree, she taught 6th and 8th grade ELA/SS at A.C. Reynolds Middle. (She was Teacher of the Year there in 2014.) After that, she made the move into administration—her childhood goal—by becoming an assistant principal at Erwin Middle School in 2015.

In between Goldsboro and ACRMS, there were a lot of steps, including many businesses she ran as a stay-at-home mom. (Remember that business degree?) Among other things, she cleaned houses, made and sold homemade cheesecakes, created hair bows for cheerleading and

specialty shops, owned a wine and cheese shop in Biltmore Village, and even striped parking lots in the Asheville area. “It’s made me who I am,” she said. “We learn through our experiences.”

But now she’s where she wants to be and feels no pressure with the step up to principal role. “I see it as a positive challenge,” she said. “I feel like we all need to learn and continue growing.”

And in addition to facing a new challenge, she likes that she has the potential to influence more students’ lives. “I knew that I was affecting kids’ lives in the classroom, but as an administrator, I can reach more kiddos,” she said. “I can be in any classroom I want to with any of the teachers and any of the students that I want to. I can converse with the families and the community. And I know you can do that as a teacher, but there’s just a wider spectrum as a principal.

The more students that I feel like I can positively impact just fills my heart with gladness,” she continued. “I get my energy from being in the school and being around the kids and watching them learn and grow. And knowing that I’m a part of helping them to be who they are is exciting for me.”

I asked her what she wanted students and parents to know with her taking over as the principal.

“I want students, parents and the community to know that when I became

“Welcome To Cane Creek” Day

for all rising 6th graders

August 10, 8 am–3 pm

Cane Creek Middle School

No bus service. All students must be dropped off between 7:45 and 8 am. Students will tour the school, learn how to find and use lockers, and take part in a scavenger hunt and team-building activities. Lunch provided. If possible, parents should attend the ice cream social from 2:15–3:00 pm. If you have a student with medical concerns, contact the school at 628-0824.

Meet the Teacher for 6th, 7th and 8th graders

August 26, 11 am–1 pm

Drop in anytime during these hours.

an administrator, I made a vow to myself to never forget what it means to be in the classroom,” she said. “As a principal, I can interact with students and help ensure I’m creating a positive and rigorous learning environment for both the students and the staff. I am passionate about growing students to feel successful and be successful in whatever path they choose.

“I am student-first driven, I have a firm belief in family first, and believe in community,” she continued. “It is my role to build positive relationships with students, staff and families that help me decide on and implement choices that will positively

impact the entire school community. I view myself as an advocate and representative for students, families, the community, Buncombe County Schools, and our public schools system. My goal is to help implement educational policies, support all learners, and be a part of growing the educational environment, instruction, and its outcomes.”

We at the *Crier* think that little girl teaching her dolls would be very proud of her adult self. The community is lucky to have a talented and experienced administrator, who knows the community as a resident, taking over at CCMS.

Ben Alexander, AC Reynolds High School *continued from page 1*

than just his classroom. And he liked it. So, he decided to get his masters in school administration and then his superintendent’s license. He still loves and misses teaching, though. “I think the classroom is one of the most powerful places in society. You have 30 kids in a room. You’re changing lots of lives.”

He started as assistant principal at Enka High, then moved to assistant principal at Cane Creek Middle and then principal at Valley Springs Middle School where he was awarded the Buncombe County Schools Principal of the Year. “And now here I am, at the best high school in Buncombe County. That’s how I feel,” he said.

Expectations and Opportunity

Those two words—expectations and opportunity—are in the signature at the bottom of every email he sends out. “That’s my thing,” he said. “The expectation is high in all that we do as teachers, and with me as a principal. The expectation for students’ behavior is high.”

Being a principal is a lifestyle, he said. “It’s important for kids and the community to see their principal not just in the school building, but in the classrooms, in the hallways and at their events—whether it’s athletics, a play performance or a state competition. That tells kids that I don’t just care about one thing. I care about our agriculture program because I go to the FFA convention. I go to the state chorus concert in Winston-Salem.”

He holds students to high standards, but

he wants them to know there is opportunity, too, if they will allow themselves to try something new. “If they will just get involved in their local school community,” he said, “their own personal community will grow larger. Students have so many choices at Reynolds High. I like to think there’s something for every kid, from athletics to FFA, from theater to band, from a great Latin program to a great art department; our school will be as strong as we make it.”

