

From Fairview to Carnegie Hall



See page 20 to learn about the ACRHS band's trip to NYC!

Remembering Dr. Will with a Song

When Dr. Will Hamilton passed away last year, he left behind a wonderful legacy, as well as a community of friends, musicians, hikers, wonderers and wanderers. A monthly gathering in his honor, called the Dr. Will Memorial Marmalade Session, is kicking off on April 14 at Barn Door Ciderworks from 5:30-8pm. (It's a marmalade and not a jam because Will was British and they don't do jams. Get it?) This will be an informal time for Will's friends to meet, connect, share stories and play some music to remember and honor his life. Bring your instrument, your voice, and your memories to share with friends, old and new. For more info, call 917-504-1503. Barn Door Ciderworks is located at 23 Lytle Road, Fletcher.



Dr. Will (second from left) and his band, the Fairview Flyers

Easter Services and Events

Sunday, April 2

12:30 pm

Easter Egg Hunt and Cookout

Held indoors if there's bad weather

Fairview Baptist

9:15 am and 10:45 am

Raise a Hallelujah:

Children's Easter Musical

Trinity of Fairview

Wednesday, April 5

6:30 pm

Passover Seder

Fairview Baptist

Thursday to Saturday, April 6-8

58 pm

Execution Experience

Exhibit of Jesus' final journey by death

row inmates. Call 298-8955

Covenant Community

Saturday, April 8

2-4 pm

Easter Egg Hunt

The Place Fellowship

10 am-12 pm

Easter Egg Hunt

Activities for babies to 4th graders.

Hunts begin according to age/grade;

arrive at 10 am. See ad on page 22.

Trinity of Fairview

12 pm (egg hunt starts at 1 pm)

Easter Egg Hunt

Bring your own basket. Pony rides,

food, games and pictures with the

Easter Bunny. See ad on page 7.

Blue Ridge Cowboy

Easter Sunday, April 9

9 and 10:30 am

Celebrate the Resurrection

Blue Ridge Cowboy

7 am

Sunrise Service

At Woodlawn Cemetery, followed by

coffee and continental breakfast

Ecclesia Baptist

11 am

Combined worship with Oakley UMC

Ecclesia Baptist

6:30 am

Sunrise Service

At Cane Creek Cemetery, followed by

breakfast at 7:15 am.

Fairview Baptist

11 am

Easter Service

nursery provided
Fairview Baptist

7 am

Sunrise Service

breakfast to follow
Old Fairview Sharon

11 am

Easter Service

Old Fairview Sharon

6:30 am

Sunrise Service

The Place Fellowship

7 am

Sunrise Service

breakfast to follow
Trinity of Fairview

9:15 and 10:45 am

Easter Services

Trinity of Fairview

SMCC Celebrates Its Volunteers

On March 17, Spring Mountain Community Center held its first annual Volunteer Appreciation Dinner. The center, led by president Shirley Nesbitt, recognized the hard work and many hours that its volunteers contributed over the past year. Delicious steak and cheese subs were provided, and awards were handed out to people of all ages.

The center is always looking for new volunteers to help out at events or assist our grounds and maintenance team. If you live near Spring Mountain and would like to volunteer, contact Gary Watkins at 628-1334.



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Turn to page 29 for a listing
of church locations.

A.C. Reynolds High School

APRIL 1 ACT Testing, 7:30 am. **APRIL 13-15 Spring Musical "Crazy for You."** See show times and buy tickets at our.show/ac-reynolds-hs/53142. **APRIL 18 Blood Drive**, 8 am - 2 pm. **APRIL 18 Free Movie Screening.**



Screenagers: Growing Up in a Digital World. Scan the QR code for more info.

APRIL 20 Top Scholar

Banquet, 5 - 8 pm, at Crowne Plaza Hotel, Asheville. The school is located at 1 Rocket Dr., Asheville.

Fairview Area Art League

APRIL 10 Monthly meeting, 6:30 pm. Annual \$25 membership fee. For more info, email FaArtLeague@gmail.com or visit facebook.com/fairviewart. See a listing of FAAL classes this month on page 23. Re.Imagine, 15 Spivey Lake Dr., Fairview.

Fairview Business Association

APRIL 13 Member Meeting, 6 - 8 pm. Members will meet at Cool Mountain Realty, 771 Charlotte Highway. Prospective members are welcome to attend. See page 27 for more info.

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.

Rusty Dog Arts & Crafts Show

APRIL 8 9 am - 3 pm. See ad on page 24. 379 Old Charlotte Hwy., Fairview.

Sales Farms & Greenhouses

APRIL 1 Opening Day. See ad on page 3 for more info. 25 Sales Farm Rd., Asheville.

Signs for Hope

MAY 13 Mother's Day Tea Fundraiser. Save the date! Register at signsforhope.org. 379 Old Charlotte Hwy., Fairview.

The Place Fellowship Church

APRIL Yard Sales, 8 am - 2 pm. Every Thursday in the month except the 8th. 2 Laura Jackson Rd, Fairview (next to Food Lion).

Trinity of Fairview and Signs for Hope

APRIL AND MAY Hope for the Journey Conference. Designed to empower parents and caregivers to meet the needs of children impacted by adoption, foster care and/or trauma, the conference provides teaching, resources, and practical experiences. See ad on page 9. 646 Concord Rd., Fletcher.

WNC Prostate Support Group

APRIL 4 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

Spring Mountain

807 Old Fort Rd., Fairview

APRIL 22 Concealed Carry Class, 8 am - 4 pm. Snacks and lunch provided. \$85. Call 638-1634 for reservations.

SECOND TUESDAYS Quilting Bee

10 am - 2 pm. Call Kay at 628-7900.

Upper Hickory Nut Gorge

4730 Gerton Hwy., Gerton
APRIL 18 Taco Tuesday, 6:30 pm.

ONGOING Discussion group of Flannery OC onnor 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.

IDENTIFICATION STATEMENT *The Fairview Town Crier* is a 501 (c) (3) company that publishes a monthly community newspaper. Twelve issues per year are delivered free on or about the first of every month to 8,900+ households. Distribution is limited to Fairview, Gerton, and contiguous parts of Reynolds and Fletcher, NC.

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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.

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.

Calling All Stitchers

Embroiderers Guild April 6, 9:30 am - 12 pm. 2nd part of two-part class on needle felting. 3 Banner Farm Rd., Etowah/Horse Shoe. For info, call 575-9195.

Stitches of Love April 10, 3 pm. Create handmade items that are donated to local charities. Panera Bread, 1840 Hendersonville Rd., Asheville. For info, call 575-9195.

Project Linus April 15, 10 am - 2 pm. Make a Blanket Day. Fleece provided. Knitters and crocheters can bring their own projects. Quilters should bring their own machine (kits provided). Lunch provided. Registration required: gknoefel@charter.net or call 645-8800. 2425 Hendersonville Road, Arden.



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SPECIAL EVENTS

Animalia

with Hobey Ford (ticketed event)

April 29 at 2 pm



PHOTO: JIM KRANSBERGER

If you've never experienced the magic and artistry of Hobey Ford before, you are in for a treat!

Ford's beautiful production, *Animalia*, explores the world of animals through movement, music and visually stunning puppetry. Ford breaks out of the traditional puppet theater booth, turning the whole space into his performance

stage. His program includes a magnified look at butterfly and frog metamorphoses, the world of birds, and his classic undersea ballet of whales, frolicking dolphins and otters. Experience artistry and technical wizardry through the magic of animated carved-foam creatures.

Tickets are free and are required to attend this event. Individuals may pick up a max of six tickets, starting April 14 first come, first serve.

