



YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997

# The Fairview Town Crier

MARCH 2023 VOL. 27, No. 3

FAIRVIEW, NC

fairviewtowncrier.com



## SUPPORT LOCAL FUNDRAISERS



### Fundraiser for Sarah and Bo Owenby

March 10 4-8 pm

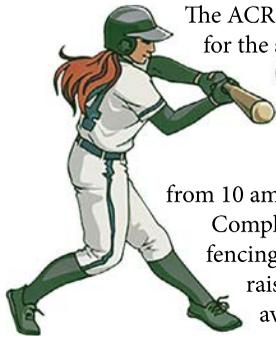
Fairview Community Center, 1357 Charlotte Hwy., Fairview

A fundraiser to help with medical bills for Sarah Owenby, who survived an unexpected health scare, will be held at the community center. Entry is free, and there will be a silent auction, 50/50 raffle, food (eat in or carry out), raffle prizes and a cake walk. Donations of money or items to raffle (gift cards, crafts, etc.) are greatly appreciated. For more info, call/text Wanda at 828-367-8187 or email hdlwhl@aol.com.

### A.C. Reynolds Softball Fundraiser and Car Show

March 18 10 am-1 pm rain or shine

1 Rocket Drive, Asheville



The ACRHS booster club will hold its second annual car show fundraiser for the school's softball team. This is a free event with food, fun and giveaways. There will be many raffle items, including a week vacation at a resort. If you would like to display your car, there is a \$20 fee.

There also will be a softball clinic with coaches and players from 10 am-12 pm (\$25 signup fee).

Completed softball field upgrades include right and left foul line fencing and a new backstop with netting system. Money is still being raised for the press box and concessions stand. (Bricks are still available for purchase.)

For more info, call Chad at 279-7507.

### Fairview Elementary Dad's Club Dash

March 25 9 am registration, event ends at 12 pm

Walk, jog or run in the first Club Dash from the FES Dad's Club! Everyone in the community, from strollers to sprinters, is invited to complete the one-mile course on the school's campus (1355 Charlotte Highway, Fairview). The theme will be "March Madness," and those who dress up can win prizes (for both individuals and families). There will be lots of family fun on hand, including a fire truck with emergency workers teaching fire safety, a live DJ, a clown with balloon modeling, Freddie the Cardinal, and other interactive activities. Free food, drinks and samples will be available while they last, and the first 300 people to register at the event will receive a free T-shirt and water bottle.

The event is free to attend, thanks to sponsors CapStar Bank, Asheville Cash Buyers and Showtime Sports & Trophies.

All donations will be greatly appreciated and will be funneled back into supporting the Dad's club and school.

For more info or any questions, or if you would like to help in some way, email fesdadsclub@gmail.com or call 631-741-9606.



## New Playground at Cane Creek Park



It's been warmer than usual this winter. If you and your kids have an itch to get out and run around, a new playground at Cane Creek Park is ready for you.

The new playground includes two play structures, musical equipment for making noise, and benches for parents and caretakers.

Cane Creek Park is located at 590 Lower Brush Creek Road, Fletcher.

## Help Clean Up Area Roads

### • Spring Mountain Community Center / Old Fort Road

March 25 10 am-12 pm (Rain date: April 1)

To encourage participation, special "trash" will be hidden in secret spots along the road. Anyone finding a special item and also turning in at least one orange bag of litter will win a prize, thanks to local sponsor Daylight Asheville. Volunteers will be briefed as to what the treasures might look like when they check in to get their safety vests, gloves, and trash bags. Snacks and drinks will be provided.

Children must be accompanied by an adult and should be old enough to safely move along the roadside. For those who would like to help but cannot attend on this date, call Ruth at 628-1625. Meet at 807 Old Fort Road, Fairview.

### • Garren Creek Road Adopt-a-Road Group

March 25 9 am (Rain date: April 1)

Meet at the intersection at Kirstein Road. Bags, gloves and safety vests are provided. The group will work down to Charlotte Highway and also do some of Village Road. Participants must be older than 13. Contact Bill Fain for more info: 688-9820, wmfain@gmail.com.



To learn about more local cleanup efforts, join the "Keep Fairview Clean" Facebook group (facebook.com/groups/keepfairviewclean).



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**A.C. Reynolds High School Booster Club**  
**MARCH 18 Softball Fundraiser and Car Show**, 10 am–1 pm. See front page.

**Barn Door Ciderworks**  
**MARCH 4 Reopening**, 4 pm. Back open after a two-month hiatus. See ad on page 16 and update on page 26 for more info. 23 Lytle Rd., Fletcher.

**Buncombe County Democrats**  
**MARCH 4 Annual Fairview/Reynolds Cluster Meeting**, 10 am–12 pm. Save the date. Open to all registered Democrats. For more information or to ask a question, leave a message at 628-0414. Fairview Community Center, 1357 Charlotte Hwy., Fairview.

**Fairview Area Art League**  
**MARCH 13 Monthly meeting**, 11 am. Annual \$25 membership fee. For more info, email FaArtLeague@gmail.com or visit facebook.com/fairviewart. Re.Imagine, 15 Spivey Lake Dr., Fairview.

**Fairview Business Association**  
**MARCH 8 Member Meeting**, 6–8 pm. Members will meet at Spring Mountain Community Center, 807 Old Fort Rd. Prospective members are welcome to attend. See page 27 for more info.

**Fairview Chiropractic**  
**MARCH Free Lecture Series**. See ad, page 11. 2 Fairview Hills Drive, Fairview. 628-7800.

**Fairview Elementary Dad's Club**  
**MARCH 25 Club Dash**, 9 am–12 pm. A

one-mile run, jog or walk to raise money for the club and school. See front page.

**Fairview Elementary School**  
**MARCH 9, Rising Kindergarten Tour & Orientation**. Call 628-2732 to make an appointment. **APRIL 18, Rising Kindergarten Registration Day**. Call to make an appointment. **APRIL 28, Spring Festival**. Save the date! 1355 Charlotte Hwy., 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.

**Paula Entin Quilt Sale**  
**MARCH 25 Quilt Sale and Show**, 1–5 pm. Traditional, modern and art quilts. See ad on page 9. Re.Imagine Studios, 15 Spivey Lake Drive, Fairview.

**Specialized Fitness**  
**MONDAYS TO THURSDAYS**, 12 pm and 6 pm. **FRIDAYS**, 12 pm. **Free drop-in community fitness classes**. See ad below for more info. 9 Kristie Scott Ln., Fairview.

**Stitches of Love**  
**MARCH 13 Meeting**, 3 pm. This group donates handmade articles to local charities. All skill levels welcome. For info, call 575-9195 or email imjstewart@att.net. Panera Bread, 1840 Hendersonville Road, Asheville.

**Trinity of Fairview**  
**MARCH 7 Preschool info session**, 6–7:30

pm. Register at tofacademy.org. **APRIL 8 Easter Egg Hunt**. See ad, page 16. 646 Concord Rd., Fletcher.

**WNC Prostate Support Group**  
**MARCH 7 Free Meeting**, 6:30 pm. Medical professional speakers. Online via Zoom and in person at First Baptist Church, 5 Oak Street, Asheville. wncprostate@gmail.com or 419-4565.

COMMUNITY CENTERS

**Fairview** 1357 Charlotte Hwy., Fairview  
**MARCH 10 Benefit for Sarah and Bo Owenby**, 4–8 pm. A fundraiser to help with medical bills for Sarah. See front page for details. **Note:** The Poor Mans Supper scheduled for March 10 will not be held.

**Spring Mountain**  
 807 Old Fort Rd., Fairview  
**SECOND TUESDAYS Quilting Bee**, 10 am–2 pm. Call Kay at 628-7900.  
**APRIL 24 Concealed Carry Class**. Save the date. For more info, call 628-1634.

**Upper Hickory Nut Gorge**  
 4730 Gerton Hwy., Gerton  
**ONGOING Discussion group of Flannery O'Connor short stories**, 11 am, every second and fourth Thursday. Text Margaret Whitt at 279-0770 to reserve your spot and find out the story.

FOOD PANTRIES

**Food for Fairview**  
**MONDAYS Food Pantry**, 3–6 pm. For those needing food assistance and those looking to volunteer. (Volunteer shifts run from 1–6 pm.) **TUESDAYS Restocking**, 8:30–10:30 am. Volunteers restock. Fairview Community Center, 1357 Charlotte Hwy., Fairview.

**The Place Fellowship Church**  
**TUESDAYS** 4–6 pm. 2 Laura Jackson Rd., Fairview (next to Food Lion). 581-0588.

**Trinity of Fairview**  
**TUESDAYS** 9 am–12 pm at back of church grounds. For more info, call 628-1188. 646 Concord Rd., Fletcher.

**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 info, please visit fairviewtowncrier.com or see page 31.

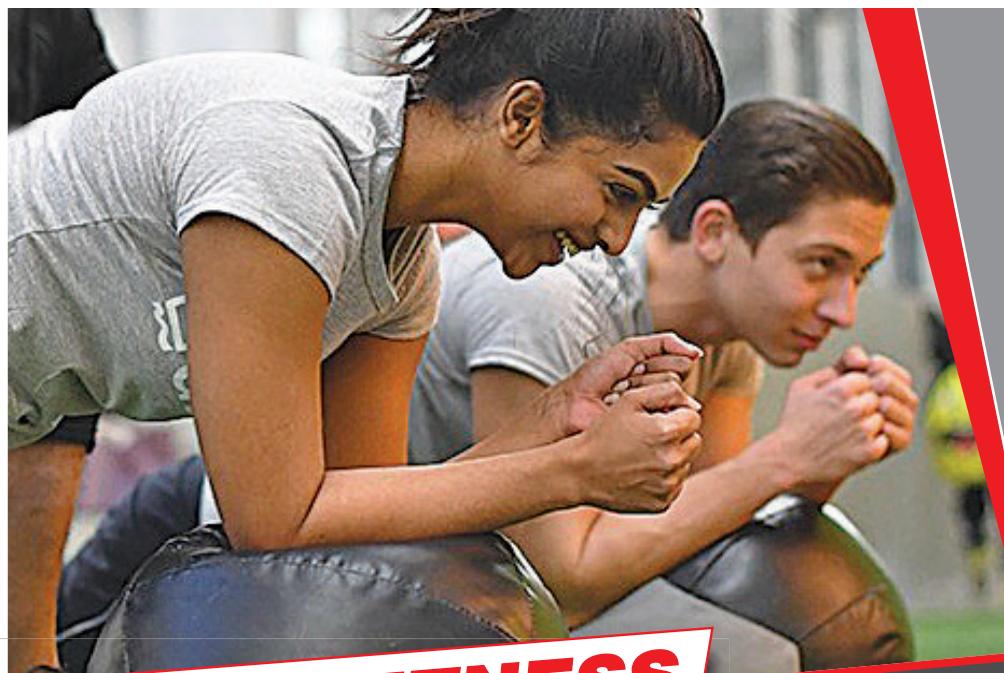
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19 Kristie Scott Lane behind Trout Lily

**PROGRAMS FOR KIDS**

**Weekly Story Time at the Library**

Tuesdays, 10:30 am, 3-6 years  
Thursdays 10:30 am, 18 months to 3 years

**Lego Club**

We are sorry for the last-minute cancellation of Lego Club in February, but we are definitely back in March! The library provides the Legos and you provide the creativity. Perfect for ages 6 and up. Upcoming dates (always last Friday of the month) are March 31, April 28 and May 26, all at 3:30 pm.

**CRAFTING AND CREATING**

**Take Home Craft Kit:**

**Paper Mosaic Butterflies**

Cheerful, colorful, and perfect for kids learning to craft. Ages 4 and up, while supplies last.

**In-House Activity: Ink Stamp Art**

Lots of stamps, lots of ink, lots of paper! Ages 4 and up.

**PROGRAMS FOR ADULTS**



**Fairview Online Book Club**

March 21 at 7 pm  
The club will discuss *Wise Blood* by Flannery O'Connor via Zoom. Flannery O'Connor's astonishing and

haunting first novel is a classic of twentieth-century literature. This tale of redemption, retribution, false prophets, blindness, blindings, and wisdom gives us one of the most riveting characters in American fiction.

The Fairview Evening Book Club meets via Zoom the third Tuesday of each month at 7 pm. For more information or to attend, email [jaime.mcdowell@buncombecounty.org](mailto:jaime.mcdowell@buncombecounty.org).

**Future Books**

**April:** *Freedom at Midnight*, Larry Collins and Dominique Lapierre

**May:** *Klara and the Sun*, Kazuo Ishiguro

**PROGRAMS FOR EVERYONE**

**Winter Bingo**

March 21, 3:30-4:30 pm

Come one, come all, kids and parents and teens and grandparents and... did I mention that everyone is invited? It's bingo time at the library once again. There will be corny jokes, zany prizes and hardcore competition. Bring your neighbors. Bring your kids. Bring your neighbors' kids! Join us for the last month of winter bingo. Prizes donated by FOFL.



Jaime McDowell is the head librarian at Fairview Public Library. She can be reached at [Jaime.McDowell@buncombecounty.org](mailto:Jaime.McDowell@buncombecounty.org).

**CLASSES**

**REWILDING YOUR SPACE**

*With Buncombe County's Environmental Educators*

**March 28 at 6:30 pm**

Whether you live in a rural, urban or suburban environment, nature is everywhere! Learn practical tips on how to re-wild your land (or balcony!) to support a healthy habitat for butterflies, birds, native plants and your family. We will also discuss yard foraging and share recipes for delicious spring greens that many folks have in abundance this time of year.