A Message to Parents

I asked Alexander if there was anything he wanted parents to know with him taking over as principal. “One of the things that’s great about Reynolds is tradition. And tradition is strong if tradition is kept,” he said. “Keeping Reynolds’ traditions and staying excellent in all that we do well will remain the same. I think a big focus for me is expectations on student behavior. So, I want parents to know that when they send their kids to Reynolds High School, that they’re going to learn in and be a part of a safe and kind environment. I want them to know that student discipline will be held tight to expectations.”

Alexander and his wife have a four-year old daughter. I asked him if there’s a chance that he’d be her principal someday. “I hope so,” he said excitedly. “I think the Reynolds’ schools are the best in the county. So, I hope so.”

If a principal is excited about his child attending his school one day, I think Fairview-area parents should feel good about their kids going there, too.

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MAGIC WITH GREG

24-CARROT GOLD

PROGRAM

You ask a member to name any vegetable, and they pick the exact one that you had written on a slip of paper.

PREPARATION

Get a pen and a piece of paper. Write "BROCCOLI" on the paper and cross it out. Then write "CORN" and cross that out, too. Finally, write "CARROT."

PRESENTATION

In this trick, you take advantage of your volunteer's unconscious thoughts. Here's how: First, you ask them a bunch of math questions. As soon as they answer the first question, ask them the second, then the third, and so on.

WHAT'S 2 + 2?

WHAT'S 4 + 4?

WHAT'S 6 + 6?

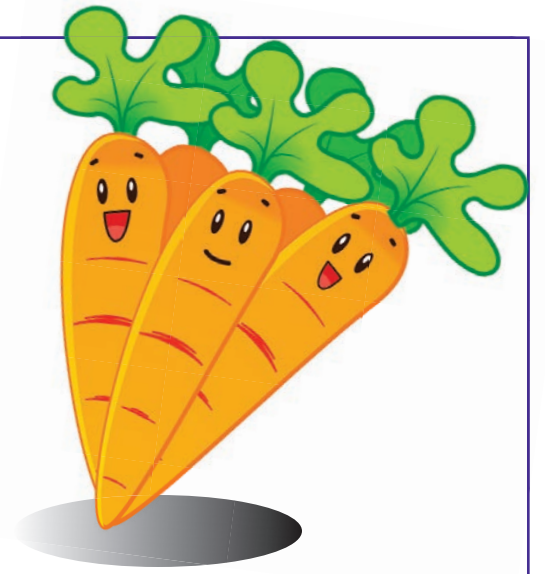
WHAT'S 8 + 8?

WHAT'S 10 + 10?

WHAT'S 12 + 12?



After the last math question, you will immediately say, "NAME A VEGETABLE." They will probably answer "carrot." Open your folded up paper and show that you predicted it.



You may be wondering what the math questions have to do with vegetables. They prepare your volunteer in two ways. First, those questions get them in the habit of answering quickly. And that makes them more likely to go with the first unconscious answer that pops into their head when you ask the vegetable question.

Secondly, the answer to the last math question is "24." When most adults hear "24," they unconsciously think of 24-karat gold. Since your audience helper is unconsciously thinking about 24-karat gold, they naturally think of carrots when you ask for a vegetable.

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

BONUS

Since this trick depends on the unconscious thoughts of your volunteer, it works almost all the time. That means that sometimes they may name a different vegetable. That's why you have two extra answers crossed out on your sheet. Maybe they'll guess broccoli or corn, and you can say, "Oh, I almost got it, but then I crossed the answer out." Your audience will still be impressed, so using three answers gives you a better chance of success.

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Long Vet Waits? Here's Why

In May 2021, the ASPCA released data that indicated that 1 in 5 households (23 million households in the US) had adopted a new dog or cat since the start of the pandemic. While this was an uplifting part of an otherwise really scary time, that is a lot of new pets; and these pets needed veterinary care then and still need veterinary care now. As it takes a minimum of two years of higher education to become a registered veterinary technician, years of on-the-job experience to become a well-rounded veterinary assistant, and a minimum of eight years of higher education to become a veterinarian, there isn't a quick way to increase the numbers of veterinary professionals to meet that demand.

Even before the pandemic, burnout and mental health struggles were big problems in the veterinary profession. As a profession, we have double the suicide rate of the general population and much higher rates of anxiety and depression than the general public. People who are pulled to work in veterinary medicine tend to be perfectionist over-achievers with deep senses of empathy and responsibility. The pandemic forced us all to change how we work while simultaneously creating a larger demand for our services. We understood that pets were often the only company people had while in isolation, so we stepped up.