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 Fiction: April 27 Workshops in poetry, fiction, and autobiography. Drawing from the experience and using a naturalist's eye for observation and detail, capture encounters with mountains and forests, insects and bears, moon phases and songbird migrations. We will read example texts and practice writing prompts to deepen our relationship with nonhuman nature. We will also discuss how eco writing supports climate activism, environmental justice, conservation, and related issues.

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 or call 250-6484.

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

Astrophotography Tour of the Night Sky

with Bill Lynch

April 25 at 6:30 pm



Bill Lynch will present a sampling of his astrophotography images to take the audience from nearby objects, like the moon, planets, and nebulae in our own Milky Way galaxy, to other galaxies far, far away. Lynch recently became interested in radio astronomy, so he will add an

explanation of what it is, as well as a demonstration of what an amateur backyard astronomer can do to explore this exciting field.

Lynch last presented this program in 2017 to a packed house. We are excited to welcome him back.

UPDATES

Library Closures

The library will be closed April 7-8 for Easter and April 21 for staff development.

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

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 April 28 and May 26, both at 3:30 pm.

CRAFTING AND CREATING

Take Home Craft Kit:

Stained Glass Window Ornaments

This month's take home craft for kids includes materials for making faux stained glass window ornaments using tissue paper. Ages 5 and up, while supplies last.

In-House Activity: Tessellations

Stop at the in-house activity table and create tessellation art. A tessellation is a mathematical concept in which flat shapes fit together on a flat surface without any gaps. Think 'honeycomb' or 'tiled floor.'

Unicorn Day

April 9 is National Unicorn Day, but at the library we're celebrating all month. We

can't say a whole lot about the crafts and activities yet, but know this—glitter paper is involved and it's beautiful!

PROGRAMS FOR ADULTS

Fairview Online Book Club

April 18 at 7 pm

The book club will discuss *Freedom at Midnight* by Larry Collins and Dominique Lapierre via Zoom.

This book recounts the eclipse of the British Raj and examines the roles enacted by, among others, Mahatma Gandhi and Lord Mountbatten, in its transformation into the new India and Pakistan.

For more information or to register to attend, email jaime.mcdowell@buncombecounty.org.

Next Book

May's selection: *Klara and the Sun*, by Kazuo Ishiguro

PROGRAMS FOR EVERYONE

Fiber Arts Club

April 11, 6:30-8 pm

A monthly gathering of those who enjoy knitting, crocheting, and hanging out with friends. This is not an instructional group, but newcomers are most welcome. Come ready to meet fun people.

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

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Invites you to
Opening Day
April 1, 2023

HOURS
M-F 9-6
SAT 9-3
CLOSED SUN

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- Metatarsalgia • Ankle Arthritis • Morton's Neuroma
- Achilles Tendonitis • Neuropathy



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OUR PATIENTS SAY...

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

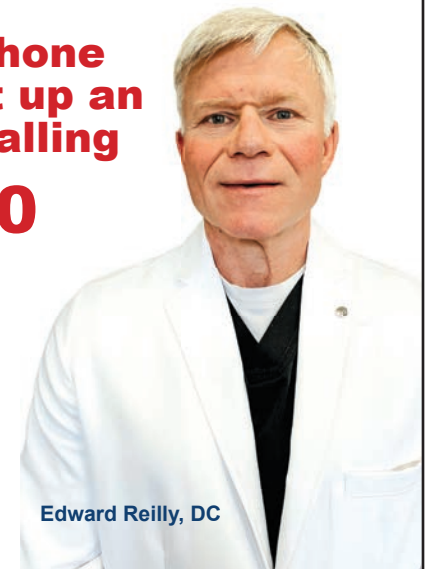
"I'd been to several doctors and massage therapists, none of whom could give me answers. A friend who was a patient of Dr. Reilly's recommended I give him a try. Dr. Reilly diagnosed me with plantar fasciitis and heel spurs and recommended Graston Therapy and Class 4 laser treatment. After only a week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

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

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

Call for a FREE phone consultation or set up an appointment by calling

628-7800



Edward Reilly, DC



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

Joseph and Catherine Creasman Stroup

Joseph Stroup was born in what is now Lincoln County, NC in 1776. He was of German ancestry. Joseph was the son of Adam Stroup, who was born in Baltimore, Maryland, and Catherine Alexander, of Pennsylvania. Joseph's parents moved from Baltimore to Hoyles Creek in what is now Lincoln County.

The Stroups were German Reformed (Calvinist) until 1752, when Dunker missionaries held revivals in the German communities. They remained Dunkers until the Revolutionary War. When the Mason-Dixon line was surveyed, the Stroups' Maryland land deeds turned out to be in Pennsylvania. This forced the move to North Carolina.

The British General Cornwallis was so cruel to American soldiers that Joseph Stroup refused to speak a word of English for the rest of his life. He would make his wife translate every word he heard in English to German, even though he could speak and understand English.

Joseph Stroup married Catherine Creasman on September 14, 1798, in Lincoln County. Catherine Creasman was the daughter of Adam Creasman. Joseph built a cabin on Hoyles Creek, which was located on his father's land. His oldest child, Elizabeth, was born in Lincoln County in 1799. Joseph moved to Buncombe County around 1807. He appears

to have lived near the Creasmans. Joseph's brother David married Peggy Ingelefinger in Lincoln County in 1806. David settled near Azalea, where the I-40 exit is located and then moved to Grassy Branch. Joseph's last home was located in the Bull Creek section of Swannanoa. Foster Alexander Sondley said Stroup grew the first wheat in Buncombe County. He also built a dam and a mill on Bull Creek. The Rices and Shopes were the Stroups' neighbors.

Stroup donated land to build the first

Joseph Stroup ran a mill and a machine shop.... he also made molasses at his mill. Stroup's grandchildren called him grandshire.

school in the neighborhood, as well as a church and a cemetery. Stroup ran a mill and a machine shop. Joseph made gears, farm implements and pots. He also made molasses at his mill. Stroup's grandchildren called him "grandshire."

Joseph Stroup died on August 13, 1851, and was buried at the Stroup Chapel Cemetery. Catherine Creasman Stroup died in 1864 and was buried next to her husband.

Joseph and Catherine's Eight Children

- 1. Elizabeth Betsy Stroup** was born 1799 in Lincoln County. She married William Shope. Elizabeth died on April 15, 1872. She is buried in Piney Grove Cemetery in Swannanoa.
- 2. Henry Stroup** was born in 1802 in Lincoln County and died after 1870 in Buncombe County.
- 3. Sarah Stroup** was born in 1807 in Buncombe County. She married Archibald Ray, who died after 1858.
- 4. Nancy Jane Stroup** was born on November 19, 1811. She married Jesse Clark and died on May, 19, 1892.
- 5. Mary Stroup** was born on November 19, 1813. She married Peter Harper, the son of Lot Harper and Mariam Whitaker.
- 6. David Stroup** was born in 1815.
- 7. Silas Stroup** was born on August 19, 1816. He married Susannah Harper Henry, the daughter of Lot Harper and Mariam Whitaker. He died on November 11, 1896.
- 8. Delaney Harper** died as a child.

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

IMPORTANT COMMUNITY CONTACTS

PUBLIC SERVICE

Sheriff's Department 250-6670
Fairview Fire Department 628-2001
Garren Creek Fire Dept. 669-0024
Gerton Fire & Rescue 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
Meals on Wheels 253-5286
Root Cause Farm 628-3688

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Cold to Warm to Cold

In mid-February, air temperatures 10 to 30 miles above the North Pole spiked as much as 50 degrees, setting in motion a chain reaction that's brought us winter-like temperatures in March. The event influencing the weather over North America is known as "sudden stratospheric warming," the abrupt warm-up of the stratosphere—the second layer of Earth's atmosphere—which disrupted the polar vortex, allowing colder air to pour south out of central Canada and into the eastern half of the US. This pattern allows for cold episodes and storminess to affect our part of the world.