**WRITING FOR THE WILD**

**ADVENTURES IN ECO-WRITING**

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

These classes will take place on the last Thursday from 11:30 am-12:30 pm at the library.

- **Eco Poetry: March 30**
- **Eco Fiction: April 27**
- **Adventure Writing: May 25**

The classes may be taken individually or as a series. Registration is required for these classes and space is limited. To register, visit the library's website at [buncombecounty.org/library](http://buncombecounty.org/library) or call 250-6484.

*This class series is sponsored in part by the Friends of Fairview Library.*

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**Bob Williamson**  
*M.Ac., CPA, CGMA, CFE, CFF*

# Lytle and Mary Merrell

Lytle Merrell was born in Fairview, Buncombe County, NC, in 1822. He was the son of Jacob Merrell (1785–1857) and Jennie McCarson Merrell. He married Mary Williams (born May 2, 1833). She was the daughter of Al Williams of Hoopers Creek.

Lytle and Mary first lived on Cane Creek near the old Indian trail. Lytle moved his family to a house on the south side of Bearwallow Mountain in 1856 and the Civil War broke out a short time later. Lytle served in the local Home Guard during the war. He was stationed at Camp Poltavern in Edneyville in Henderson County.

### Prime Place to Hide Out

The Home Guard had a difficult time in Western North Carolina. The mountains had thousands of deserters, runaway enslaved people and criminals trying to take advantage of the situation. The bat cave (the actual cave that the town of that name was named after) was a prime place for all of the above to hide out. There were many small caves, as well. A cave on the head of Ballard Creek was used by many in the immediate area to run and hide when they saw soldiers approaching. Major General Stoneman and his Union soldiers came through Hickory Nut Gap in May 1865. Hundreds of men

**Lytle moved his family to a house on the south side of Bearwallow Mountain in 1856 and the Civil War broke out a short time later. Lytle served in the local Home Guard during the war.**



Lytle Merrell's grave marker in Bearwallow Cemetery in Gerton. IMAGE: FINDAGRAVE.COM

went into hiding until he left.

Lytle Merrell bought 50 acres of land on the south side of Little Bearwallow Mountain in 1870 from J.M. Edney and J.M. Lytle. He later bought 136 acres of speculation land from a New York company. Lytle and his oldest son Thomas built a house on the north side of Bearwallow Mountain, near the cold spring.

The main house was finished in the spring of 1874. The house was in what is now called Gerton. (Gerton was formerly known as Hickory, Bearwallow and Pump). The home place consisted of a barn, smoke house, spring house and the residence they lived in. They were all built with chestnut logs cut and shaped with a broad ax. The outside face of the logs were from 15 to 20 inches wide. The corners were joined by

dovetail notches.

The house was one and one half stories. The downstairs was used as the living area, and the upstairs was used for sleeping. A root cellar was built to keep canned goods and potatoes in the winter. The chimney was built out of rocks and located on the east side of the house. A smaller house was built nearby to use for cooking.

Lytle Merrell raised horses, as well. One summer day, a horse got loose. It was a hot summer day, and Lytle got hot from running after the horse. He stopped by a cold spring to get a drink and lay down to rest. But he never got up. He died at the spring.

He was buried next to his parents and grandparents at Merrell-Patton Cemetery on Brush Creek in Fairview.

### Lytle and Mary's Seven Children

1. **Thomas Merrell** was born on June 17, 1852. He married Flora Oates.
2. **John Merrell** was born on March 28, 1854. He married Martha Towe.
3. **Jacob Merrell** was born on May 11, 1860. He married Lou Hill.
4. **William Merrell** was born in May 1864. He married Nannie Brewton.
5. **Jane Merrell** was born in 1866. She married John Morrison.
6. **Benjamin Merrell** was born on December 25, 1868. He married Sarah Hill.
7. **Mollie Merrell** was born on September 9, 1871. She married Sidney Wall.

Bruce Whitaker documents Fairview-area genealogy. To get in touch with him, contact the Crier at [editor@fairviewtowncrier.com](mailto:editor@fairviewtowncrier.com) or 828-771-6983 (call/text).



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# Thanks to Volunteer Leaders

The Fairview Volunteer Fire Department would like to give a big thank you to its outgoing chairman of the board, **Jeff Augram**. He has served on the board for 11 years and as chair for 10 years. He has seen some tectonic shifts in our fire department, including, but certainly not limited to, the update of its bylaws and the fire tax update.

One of Jeff's main goals was to replace old equipment, but he also worked to get raises for the staff, as well as better health insurance. He worked to install a promotion ladder that was clear and concise. Thank you to Jeff for all that he has done for the department and for the Fairview community.

**Andy Presley** was voted in as the new chairman of the board, **Alan Dalton** as the vice chair, **Mike Earwood** as the secretary and **Bill Sevier** remained as treasurer.

The **Support Operations Team** also had their annual elections. We want to thank **Debbie Franklin** for serving as our president. Under her leadership, the team held numerous fundraisers to supplement the needs at the department, such as recliners, mattresses, televisions and "thank you" gifts for the staff. We want to thank Debbie for her years of service to the department and to the Fairview community.



Andy Presley, left, newly elected chair of the Fairview Volunteer Fire Department board, and outgoing chair, Jeff Augram.

I was elected as the new president of the team. **Gina Gowan** was chosen as the first vice chair, **Vel Thalley** as second vice chair, **Debra Nesbitt** as treasurer and **Michelle Myers** as secretary.

*Robin Ramsey is the president of the Support Unit Group of the Fairview Volunteer Fire Department. For more info on the department, visit [fairviewfire.com](http://fairviewfire.com) and Facebook—search for "Fairview VFD (Buncombe County)."*



*Editor's note: Did you know that the Buncombe County government has almost 40 departments and agencies? With so many, it can be difficult to know all the ways the county can help and serve its citizens. So, the Crier has teamed up with Kassi Day (shown below), the county's public relations coordinator, to bring you a short monthly list of things you should know about and can hopefully take advantage of.*



**We want to share important news about North Carolina's Food and Nutrition Services (FNS).** Starting in March 2023, households will see a reduction in their FNS benefits because of a federal change that ends emergency allotments for all states. These emergency allotments have been critical in helping families compensate for financial and economic hardships due to COVID-19. With the end of emergency allotments, the average FNS benefit per person per day will decrease from \$8.12 to \$5.45. Households

receiving FNS will continue to receive their regular monthly benefit amounts based on the household's current eligibility, income, household size and other federal eligibility requirements.

Learn more about additional food and nutrition resources at [ncdhhs.gov/foodresources](http://ncdhhs.gov/foodresources). Find more financial help and resources at [buncombecounty.org/HHS](http://buncombecounty.org/HHS). You can also call 250-5500.

**Need help filing your income taxes?** AARP Foundation Tax-Aide, in cooperation with the IRS, NC Department of Revenue, Buncombe County Library System and Council on Aging, will offer free tax preparations for taxpayers of low and moderate income, with special attention to those aged 60 and older. Find a schedule and more information at [buncombecounty.org/library](http://buncombecounty.org/library) or call 250-4700.

**Is your inner gardener longing for spring?** Don't miss the Agriculture & Land Resources Bareroot Plant Sale on March 4. Find berries, native grasses and tree and shrub bareroot seedlings. The sale starts at 10 am and will run until they sell out, at 49 Mount Carmel Road, Asheville. All proceeds benefit environmental education. For more info, call 250-4787.

**RUSTY DOG**

**ARTS & CRAFTS SHOW**

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**UNDER CONTRACT** Alejo Rottenberg  
\$659,000 | MLS ID 3931685

## ACTIVE LISTINGS

### *Asheville*



5 BR | 4 BA | 4,255 SF

22 Barebridge Hills Drive  
\$1,171,000 | MLS 3908969

### *Asheville*



**UNDER CONTRACT**

2 BR | 2 BA | 960 SF

68 Oakley Road  
\$379,500 | MLS 3926072

### *Asheville*



2 BR | 1.5 BA | 1,045 SF

9 Rocking Porch Road, Unit 3A  
\$285,000 | MLS 3914405

## FAIRVIEW REAL ESTATE SALES JANUARY 2023

LISTING PRICE	NUMBER SOLD	AVERAGE SALE PRICE	AVERAGE DAYS ON MKT	AVERAGE % LIST-SALE PRICE
UNDER \$300K	4	\$158K	23.5	93
\$300K-599K	4	\$545K	88	93

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

## *Agent Spotlight* CHRISTY McFADDEN



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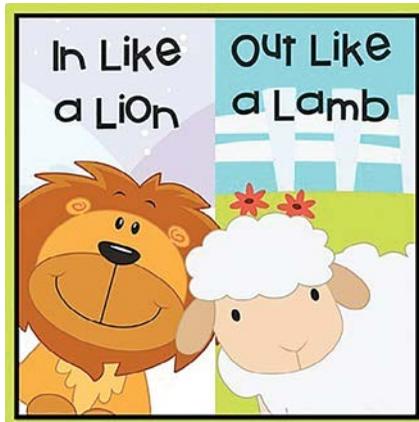
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# Spring Is Coming

Spring is coming, and we are still in a snow drought. The least snowy winter at the Asheville airport was back in 2011, when only a few traces of snow were recorded during the winter season. As of mid-February, the 2022–2023 winter season has not surpassed those numbers. In Fairview, we haven't done much better, with only one or two light coatings of snow. Looking at the numbers a little closer at the Asheville Airport, there have been 10 winter seasons since 1900 with less than 2 inches of snow. So, this year is not unprecedented. Low snowfall is also reflected in the higher mountains as well—places like Beech Mountain have only had about a third or less of their normal snowfall. The Boone area had only recorded 1 to 3 inches of snow by mid-February.

Taking a look back at our winter, we have had some very cold air at times. Some of the more sensitive plants, like gardenias and laurels, have taken a hit with browning of the leaves, but they can be pruned and revived this spring. The cold air just hasn't coincided with any southern storms coming out of the Gulf of Mexico.

In March, we gain almost an hour of daylight and increasing solar radiation. We really notice the change with the additional daylight in the evening. Most of the US begins Daylight Saving Time at 2:00



am on March 12. March also has temperature and weather extremes. One day, it might be record-breaking warmth; the next, a storm or blizzard strikes. The clock is ticking on winter weather. In March, all four seasons usually make an appearance. Meteorologists consider this fluctuation a part of meteorological spring, which begins March 1 and runs through May 31.

The spring season associated with the vernal equinox, called astronomical spring, happens this year on March 20 at 5:24 pm in the northern hemisphere, but meteorologists, as noted above, recognize March 1 as the first day of meteorological spring. Regardless of how you measure it, spring is a transition period, as it's sandwiched

between the cold of winter and the heat of summer. It's all based on the sun's angle and the accompanying solar radiation that heats the earth's surface, which depends on the Earth's orbit. These changes on average boost our temperatures on an upward track, with normal highs and lows at 54 and 32 at the beginning of the month and rising to 63 and 37 by month's end.



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

## QUESTION of the MONTH

Most of us lead ordinary lives and see nothing other than raindrops, snowflakes and hail falling from the sky. What are some of the bizarre objects that have been documented as "falling from the sky"?

Find the answer in April's **Weather Wonder!**

## WEATHER WONDER

### Where is "Hail Alley" in the US?

Although Florida has the most thunderstorms, Nebraska, Colorado and Wyoming usually have the most hailstorms. The area where these three states meet, a 625-square-mile area—known as "hail alley"—averages seven to nine hail days per year. As an aside, the largest hailstone recovered in the US fell in Vivian, South Dakota, on June 23, 2010, with a diameter of 8 inches and a circumference of 18.62 inches. It weighed 1 pound and 15 ounces.

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# CLOSING THE GAP

## A Parable about Resident Participation

By **JUSTIN HAMEL**

Actions speak louder than words. Armed with the experience gained from having lived in different parts of our nation and a degree in community development, I've learned that, rather than relying on government and property developers, the most successful communities are home to folks who are engaged and willing to solve challenges themselves. In a community setting, social scientists refer to this as "resident participation." It goes beyond our universal civic responsibilities, such as jury duty, selective service and voting. It goes beyond simply calling your representative or complaining to a manager. Resident participation requires neighbors working their hands into the soil of a community to make it bear fruit.

At a recent HOA meeting, I had the opportunity to talk with Fairview Volunteer Fire Department's Tyler Vess, a presenter that evening. I asked him about the types of calls he's responded to in Fairview. He told me, in general terms, about an accident that recently occurred along Charlotte Highway. Two vehicles mistook a gap in the guardrail next to SafeNest Storage as a navigable route. One right after the other, the two vehicles



The gap in the guardrail on Charlotte Highway, which has since been filled.

crashed down the steep embankment and through a chainlink security fence below. Thankfully, everyone walked away from that accident. It was a tale like many others, but one detail stuck in my mind: the gap in the guardrail. I could picture the exact spot Vess was referencing. I had noticed it before.

The next day, I drove by the storage facility, and there it was in all its welcoming glory. The gap was big enough to be confused with a driveway, and there was no curb. It hit me how easily, in the dead of a foggy night, someone's GPS could lead them straight off a cliff. At that moment, I was determined to try to get the gap closed.

I called Vess and asked him again about the accident. Was there a way for the fire department to get the gap closed on account of it being a proven hazard? He told me that's not a function of the department.