Pandemic Pivots

We pivoted our practices to curbside service. We kept calm and carried on when we had over half of our staff out on quarantine. We stayed late to see more patients. We stood in the rain beside cars to explain illnesses and injuries. We understood when clients were scared



about not coming inside with their pets.

However, these changes came with a price. As a profession, we saw burnout increase. We saw staff turnover rates that were higher than ever. We saw smart, loving, talented professionals chose retirement or other career paths. We saw our colleagues struggle with anxiety, depression and suicide in even greater numbers than before. While the demand for our services was growing quickly, our ability to increase our staff to match that demand fell.

Right now, it is not uncommon to have a two-week wait to be able to see a veterinarian for a regular checkup or a six-week wait to schedule an elective surgery. Even for a sick animal, you may be facing a greater than 24-48 hour wait depending on the illness or injury. Even

our emergency clinics are so full that they cannot see every patient that needs to be seen. We understand how frustrating this is because we are also frustrated. Every single veterinary professional feels the pain of making an animal wait to be seen. We want to see your pet, but there just are not enough hours in the day for us to see all of them. We are doing our best to carve out openings in our schedules wherever possible, to stay late when we can, to come in early when we can, and to find creative solutions when we can.

Ways to Help

When you call to ask the vet a question, be willing to speak to the technicians, assistants and client service providers. These smart people have a wealth of knowledge and can very often answer your questions on the spot. If



ADOPT A PET!



Brutus has some trauma to work through and needs a home that will be able to accommodate him with patience and kindness. His ideal home is with no other animals, no children, and preferably a single owner. He is a Bouvier Des Flanders, the breed meant to be a work horse on a farm. They were bred to do anything you ask and be happy while they do it. *Charlie's Angels Animal Rescue, 885-3647, charliesangelsanimalrescue.com*



Windy has been around the block a time or two. This lovely lady is a 25-year-old quarter horse. You can usually spot her hanging out behind the other horses; she likes to observe the action rather than being a part of it. She is a careful, quiet soul, and she is seeking a permanent home where she can live out her days with a companion horse. *Humane Society, 761-2001, ashevillehumane.org*



Mudslide, a domestic shorthair, got his name because he lays on the love and charm thick. This three-month-old fluffball practically floods you with love and fun. *Brother Wolf Animal Rescue, 505-3440, bwar.org*

they don't know the answer, they will ask the vet and get back to you much sooner than if you will only speak to the veterinarian.

Be patient and flexible. If your pet is well enough to wait for a later appointment, please be understanding and know that we will do our best to accommodate your schedule while we juggle ours.

Be accepting of alternative solutions. Take the drop-off appointment and know that your pet will be kept safe and well at the clinic. Accept the fit-in appointment and bring a novel to read or connect to the Wi-Fi to get some work done while you wait. Ask if there are any medications that can be safely sent home to help until your pet can be seen.

Be straightforward about your financial limitations, as we can work with limited finances more effectively if we know this from the beginning.

Don't stop using routine preventatives; these will ward off a host of problems caused by heartworms, fleas, ticks, and intestinal parasites that cause many urgent care visits.

Schedule as far in advance as you can. Don't wait until the end of the day or the end of the week.

Be polite and respectful and remember that we are all in this together.

At my practice, Cedar Ridge Animal Hospital, we consider our clients to be family and we treat every pet as though it is our own. I am thankful daily for the love returned to us by our clients and our patients. It gets us through the busy days and these pandemic times.

Margaret Moncure is a Doctor of Veterinary Medicine at Cedar Ridge Animal Hospital. 184 Charlotte Highway. 527-2430



Girls Softball Champions— A Fairview Tradition

The Reynolds All Stars 12U softball team won the Babe Ruth state tournament last month. All the girls are from Arden, Fairview and Asheville. The players are Della Draper, Riley Moss, Trinity Earley, Areonna Akbas, Julie Dotson, Emma Crain, Tallulah Pitts, Zaira Arvizu, Kamiya Dills and Averie Patterson. The coaches are Sarah Draper, Haley Draper, Chris Moss and Chad Draper (head coach).

We thought this paired well with a photo from our August 2002 issue. Twenty years ago! And Fairview girls are still awesome at softball.



DR. ASHLEY LUCAS

Get Uncomfortable

There is no effort or discomfort in setting goals. That's the easy part. And reaching your goal doesn't have to be that hard, either, as you get better at whatever you're trying to do as you work toward it. It's that in-between part that's uncomfortable and difficult.