The equinox (March 20) was the official start of spring, but the actual beginning—the day when new plant growth rises and migrating birds returns—varies from place to place. In WNC, spring seemed to come very early this year. The season moves north as the sun climbs higher, progressing, according to an old rule of thumb, at the rate of about 100 miles per

week. For many folks, spring begins when we can plant early lettuce or perhaps the first mowing of the yard. For most of us, that time is at hand. Our average temperatures really start to take off in April with the help of increasing solar radiation. Our April average high temperature goes from 64 at the beginning of the month to 71 by month's end, with the lows moving from 39 to 47. April is a month of extremes, and we need to keep an eye out for late-season frosts that can harm tender vegetation, especially since trees and plants "greened" up earlier than usual this year.

In terms of planting, now that we are in the warmer days of April, I still wouldn't run out and plant all your warm weather crops, such as tomatoes. Our region is notorious for late freezes in the middle and latter half of April. I grow a large variety of plants and trees at my nursery. April can be, and usually is, wildly variable with abrupt changes. As a nursery owner, it's my most difficult month. In some past Aprils, destructive hail-producing thunderstorms have caused tree damage and late frosts have caused me to cover and move newly leafed Japanese Maples into protective areas. I generally breathe a sigh of relief when mid-May arrives, as I am usually out of danger of killing frosts. I tend to follow the old wisdom that says don't plant your tomatoes outside until Mother's Day. They

QUESTION of the MONTH

What is a fogbow?

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

WEATHER WONDER

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 ?



Raining rats during a particularly violent storm. By Erasmus Francisci, 1680. COURTESY OF NOAA LIBRARY.

There have been reports of raining frogs and fish dating back to ancient civilization. Of course, it doesn't rain frogs or fish in the sense that it rains water—no one has ever seen frogs or fish vaporize into the air before a rainfall. However, strong winds, such as those in a tornado or hurricane, are powerful enough to lift animals, people, trees and houses. It is possible that they could suck up a school of fish or frogs and rain them elsewhere.

Raining money has occurred several times throughout history, some of them recently. For instance, in 2015, hundreds of thousands of dollars worth of United Arab Emirates dirham currency showered over Kuwait City.

really don't grow that much until the soil temperatures warm up close to 60, which doesn't happen until May. You can check our soil temperatures in the region at climate.ncsu.edu or greencastonline.com/tools/soil-temperature.



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

Celebrate The Resurrection

Ain't No Grave

Sunday, April 9th
9:00 and 10:30 am

49 Saxon Hill, Fairview | brcowboychurch.org

Blue Ridge Cowboy Church Easter Egg Hunt!

SATURDAY
April 8th

THE FUN STARTS
AT NOON!
THE HUNT STARTS
AT 1PM!

Join in the fun at
Blue Ridge Cowboy Church
49 SAXON HILL
FAIRVIEW, NC 28730

Pony Rides,
Food & Games!

Bring Your Own Basket

Get Your Photo Taken With The Easter Bunny!

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ACTIVE LISTING Chip Craig
\$649,000 | MLS ID 3927504

ACTIVE LISTINGS

Asheville



5 BR | 4 BA | 4,255 SF

22 Barebridge Hills Drive
\$1,170,000 | MLS 3908969

Black Mountain



2 BR | 1 BA | 833 SF

704 9th Street
\$445,000 | MLS 3940351

Black Mountain



2 BR | 2 BA | 1,303 SF

68 Lakey Gap Heights
\$425,000 | MLS 4000998

FAIRVIEW REAL ESTATE SALES FEBRUARY 2023

LISTING PRICE	NUMBER SOLD	AVERAGE SALE PRICE	AVERAGE DAYS ON MKT	AVERAGE % LIST/SALE PRICE
UNDER \$300K	1	\$285K	48	97
\$300K-\$599K	4	\$485K	49.5	100
\$600K-\$899K	1	\$629K	11	100
\$900K+	1	\$975K	94	98

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

Agent Spotlight RACHEL SUDNICK



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— William and Jamie S.

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How to Make Spring Bird Migration Fun

Spring in Fairview is popping up everywhere, and with it comes waves upon waves of migrating songbirds in their brightest plumage of the year. I particularly enjoy the months of April and May, when 20 or more species of brilliantly colorful wood warblers pass through our area along with well over 100 other species. They are like glowing gems, but are easily missed without binoculars because they are small and secretive. Just look at these three local warblers in the accompanying photos.

What a time to find your binoculars and take a walk! But to get the most out of spring bird life, you might want to do more than dig out your binoculars and your hiking shoes. Following are several tips that will help you enjoy the arriving migrants, no matter your level of interest or expertise. All of the apps and websites mentioned here are free, and links for all of the resources can be found online at fairviewtowncrier.com/links.

Cleaning Binoculars It's surprising how dirty the lenses can get while binoculars are just sitting around. Do clean them, but not with just anything like a tissue or a shirttail. Those special optics and coatings can be scratched or damaged easily. Clean the lenses in two steps. First, use a soft paintbrush or Q-tip to gently brush off dust and grit. Then, use lens tissues moistened with lens cleaner or water to clean smudges on the glass, and gently polish with dry lens tissues to finish the job. You will love the improved view.



Chestnut-Sided Warbler PHOTO: JANE HOLT

Field Guides or Websites? There are several very good field guides and websites for bird ID. Whether to carry a bird guide or just use a phone app has become a personal choice. Although I often don't carry it, Sibley's guide is my favorite because it shows several different color variations for each bird species—and they do vary! You can always leave your guide in the car and hike only with your phone, but you may be without reception if you go into remote areas or deeper forests. Or just enjoy what you see without wondering about names.

Most birds sing to establish and defend their spring breeding territories. Others sing while passing through to northern breeding grounds. Especially when leaves get dense, bird songs are a big help in finding and identifying new and colorful birds.

Check the BirdCast Forecast In the October 2022 *Town Crier* I wrote about the BirdCast website, which provides actual estimates (derived from weather radar patterns) of the bird migration numbers from the night before. Just type in Buncombe County (or anywhere in the US), and you will be able to see whether the previous night's migration might have provided exceptional numbers of great birds to see on a walk. Besides the previous night's report, look for a graph titled "And so far this season..." that shows the average migration numbers for the past and upcoming weeks. You can use this to plan future walks when migration should be at its peak.



Blackburnian Warbler PHOTO: JANE HOLT

Check eBird local hot spots. I've written in this column many times about eBird, a website of crowd-sourced bird sightings that has become one of the most useful near-real-time resources for finding birds anywhere in the world. If you are more than casually interested in birds, you should become a user. At a minimum, it shows you dozens of "hot spots," which are publicly accessible areas with a history of good bird life, near your area. Further, you can use the map feature to check for dates and locations of local sightings of a bird you may especially want to see.

Use the Merlin Bird Song App. Spring is the best time to use the Merlin Bird app's song ID feature because, unlike the rest of the year, just about every species is singing.

Most birds sing to establish and defend their spring breeding territories. Others sing while passing through to northern breeding grounds. Especially when leaves get dense, bird songs are a big help in finding and identifying new and colorful birds. Although Merlin is a great tool and is usually correct, visually confirming any unusual bird detected through Merlin is recommended by its developers.