My next call was to the Department of Transportation's Planning Division. I learned that the gap exists because of an old driveway easement. The storage facility's actual driveway is located about 120 yards away, off of Edwards Road. Nothing could be done unless the land

owners agreed to relinquish the old driveway easement. I thought, "Aha! I'm on to something!"

My next steps were precarious. After all, I was nosing my way into the intersection of somebody else's private property and a state highway, all the while looking through a windshield tinted by my own sensibilities as a private citizen. I knew that if anything were to be achieved, I'd have to get the state DOT, the storage facility property owners, and possibly the Fairview Fire Department talking to each other.

I doubted a local storage facility manager would have the inclination or authority to address the problem—if so, the gap would've been closed long ago. I attempted to reach a district manager but was stonewalled at every turn. That is until I spoke to Bill Boiko, a district trainer at the Huntersville location, closer to Charlotte. His position requires him to visit many different properties, so he took the time to actively learn about the issue and examined some photos online. And, importantly, he had his district manager's number on speed-dial. I provided Boiko with the contact info for the state DOT and the Fairview Fire Department, and resigned

myself to the probability of inaction.

After a week had passed, I couldn't help but pick up the phone. I called the local SafeNest location to see if the manager had heard anything. To my surprise, the guardrail was on the agenda for a business meeting later that evening, and the property owners would be in attendance. I knew then that I'd done all I could do. Now, it was their turn. Would they close the gap?

Two short weeks later, as I was getting ready for my day, my wife texted me, "They closed the gap!" She didn't have time to snap a photo, so I ran to see for myself. Sure enough, the gap had been filled with a shiny new guardrail. I have never been so excited by a piece of infrastructure. Sure, bridges and towers can be impressive, but a guard rail? Bless my heart.

As time passes, Fairview will continue to grow. There will be more homes, more people, more businesses and way more traffic. I hope we will continue to dig in together and make this community what we want it to be. Otherwise, outside forces will decide for us.

So, what can you do to help? Stay informed and get involved. Call in a pothole, join the PTA, volunteer at the food pantry or any number of other local nonprofits, become a volunteer poll worker, serve on a citizen advisory committee or your HOA's board, better your neighbors' lives through local mission work, buy local, pick up trash, be neighborly. It takes a village. If you see something, do something. It all adds up and helps close the gap.

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*by Paula Entin*

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Mileage: 71,286  
VIN: 1FMZK1ZM7GKB46368  
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Fuel: gas

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Fuel: diesel

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VIN: 1FD7X2A62DEB79736  
Color: white  
Trans: auto  
Fuel: flex

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Color: dark gray  
Trans: auto  
Fuel: flex

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Mileage: 109,403  
VIN: 1GB4KYC83GF258438  
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Trans: auto  
Fuel: diesel

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# Before You Start an Organizing Project

Organizing is a process that helps you achieve results. Countless people want to organize their office, closets, rooms, kitchens, papers, garages and bathrooms so they can locate what they are looking for and then be able to store things somewhere so they can find them again when needed.

Organizing is personal, and its definition is not the same for everyone. I always ask my client, What is bothering you the most? And what outcome or result do you envision? After much discussion, we decide what is most important (and decide what we should tackle first), and together we organize their surroundings and achieve the results they want.

With practically every organizing project, there are several important areas that should be addressed before starting.

## Seven Keys to Success

- **The space should be cleared of clutter.** This allows for creativity, planning and ideas.
- **The space must work for the individual.** If you don't feel comfortable in the space, then future suggestions in this workspace will not work. Another space must be agreed upon before continuing to organize.
- **The right storage must be within reach in order for organizing to work.**
- **People want their belongings in a safe home so they can find them quickly.** Important documents such as wills, financial documents, etc. should be placed in a vault, a locked file, a safety deposit box or elsewhere.
- **A simple storage system must be in place.** If a system is complicated, it might be difficult to locate items (such as files, linen, clothing, supplies, tools, etc.) and will frustrate you and others to use.
- **Items used daily need to be accessible and must be easy to locate.** They also should be located in prime locations. Glasses, plates and other kitchen items that are used daily should be reachable to all family members. Supplies and files that are accessed daily in the office should be near the desk; seasonal clothing should be within reach in closets or dressers in bedrooms, etc.
- **Think forward.** If storage locations are designated in advance (such as a key rack, a "To Be Paid Bills" file on a desktop tray, a magazine basket, a laundry bin, etc.), the thrill of



anticipating what you are looking for and knowing where it is will motivate you to get through the boring task of putting things away.

Once you start organizing, you will be motivated to continue. Think about what you really want, and then organize to achieve it.

*Diana Soll is a Certified Professional Organizer living in Fairview. For more information, you can email her at [diana@grandsolutions.net](mailto:diana@grandsolutions.net)*

## IMPORTANT COMMUNITY CONTACTS

### PUBLIC SERVICE

Sheriff's Department 250-6670  
 Fairview Fire Department 628-2001  
 Garren Creek Fire Dept. 669-0024  
 Gerton Fire & Rescue 290-6194

**CALL 911 FOR EMERGENCIES**

### SCHOOLS

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

### COMMUNITY CENTERS

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

### POST OFFICES

Fairview Post Office 628-7838  
 Fletcher Post Office 684-6376  
 Gerton Post Office 625-4080

### MISCELLANEOUS

Fairview Business Assn 585-7414  
 Fairview Library 250-6484  
 Food for Fairview 628-4322  
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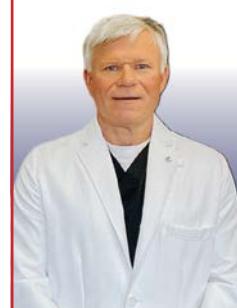
Tuesday, March 21 **WE SAVE BRAINS**

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## COMMUNITY PHOTOS

Thanks again to all the readers who keep sending us photos of Fairview-area people, places and things. **We love them!**

Send your photos to [clark@fairviewtowncrier.com](mailto:clark@fairviewtowncrier.com) or text to 828-771-6983.



Carol Peterson and her girl, Cheryl



Nancy Chapin sent us this great photo of a curious horse and a beautiful Fletcher landscape.



Miriam Hayes sent us this great photo and comment.

"We live in a gorgeous valley. My day is made when I drive down Cane Creek Road and all the 'ladies' (as I call them) are grazing on the Cane Creek Road side of Taylor Ranch. I love their gracefulness and feel that we are fortunate to have longhorn in this area. I've always wanted to thank Billy Taylor for allowing a stretch of Cane Creek Road to be built on but with obvious restrictions. So if he is reading this 'thank you, Billy Taylor'."

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# Greg and Beth Love

“We love our house here!” Greg Love said, looking at his wife, Beth Merlin Love. “It’s the perfect place for our family. Close to town but not too close...”

“Close to work, but not so close that we can hear football games from our porch,” Beth added.

“Plus, we’re within walking distance of groceries, a library, ice cream and a brewery.”

“Whistle Hop has great food trucks,” Greg said, with a quick laugh.

Greg Love and Beth Merlin both attended Bell Elementary in East Asheville. However, they did not know each other in grade school due to their age gap. Greg would have already been in first grade by the time Beth got to kindergarten. Years later, when Beth was in the 8th grade, the two became friends through Odyssey of the Mind (OM), an academic team focused on creative problem solving.

The team met at Beth’s school, A.C. Reynolds Middle, where Greg has now been the band teacher for 20 years. Back then, he walked over from Reynolds High where he was a freshman to attend team meetings. Joyce Brown, an English teacher at the middle school, was the OM coach.

“It was Ms. Brown who advocated for Greg to join the OM team,” Beth said, nodding at her husband.

“Ms. Brown advocated for me in a lot of ways,” Greg added, getting nostalgic. “I had a lot of peer pressure and wasn’t sure where I fit in. Ms. Brown encouraged me to explore my nerdy side.” Greg’s hands opened in a kind of understated “Ta-da!” as he continued. “Turns out, that’s exactly where I fit.”

The next year, when they were both in high school, their young friendship took a flirty turn, thanks in part to an early version of social media.

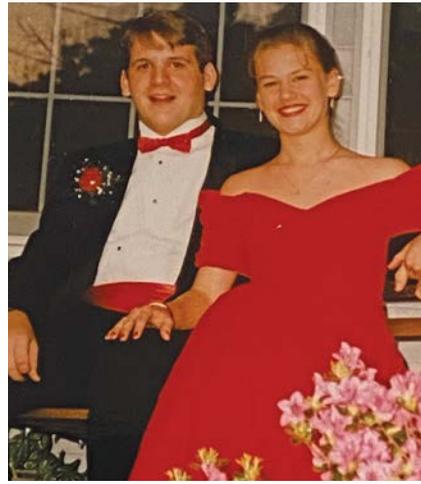
“The Reynolds English teachers had this bulletin board where they encouraged students to post quotes or comments. Other students would reply to the things on the board. It was like physical social media!” Beth said, reflecting. “Greg posted poems...”

“I was still exploring my nerdy side,” Greg put in, blushing slightly on behalf of his adolescent self.

“And I would respond,” Beth continued. “They weren’t mushy; just funny. Banter. It really was a lot like social media, but on an actual bulletin board using real paper.” The teens were now an official couple, but they faced one significant barrier.

“I couldn’t date until I was 16,” Beth clarified. “We would meet at the East Asheville Park to study.” Both laughed at the memory.

Greg confessed, “My dad eventually



**THEN & NOW:** Greg and Beth as a young couple and with daughters Avery and Zoe.

said, ‘So who’s the girl you are meeting at the park?’ I thought I was a lot slicker than I was, I guess.”

A few years later, Greg graduated and accepted a full scholarship to Mars Hill University (MHU) where he studied music education. “I had wanted to be a band teacher from the time I was 13 years old,” he said. “That was always my goal.”

Back at A.C. Reynolds High, Beth had solidified her goal to be a high school English teacher. Though she had always wanted to be an educator, it was in Ann Simpson’s Honors English class that she recognized her future self. She chose Appalachian State University (ASU), a college that was still in the NC mountains she loved. Plus, like Greg at MHU, Beth scored a full scholarship to ASU.

The couple made the choice to go to separate colleges intentionally, Greg explained.

“A music major is so demanding. I was rehearsing all the time,” he said. “If Beth had been at the same school, I think she would have been frustrated by me being in the music building all the time. Or I would have wanted to spend time with her rather than rehearsing.”

“You would have been in the music building,” Beth said, laughing. “I could not have kept you away.”

“I guess that’s true,” Greg confirmed with a smile. “But it meant that we both focused on our school responsibilities during the week so we could have weekends for ourselves.”

From Greg’s freshman year at MHU through Beth’s last semester at ASU, the couple spent every weekend together, traveling to homebase in Asheville from wherever they happened to be. Even after Greg graduated and started his first job, as band director of Robbinsville High, he made the 90-something-mile trip back every weekend.

“I got a lot of speeding tickets,” he admitted.

“Yeah, you really did,” Beth said.

Greg shook his head, laughing, “So many tickets.”

The summer after Beth’s college graduation, the couple became engaged; they married that November. By then, Greg was at Erwin High School and Beth was a teacher at Tuscola High. Five years later, Ms. Simpson, Beth’s old English

teacher, retired, and ACRHS was looking for a new hire. Fortuitously, the band director position at Reynolds Middle opened around the same time.

“Coming home was always on the agenda,” Beth said.

“Even when we were young,” Greg added.

“It’s what we always talked about: coming back here as soon as we could,” Beth confirmed.

The Reynolds school district has benefited greatly from the Loves’ decision to return to their roots. Both are revered teachers whose students stay in contact long after they have left the Loves’ classrooms.

“Greg’s a tough act to follow,” Beth said of teaching band students who take her class.

“And I always tell my students that Beth is an excellent teacher and that I’m not just saying that because she’s my wife. She really is!” Greg responded.

Being a teaching couple has its benefits, to be sure. Having the same schedule as their kids—19-year-old Avery, an ACRHS grad now at UNC-Charlotte, and 16-year-old Zoe—has been a plus. They’ve enjoyed teaching their daughters and getting to know their friends. The “Love Shack” in Fairview has hosted fun hangouts such as gatherings on football game days and even a formal dinner before prom.

It’s not always easy, though.

“Teaching is a hard job, and it’s getting harder,” Beth said. “Last year, five of the eight teachers in our department left; three left education all together.”

“COVID-19 was challenging; teaching band over Zoom,” Greg shook his head. “Plus Zooming into the kids’ homes and seeing that some of our students face tremendous barriers.”

And things are not quite back to pre-COVID levels of productivity in classrooms. “It’s getting better though,” they agreed. “Slowly.”

“We’re dedicated to our students,” Beth said. Greg nodded. “And we’re a team,” she said, reaching over to her husband. “We always have been.”

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

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# Seven Ways to Heal From a Concussion

**B**rain Injury Awareness month takes place in March each year, organized by the Brain Injury Association of America. The purpose of Brain Injury Awareness month is to create better understanding and to increase supportive resources for those living with brain injuries. It has been estimated that approximately three million sport and recreation-related concussions happen each year, and about half of them will go unreported. While the signs and symptoms can vary widely, there are certain interventions that tend to be helpful in any case.

## Sunlight

Daily exposure to sunlight, especially in the morning, has been shown in clinical research to help improve sleep, mood and energy levels. This helps to reset our “biological clock,” also known as circadian rhythm. The rays of sunlight go through the eye and the optic nerve to affect an area of the brain known as the pineal gland, which helps control sleep/wake cycles. This is often disrupted in people who have suffered a concussion, which can prolong the healing process. As little as 10 minutes of sunlight exposure daily is enough for most.