Neuroscience tells us the brain naturally resists change because change represents uncertainty. This is why change is so hard to actually create.

This month's tip is to be curious about what it will feel like on the other side of your health challenges. Imagine what it would be like getting off blood pressure medication, not being insulin dependent, or feeling good in your clothes.

Use those thoughts to push yourself through difficult times. You're the only person who can convince yourself to do hard things. Get uncomfortable with yourself and do what you say you're going to do.

You're either going to pay with effort now or pay with regret later. Right now, you're still able to decide which way you'll pay. Choose wisely.

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

► Fairview Area Art League Class

August 14, 12–2 pm, \$45

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Spring Mountain Community Center's Annual Summer Picnic

You're invited to a summer family picnic celebration on August 20 at 6 pm at the community center at 807 Old Fort Road.

There will be pulled pork BBQ furnished, as well as plates, utensils, lemonade and tea.

The much loved Ducky Derby and corn hole tournament will be featured along with the annual dessert contest. Lots of fun and activities for all ages. Please bring a side dish to share—maybe your favorite summer specialty.

Contact Maria Horton at 778-0279 or daylightasheville@gmail.com.



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Call 988 for Mental Health Emergencies

Too many people are experiencing suicidal crisis or mental health-related distress without the support and care they need, and sadly, the pandemic only made a bad situation worse when it comes to mental health and wellness in America.

Yet, there is hope. In 2020, Congress designated the new 988 dialing code to be operated through the existing National Suicide Prevention Lifeline.

The lifeline offers 24/7 call, text and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis, or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support.

On the Road



Adam Freeman (in the foreground) sent the Crier this photo of him and his mom and dad—Emily and Eric—floating in one of the canals of Venice. His brother Caleb was there too, but didn't make it into this picture.

The family traveled for two weeks. They started in Padova and then visited Ravenna, did a seven-day cruise that stopped in Sicily, France and Spain, and then spent three days in Barcelona.

Adam's favorite part? The cruise, "because of all the activities, free drinks and food, and a way to get in between places fast," he said.

Send photos of you and the Crier on your travels to Clark, the editor, at clark@fairviewtowncrier.com or 828-771-6983 (text).

What Should You Know about IRA Rollovers?

If you've been contributing to an IRA, you've chosen a great way to save and invest for retirement. All IRAs have potential tax benefits and a range of investment possibilities, but not all IRA providers offer the same features. So, if you decide that your current IRA provider is charging higher fees than you'd like, or perhaps doesn't offer as many investment choices as you want, then you might choose to move your IRA assets to another provider. How should you go about making this switch?

Some Options to Consider:

- **Trustee-to-trustee transfer or direct rollover** You can ask the financial institution holding your IRA to move the money directly to another IRA. No taxes will be withheld from the amount transferred at the time of the transfer. This method is generally hassle-free, but some IRA sponsors will still only mail the check to your address of record, so you'd have to forward it to your new IRA.
- **Indirect rollover** If you take an indirect rollover, also known as a 60-day rollover, the assets from your existing IRA will be liquidated and the custodian or plan sponsor will send you a check or deposit the funds directly into your bank or brokerage account. This payment may be subject to withholding for

federal taxes, and possibly state taxes, unless you opt out of withholding. You have 60 calendar days from the time the funds were withdrawn to deposit the money, including any amount withheld, into a new IRA. If you miss this 60-day deadline, the withdrawal may be taxable at your personal income tax rate, and it could also be subject to an early withdrawal penalty if you're younger than 59½.

Given the immediate withholding and the possibility of further taxes if you don't move the money into a new IRA before the 60 days are up, you've got much to consider before initiating an indirect rollover. Consequently, you should consult with a financial advisor and tax professional before you make this type of move.

In addition to a rollover from an existing IRA, you may someday want to move the money from your 401(k) or similar employer-sponsored retirement plan to an IRA. This can occur when you retire or change jobs, although if you do take on another job, you might have the options of leaving your 401(k) with your former employer or rolling it over into your new employer's plan. However, if you do want to move your 401(k) funds into an IRA, you can make what's known as a direct rollover, in which the

administrator of your old retirement plan will send you a check made payable to the custodian of your IRA. No taxes will be withheld, but you need to get the funds transferred within 60 days to avoid any potential tax issues.

You spend years contributing to your IRA and 401(k)—and for good reason. So, when it's time to move that money, be careful and consider getting help from your financial and tax

professionals. These funds can play a big role in your retirement income, so manage them wisely.