Black-Throated Green Warbler PHOTO: JANE HOLT

Helping Birds Survive the Risks of Migration Let's not forget that, although bird migration may be



fascinating for us, it is a risky ordeal for the birds. The least we can do is reduce their hardship through two easy but effective actions for the coming month: turn off outdoor lights overnight and keep cats indoors. Cat predation and building collisions (due to night lighting) are the two highest of all bird mortality causes.

As a final note, don't forget that the Fairview area is within a priority bird monitoring block for North Carolina's five-year Bird Atlas project. Birders in our priority block have now documented 133 species. Contact the author with any unusual bird observations, especially if you have evidence of nesting.

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

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Shred to Protect

Spring is here. It's time to clear the clutter but also to destroy sensitive info, such as bank credit cards statements, receipts, insurance forms, doctor's bills, etc. Shredding your sensitive documents is a way to reduce the risk of identity theft.

Many people ask how long they should keep important papers. I always advise clients to check with their accountants to see how long and exactly what documents are necessary to keep. Your accountant might tell you seven years—or they might suggest you keep all of your old tax returns. That could be a lot of paper!

You should consider shredding documents with items that include account numbers, birth dates, passwords and PINs, signatures, Social Security numbers, names, addresses, phone numbers and e-mail addresses.

Iron Mountain, a data and records management company, lists on their website the top eight items you should be shredding but probably aren't. They are: bank statements, Post-it notes, shipping labels, boarding passes, travel itineraries, pictures and old IDs, junk mail and canceled checks.

Many people have shredders in their homes. As part of their bill-paying routine, they shred the items they no longer need to keep. Small and large business offices

SHREDDING EVENT

May 20 10 am-1 pm
2310 Hendersonville Rd., Arden

The Lions Club of Asheville will host a fundraising event that will include a shredding truck. \$10 per box or bag. No X-rays, plastics, CDs/DVDs or plastic bags. There will be a broom and plant sale, too. The funds raised go to the Lions Club humanitarian causes, including providing visually impaired and blind people with eyeglasses, testing and medical services.

have locked shredding boxes that are routinely picked up and shredded by designated shredding companies. A certificate of destruction is a document that states receipt and destruction of confidential data. It is given to the customer after the paper has been destroyed. Local companies (like UPS) offer shredding services for approximately \$1.50 a pound. Shredding trucks are popular because people can watch their documents being shredded. Local cities and towns often provide free shredding services to community members as part of their recycling programs.

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



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 at left), 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.

Mark your calendars! Buncombe County Parks & Recreation's popular Kid's Fishing Tournament returns to Charles D. Owen Park on April 29. Head to buncombecounty.org/parks for details or call 250-4260.

To celebrate the Black Mountain Library's centennial, the county will host a party with memories, music from Black Mountain's Briar Branch, refreshments, speakers and more. The event will be held on April 25 from 6-8 pm for the Centennial Celebration at 105 N. Dougherty St. in Black Mountain.



Need help navigating the Buncombe County courthouse?

Justice Services is happy to welcome Betsy Chavez (left) to the court navigator role. Chavez is bilingual (fluent in Spanish and English) and will serve as the first point of contact for courthouse visitors and provide immediate and direct assistance and customer service. The pilot program strives to help reduce failure-to-appear charges by helping connect people to the court reminder notification program. Chavez will be based

at an information kiosk in the main lobby of the Buncombe County Courthouse. The court navigator can:

- provide directions/wayfinding** to assist people in getting where they need to go in the building;
- help people sign up for the automated court reminder system;**
- provide linkage/referrals to the justice system and/or community resources** for supportive services, such as the Justice Resource Center.

For more help in the courthouse, contact the Justice Resource Center at 250-6401. Sign up for automated court date reminders at buncombenc.courtdates.org.

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Depresso (adj.): The feeling you get when you run out of coffee.

Insomnia sharpens your math skills because you spend all night calculating how much sleep you'll get if you're able to "fall asleep right now."

*

Please note that I am now self-employed. So if you see me talking to myself, do not disturb. I am having a staff meeting.

*

Sad after the funeral of a friend, my wife and I ducked into a Chinese restaurant for a pick-me-up. The feel-good session ended when I read the fortune cookie: "You will soon be reunited with a good friend."

*

An investment banker decides she needs in-house counsel, so she interviews a young lawyer.

Mr. Peterson, she begins, would you say you're honest?

Honest? replies the lawyer. Let me tell you something about honesty: My father lent me \$85,000 for my education, and I paid back every penny the minute I tried my first case.

Impressive, says the banker. And what sort of case was that?

My father sued me for the money.

I used to sell furniture for a living.

The trouble is, it was my own.

—Les Dawson

*

If Apple made a car, what would be missing?

Windows.

*

When older people say, "Enjoy them while they are with you," they are talking about your knees and hips □ not your kids.

*

I quit my job working for Nike. I just couldn't do it anymore.

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

Why did the chicken cross the playground?

To get to the other slide.



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.

Life Below the Poverty Line

Do you know what MANNA stands for? It is something I have wondered about for years. It stands for Mountain Area Nutritional Needs Alliance. MANNA was also an answer on a recent episode of Jeopardy.

According to Feeding America, the food insecure population of Buncombe County is 31,660 people, or 12.4% of the population. North Carolina is described as the ninth hungriest state. In 2020, the percentage of food insecure people in Fairview by age was 19.7% over 65 years of age, 7.2% under 5 years of age, and 17.6% between the ages of 5 and 17.

In NC, one in eight individuals had food insecurity last year, with 18% of the elderly struggling with hunger. One in every 7 people living in northwest NC struggles with hunger, and one in every 4 children goes without the essential nutrition they need to thrive. The elderly and children are the people most impacted by food insecurity. In Fairview, 9.5% of residents live below the poverty level. That is why every summer, the Food for Fairview pantry has a program to assist school-age children. Most of these children receive breakfast and/or lunch at school and take-home MANNA packs from the pantry on Friday afternoons helps to replace these missing weekend meals.

According to the Supplemental Nutrition Assistance Program (SNAP),

formerly known as "food stamps," the per-capita income in Fairview is \$36,332, which is slightly higher than the national figure of \$35,384. This is equal to an annual income of \$145,328 for a family of four. The difference is seen in the median household income. In Fairview, it is \$58,966 compared to \$64,994 for the US—that's almost \$6,000 below the national median household income. This could be the reason why there are currently three food pantries in and around the Fairview area. This disparity is one of the factors that make living, working, volunteering and owning a business in Fairview so unique. It is in an area where one real estate firm stated that home sale prices are among the highest in the state.

The pantry now has three Radio Flyer donation collection wagons: First Bank, 5 Olde Eastwood Village Boulevard, Asheville; Americare Pharmacy, 1356 Charlotte Highway, Fairview; and Re.Imagine Gallery & Studios, 15 Spivey Drive, Fairview (open Friday, Saturday, and Sunday afternoons). Please do not leave donations outside the pantry door on the weekends or at other locations when no one is present.

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

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Luther Harwood: Log Cabin Lessons in Fairview

“We always called it Hungry Holler,” 87-year-old

Luther Harwood said of his childhood home and the setting of his first book, *Life in the Woods* (published in 2022). His eyes full of merriment, he continued, “Everybody who came to visit was hungry!”

From Luther’s birth in 1936, Harwood lived with his parents and siblings in a log cabin in the woods in Fairview. Naturally, there was no insulation in the beginning, and modern conveniences as we know them today were nonexistent. On cold winter days, he might awaken to a layer of snow on top of his blankets; in warmer temperatures, he would peer through the floorboards and watch the chickens play underneath the house.