## Tech Hygiene

As mentioned above, the pineal gland plays a big role in sleep/wake cycles and is primarily affected by light exposure. This

can be used to improve our brain health but can also be a detriment. Between phones, tablets and TVs, most people are taking in LED light well after sunset. The light signals from these devices activate the pineal gland to think it is day time, which disrupts the brain’s process of powering down for sleep. Keeping screen time to a minimum after dark has been shown to improve the duration and quality of sleep, an important factor for anyone’s brain health.

## Healthy Fats

Your brain is composed of mostly fat molecules, so getting adequate and diverse fat from your diet is crucial for healing from a brain injury. Our nerve cells are insulated by a material called myelin that is 70% fat. Dietary fat can provide the raw building blocks these cells need, as well as keep our inflammation response at an appropriate level. Reach for fish, nuts and avocado as good sources of essential fats.

## Avoid Alcohol

This one can be unpopular, but cutting out alcohol can be one of the most important action steps for healing from a concussion. Alcohol is toxic to our nerve cells and can interfere with brain function by slowing signal transmission. This effect on the cerebellum, which controls our balance and coordination, is responsible for the breakdown of movement associated with

being drunk. Alcohol also reduces the body’s ability to absorb B vitamins from our food. B vitamins are crucial for nerve cell function and healing.

## Minimize Dietary Sugar and Sweeteners

Cravings for sugar and sweets tend to increase after a concussion. But you should avoid overindulging. Sugar reduces healing when consumed in too-high quantities (not to mention, it can also increase your risk for dementia and neurodegeneration). In order for molecules from our food to give us energy, the body has to break down those molecules. Similar to how cars burn gasoline to create exhaust, “burning” sugar for energy creates stress on the body—specifically something called oxidative stress, which can accelerate the aging process and prolong concussion symptoms.

## Stay Active

Many patients who seek concussion care in our office have sought refuge in a dark room prior to treatment. This makes sense with photophobia and hyperacusis (light and sound sensitivity, respectively) being common symptoms. However, the most up-to-date research shows that this is the opposite of what our brains need. The best evidence available supports active recovery for concussion patients, within a symptom-free threshold. This may include

taking a short walk outside, enjoying a slow yoga flow class or even working on a word search puzzle. Activating our brain within a comfortable range is one of the most important aspects of recovery.

## Breathe

Concentrating on one’s breathing can be a very powerful tool. Not only does mindful breathwork improve our oxygen levels, it is also a great way to enhance calmness and focus. By keeping our thoughts on our inhales and exhales, we are exercising our attention skills and also helping to reduce excess “fight or flight” responses, both of which are important factors in brain injury recovery. A great way to start is with 1:2 ratio breathing: exhale for twice as long as you inhale (for example, 5-second inhale and 10-second exhale).

These seemingly simple tools are employable by anyone, and proven to work. Every concussion is different, and more in-depth treatment may be needed. Consult with a qualified medical professional about your particular case.



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

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# Balance in the Saddle

Where does the communication between a horse and the rider begin? One of my patients, Katie, asked, How important is the pelvis in this communication? She complained about how difficult it was riding counter-clockwise and trying to communicate with her horse without using the reins.

This is a story about a patient learning to balance better in the saddle, but we can all stand to increase our pelvic mobility and relax our shoulders.

Both humans and horses express themselves in a way through posture and movement. When the horse and rider move together, they are communicating in a shared language. Ideally, the horse and rider are moving together in both physical and psychological harmony in order to accomplish a fluid and smooth ride. The rider should have the strength and skill to carry themselves in the saddle to help support the horse's back. It is not natural for a horse to carry a rider due to its back structure.

As the horse moves, there is a complex, three-dimensional movement happening in its spine. The horse's back only has a limited range of movement, but the rider is sitting on one of the most mobile areas. The rider is balancing there and bearing weight through their own pelvis (ischial tuberosities) and the inner thighs. The way the rider sits can make it easier or much harder for the horse to carry and move under the rider. Being able to balance through developing the core and back muscles is essential to being able to grip with the inner thighs. This widens the base of support for the rider, making it easier for them to balance in the saddle. More importantly, it makes it easier for the horse by distributing some of the load of the rider away from its spine.

For the rider to be able to carry their weight and balance without disturbing the horse, they need to have the ability to absorb and control the movement of their spine in three dimensions to accommodate the movement of their pelvis—to support themselves without becoming overly rigid. This allows the rider to follow the movement of the horse's back rather than blocking it or losing contact and then landing heavily in the saddle as the horse walks, trots or gallops. The greater the sensitivity the rider has to their own body, the more sensitive and subtle the communication with the horse can be.

There are simple exercises a rider can do to help maintain good pelvic mobility and to decrease blockages in the muscles and pelvis that may impact riding and communication with the horse. These exercises also help to disassociate the upper and lower body. This is beneficial because the pelvis, in part, belongs to the horse, while the shoulder girdle, also known as the top half of the torso, belongs to the rider. The pelvis has to be stable to support the backbone, but it also must have controlled mobility to move with the horse in a three-dimensional manner. The rider's back also needs to be able to guide



Being able to balance through developing the core and back muscles is essential

the horse through the extended as well as collected paces. The lower body of the rider should constantly be making small adjustments to remain in balance with the horse. This allows the rider's upper body to float effortlessly on top.



IMAGE: TYLER REED ptpioneer.com

## Pelvic Mobility on a Stability Ball

It is important to do these exercises in a slow and controlled fashion, allowing for good use of your muscles over the entire range of the movement.

1. Find a neutral spine, sitting on the stability ball, with your feet hip-width apart.
2. Relax your legs and arms.
3. As you breathe in, switch on your core by imagining the lower abs melting inward toward your spine and lifting up gently through the pelvic floor. When breathing, imagine filling up your lungs completely, including the sides and back, not just the front. Your shoulders should remain relaxed and still.

### • Pelvic Tilts Backward & Forward

Sit on a stability ball with your feet parallel and hip-width apart and with equal weight on both seat bones. Keeping your shoulders still, tilt your pelvis gently forward and backward. Be careful not to tilt your pelvis too much (excessively increasing the hollow in the lower back), which puts pressure on the vertebrae of your lower back. This is why it is very important to keep the core well engaged.

### • Sideways Pelvic Tilts

Resume the same starting position with your feet parallel and hip-width apart and with equal weight on both seat bones. Rock your pelvis from side to side, elongating your torso. Think of keeping your shoulders still. Do not rock your shoulders. Bring your ribs and hips closer together on the side you are compressing. Keep your ribs over your hips and don't let

them pop out one side or the other.

### • Set Up

Lie on your back with your knees bent and with a neutral spine. Switch off the big muscles of your legs and engage your core. Start the movement by lifting your buttocks off the floor one at a time until your body makes a diagonal line. Roll back down to the starting position one vertebrae at a time.

By performing these simple exercises, Katie improved her pelvic mobility and core activation to help her dynamic balance and her body's communication with her horse for a more relaxing ride. She was able to finally let go of the reins to help direct her horse and improve her dressage presentation so that it appears effortless.



Allison Fender is the co-owner of Unified Therapies, located at 145 Charlotte Highway, Suite 40, Asheville. She has a Doctorate of Science in Physical Therapy with a concentration in Neurology. For more information, go to [unifiedtherapies.com](http://unifiedtherapies.com) or call 414-2368.

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# River Otters? In Fairview?!

by Sandie Rhodes

## “Four otters just came out of the pond!”

These were the words my neighbor texted me the morning of February 20. I was shocked, having only seen them in photos or at a nature center or zoo. I immediately Googled “small otters in WNC pond” and was pointed to a brief educational page provided on ncwildlife.org. Here’s what I learned.

The river otter has a sleek body, a short blunt snout, a thick neck, and a fat, flat tail that tapers to a point. Although part of the same species as weasels and mink, river otters are more suited to aquatic life. The small eyes and ears are located on the top of the head for surface swimming and to aid in otters’ nearsightedness. Their whiskers are very sensitive to help with locating prey in murky water or on dark nights. Otter feet have five webbed toes, making them excellent swimmers that can go forward or backward and often tread water to look and listen to their surroundings. River otter fur is short, dense and waterproof and usually dark brown with light-brown coloring under the neck, chest and stomach. Although river otters are aquatic predators and live near water, they can travel on land easily because their heels are hard, to prevent slipping.

Otters can live in fresh water, ranging



Just four otters having found a plentiful food source on a peaceful Fairview road.



Olive and Obi-Wan enjoying life at the Nature Center in Asheville. PHOTO COURTESY OF WHATSPAWSITIVE.ORG

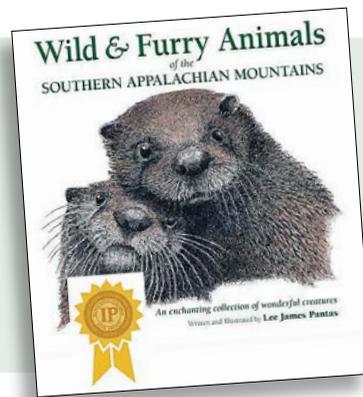
may also be in log jams, natural cavities or thick vegetation.

Otters are active all year and are generally nocturnal, but may occasionally be seen in daylight hours, especially in undisturbed areas. Bands consisting of five to 10 adult otters are occasionally observed, and two or more otters have been known to hunt cooperatively by herding fish.

American river otters were once found all over the US, but as European settlers began trapping them for their pelts to export for fur trade, their population began to decline. During the early 1900s, they had almost disappeared in many areas, but due to the abundance of food and difficulty for hunters to navigate large swamps, populations survived in the coastal region. However, with the added



With full tummies, the group heads up the creek formed by the pond’s overflow drain.



## Wild & Furry Animals

Fairview author and artist Lee Pantas featured two bonded river otters on the cover of his illustrated book, available locally at Trout Lily and online at Amazon.

impact of wetland drainage and water pollution, river otters had become virtually extinct in WNC by the late 1930s.

In the 1990s, the NC Wildlife Resources Commission began a program to release 49 river otters in WNC, including the Great Smoky Mountains National Park. Due to these restoration efforts, otters are again abundant throughout the state—although not very often spotted in the Fairview area!

If you want to see river otters up close and personal, the Nature Center in Asheville has two of them: Olive and

Obi-Wan. Olive was found as a pup in South Carolina and was cared for by humans until 2004, when she came to the Nature Center. Obi-Wan was born in the Pittsburgh Zoo. Since neither developed the survival skills to survive in the wild, they live and eat well at the Nature Center. Note: Otters have a life expectancy of 10–15 years, so they must be happy. Find out more at wildwnc.org.

Sandie Rhodes is the former publisher and current board chair of the Crier.

### KEEP YOUR EYES PEELED!



If you spot wildlife in the Fairview area, take a picture, send us a story—or both! Your critter might make it into a future edition of the *Town Crier*!

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from warm, slow coastal streams and marshes to cold, rapidly moving mountain streams. They are aquatic predators feeding on fish and crayfish, but can consume crabs, amphibians and other aquatic species. Dens are often in bank burrows created by other animals, but

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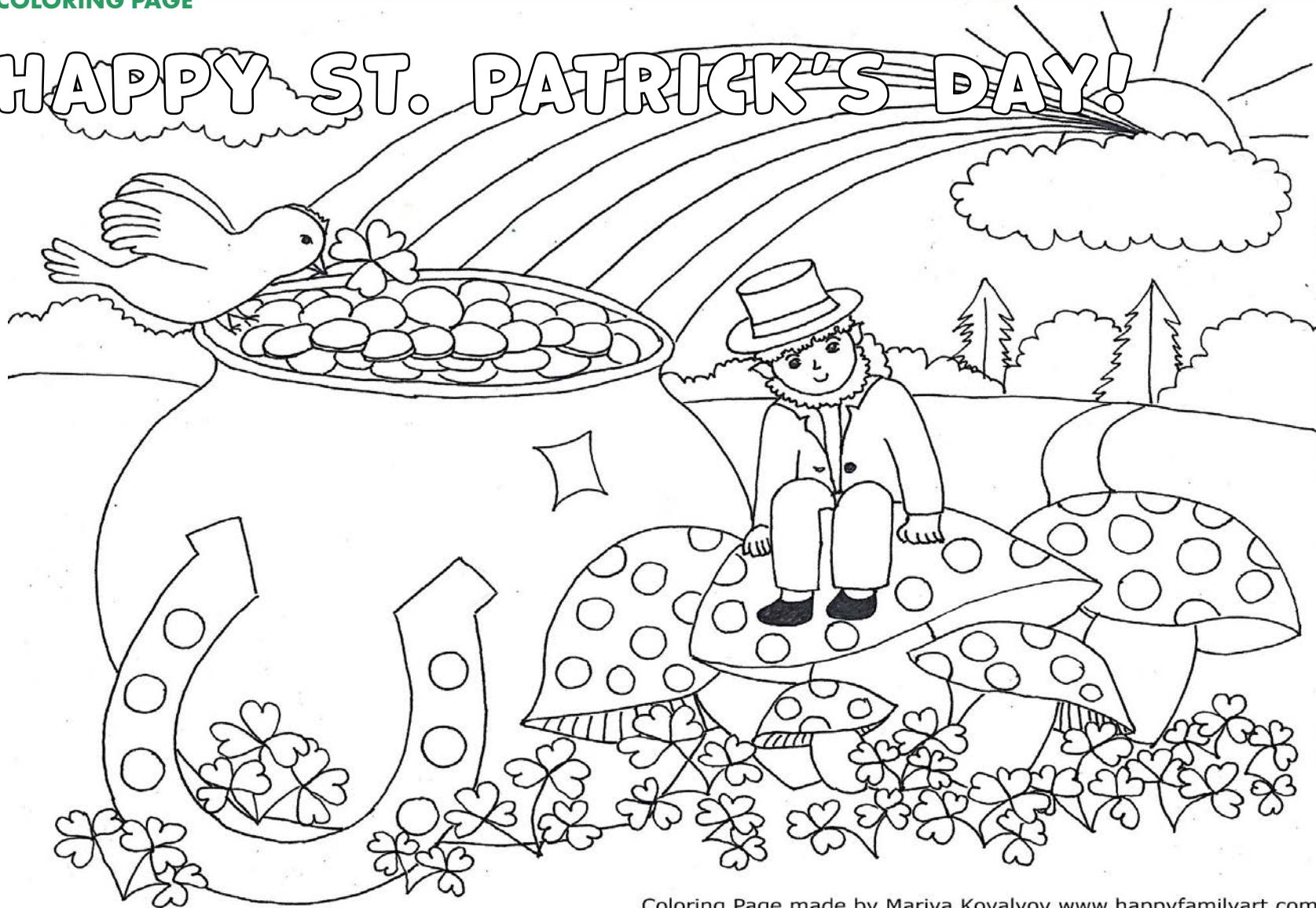
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# It's Time for Lunch

By Kenya Hoffart

**Lunch is a favorite time** for students at Fairview Elementary School (FES), and it takes a lot to serve so many students in a short amount of time.