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.

June 2022 Fairview Real Estate Statistics

		Maximum \$	Lowest \$	Average \$
Homes Listed	11	995,000	335,000	672,454
Homes Sold	8	1,600,000	225,000	635,670
Land Listed	9	565,000 ⁹	35,000	286,555
Land Sold	7	500,000	27,000	182,428

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

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The Short (and Sweet) Short Session

After the long (and never-ending) Long Session, the Speaker promised a budget by early July (the start of the fiscal year) and then adjournment. He delivered. The main goal of the even-year Short Session is to take a look at the latest revenue numbers and make adjustments to the budget passed in the Long Session. North Carolina enjoyed strong revenue numbers (primarily income, corporate and sales taxes) but faced inflation challenges and the need to raise salaries for state employees and especially teachers. Our public schools are losing teachers at an alarming rate, and that problem could not be ignored.

To expedite the budget process, most of the decisions were worked out behind closed doors. Also, GOP leadership wanted to prevent amendments, which can be an endless effort to fund pet projects. My first priority was Medicaid expansion, which would shore up our hospitals and health care providers while insuring about 600,000 people in our state. To my surprise and delight, the Senate passed the expansion over to the House, with many senators changing their minds about the benefit. House Speaker Moore was the lone holdout, and in the end he did not budge.

But while expansion did not happen, Speaker Moore agreed to set up a committee led by the state Department of Health

and Human Services to negotiate with the federal government, which will pay for these benefits, to allay some of the fears prevalent in the House Republican caucus, and there was a promise that we would come back in December to finally vote on this issue. Governor Cooper was still considering a veto of any budget without Medicaid expansion, and I voted “no” to show him my support of any last-minute deal. In the end, the governor signed the budget bill and I will look forward to the promise being kept in December.

Beyond the budget, there was an important agricultural issue that needed to be resolved. The General Assembly legalized hemp with a pilot program in 2015, creating an opportunity to replace tobacco as a cash crop. Hemp could be grown as long as it contained almost no THC, the ingredient that makes the plant marijuana. As we could all see, CBD products became available all over our county and state after 2015. The pilot program was set to expire on June 30 and make hemp once again become illegal in NC if a bill was not passed to fix the problem.

The federal government set up the criteria for hemp legalization, and we needed to pass a bill to conform our state law to the federal statute. As the Democratic Agriculture chair, I felt responsible for solving this problem. Growers and CBD dealers in Buncombe County were becoming more and more

concerned as June 30 approached, and rightfully so. The farm bill that came over to the House included the hemp fix. Senator Jackson, my main contact, assured me there were no poison pills in the bill, and indeed, it passed the Senate unanimously.

The farm bill came to the House on June 2 but then languished for most of the month without any action. Finally, on June 22, the House Agriculture Committee was set to debate and vote on it. To my horror, however, the hemp section had been removed! I went to talk with Rep. Dickson, the Agriculture Committee Chair, to make sure he wasn't trying to block the legalization of hemp. I told him I planned to offer an amendment to put the hemp section back in during the committee hearing. In the end, I agreed to offer the amendment on the House floor rather than in the committee.

To add to the drama, back in early June, the House stripped out a Senate bill (SB455) and replaced it with a stand-alone hemp fix. It passed the House 85-26 on June 1 and went back to the Senate for their concurrence, and there it sat for most of June. It was similar to my bill, “Preserve hemp legalization,” HB1051. Rep. Dickson explained to me that everyone in his Republican caucus wanted to vote for the farm bill, but if the hemp fix was in it, most of the 26 who voted against the stand-alone (SB455) bill would have to vote “no.”

When the hemp-less farm bill came to the House floor on June 28, I tried to amend hemp back in. Rep. Dickson then used a parliamentary maneuver to “lay it on the table.” Presumably, that protected his caucus from voting directly against hemp. The farm bill passed and went back to the Senate for concurrence. Finally, on June 29, Sen. Jackson allowed the stand-alone bill to be voted on in the Senate, and it passed 41-2. The governor signed it on June 30, and the hemp drama was finally over.

One final bill of interest was the Sports Wagering Bill, SB 688. This would make sports betting legal in NC, in alignment with several states around us. I was conflicted in my opinion, with my pragmatic side thinking it was inevitable and was going on illegally anyway and it would bring a little revenue to the state (and UNC-Asheville). My Presbyterian side said this will feed gambling addictions, ruin families and corrupt athletes. As the debate continued, I changed to a “no”—maybe the first time I ever changed my mind on the floor. And the bill failed 51 to 50!