“You know the saying, ‘You could swing a cat through the wall?’” Harwood asked. When met with blank stares, he explained, “It meant you could swing a cat in any direction, and it would go through a crack in the wall. That’s the way it was in the cabin.”

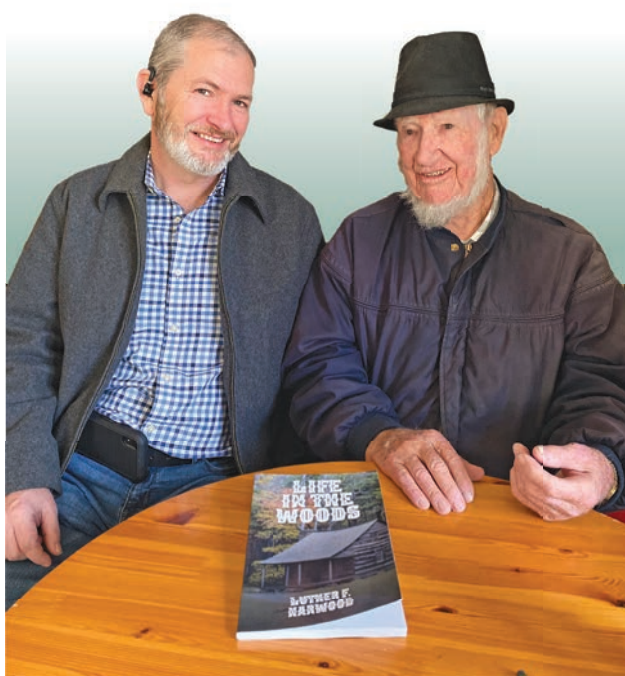
When he wasn’t spending time in Hungry Holler, Harwood attended Fairview schools. “Spelling was my thing. I could hang in there with the best of them.” He remembered spelling bees with pride and shared that once his skill brought him 15 minutes of fame in the big city of Asheville.

A-N-C-I-E-N-T

“I was walking by S&W Cafeteria there on Patton Avenue,” he said. “There was this guy out there with a microphone challenging people to spell hard words.” Harwood stepped up with confidence. “He gave me the word ‘ancient.’ I can remember spelling it: A N C I E N T—ancient!” Though more than seven decades have passed since that day, Harwood still beamed recalling the moment.

“I didn’t graduate from Fairview High School, though,” he admitted. “I quit over a pencil.” Harwood didn’t have a pencil at home, so when he got to school, he went to the office. “They sold school supplies there: paper, pencils, that sort of thing. But they were out of pencils, so I just went on to class.” When he got there, his teacher was less than understanding with Harwood’s plight. “He told me he was going to give me a whipping for not having my pencil. I didn’t think he was man enough,” he chuckled and leaned in conspiratorially. “But I didn’t want to find out either, so I just left.”

A few years later, when Harwood was of age, he joined the US Navy. He served from 1954–1958 and remembers participating in Operation Redwing, a nuclear weapon test exercise in which atomic bombs were detonated in the ocean to



Luther Harwood, right, and his son Richard, with a copy of Luther’s book, *Life in the Woods*, about his childhood in Fairview.

measure their impact. He recalled one such event.

“They set it off under a barge. From our ship, we could see the barge, but it looked small from where we were.” He guessed it was probably at least 20 miles away. “We were all up there on the deck, wearing life jackets, you know,” Harwood said. “An officer came by and said, ‘I can assure you gentlemen that there is no great danger.’”

The sailors were instructed to turn their backs to the test and cover their eyes with their arms. When the bomb went off, it was as if they were in a giant X-ray machine. “You could see all kinds of stuff in your arm you didn’t know you even had.” Harwood laughed as one does when something is not one bit funny. The memory still sobers. “That barge went up, but it never came back down,” he bowed his head, shaking it from side to side. “I reckon it was melted.”



In the Navy

It was during the military years that Harwood began writing with intention. “My two older brothers went into the Navy; I watched my mother go to the mailbox every day

hoping for a letter.” Young Harwood kept his eyes on his momma as she returned to the house. “I could tell by the time she was halfway back if she got a letter from them.” He remembered how disappointed she had been when no letters came. “I determined to write religiously.”

When his military service ended, Harwood returned to Fairview. He found work in construction before settling into a job at a glass plant in Skyland, from which he retired. “I started on May 17, 1960,” Harwood said. “And I worked there for 34 years, 2 months, and 17 days.” But who’s counting?

The Birth of a Book

It was about that time that Harwood started writing stories about his childhood. “I’d sit by the creek and think things over. I got to remembering some of these things and writing them down.” He recorded his thoughts in a three-ring binder, hoping to capture the happiness of his childhood. It was Harwood’s kids who digitized his writing, converting the binders into Word documents. “I got to thinking,” he said, “people might

be interested in these stories.” And thus, Harwood’s first book, *Life in the Woods*, was born. In it, you’ll find 50 stories, each one summed up with a moral or a lesson learned.

While he writes about the past, Harwood isn’t living there, believing that

“people are mostly living better these days.” For example, “It used to be news when you put electricity in,” he said, “but now it’s news if you ain’t got none!”

He lamented, though, the lack of connection nowadays and the distraction of possessions. “We used to walk a quarter to a half-mile to borrow a wheelbarrow. Now, folks are stressed to make a living just to keep up with all their stuff.”

Clearly, life moves faster in 21st century Fairview than it did in the 1900s in the Harwood’s log cabin. Want to slow things down? Take a stroll through Harwood’s recollections. You’ll be glad you did.

To get your copy of his book, email coolwaterbusiness@outlook.com with the subject “Life in the Woods.” (Call or text the *Crier* if you don’t use email. See page 31). Consider having Luther Harwood visit your group to read some of his stories and sign books for those who purchase them. Inquire at the email above for more information.



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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Depression, Anxiety and Our Phones

How to live with one and not the others

Recently, I have noticed a marked increase in depression and anxiety among people of all age groups, but particularly teens and young adults. My thoughts were confirmed when the World Health Organization recently published a piece stating that since COVID there has been a 25% increase in the prevalence of depression and anxiety worldwide. This prompted me to dig deeper, and I found that the connection is actually disconnection. Further, the root of the disconnection can be directly linked to our electronic devices and the time spent on them.

Undoubtedly, electronic devices have changed our worlds. As someone who grew up with only a landline and who watched the complete evolution of Apple—from the MS-DOS operating system to the smartphone—I can attest to many positives of advanced technology and the “Worldwide Web.”

Like most of us, I would be completely lost without my phone. It is a tool that I use constantly throughout the day. I use it to stay up-to-date on my work messages and emails. I also have a slew of medical resources at my fingertips, which makes my job much easier. I have apps that can track my children’s whereabouts, troubleshoot carpooling and order takeout



Nighttime scrolling interferes with sleep and increases depression.

within minutes. Best of all, I can text with my daughter while she is away at college. We talk daily and I know she is safe, how she is doing in class, what is going on with her roommates, etc. But is it the same as when she is home? No, it is not! I miss her smile, her hugs, her laugh and the funny faces she makes when she is telling a story. I could go on, but you get the point.

Humans are not meant to be isolated. And while our electronic devices help to keep us connected in many ways, when used in excess, they are extremely isolating. Studies conflict on what the magic number is, but somewhere between two and greater than six hours per day of time spent on electronic devices has been

shown to be detrimental to our emotional wellbeing and be directly linked to an increase in depression and anxiety.