Four dedicated cafeteria workers at FES serve lunch to over 660 students and some staff members every day. Lunch time starts at 10:45 am and ends at 12:55 pm. Teacher assistants, specialist teachers and custodians help cover lunch duty, and classroom teachers and administration make themselves available to jump in if needed. The schedule must be followed very closely to ensure everyone has a chance to enjoy a nutritious meal. Approximately 200 kids enjoy lunch at the same time, and students have cafeteria behavior expectations that allow supervising adults to see and hear every student should a special need arise.

## Healthy Eating Habits

The nutrition staff at FES makes sure all federal requirements are met and modify recipes to limit sodium, sugar and trans fats in the food they serve. They also team up with local farmers to bring fresh food options to the serving line. Their hope is that by offering these options, it will help students develop a lifetime of healthy eating habits. They also understand that nutrition plays a big part in an effective education.

Lunch options for the following day are posted online every afternoon so parents can help students pick their lunch preference. A complete school lunch consists of at least three of the five components offered: grain, meat or protein substitute, fruit, vegetable and milk. Lunch is \$3.50 each day. Extra milk can be purchased for 85¢. Students can also purchase extras. These include things like chips and ice cream, but only students without a negative balance are allowed to purchase these items, and parents can ask that restrictions be noted on a student's account.

## Meal Planning

For example, parents can request that ice cream only be purchased on Fridays or that no extras are ever to be charged to their account. Pre-paid meal plans are encouraged, as it helps students move through the line quicker, which allows students plenty of time to enjoy their lunch. Parents can send in checks or cash with students to put on their account, or they can add money online at [k12paymentcenter.com](http://k12paymentcenter.com).

Pizza day is a favorite at FES. Students also enjoy days when they can choose hamburgers, cheese or beef nachos, chicken soft tacos, or cherry blossom chicken. Caesar salad, fresh pineapple and cantaloupe, and fresh baked rolls are also a hit. Children with food allergies who



require a food substitution are well taken care of in the school's cafeteria, and FES is a nut-free school, which helps eliminate many reasons for concern.

All families are encouraged to complete the free and reduced lunch application each year, and many families benefit from this. Unfortunately for some that do not qualify, purchasing lunch can be a challenge. Individuals and organizations who would like to help offset some of the debt incurred by families who cannot afford lunch are welcome to send donations to the school. Checks may be dropped off or mailed to the school's main office, and the difference you will make for these children will be greatly appreciated. A hot breakfast is available to all students at no charge

every school day, and children who do not have enough food at home to keep them well-fed over the weekend are offered bags from MANNA FoodBank each week.

Proper nutrition for a child leads to a healthier life and adulthood. Children who have a well-balanced diet have more energy to learn, play, move, grow and experience all life has to offer. These things are exactly what the staff at Fairview Elementary wants for their students, and they work hard every day to make sure their nutritional needs are met.

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

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STUDENT OF THE MONTH

**Arielle Taylor**



Arielle Taylor is the Student of the Month for A.C. Reynolds High School. A.C. Reynolds High has a motto of what it means to be a Rocket: RPI (Rocket Pride Inside).

RPI is shown by taking care of those around you and having respect and integrity in all you do. Arielle exemplifies this motto in her behavior and attitude day in and day out. Nominated by her Foods teacher Kennedy Forbes, Arielle is known for always being willing to lend a helping hand. She is kind to everyone and makes a lasting, positive impact on those she encounters.

*All winners receive a special mug from the Town Crier. Congratulations, Arielle!*

CHRISTI HURD

**Build Friends Instead of Foes**

Sibling rivalry has been acknowledged as the most ancient form of conflict known to mankind. You're not alone if this is happening in your family.

If you have multiple children, take time to pause and then move in a direction which will bring you what you most want: a peaceful family who enjoys one another for years to come.

**Build a stronger bond.**

- First, focus on strengthening and sweetening your relationship with each child by giving periods of undivided attention as often as possible. Make each of your children feel like your favorite child by the way you connect with them in unique ways.
- Don't compare. Consider the impact of a simple conversation: "Why are you giving me such a hard time about fixing your hair? See how your sister just calmly stands there and even hands me the hairbrush?" You may think that will motivate your child, but it often plants seeds of resentment and jealousy. Even positive comparisons often backfire.
- Help them understand that differences in opinion are simply that and don't reflect their personal value.
- If your child believes that you could never love anyone else more than you love them, they will have more emotional security.

**Work to create an atmosphere of kindness and appreciation in your home.**

- Children yearn for limits because it builds emotional security. Set boundaries which show your home to be a safe place.
- Every time you observe them being kind to one another or playing without fighting or expressing themselves in a respectful manner toward one another, take note and find just the right time to "shout it out" in some way to them (note in lunchbox or pillow, kiss on the forehead followed by appreciation or pride displayed in front of your whole family.)
- What we focus on grows. Today be the kindness, respect and cooperation you want to grow in your future adults.
- No matter their age, our children are taking note and absorbing our actions. It's humbling, but true.

*Christi Hurd, who taught at Cane Creek Middle School, is a certified PCI Parent Coach and is passionate about helping families flourish. To learn more about her services, see [hurduddleparentsupport.com](http://hurduddleparentsupport.com)*



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**EVENT Managing the Tween and Teen Years with Confidence**

Cane Creek Middle School PTA will host a free, three-part parent coaching series for families of tweens and teens. The series will focus on raising awareness of different parenting styles, empowering healthier relationships with our kids in the digital world, and nourishing the teenage mind and soul. It will be led by Christi Hurd, who is certified through the Parent Coaching Institute, is a National Board Certified educator and is a former teacher at CCMS. Her interactive programs utilize an understanding of the developmental needs of tweens and teens to support and empower parents in creating an optimal home environment to help their children thrive.

**Empowering Parents—"Designed to Dance" MARCH 7 6:30-7:30 pm**  
This workshop will focus on different parenting approaches and styles. You'll learn what your child most needs from you during the middle school years. When you understand yourself better, you can parent with more ease and joy—and even "dance in the chaos!"

**Taming Technology as a Team APRIL 20 6:30-7:30 pm**  
Technology is here to stay, and it makes parenting even harder for most of us. How do we address our own parenting struggles with all of the media influences? What does our growing adolescent most need from us as we navigate this challenge? Research-based strategies will be offered to empower you to build a healthier relationship with your child in this digital world.

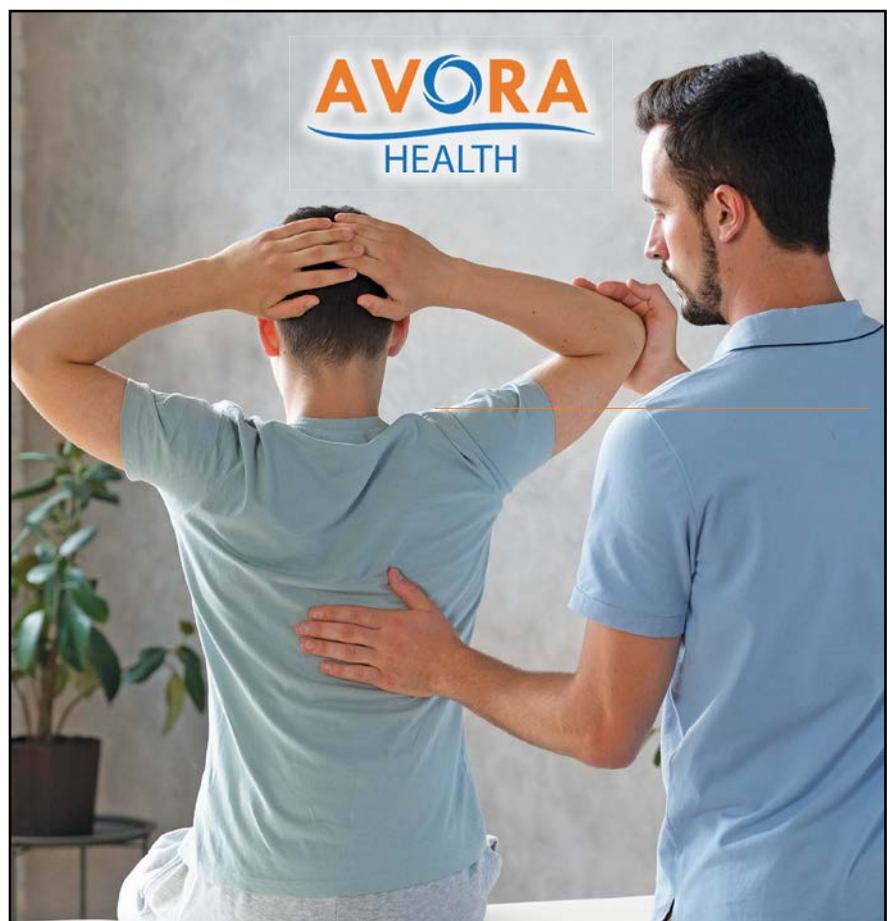
**Nourishing the Teenage Mind and Soul MAY 16 6:30-7:30 pm**  
Learn more about the adolescent/teen brain and how to make your parenting compatible with its design. How do we ready our child to "fly" after high school instead of clipping their wings? What is required of us as parents?

**Who Can Attend?** All rising 6th grade through 8th grade families in the Cane Creek Middle School area, including traditional public school, charter school and home school families.

**More Info** Follow the "Cane Creek Middle PTA" Facebook page for more information and to RSVP. Email [canecreekmiddlepta@gmail.com](mailto:canecreekmiddlepta@gmail.com) with any questions.

Spanish and Ukrainian interpreters can be available. Please notify Ms. Britt, the principal of CCMS (628-0824) if this service would be helpful. Childcare will be available. Bring your own chair if you prefer different seating from folding chairs.

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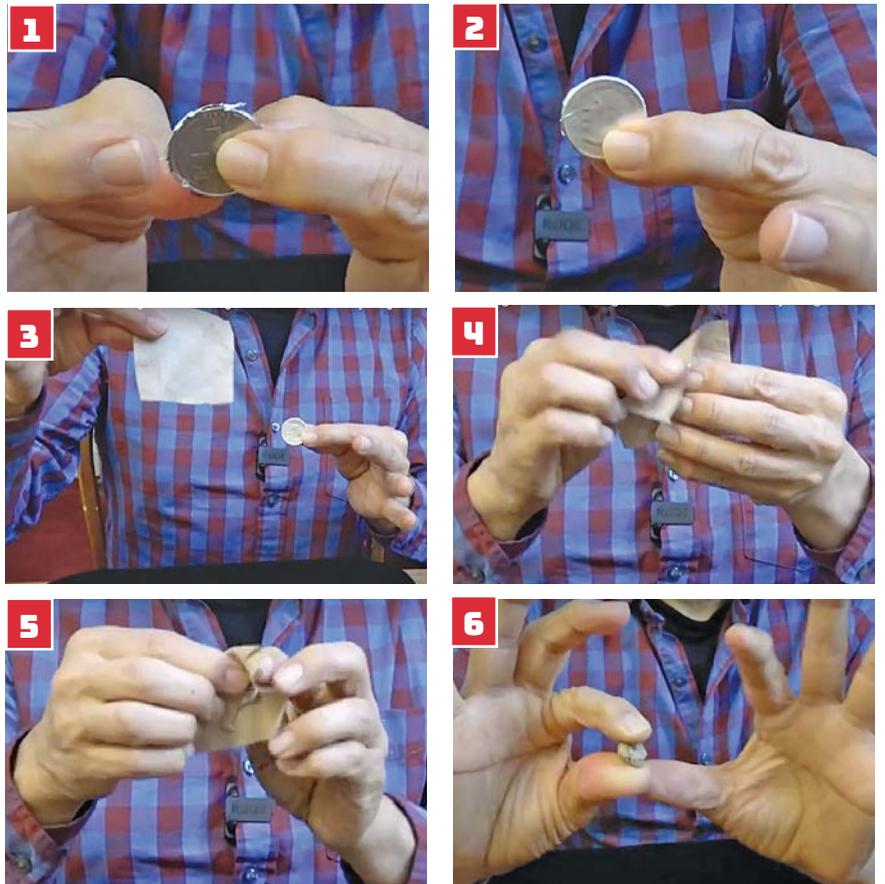
## PERFORMANCE

Show the foil "coin" to the audience. Be careful to hold the coin by its edges, facing out. Make sure that there is a little distance between you and your audience. Wrap the coin in the tissue paper and fold the corners in around the coin. Hold the coin in the paper and snap your fingers in a magical gesture, and then crush the tissue into a small ball.