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

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Nonversation (n.): A completely meaningless or useless conversation.

Women will never be truly equal as long as they are smarter than men.

If you're being chased by a pack of taxidermists, do not play dead.

"If you're going to do something tonight that you'll be sorry for tomorrow morning, sleep late."

—Henny Youngman

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My wife told me to take a spider out instead of killing it. So, we went and had drinks. Cool guy...Wants to be a web designer.

A jazz musician is someone who puts a \$5,000 horn in a \$500 car and drives 50 miles for a \$5 gig. (Methinks this also applies to rock and classical musicians.)

"I wanted to be a brain surgeon, but I had a bad habit of dropping things."

—Gilbert Gottfried

EXERCISE FOR PEOPLE OVER 39

Stand on a comfortable surface with plenty of room at each side. With a five-pound potato bag in each hand, extend your arms straight out from your sides and hold as long as you can. Try to reach a full minute and then relax.

Next try 50-pound potato bags and eventually work up to a 100-pound potato bag in each hand and hold your arms straight for more than a full minute. After you feel confident at that level, put a potato in each bag. This is the level I'm at!



Blaine Greenfield is host of the BLAINESWORLD videocast that can be seen on Facebook, LinkedIn and YouTube. He also publishes an award-winning blog with the same name. To send items for possible inclusion in a future issue, send an email to bginbc@aol.com. (You can also reach him there to be a guest on his show and/or to subscribe to his blog).

Spam Calls on Smartphones

If you get a lot of spam calls on your smartphone but rarely makes calls yourself, you may have thought about changing your number. In theory, it's easy: once all your important contacts have your new number, they will be able to contact you. And if you message people through social platforms, nothing needs to change: all that is over the Internet. If you do change your number, avoid giving out the new one, unless it is really necessary, to avoid getting back on the spam callers' lists. There are two downsides to changing your number: you will have to change your number on record for all medical and financial institutions (some who may sell your phone number); and you don't know whose old number you might be getting as your new one. You might end up with even more spam calls. As an alternative, you could sign up for a Google Voice number (if you have a Google account) and only give out that number, setting it up to forward texts or emails of voice messages.

Switching music streaming services, re-creating playlists and adding music into your library, among other tasks, can be simplified with FreeYourMusic (freeyourmusic.com). A \$15 app, it's available for most operating systems, phone or computer, and works with most major streaming services. Be aware that not all services carry the same music, so some songs may not be available on a new service.

You have likely heard of facial recognition, and now you can experience some of the assumptions and training that goes into the artificial intelligence (AI) that powers these systems. Go to hownormalami.eu, which will ask you to turn on your camera, and then go through what it calculates about you.

If you use Google Hangouts, back up important conversations. The service will change to Hangouts in November. Google says most chats should migrate into Chat, but think about using their Takeout service (takeout.google.com) for back up, just in case. If you use this service, you'll select only Hangouts (not photos or email). Follow the prompts—the default settings are fine—and you will be able to download one or more large Zip files.

To make you jealous of zoos on the other side of the world, visit Zoos Victoria (www.zoo.org.au). I now have another place on my growing bucket list.

To satisfy your curious nature, check out Found in a Library Book (oaklandlibrary.org/found-in-a-library-book) and Artvee (artvee.com).



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

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Annual August Picnic Update

FBA members mingled and enjoyed a BBQ dinner last month at Appalachian CBD, 775 Charlotte Highway, Fairview. You can see more photos from the meeting on our Facebook page.

August Picnic

Our annual picnic will be held on August 26 at The Pond Retreat Center at 18 Garren Mountain Lane from 5:30–8:30 pm.

We'll be picnicking in the "Swallow Garden," which has plenty of seating, tables, a grill and lots of unique decor by owner and creator Lee Pantas. The FBA will provide the main dish, sides and drinks. Members are asked to bring a dessert.

It might be helpful for you to visit the site's website in advance of your visit (leepantas.com/RetreatCenter/retreat.htm) because it has a map with the lay of the land. Once you cross over the bridge on Garren Mountain Lane and enter the grounds, look for parking areas on the right. Park diagonally in these areas to protect your car from others passing by on the driveway.

For more information about the association and August's picnic meeting, visit our page on Facebook: [facebook.com/groups/fairviewbusinessassociation](https://www.facebook.com/groups/fairviewbusinessassociation).