There are many reasons why spending too much time on electronics causes depression and anxiety. To name a few:

Time on electronic devices is usually an individual activity, and too much alone time leads to isolation and loneliness.

Blue lights from screens interrupt our circadian rhythm, which interferes with sleep and thereby increases depression.

Much of our time on devices is dedicated to social media, which creates a venue for comparisons, where we are constantly measuring ourselves against edited, embellished or even false versions of others. These behaviors can become compulsive and lead to low self-esteem, which fuels depression and anxiety.

Each time our devices ping with a notification or our social media posts get likes, hearts or snaps, there is a release of dopamine. Over time, we require more Internet use for the same dopamine reaction, requiring more time on devices. This is a cycle that further feeds isolation.

Excessive device use reduces time spent with others and limits

interpersonal interactions. Body language is barely recognized and in-person communication skills are severely compromised, leading to a rise in social anxiety.

When we are on our devices, we are usually sedentary. Lack of exercise has several physical and psychological implications including—you guessed it—depression and anxiety.

So, what do we do? Electronic devices and the Internet are not going away, so we have to learn to live with them. We have to celebrate the good that they bring and the conveniences they offer, balanced with the knowledge of how they can be harmful.

We should make a concerted effort to limit daily usage. Adults should be role models for youth and demonstrate interactions away from screens. We should make a point to have device-free time at home, including face-to-face time together. Get outside, take in nature and exercise. Seek joy away from devices, but from within, and most importantly, with others. It won’t solve everything, but it’s a meaningful step forward.

Angela Zarrella is a Certified Family Nurse Practitioner at MAHEC Family Health Center at Cane Creek. 628-8250. 1542 Cane Creek Road, Fletcher.

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Conservation of Ecosystems in the Southern Appalachians

There are a wide variety of ecosystem areas in the Fairview region, including rocky outcrops, farmlands and mountains. Southern Appalachian Highlands Conservancy (SAHC) works with willing landowners in the Fairview area to conserve a variety of these diverse biological communities because the overall health of the area is stronger when different ecosystems are healthy. For example, SAHC's Strawberry Gap Preserve (including the rocky face of Stony Point) supports the growth of Carolina hemlock, which is threatened by the invasive hemlock woolly adelgid. The rocky outcrops of Strawberry Gap and Stony Point are categorized by their escarpments and tall cliffs, which play an integral part in the survival and abundance of endemic species in WNC.

Farmlands also cover much of the Fairview area, including conservation easements at Hickory Nut Gap Farm and the Fairview bottomlands. Conservation of this farmland supports agriculture, strengthens water quality and protects wildlife corridors. This builds connectivity to the land for both humans and animals. Farmlands help increase pollinator habitat and can even act as a carbon sink, sequestering greenhouse gases, making them a crucial bionetwork to conserve.

Mountains in the Fairview area are probably one of the most recognizable



Keeping ecosystems healthy PHOTO: SAHC

features of the land. These ancient mountains play an important role in air quality, water resources, climate regulation and even the protection of surrounding areas. Mountain networks house many animal species and allow for animals and plants to move seasonally and migrate to cooler, higher elevations as temperatures rise.

Appalachian valleys surrounded by mountains and ridges have distinctive qualities important for conservation, such as greenspace and open farmlands, different ranges of elevations, rocky cliff faces, historic structures and interesting stories about the land. There are so many beautiful places in Fairview, and other areas like it, which deserve long-term protection. Fairview has a lot to offer in terms of ecosystem services and biodiversity, and preserving places like these has a larger impact than we may think on the local community, as well as on the surrounding region.

Importance of Conservation

There is a balance to be struck between humans and their environment. Remembering our interconnectedness and strengthening this relationship through holistic approaches helps our ecological communities begin to repair and to flourish. There are many reasons why conservation is important. One such reason is that future generations depend on it. We hope those generations will be able to know the joy of witnessing wildlife thrive in its natural habitat and experience the beauty of the lands we know today. Another reason is to strengthen species diversity, not only for the sake of the species themselves but also for human pleasure, knowledge and the overall health of our planet.

Conserving a good foundation for biodiversity to blossom enriches our connection with nature and provides a space for this connection to grow. We have a unique opportunity to educate others about the importance of conservation, and through this, we can share in the enjoyment of our surroundings. Together we have the power to protect the environment and the species within it from harm by maintaining and restoring habitats, managing our resources and monitoring ecosystems to prevent further damage.

Celebration of Planet Earth

With Earth Day approaching, conservation is a topic to keep in mind. This annual event allows a space for us to recognize all that our planet provides. There are so many ways to celebrate. You could plant a tree or work in your garden or pick up plastic you see in your local park or neighborhood. We can aim to use less plastic and opt for greener products or try to conserve water by turning the tap off while brushing teeth and taking shorter showers. All these actions have an impact, no matter how small they may seem.

However, we can also express gratitude by simply taking a walk in nature and observing the beauty of our surroundings. Listen to the birds singing, notice the colors of the blooming flowers and feel the sun beaming on your skin. Remind yourself of the interconnectedness we have with nature and take some time to enjoy it. When we find time to appreciate our planet, we open space to make a change and recognize that small actions can make all the difference when large ones seem out of reach.

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. Email sahc@appalachian.org, or visit Appalachian.org.

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Something about the Beauty of Daffodils

I read a piece recently by Emma Marris where she wrote, “Although the darkest days of winter can breed a superstitious doubt, spring always comes back, and so do the daffodils.” I love daffodils.

Growing up in south Florida, I always said we had two seasons: green and brown. I did not see a daffodil until, as a senior in high school, I went on a trip to England. I remember being struck by these beautiful flowers that were all over the countryside. At the time, I did not know that daffodils could be found around the world. They seemed so alien.

Daffodils came to Fairview—in February this year. We didn’t even have to endure the darkest days. It has been a strange winter for sure, and while I may have a little sadness at not having a good snow, I must say that I was over the moon to see the daffs. Tiny little shafts of hope, standing tall and following the sun each day, as it lingers just a little bit longer with us. Daffodils are the holders of the key for the door to spring.

In preparation for this article, I did some reading about daffodils and their history, and one word kept standing forward: tenacity. I’ve spoken in this space before about my love for dahlias and how in awe I am that something that appears so precious and fragile can also be like a pair of Levi’s jeans from the 1900s—that is, unbustable.



Daffodils are the holders of the key for the door to spring.

Daffodils are a part of that camp.

We have a small patch of woods next to my house that has been left to its own devices for probably 70 years. There’s scrub and underbrush, vine and poison ivy. Sometimes you can find little random trees making a go of it. Every spring, like clockwork, the first daffodils on our land come up there too. Just a few small plants, and I always wonder how it is possible. These tenacious little buggers must be crowded in there among all of the various roots. It must be a struggle to get enough sunlight, yet year after year, there they are. This year I came home to the surprise of a bouquet of flowers in the kitchen that

our four-year-old had cut. They were daffs from those plants.

By the time that you are reading this, daffodils will probably be past their prime. Even in that state, they have a beauty. They often appear as golden teacups bowing back to the earth in reverence. They know that they are soon to return to the earth, to bide away time in their bulb until, once again, their opportunity for a bit of bravado will arrive again.

This is also a time when a semi-serious gardener might give this lovely little perennial an opportunity to relocate. It’s a great time for you to dig up a few clumps and expand your early spring garden.