The coin has disappeared!

# magic!

Greg Phillips is a professional speaker, magician and comedian. Contact him via email at [Greg@GregPhillipsMagic.com](mailto:Greg@GregPhillipsMagic.com) or visit [MountainMagicAcademy.com](http://MountainMagicAcademy.com).



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# Fun Activities for Your Dog's Mind and Body

**D**ogs have been part of our history for thousands of years. No one knows for sure when the relationship started, but we do know that dogs were initially used to work alongside humans. Dogs were bred for a multitude of purposes that ranged from working on farms to eliminating pests.

People chose dogs based on intelligence, size or being bred for a specific purpose. As humans evolved, their four-legged companions did too. They developed together to the modern age, where people now leave them alone for long periods of time. This means that dogs bred for activity may have nothing to do.

Dogs of all breeds and sizes need to have their minds and bodies exercised. Many of them lay around waiting to be fed, for you to come home or for something to happen. This is not only a recipe for disaster in your house but can lead to health problems for your dog.

Scientists and researchers put dogs at close to a two-year-old human's level of intelligence. Two-year-olds are discovering, learning, moving and having fun. Your dog is very much the same. They need to find things, explore, learn and have fun. This can be difficult for people who are busy with work and life. Your absence creates a need for your dogs to be entertained and mentally exercised while you are gone.

If you have to leave your dog at home while you go to work, there are many things you can do to keep them entertained or engaged. I've put together some activities that can keep your dog engaged and healthy, and can keep them busy as well.

**Hide treats around the house.** Start by placing treats in easy-to-find places, then over time make it more difficult.

**Treat-dispensing toys.** Give your dog a food puzzle or treat-dispensing toy. You can even put a portion of your dog's breakfast kibble in the toy so they have to work for their meal. Most of these toys are designed to dispense food or treats as a reward, so take care not to fill the toy with too many fatty treats. If the puzzle toy has multiple holes for treats, make your dog work for their treat by placing a treat in one or two of the holes. They will have to investigate to find the spot with the treat and figure out how to access it.

**Give them something to chew.** Dog chew toys are great to leave out as well. If you give your dog something to chew on and play with while you're gone, you're less likely to come home to shredded couch pillows. Just remember that some dog chew toys can be a choking hazard, so make sure it is safe to leave with your dog.

**Hire a dog walker.** If you're able to afford it, hire a dog walker to check on your pup and take them for a walk while

you're at work. If you have a friend or neighbor who's home during the day, ask if they can stop in to see to your dog and take them for a walk or let them out.

If you like to be active with your dog, these activities will stimulate their brains and give them the exercise they need.

**Obedience classes.** Start training with your dog. You can sign up for group classes or private lessons. The commands you learn will stimulate your dog's mind and make them a more well-behaved member of the family. If you're more competitive, you can move into dog agility, fly ball or other competitive activities.

**Go for a walk or hike.** Walks are by far one of the best activities for a dog and their human. Walks let dogs get out of their usual surroundings and explore. It also gives you both a chance to practice any training commands you may be working on.

**Take different routes.** Let your dog sniff around and find new things to investigate. This doesn't mean you should let them wander at full leash length all the time, but you should allow them to look around to fulfill their natural curiosity.

**Geocaching.** Geocaching is an activity where someone hides something and uses a GPS to mark its location. Have someone place treats or toys at a site and take your dog out for a hunt. When you get close,

have them try to locate the toy. Celebrate with them when they do.

**Swimming.** Many dogs love the water. Find somewhere to take your dog for a swim. Dogs can play fetch in the water, and some love to swim with their humans too. Get in the water with them!

**Set up a playdate.** If your dog enjoys being social with other dogs, set up a playdate. Neighbors or friends with dogs, may want to meet up. There should be a period of letting the dogs get to know each other before letting them off the leash to play. Once they are familiar, let them run and have fun.

**Fetch.** The all-time favorite game for dogs and their humans. You don't need much for this game, just a ball or toy that your dog loves to fetch!

**Older Dogs.** Your older dog still needs exercise to keep their muscles strong and joints moving. If you're worried about exercising your older pup, talk to your veterinarian to get some exercise tips.

This is just a small list of activities you can do with your dog. There are lots of ways to stimulate your dog's mind and exercise their body so they will have a happy, healthy future.



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

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# Tab Recovery

Unexpected browser shutdowns from crashes or hitting the wrong keys are frustrating when you've just finished opening a bunch of new tabs. Luckily, when you restart Chrome, Firefox, Edge or Safari, use ctrl+shift+t (Windows) or cmd+shift+t (Mac) to reopen the tabs. You can also set your browser to reopen all previous windows and tabs, a setting usually found somewhere in settings or preferences in the general or startup sections.

At times, you might need to force restart your phone when nothing seems to be working. iPhones running iOS 16 can be force restarted with four steps: press and quickly release the volume up button; press and quickly release the volume down button; press and hold the side button; and when the Apple logo appears, release the side button. On Androids, the process varies by manufacturer but most can be forced to restart by holding the power button for 20-30 seconds. Do a web search for your Android before you need it.

If you need to save your iMessage history, use a non-Apple solution. Among other options, iMazing and Keepster can export all or particular texts in a variety of formats. If you want to save a short part of those messages, forward them to your email, but you may lose the time stamp.

Short money saving tips: if you don't print or fax much, use your local

library—it is only 25 cents a page. For art supplies and tools, explore Asheville Makers (ashevillmakers.org) and Asheville Tool Library (ashevilltoollibrary.org).

This is the season for artificial intelligence (AI), with many stories emerging about ChatGPT and other services. Google is experimenting with music generation using text prompts. Dubbed MusicLM is not for public use, but there are hints of what it can do (google-research.github.io/seanet/musiclm/examples).

Laptop keyboards do need cleaning. First, turn off and unplug your computer, and then turn it over to shake and tap out dust, crumbs and other stuff. Use canned compressed air to blow out stuck bits and wipe off grime with a premoistened cloth (with a small amount of alcohol) or cotton swabs slightly moistened with alcohol (you shouldn't be able to squeeze out any droplets) to scrub off any remaining crud. Wait a few minutes and turn it back on.

If you sign up for an instant ink program with your new printer, read the fine print to avoid having your printer remotely disabled for non-payment or finding out paid-for cartridges no longer work if you quit the subscription.



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

**Sibling (n.): You'd give them a kidney but wouldn't allow them to borrow your phone charger.**

Sign in local coffee shop:

**WE DO NOT HAVE WI-FI. TALK TO EACH OTHER – PRETEND IT'S 1995.**

\*

**I fired myself from cleaning the house. I didn't like my attitude, and I got caught drinking on the job.**

\*

**THEM: What inspires you to get out of bed every mornin'?**

**ME: My bladder mostly.**

\*

**A poodle and a collie are walking together when the poodle unloads on his friend.**

**"My life is a mess," he says. "My owner is mean, my girlfriend ran away with a schnauzer, and I'm as jittery as a cat."**

**"Why don't you see a psychiatrist?" suggests the collie. "I can't," says the poodle. "I'm not allowed on the couch."**

\*

**How do you keep a fish from smelling? Hold its nose.**

**You know you've reached middle age when you're cautioned to slow down by your doctor, instead of by the police.**

—Joan Rivers

\*

**The most disturbing thing about accidentally waking up at 4 am is realizing some people do this on purpose so they can exercise.**

\*

**I never wanted to believe my dad was stealing from his job as a road worker. But when I got home, all the signs were there.**

Readers are invited to submit funnies. Thanks, Cynthia Greenfield, for the following riddle:

**What do you get when you cross a dog and a calculator?**

**A friend you can count on!**



Blaine Greenfield hosts BLAINESWORLD, a podcast, and he publishes a blog with the same name. To send items for possible inclusion in a future issue, email bginbc@aol.com.



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- **DONATE** on our website or by check (PO Box or dropbox outside our office). Your donations ensure we keep our non-profit status, allowing us to mail at a reduced rate so you receive the paper in your mailbox for **free** every month.

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## On the Road



Todd and Mary Johnson traveled to Dominical, Costa Rica in January. Thanks for taking the Crier along with you!

Email your travel photos to [clark@fairviewtowncrier.com](mailto:clark@fairviewtowncrier.com) or text to 828-771-6983

## A Sweet Donation from TE

The Fairview location of TE Connectivity, a global industrial technology company that designs and manufactures connectors and sensors, organized a fundraiser in February to benefit its neighbors at Food for Fairview.

The 247 employees at TE had the opportunity to send a coworker a candygram showing their appreciation or encouragement of one another. At 25¢

each, fellowship spread across the plant. Over 2,000 candygrams later, the plant had collected \$555 in support of the work done by the folks at MANNA and Food for Fairview. That's a lot of chocolate!

One hundred percent of the funds collected from staff are being donated to the cause. The Crier thanks TE and its employees for their continued support of the Fairview community.

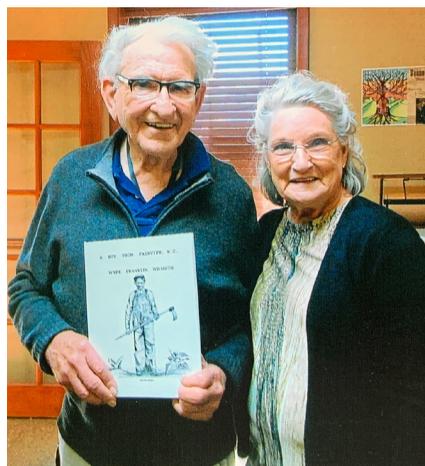


## New Book from "Fairview Boy"

A biography of Wade Wilmuth has just been published. Written by Barbie Mabe and titled "A Boy From Fairview, N.C.," it tells the story of his life—from growing up on a tobacco farm to serving as the mayor of Boone and in the NC General Assembly. Along the way, he sold *True Grit* magazine, was a waiter at a cafe, a janitor at a church, drove a school bus, sold stainless steel cookware and was a teacher.

Subjects covered in the book include family, farming, schools, church, the army, travel, tragedies, politics, friends, meeting famous people and even being an actor in a movie.

To obtain a copy of the book, write to Wade Wilmuth, 247 Crest Drive, Boone, NC 28609.



Wade Wilmuth, holding a copy of his new biography, and Barbie Mabe.



DR. ASHLEY LUCAS

### Food for Love

We all seek that cuddly, warm feeling around this time of year. But did you know that the hormone responsible for this feeling may also help you lose weight? Studies are showing that the release of oxytocin, also known as the "cuddle hormone," can stop you from overeating by suppressing your appetite and also increases insulin sensitivity.

Oxytocin is made by the hypothalamus and released into the bloodstream in response to pleasurable experiences. It is one of four "feel good" hormones, along with serotonin, dopamine and endorphins. Eating food rich in vitamin C, vitamin D, magnesium and healthy fats can encourage your body to produce more oxytocin. With many options to choose from, some of the most potent are:

• **Cacao**

Enjoy the many benefits of this food by adding raw cocoa powder, or cocoa nibs, to your diet. Cacao helps produce all four of the mood-boosting hormones.

• **Fatty fish**

It's well known that eating fish has many health benefits. Rich in healthy fats and vitamin D, fish, such as salmon, is a great choice to encourage oxytocin production.

• **Cruciferous vegetables and dark, leafy greens**

Broccoli, Brussels sprouts, spinach and kale are packed with magnesium and vitamin C. These vegetables will help you feel great on many levels. Don't just eat for health. Eat for bliss!



Ashley Lucas, who lives in Fletcher, has a PhD 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](http://myphdweightloss.com).

## CELEBRATING 94 YEARS!



Happy birthday to Sally Aycok, who turns 94 this month.

Even though she lives in Greensboro, she is a faithful reader of the paper and is always interested to learn what is going on in the community.

Sally is the mother of Clark, the Managing Editor of the Crier. He knows he is biased, but he thinks Sally is the best mom!

*Happy Birthday!*

# What Goes into a Retirement “Paycheck”?

**D**uring your working years, you generally know how much money you’re bringing in, so you can budget accordingly. But once you’re retired, it’s a different story. However, with some diligence, you can put together a “paycheck” that can help you meet your income needs.

Where will this paycheck come from? Social Security benefits should replace about 40% of one’s pre-retirement earnings, according to the Social Security Administration, but this figure varies widely based on an individual’s circumstances. Typically, the higher your income before you retire, the lower the percentage will be replaced by Social Security. Private pensions have become much rarer in recent decades, though you might receive one if you worked for a government agency or a large company. But in any case, to fill out your retirement paycheck, you may need to draw heavily on your investment portfolio.