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



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The Many Uses of Yucca

Yucca, which is the New Mexico state flower, is a common plant that naturalizes well in the mountains. It looks like it belongs in the Southwest but thrives in WNC and spreads, as it adores hot, dry and rocky soils. For much of the year, one sees a large evergreen pompom of spiky, sword-like leaves that are serrated and a bit nasty to work with unless you have heavy gloves. The leaves can and do cut skin, so it is wise to use protection when handling this regal plant.

Yucca is part of a plant genus that encompasses over 40 evergreen plants. It is in the “agave family,” which has become popular in recent times. Agave produces a very sweet syrup that is popular; it is easy to digest and serves as a pure sweetener that is easy on the body. Yucca and its relatives are plants that love warmer climates and are common throughout the southwest, Mexico and the Caribbean. Yucca also goes by the names of Bear grass, Adams Needle and Spanish Bayonet, and the most common species that naturalizes so well in WNC is yucca filamentosa.

“Ghosts of the Graveyard”

One of my favorite names for Yucca is “ghosts of the graveyard,” as the plants often naturalize in rural graveyards. And

when they bloom, some folks think the flowers look like floating white apparitions. The evergreen leaves are easy to identify, and in the summer, long shoots emerge topped with a shower of large white blossoms that are quite dramatic to behold.

Many Uses

Yucca is an important plant with a wide variety of uses. One reference I found from the coastal regions of our home state described seeing smoked herrings tied with beargrass yucca in the smokehouses. Apparently, it was a tradition along the coast, as the leaves are so strong that they can be split and used to make bundles to hold the fish before smoking the fish. Here in the mountains in earlier times, the tough, fibrous leaves were used to puncture meat and form a knotted loop from which meats could be hung and cured in smokehouses. Archeologists have found bundles of prepared yucca leaves in prehistoric structures that show how ancient yucca was used.

The flowers are edible cooked or in salads. The white yucca flower is crunchy with a mildly sweet taste (a hint of artichoke). In the spring, they can be used in salads and as a garnish. The fruit and roots can be roasted, and the crushed fruit has been used to make



cheese utilizing goat’s milk. Native Americans used the thick, fibrous leaves to make rope and cords and extracted a soap-like product by pounding the roots and whisking them in cold water to create a soapy lather that was used to clean clothes and hair and was used in ceremonies as a shampoo for spiritual cleansing. Yucca was also used medicinally to alleviate pain in childbirth. The Navajo used fiber from yucca leaves for making hoops, prayer sticks and chant arrows, and they used the plant’s juice to make paint and dyes.

During the 1970s, the sudsy qualities of the yucca root were used in Yucca-Dew Shampoo. Yucca is also listed as one of the ingredients in Shasta root beer. It’s what creates the soda’s thick, foamy head after it’s poured from can or bottle into a glass.

Regal Beauty

Recently, we experienced a dramatic full moon cycle and the night was so brilliant with the light of the moon. I was traveling along one of our rural roads and spotted a breathtaking site, as there were about 20 yuccas in full bloom—their flowers well over six feet. They were like white luminarias in the landscape. The flowers looked like they were on fire, only the fire was cool and white. It was a magical sight on an early summer evening. Yucca plants have a regal beauty and a rich legacy, and they are great additions to our landscape and gardens.



Contact Roger at rogerklinger@charter.net.

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Here is a list of herbs that we grow at Root Cause Farm that have great value and can easily be added to your home garden and incorporated into your diet. A lot of you may already use these herbs, but may not realize all of the amazing benefits that they are contributing to your health.

Oregano Fresh oregano has a strong flavor, bringing warmth and a slight sweetness to your meals. Even in small amounts, this herb contains essential nutrients such as vitamin K and is rich in antioxidants, which help fight inflammation, chronic disease and damage to cells.

Thyme Thyme is a Mediterranean herb that has an earthy and slight lemony flavor. It is used to treat a range

of symptoms, such as diarrhea, stomach ache, arthritis, and sore throat. It goes great on chicken.

Sage This herb has a pronounced flavor that is earthy and peppery with hints of mint and lemon. It works well in heavy dishes with rich flavor and contains many benefits, including vital minerals such as magnesium, zinc, copper, and vitamin K. Like oregano, it also contains antioxidant benefits as well as acidic compounds that have been linked to a lower cancer risk and improved memory and brain function.

Lavender This beautiful herb and flower has a distinctive floral taste with hints of mint and rosemary, making it perfect for spring dishes and desserts. This plant improves sleep, offers pain relief, reduces blood pressure and heart rate and can be used topically to treat skin blemishes.