Within a single clump of daffodils, it is not uncommon to find 20 to 30 bulbs that can be separated and replanted just about anywhere. Grab your shovel and dig around the clump of daffs about 3 to 4 inches and about 6 to 10 inches deep. Loosen the soil while holding on to the clump of skinny leaves and the bundle should come up. Then, with your hands, you should be able to gently pull apart the bulbs, many of which will be bound together with roots and soil. An individual bulb will have a shoot growing out of it. Bulbs can range in size from a peanut to a ping pong ball and all the way up to a tennis ball. I would recommend replanting the same day in whatever location you would like, but they can be stored in a cool, dry location for a fair amount of time.

I hope that you were able to experience the beauty of the daffodil this early spring and that you are as excited as I am about the coming seasons.



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

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Boxes, Lines and Tanks

By JOHN SMITH

Welcome back to my irregular series about natural springs. I'm very happy you're joining me on this expedition of knowledge and know-how. If you have a natural spring or a horizontal well, as they say, you're in great luck. This hot commodity can increase the value of your property if treated right.

Let's pick up where we left off in the last article (from last November). You found your spring, made sure it's on your property, and recorded the distance and the path your water is going to take before arriving at your storage tank (or tanks). Remember that this is an all-gravity design. Let nature's pull do the work for you.

Now it's time to set up your spring box, lay down the delivery line and complete the tank site. The benefits of this juggling act are paramount to a beautiful, organic, all-natural system.

First, let's talk about the spring box. By internet definition and mine, it's a structure engineered to allow groundwater to be obtained from a natural spring. The spring box functions to protect the water from contamination, normally by surface runoff or contact with humans and animals. It provides a point of collection and a place for sedimentation.

No Two Alike

The construction of a contemporary spring box ranges from a cement construct to a PVC pipe orchestra. Out of the half-dozen I have seen, none of them look alike. They tend to be made from cement and are usually square, though some are round. There are more material options than there used to be, including PVC pipes, prepared metals, and large pipes that can be easily reduced to smaller pipes. Now, let's deliver the liquid gold.



All systems are go, and the water is traveling through the woods. Almost there.

When it comes to delivery lines, size, type and cost all matter. Remember, the water's journey is now to the tank. Keeping the water as clean as possible is always the top priority. Your delivery pipe most likely won't take the same path as your exploration to the spring. Use a topography map or any altitude app to make sure the elevation drops as you approach the tank site. I suggest checking the water flow at each place where the pipe reconnects to another pipe. This may involve a couple of hikes back to the spring box, rerouting the water on and off—by which I mean putting in a ball valve to control the water



away from the delivery line. It takes two ball valves to close one side and open another. There are many details in this big picture. Though part of life, trial and error can take the fun out of doing it right the first time, and time is money. All of this will help determine if your water is traveling uphill or not. Watch the water flow and it will let you know.



Just 25 feet away from the tank site, this is the end of a 500-foot travel from the spring box.

For water pipes, I use PEX (cross-linked polyethylene). It comes in 50- to 300-foot rolls, and the blue color version does the job for outdoors. I suggest using the 3/4" pipe in 300-foot rolls. This really saves money and shaves off some weight when traveling through the woods. If you have the fortitude and use hard pipes like PVC—or worse, metal—all I can say is: It's your back.

SharkBite

For connecting flexible pipes, use a SharkBite—these brass and somewhat costly connectors really save the day. Lastly, if your route is up and down hills, gulches and ravines, you might want to use a standing pipe placed in the trough. Your vertical pipe needs to reach over the crest of the horizon line, matching and surpassing the pressure in the pipe going uphill. This will equalize the pressure in the spring box, assuring that the water will continue to the tank and not get backed



Spring Box 1 This is a rebuild that was taken out by old fashioned landslide. After reinforcement with cement, it was covered with 5mm plastic and buried with large rocks on top. It's ready for another 30 years of use.

Spring Box 2 I found this little gem in the woods hidden under a boulder. The property owner never knew it was there until recently discovered. I am guessing its over a hundred years old.

Spring Box 3 This is a county-approved construct. A little over the top but whatever it takes to clear an inspection. Each county is different with its regulations, so do your homework and weigh your options. Buncombe County is unclear about if they are legal or not. You know, its funny: I spent over an hour speaking with people and never got a straight answer.

Spring Box 4 Another spring box made to the spring head. It flows at about 5 gallons per minute. It's reinforced with steel under plastic and rocks.

up in your new spring box. You want the overflow to go out of the tank and not out of the spring box. Doing all of that work just to store up water can be a little maddening, but it's worth the glory of having fresh spring water at your fingertips.



Level and ready for the water.



Mission accomplished: water in the tank.



The tank site is prepped, making it level for the rocks and with enough room for the pipes.

Next, we set up the tank site. You can't just flop down a water tank and not expect trouble in the near future. Making it level

should be your focus. If it's not, you're wasting your time. But don't worry—it's easy to do.

Start by clearing the space needed for the tank, and place long 2 x 4s with your level. Put about three bags of smooth river rock on the ground per 550 gallons in the tank. I have used tank rings for 2,500-gallon tanks, and I am glad I did. They never budged. The smaller tanks do well with the level ground and river rocks. Place the tank (or tanks) in a comfortable layout that allows you enough room to walk in between as well as space for any pipes connecting the tanks together. Use 2-inch PVC pipe, 80 schedule. Screw it or glue it—either is fine. Just don't let any leaks occur. After the tank's been filled, check for the water mark to see if you did a good job. The condensation pattern acts as your final water-level mark. Lastly, flush out the tank system at least three times. This will remove the factory smell and any other debris that may get in during transport. In the end, you'll want to completely fill your tank, taking advantage of every gallon of space you purchased. No one wants a tilted tank.

After you have installed all three elements, you're almost done. Now, your spring head has been harnessed with a spring box, and a delivery pipe has been installed that connects it to your tank with overflow back to the creek. No electricity or fuel is needed—this is designed with gravity in mind. If your pressure is too high, you can use a pressure reducer so you don't blow apart some of your house or any other smaller pipes you might have connected to the system. The size of the tank creates the final back pressure to the destination.

Enjoy the process!

John Smith is a Fairview-based natural spring consultant. See his ad on page 29.

Calling All Rising Kindergarteners!

Kindergarten registration at Fairview Elementary will take place on April 18. Appointments are available throughout the day from 7:45 am until 2:45 pm, and typically take about 30 minutes. Call the school at 628-2732 to make an appointment.

At registration, rising kindergarteners will spend one-on-one time with one of Fairview Elementary's kindergarten teachers. Teachers will observe things like how rising kindergarteners use their fine motor skills, if they recognize letters and shapes, their agility with simple physical activities, and more. This helps teachers determine skill groups for children that will help determine classroom placement.

Enroll Online

The online enrollment for rising kindergarteners must be completed before registration. This can be done at enroll.buncombeschools.com by selecting enrollment for the 2023-24 school year. A student must be at least five years old on or before August 31 to enroll in kindergarten.

At registration, parents will need to provide official copies of the rising kindergartener's birth certificate and immunization record, as well as the NC Health Assessment. Most pediatrician offices have a copy of the health assessment they need to complete. Parents will also need to provide a copy of a valid ID, such as a driver's license, and one proof of residency: a power, gas or water

bill or a mortgage statement, rental-lease agreement, land deed or homeowner's insurance policy. These documents can be emailed to the school's data manager (kenya.hoffart@bcsemail.org) if they are available prior to the registration appointment. If parents are living with someone and do not have these documents available in their name, additional documentation is required. Please reach out to the school for more info.

Fairview families with rising kindergarteners were recently invited to tour the school to meet administration and teachers and learn about an average day. They heard about techniques teachers use to keep children excited and engaged while they learn things like letters, sounds, syllables and numbers. They also heard how teachers help students with skills such as listening, showing empathy and problem solving. They learned how their student's growth in reading and math will be monitored daily so that all needs are met, and how science and social studies lessons are integrated throughout the day. They were also reminded of essential information like how Fairview Elementary is a nut-free school and that any items sent in for birthday celebrations must be store-bought.