**Your portfolio can provide you with income in these ways:**

- **Dividends** When you were working, and you didn’t have to depend on your portfolio for income to the extent you will when you’re retired, you may have reinvested the dividends you received from stocks and stock-based mutual funds, increasing the number of shares

you own in these investments. And that was a good move, because increased share ownership is a great way to help build wealth. But once you’re retired, you may need to start accepting the dividends to boost your cash flow.

- **Interest payments** The interest payments from bonds and other fixed-income investments, such as certificates of deposit (CDs), can also add to your retirement income. In the years immediately preceding their retirement, some investors increase the presence of these interest-paying investments in their portfolio. (But even during retirement, you’ll need some growth potential in your investments to help keep you ahead of inflation.)

- **Proceeds from selling investments** While you will likely need to begin selling investments once you’re retired, you’ll need to be careful not to liquidate your portfolio too quickly. How much can you sell each year? The answer depends on several factors—your age, the size of your portfolio, the amount of income you receive from other sources, your spouse’s income, your retirement lifestyle, and so on. A financial professional can help you determine the amount and type of investment sales that are appropriate for your needs while considering the needs of your portfolio over your lifetime.

When tapping into your investments as

part of your retirement paycheck, you’ll also want to pay special attention to the amount of cash in your portfolio. It’s a good idea to have enough cash available to cover a year’s worth of your living expenses, even after accounting for other sources of income, such as Social Security or pensions. In addition, you may want to set aside sufficient cash for emergencies. Not only will these cash cushions help you with the cost of living and unexpected costs, but they might also enable you to

avoid digging deeper into your long-term investments than you might like.

You may be retired for a long time—so take the steps necessary to build a consistent retirement paycheck.



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

## JAN 2023 FAIRVIEW REAL ESTATE STATISTICS

PRICE RANGE	NO. OF SALES	\$ AVG PRICE	AVG DAYS ON MKT
50-59,999K	2	55,000	6
200-299,999K	3	260,833	41
300-399,999K	2	355,000	125.5
400-499,999K	1	450,000	107
800-999,999K	1	830,000	31

HOMES LISTED: 3	HOMES CLOSED: 8	LAND LISTED: 4	LAND CLOSED: 1
Max \$724,999	Max \$830,000	Max \$400,000	Max --
Min \$125,000	Min \$55,000	Min \$278,900	Min --
Avg \$600,000	Avg \$353,437	Avg \$334,633	Avg \$149,000

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 628-4031

**Angie's Sandwich & Soup**  
 1395 Charlotte Hwy., Fairview  
 338-5015  
[facebook.com/AngiesSandwiches](https://facebook.com/AngiesSandwiches)

**Barn Door Ciderworks**  
 (appetizers, desserts)  
 23 Lytle Road, Fairview  
 484-1586  
[barndoorcw.com/menu](https://barndoorcw.com/menu)

**Black Bear BBQ**  
 800 Fairview Road, Asheville  
 298-1035  
[blackbearbbqavl.com/menu](https://blackbearbbqavl.com/menu)

**Daymoon Coffeebar**  
 381 Old Charlotte Hwy., Fairview  
 338-0550

**Dunkin'**  
 192 Charlotte Hwy., Asheville  
 412-3032

**El Tapatio food truck**  
 parked at New Moon Marketplace  
 1508 Charlotte Hwy., Fairview  
 337-2542

**Fairview Grocery**  
 (breakfast foods and microwaveable meals)  
 1612 Charlotte Hwy., Fairview  
 338-0014

**Food Lion**  
 (hot wings, rotisserie chicken, etc.)  
 1350 Charlotte Hwy., Fairview  
 628-2283

**Great Wall Chinese Take Out**  
 4 Olde Eastwood Village Blvd., Asheville  
 298-1887

**Hickory Nut Gap Farm**  
 57 Sugar Hollow Road, Fairview  
 628-1027  
[hickorynutgap.com/shop](https://hickorynutgap.com/shop)

**Hilltop Ice Cream Shop**  
 520 Old Highway 74-A, Fairview  
 775-2482  
[facebook.com/HilltopIceCreamShop](https://facebook.com/HilltopIceCreamShop)

**Hot Dog King**  
 1487 Charlotte Hwy., Fairview  
 628-1036  
[facebook.com/thehotdogkingfairview](https://facebook.com/thehotdogkingfairview)

**KD's One Stop**  
 (pizza, hot dogs, and more)  
 1299 Charlotte Hwy., Fairview  
 628-1122

**The Local Joint**  
 1185 Charlotte Hwy., Fairview  
 338-0469  
[facebook.com/THELOCALJOINT](https://facebook.com/THELOCALJOINT)  
[andJOINTNEXTDOOR/menu](https://andJOINTNEXTDOOR/menu)

**Nachos & Beer**  
 30 Charlotte Hwy., Asheville  
 298-2280

**Piazza**  
 4 Olde Eastwood Village Blvd. Asheville  
 298-7224  
[piazzaeast.com/#menu](https://piazzaeast.com/#menu)

**Rise Above Bakehouse**  
 1207 Charlotte Hwy., Fairview  
 222-2600  
[riseabovebakehouse.com](https://riseabovebakehouse.com)

**Sky Mountain Pizza**  
 1321 Charlotte Hwy., Fairview  
 338-5039  
[skymountainpizza.com/menu](https://skymountainpizza.com/menu)

**Smokey & the Pig**  
 913 Charlotte Hwy., Fairview  
 222-2595

**Subway**  
 4 Old Eastwood Village, Asheville  
 299-845

**Trout Lily Deli & Market**  
 1297 Charlotte Hwy., Fairview  
 628-0402  
[troutlilymarket.com](https://troutlilymarket.com)

**Turgua Brewing**  
 (food truck most nights)  
 3131 Cane Creek Road, Fairview  
 338-0218  
[turguabrewing.com/events](https://turguabrewing.com/events)

**Troyer's Country Amish Blatz**  
 (sandwiches, baked goods)  
 14 Bonn E Lane, Fairview  
 280-2381  
[troyerscountryamishblatz.com](https://troyerscountryamishblatz.com)

**Whistle Hop Brewing**  
 (food truck daily after 3 pm)  
 1288 Charlotte Hwy., Fairview  
 338-9447  
[whistlehop.com/events](https://whistlehop.com/events)

*Are you the owner of a business we left out? Please get in touch with the editor, and we'll include you the next time we run this list.*

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## Enjoy Your Own Party!

For more than 20 years, Jen Cardillo was busy raising a family and helping to run High County Truck & Van here in Fairview.

When her family sold the company and she retired, she wanted to keep busy. But what to do? She had thrown graduation and engagement parties for her kids and helped plan a nephew's wedding and realized she

### Maitre D' Jen

loved working with themes and decorating. This led her to work for a company that organized weddings. But as anyone who has planned a wedding knows, it's a lot of work! So Jen decided to work for herself, scale back, and use her decorating and organizing skills to help smaller parties and events.

And so Maitre D' Jen was born! She says that if you spend good money on an event, you should be able to enjoy it too. "Don't let a serving spoon ruin your party."

She'll take you from start to finish—from set up and decorating to helping out during the event and light clean up. You enjoy the party and she'll take care of all the details.

She does in-home events, such as parties and small weddings, and will also help at parties held at restaurants and breweries. If you want to hold a birthday party at Tur-gua, for example, she can help you decorate a reserved section. She is also offering a 50%-off promotion for afterschool birthday parties until the end of the school year.

Get in touch for a free in-person or phone consultation. See her ad on page 17 for contact info.

## Barn Door Back from Hiatus

After a two-month winter break, Barn Door Ciderworks will reopen on Friday, March 3. The cidery produces hard cider on-site and runs a taproom that includes their cider, small bites, beer, wine and non-alcoholic beverages.

An opening weekend is planned with new cider releases. On March 3, a neighborhood jam will take place in the backyard. And on Saturday and Sunday, there will be "S'mores by the Fire"—a \$4 kit includes the makings for two s'mores.

Winter hours are Friday, 4-7 pm; Saturday, 2-7 pm; and Sunday, 2-6 pm. You can find the cidery at 23 Lytle Road in Fletcher.



## Carolina Equipment Bids Fond Farewell to Fairview

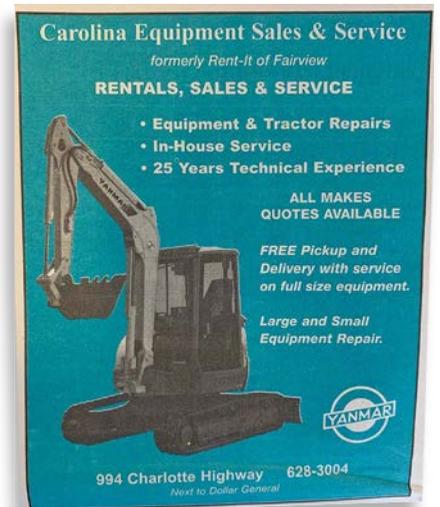
If you drive Charlotte Highway often, you might have noticed a lack of large machinery off the side of the road near the turn onto Churchill Downs Drive.

That's because Carolina Equipment has been sold and has moved all of its equipment to a location off I-26 near the Asheville airport.

Back before the Eblen shopping center existed (where the Crier's office is now), there was a small equipment rental store. Peter and Ellen Jensen bought it in 2000. And then they moved it to the Fairview Ridge Center location (which also has a Dollar General) in 2004 and started featuring larger equipment and working with small and medium-size contractors and local utilities.

As was reported in the Crier that year, "Rent-It of Fairview has a new name as of January 1—Carolina Equipment Rental, Sales and Service. New people and new services coincide with a new part owner, a long-time resident of Fairview. Carolina Equipment will continue to serve the local community for its tool and equipment rental needs."

The Jensens sold the business in January to National Equipment Dealers (NED), a large, national chain, with Peter staying on as manager for a time.



An ad for Carolina Equipment Sales & Service that appeared in the March 2004 issue of the Town Crier.

The address of the new location is 99 Underwood Road in Fletcher.

Even though the company has been sold and has relocated, Ellen explained that customers can still expect to find the same employees, parts and service. "We've had great neighbors and loyal customers. We hope to see them in the new location," she said.

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# An Update From the Fire Chief

On February 8, the Fairview Business Association got to hear how awesome our Fairview Volunteer Fire Department is and how lucky we are to live within five miles of the station, which allows us to receive the best insurance rating (Level 3).

Chief Scott Jones told us that, on average, the department gets from alarm to dispatch in 7.48 minutes. They receive about 2,000 calls a year.

He wanted FBA members—and all Fairview-area residents—to know they can help with firefighting efforts by trimming tree branches away from the overhang on driveways, keeping your fire extinguishers charged (check out Asheville Fire Protection at 563 Fairview Road), and keeping the creosote cleaned out of your



Chief Scott Jones gave FBA members an update about the fire department.

chimney, among other things.

Also, he said, “We are not Town Hall.” They sometimes get calls meant for Duke Power after electricity outages.

Do you know the five causes of most fires in Fairview? FBA members do now: cooking, heating, electrical, smoking and candles. It was a very informative meeting, with sandwiches provided by Subway at Reynolds (4 Olde Eastwood Village, Asheville).



FBA members learned about response time, insurance ratings and fire-prevention methods.

## ► Upcoming Event

### March Meeting

March 8, 6-8 pm

Spring Mountain Community Center, 807 Old Fort Road

Join us for our next FBA meeting! Not only do we need to know about the Spring Mountain Community Center, which is a hub of events, but the FBA’s own Maria Horton of Daylight Asheville is hosting us there. She is a Solatube Premier Dealer. If you want to let natural, comforting light into your home, putting in a solar light can be the way to go.

We will also be hearing from a new member, Louise Bijesse, with UpTalent Consulting. She runs a local, boutique HR consulting firm that provides total talent solutions for startups and rapidly growing companies.

Our meetings are a way of sharing what’s new in our businesses, and networking has proven to be our best advertisement. So come with your news.

In the business part of the meeting, we need to appoint a treasurer, discuss upcoming charities to support, our next meeting with the Sheriff’s department, and refreshing the bulletin board kiosk in front of the post office.

Wear your name tags and we’ll see you there!

# Keep it Local!

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# Witches' Butter Mushrooms

It is difficult to find any mushrooms growing in the dead of winter. Orange witches' butter (*Dacrymyces palmatus*) is one of several "jelly" funguses that appears on dead logs and branches even in the coldest parts of winter. Its striking brilliant orange color and slimy, jelly-like consistency make it easy to identify. There are also yellow and black jelly mushrooms, but orange is the most common in WNC.

I always find it to be a magical small mushroom, as it stands out from the rest of the winter landscape; and on a misty, cold winter day, it is a beautiful site for the eyes. A few weeks ago, I saw brilliant orange color growing out of dead branches and smiled—it was witches' butter.

The small, fruiting bodies are shiny, lobed and rather convoluted in shape, usually about a half to one inch in diameter and often found growing in clusters on dead branches or tree trunks. They love moist and wet conditions, often appearing after periods of heavy rain.

### A Bad Omen?

In eastern European legends, if witches' butter appeared on your gate or doorstep, it was a bad omen. It meant a witch's spell had been put on your house, and the only recourse was to pierce it with something sharp to kill the witch's spell. Humans are amazing in how complex we are in our capacities for demonizing an

innocent little mushroom and cultivating fear and hatred.

My hunch is that this superstition developed because witches' butter and jelly mushrooms are so different from other mushrooms, and in a darker period of human history, almost all mushrooms were linked to evil and the devil.