Basil Basil has a sweet and savory profile with some minty undertones. Like many of these medicinal foods, Basil contains vitamin K and antioxidants, and



is commonly utilized in traditional Chinese medicine, Ayurvedic medicine and other holistic medicine systems. To learn more about natural medicine and get involved in our herbal garden, we would love to have you out at the farm. Check out our volunteer and internship opportunities on our website at rootcausefarm.org.

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

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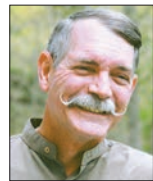
Anxiety can be high when crossing the great age 65 divide. For many, the familiar job, with its benefits and work schedule, will be left behind. The unknowns of Medicare, Social Security, a fixed income, and creating a new schedule looms ahead. Insurance solicitations crowding the mailbox and on TV feed the anxiety. Uncertainty about when and how or should one enroll in Medicare, a supplement, Advantage plan or Prescription drug plan prompts the question: "Are we there yet?"

When? In North Carolina, Medsup applicants qualify for Open Enrollment during the first six months of eligibility for Medicare Part B. The Initial Enrollment Period (IEP) for Advantage plans is seven months, beginning three months before the month of entitlement and including the entitlement month and the three following months. Being entitled for both Parts A & B is a requirement for a Medsup or Advantage plan. Part D only requires entitlement for either Part A and/or Part B. Most people will be automatically enrolled in Part A on the first of their 65th birthday month or the month prior if born on the first. When the Medicare number is received, an application can be taken before the 65th birthday month to be effective on that entitlement date. Enrollment in Part B is optional. If employment with creditable health benefits will continue, enrollment in Part B

can be delayed until the retirement date to save the Part B premium and to conserve the open enrollment period until then. Tip: Obtain a certification of creditable health/drug coverage from your employer to supply if requested.

How? Contact Social Security by phone two months prior to the requested initial coverage date. The local number is 866-588-5276. Social Security will determine the date of eligibility and can offer counseling as to when the best time to enroll would be if you are still employed. A "Welcome to Medicare" package containing your Medicare card should arrive in about two weeks. Ask the representative if a card number can be provided before receipt of the card to speed up the enrollment process for a Medsup, Advantage plan or Part D.

Why? The open enrollment period is the best time to consider Medsup and Advantage plans. They are both a guaranteed issue with no health questions. Coverage is immediate on the initial eligibility date, facilitating a smooth, no-gap transition in insurance coverage.



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

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

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

FOR SALE

2 MICKEY THOMPSON 305/45/R17 STREET SLICKS: Race Star Aluminum Wheels 17", 9.5" wide, Backspace 6.875", Offset 43.50mm, Centerboard 3.07". Valve Stem TPMS valves included. 300 for both. Contact rjsef6@gmail.com

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KONICA MINOLTA BIZHUB C554e- Used. \$2,500. Original cost: \$18k. This is a high output full color printer, scanner, fax, 55ppm. Resolution up to 1800 x 600 dpi. It can print on media sizes 12" x 18" (SRA paper sizes). Paper capacity is 1,150 sheets. Call 828-712-4248 if interested.

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SERVICES

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FEATURED LISTINGS



FAIRVIEW! Cute as a button home on 6.81 level to rolling acres, heated sunroom, large deck w/ ramp, 2 BR, 1 bath, mature landscaping, new furnace & water heater, *MLS#3858863, \$450,000!*



LEICESTER! Outstanding views, 3 BR, 2 Bath, HOME WARRANTY, wraparound deck, primary bedroom on main level, .822 acres, *MLS#3859766, \$399,900!*



ASHEVILLE! Convenient location mins to downtown, fenced yard, 3 BR house on 1.11 acres, sunroom, above ground pool, tons of outdoor living, possibility of add'l living areas, *MLS# 3873545 \$385,000!*



CANDLER! 17.68 acres in quiet location, ideal for subdividing or private estate, septic and well needed, *MLS# 3878499, \$299,000!*



MARS HILL! Private 3 BR manufactured home on 2.64 rolling acres, wrap around deck, covered back patio, fresh paint throughout, *MLS#3864653, \$260,000!*



WEAVERVILLE! 3.2 acres of level to rolling land, quiet location, well on property, *MLS#3841072, \$147,000!*



ZIRCONIA! House on 1.38 acres, needs extensive work throughout. Home offers one bedroom, one bath, views, *MLS# 3830801, \$140,000!*



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

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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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