It amazes me how persistent some of these puritanical and distorted beliefs are and how ingrained these beliefs are within our culture. Since most of the early colonists came from Europe, they brought with them deeply rooted superstitions and beliefs. And hundreds of years later, mushrooms are still getting a bad rap and so many people are simply terrified of eating them—even if they know they are safe and properly identified.

Jelly funguses are "saprobic," which means they live off decaying or dead plant material. Mushrooms are the compost champions of the world, and jelly funguses are part of that sacred cycle. Most jelly mushrooms are edible,



but they are essentially flavorless. Like all wild mushrooms, with the exception of beef tongue, they need to be cooked or boiled. In Asia, they are used in soups, as their slimy consistency is a good mix, but they are not my favorite on their own. Also, they are found in small quantities.

### Menu Options

I found one recipe for them in which they are breaded and fried like calamari, but I haven't tried it yet. Even though my grandmother was Sicilian and Italians love calamari, it's not my cup of tea. I find it flavorless and rubberlike. I am not consistent, though, because I will order escargot on occasion. I know that snails would be similarly flavorless and chewy if they weren't submerged in garlic and fried in butter. So perhaps I will have to give breaded jelly fungus a try.

If I was in survival mode, I would certainly eat them all up gratefully if nothing else was available. I think of my old friend Tom, who grew up in the backwoods of South Carolina during the

Great Depression. He said his dirt-poor family was always hungry and would never have survived if they had not relied heavily on wild mushrooms and plants. Witches' butter was his least favorite mushroom but was used nonetheless by his family in soups and stews whenever it was found, as anything edible and free was essential to their survival.

### Health Benefits

It is reported in China that jelly funguses are thought to improve circulation and breathing, and they have been used historically to treat respiratory illnesses. In addition, chemicals found in certain species of jelly mushrooms are thought to have a blood-thinning effect.

Witches' butter mushrooms are an unusual and fun example of nature's remarkable and diverse canvas. I love them because they are so completely different from the rest of their kin. And with mushrooms, like in the rest of life's arenas, diversity is a wonderful gift to be celebrated and savored.



Contact Roger at [rogerklinger@charter.net](mailto:rogerklinger@charter.net).

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A SPECIES STORY

# The Great Horned Owl

The Great Horned Owl is one of the most common species of owl in WNC. It is native to North America and is widely distributed throughout the entire country. The scientific name of the Great Horned Owl is *Bubo virginianus*, due to its discovery in the Virginia colonies. This is a mostly non-migrational residential species (though some northern species may move south during the winter), meaning they tend to stay in one area, and some rarely move more than two miles from their breeding sites. Larger owls tend to live longer, and this particular species is the largest owl in North America. In the wild, the Great Horned Owl can live anywhere from 20 to 30 years. Its population is currently stable, and it is a protected species under the U.S. Migratory Bird Treaty Act.

**Description**

With its feathery horn-like tufts, intimidating yellow eyes and haunting nighttime call, the Great Horned Owl is an easily identifiable species. Their coloration, however, can vary depending on the region in which they live. They display variations of gray, brown or red feathers, with a striking white pattern near their throat.



Great Horned Owl  
PI NWR-P. DAVIS-USFWS

**Habitat**

The Great Horned Owl can be found in a variety of different habitats. In the Appalachians, they prefer old-growth forests but can also be found in deciduous or coniferous forests, swamps, agricultural areas, open fields, wetlands, cities, suburban areas and deserts.

**Behavior**

This species is a nocturnal animal, and they are most active during dusk and dawn. You may be able to hear a Great Horned Owl during these times. They make noticeable hooting songs during mating season in January and February to advertise their territory. The male and female pair may do a duet when breeding. The owl makes a variety of vocal calls. Young owls call when begging for food, and adults may scream when defending their domain, mating or communicating. Non-vocal calls such as bill snapping are a response to stressful disturbances, such as an approaching predator. These calls are instinctual and hard-wired, not learned behaviors, whereas songs are passed down from generation to generation.

**Adaptations**

The Great Horned Owl displays many impressive adaptations. The first is their forward-facing eyes. The combination of binocular vision and blind areas due to their eye placement aids in their spectacular depth perception. Not only does this allow the owl to determine the perfect time to strike their prey, but in turn, they developed the ability to twist their head almost 360 degrees. The second adaptation is their heightened sense



Great Horned Owls J WHITEHEAD

of hearing caused by their facial disk, which is a concave collection of feathers surrounding their face. This allows the Great Horned Owl to collect even the most minute sound waves and guide them to their ears, helping it to expertly locate prey in the dark. The third adaptation is their large, asymmetric ear openings. Although it may look like the Great Horned Owl has long, feathery outer ears, their ears are not visible and are covered

by their plumage. The uneven placement of their ears facilitates sound localization, meaning the owl can determine exactly where a sound originates. Finally, the Great Horned Owl, along with many other owl species, can fly almost silently. These adaptations make the Great Horned Owl a masterful nocturnal hunter with incredible sight, amazing hearing, incredible prey location and stealthy flight.

**Cultural Significance**

Owls play an important role in many Native American cultures. Many tribes consider the Great Horned Owl to be particularly dangerous due to their “horns,” which are seen to be a symbol of immense power. In some tribes, the Great Horned Owl is not thought to be an owl at all but a symbol of the dead. Not only does this owl look intimidating but it also sounds eerie, contributing to its perceived perilousness. Other tribes believe that the owl is a predominant protector, and if one dreams of an owl it will become their guardian. They can also be a representation of deep knowledge and transcendent wisdom. Habitat conservation can help ensure this species continues to thrive, so its cultural significance can be shared with generations to come.

**Sighting**

If you’re looking to spot a Great Horned Owl, build a nesting site in your backyard to attract a breeding pair. You may be able to hear their infamous courtship duet. Be sure the nest box is large enough and well-protected. If you want to view a Great Horned Owl in its natural habitat, look in quiet areas during dusk or dawn. Consider searching on a cloudy day, which makes their nests easier to spot against a plain background.

*Claire Nadeau is interning with SAHC during her final semester at UNCA. She is graduating with a degree in environmental studies focusing on ecology with a minor in biology. Angela Shepherd is Communications Director of the SAHC in Asheville. She can be reached at 253-0095 ext. 200 or sahc@appalachian.org. Visit Appalachian.org.*

# Upcoming Events from Conserving Carolina

## FREE LECTURE

### Sustainable Living in Hickory Nut Forest

March 11, 10:30 am

Laughing Waters Retreat 3963 Gerton Highway, Gerton

The program will involve a panel discussion, Q & A and optional tours of renewable energy projects in the Hickory Nut Forest Eco Community.

Hickory Nut Farm, founded in 2006, is an intentionally planned community focusing on earth stewardship, green-built homes, renewable energy, and healthy food. The 35-acre conservation-easement common area is protected through Conserving Carolina. Jane Lawson, one of the co-founders, and two homeowners will share information about the history of this community and what life is like there.

The event will take place in the indoor retreat center on the property. Expect a short walk on uneven ground to reach the retreat center. Additional, optional tours will visit a micro-hydro system and (by car) a totally solar home.

Space is limited and pre-registration is required at [conservingcarolina.org](http://conservingcarolina.org).

## SPRING HIKING SERIES

Get outside and enjoy special local places that provide important habitat for native flora and fauna and recreational opportunities such as walking, hiking, mountain biking, birding, botanizing, solitude, and so much more. This series will offer an opportunity to enjoy the spring season through five guided hikes taking place every other Friday.

### MARCH 3 Mountain Bridge Wilderness Area, Upstate South Carolina

5.6-mile, moderate, out and back hike along the Pinnacle Pass and Naturaland Trust trails to view Moonshine Falls. Hikers will have to cross Matthews Creek using a cable crossing (one cable for your feet and one cable for your hands). This is the easiest way to cross the creek, but rock hopping and wading may be possible.

### MARCH 17 Jocassee Gorges Management Area

The Foothills Trail along Laurel Fork Creek to the 80-foot Laurel Fork Falls. 7.1-mile, moderate, out and back, with some wet crossings, and will offer the opportunity to view Oconee Bells (*Shortia galacifolia*) in bloom.

### MARCH 31 Pinnacle Mountain (Long Ridge), Table Rock State Park, SC

5.5-mile, moderate. Hikers will visit areas affected by fires in the fall of 2016 and will be led to a granitic bald where, in the late 1990s, more than 600 prehistoric petroglyphs were discovered.

### APRIL 14 Nature Conservancy’s Blue Wall Preserve

6.8-mile, moderately strenuous (due to elevation gain), out and back hike offering beautiful mountain views, ponds, streams, forests, and a waterfall.

### APRIL 28 Strawberry Gap Trail, Gerton

5.6-mile, moderate, out and back hike Participants will visit Ferguson Peak and Blue Ridge Pastures, offering spectacular views of Hickory Nut Gorge.

Space is limited and pre-registration is required at [conservingcarolina.org](http://conservingcarolina.org).

Rose Jenkins Lane is the communications and marketing director for Conserving Carolina. For more information, go to [conservingcarolina.org](http://conservingcarolina.org) or call 697-5777.

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# Did You Know?

Medicare isn't just an insurance program for old folks. The natural inclination of many is to associate Medicare with old, gray-haired people over the age of 65. Truth be told, of the 65.1 million people enrolled in Medicare in 2022, 14%—or one in seven—are under age 65.

Medicare is available for certain people under age 65 with disabilities. These people must have received Social Security disability benefits for 24 months or have End Stage Renal Disease (ESRD) or Amyotrophic Lateral Sclerosis (ALS, or Lou Gehrig's disease). There is a five-month waiting period after a beneficiary is determined to be disabled before beginning to collect Social Security disability benefits. Those with ESRD and ALS, unlike people with other causes of disability, do not have to collect benefits for 24 months to be eligible for Medicare.

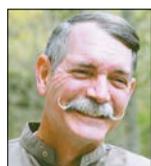
Disability eligibility requirements for people with ESRD are generally three months after a course of regular dialysis begins or after a kidney transplant; those with ALS have immediate availability upon collecting disability payments.

People who meet the criteria for disability are generally enrolled in Medicare Parts A & B. Those who meet the standards but do not qualify for Social Security benefits can purchase Medicare by paying a monthly Part A premium in

addition to the monthly Part B premium.

Enrollees 65 and over who have fewer than 40 quarters of coverage and certain people with disabilities pay a monthly premium to voluntarily enroll in Medicare Part A. People with at least 30 quarters of coverage or who were married to someone with at least 30 quarters of coverage may buy into Part A at a reduced monthly rate of \$278 in 2023. Some uninsured individuals who have fewer than 30 quarters of coverage and certain people with disabilities who have exhausted other entitlement will pay the full premium, or \$506 a month in 2023.

Medicare benefits for people who qualify for disability are identical to those of regular Part A and Part B Medicare. Medicare supplements are available to be purchased up to six months after the first eligibility with no qualifying health questions, and then are only available after turning 65. Advantage plans are available up to three months after the first eligibility, during the Annual Enrollment Period or during certain Special Enrollment Periods, such as for those receiving Extra Help.



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

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## The Fairview Town Crier

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

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

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

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**3BR/3 BATH** home. Renovated, including new kitchen, master suite, large deck with long-range mountain views! Call owner (555) 555-5555.

Want to promote your services? Have an item to sell? Looking for help? Advertise in the Crier! Min. \$10 for 20 words; 25¢ per word thereafter. Notices and non-commercial personal ads are free.

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### FEATURED LISTINGS



**ASHEVILLE!** Warehouse/Office on 1.22 acres, 1 full, 2 half baths, loading dock + 3 other rollup doors, city water, 10 ton bridge crane supports, natural gas, elec heat, *MLS#3927611* **\$1,995,000!**



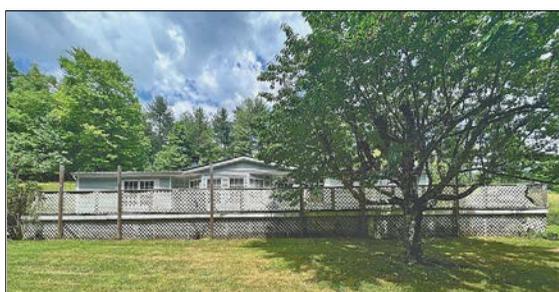
**BURNSVILLE!** Newly remodeled 3BR/2A on 1.90 acres, peaceful location, great room w/wonderful kitchen, cvred front porch & side deck, 1 car gar, *MLS# 3928811*, **\$395,000!**



**SYLVA!** Cozy, 2 BR, 2 Bath mountain home, tons of natural light, hot tub, bsmt w/garage, minutes to Sylva & Waynesville, *MLS#3938305*, **\$325,000!**



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



**MARS HILL!** Private 3 BR manufactured home on 1.64 rolling acres, wrap around deck, covered back patio, fresh paint throughout, *MLS#3864653*, **\$230,000!**



**ZIRCONIA!** House on 1.38 acres with tremendous views, 1BR, 1bath w/potential for add'l BR & bath, covered deck, private location, property needs work throughout, *MLS# 3830801*, **\$120,000!**

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**Rebecca Guy**  
Office Assistant

### RESULTS

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994 Ricev Ile Rd..... Pending in 7 days	2 First Street..... Pending in 1 day
234 Brick on Village .... Pending in 1 day	39 Tampa Ae ..... Pending in 1 day
310 Fok all 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 Drie ..... 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 Drie ..... Pending in 4 days	61 & 63 Salem Ae ..... Pending in 1 day

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