Rising kindergarteners are also invited to a fun and exciting two-hour camp on June 13. Space is limited, so call the school (628-2732) to reserve a spot. After all students

CHRISTI HURD

Fights Worth Picking

Parenting is hard, so choose your battles. These are not easy, but are worth the gains you'll reap.

Reading: Make your kids read. It's tied to everything from cognitive development to sharpened focus and attention. **Outside:** Make your kids go outside. The sunshine, fresh air and exercise help brain development. It also brings intangible gifts of discovery, wonder, peace and joy. **Work:** Chores are a must for a growing child/tween/teen. There are priceless life principles one can only learn with a mop in their hand. Let sweat be their teacher. **Meal:** Set aside time to eat as a family. Our lives are a blur of incessant activity. Meals together are a physical pause to recover a truth so easily sacrificed at the altar of busyness. Nothing ranks more important than family. **Boredom:** Make your kids live with boredom. Kids need unscheduled time. And, odd as it sounds, boredom is a skill. It's hard as a parent to deal with the assault of boredom complaints. If you give in and fill up their time with external stimuli, you'll raise an activity addict. **Me First:** Make your kids go last enough times to remember that the world doesn't revolve around them. Take the smallest piece. Do someone else's chores. Get their least favorite choice. They won't like it, but they need it. **Awkward Conversation:** Make your kids have uncomfortable conversations with you. Sex, dating, body image, values. Your kids will roll their eyes. You'll stumble and stutter. They need and want your perspective, lessons learned and wisdom. **Limits:** Many adult problems arise from an inability to accept limitations. Limits on screen time, diets, activities and schedules are all necessary.

Christi Hurd, M.A., NBCT, who retired from CCMS, is certified through the Parent Coaching Institute. See hurduddleparentsupport.com for more information.



are assigned a classroom, teachers will send personal letters to them and may even invite them to enjoy popsicles on the playground with their classmates before school starts. The first day of school is August 28.

Families are also encouraged to follow the Fairview Elementary Facebook page (facebook.com/FairviewElementary) and website (fes.buncombeschools.org) for additional announcements and updates.

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Fairview Fest at FES Almost Here!

by Kenya Hoffart

Fairview Elementary's Parent Teacher Association is hard at work planning a spring festival that promises to be a community event not to be missed. Mark your calendars for April 28. The festival will be held on the school's ballfields from 4 to 7 pm, rain or shine.

There will be many food options available to tempt the taste buds, from juicy burgers and tasty pizza to delicious homemade ice cream and refreshing shaved ice. There will also be several yard and carnival games with prizes, water activities, an egg hunt and other fun offerings like face painting, a photo booth and much more.

One very exciting event at the festival will be GellyBall, which is a revolutionary, low-impact game similar to paintball but with biodegradable, non-toxic gel orbs that are 90% water with no paint or stain, and no sting on impact.

The FES Dad's Club will provide an obstacle course that will challenge festival goers to run, climb and crawl their way through a maze of fun. Personnel from the Fairview Fire Department will be on hand with firefighting apparatus and their Fire Safety House setup for children to walk through and explore. The Asheville Tourists and Sun Soo Martial Arts will be special guests. All of this will be backed by fun

music, immeasurable excitement and lots of laughter. Great fun will be had by all.

Wristbands will be sold at the gate for \$10 each, cash or check only, and will provide for unlimited fun for children ages 2 to 17. Adults will be allowed to enter and participate for free, and a special toddler area will be set up so kids of all ages can enjoy the fun. FES students may pre-purchase wristbands so they will be able to skip the line and go straight to having fun.

A very popular event at past festivals has always been the PTA raffle baskets. Coordinators have been collecting donations from local businesses for several weeks and have put together some amazing baskets. Raffle tickets will be sold for \$1 each, and you do not have to be present to win. To find out more about the contents of each basket as well as the generous donors that made these baskets possible, visit fespta.memberhub.com and click on the "Spring Festival" tab. As always, the PTA wants to express an extra-special thank you to all those who donated to make these baskets so valuable.

Several local artisans, craft-makers and vendors will also be set up at Fairview Fest, making it easy to shop and explore the talents and interests of neighbors. Most booths will be cash or check only, so be sure to come prepared. FES spirit wear will also be available for purchase at discount prices, and tickets for a 50/50 raffle will be sold.



There are many opportunities to help out—everything from set-up to clean-up, and all the fun in between. Email fesvolunteers@gmail.com for information.

If you can't make it to the festival, you don't have to miss out on your chance to

Fun offerings will include face painting.

support the staff and students. You can always mail a donation to the school to the attention of FES-PTA, 1355 Charlotte Highway, Fairview, NC 28730. Please make checks payable to FES-PTA, and thank you so much for your support! Money raised through donations and at Fairview Fest will support many programs and activities, as well as aid with the purchase of literacy materials and technology that will benefit every student and staff member at Fairview Elementary.

The staff, students and PTA at FES are looking forward to seeing friends, families and community members at Fairview Fest. Let the fun begin!



STUDENT OF THE MONTH Taleajah Lenoir

Taleajah Lenoir is the Student of the Month for A.C. Reynolds High School. She was nominated by her math teacher, Ivy Briggs, who described Taleajah as a student who comes to class ready to learn and engage with the daily activities. She is motivated and persists when presented with a new or difficult concept. She also received accolades from the preschool head teacher, Alison Heymann, who said that Taleajah is a leader as a preschool intern. For example, Taleajah has taken the initiative to lead the youngest students in yoga. She makes it fun for the preschoolers, and they all look forward to what she will show them next. Taleajah is a student who has a positive impact in various areas of the high school.

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

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From Fairview to Carnegie Hall

By *Teresa Dickman*

Playing at Carnegie Hall is an amazing accomplishment for any musician, but for the band students at A.C. Reynolds High School, it means so much more. In the words of senior Miranda Maduro, “playing at Carnegie Hall is like coming out of the depths of the sea after feeling like everything was gone” (referring to all the losses and hardships band students endured during the COVID pandemic).

The symphonic band at ACRHS has the honor of headlining the instrumental performance on April 3. The group will be opening for a concert that will include a performance by the Masterwork Festival Chorus and the New York City Chamber Orchestra. The ACRHS concert band will also take the stage.

The band has been working diligently and learning very challenging music for their upcoming performance. One of the songs the symphonic band is particularly excited about, “The Frozen Cathedral” by John Mackey, requires an extreme amount of musicality. Senior band members Wesley Dodson and Annabelle Rhodes shared that the composition incorporates several unique instruments the band doesn’t usually play in its repertoire. “We had to learn new instruments,” said Rhodes, “such as the bass flute, the alto flute, the

waterphone, ‘superball’ mallets on the gong and crotales on the timpani” to create the eerie and crystal-like sounds that make this piece so memorable. The piece also features antiphonal percussion, with percussionists standing in the crowd to create a surround sound experience for the audience.

Wesley Dodson shared that having the honor of performing on the same stage as musicians like the Beatles is surreal. Haileigh McCorkle, a senior, said, “It feels so good to make it to Carnegie Hall after all we have been through. I can’t think of a better way to go out. It feels really good as a full-circle moment.” Micah DeLoughery shared how great it feels to be traveling to NYC after having overcome so much. In his words, “it is exciting because this is generally a once-in-a-lifetime opportunity.”

The ACRHS band program has a history of excellence, with award-winning marching, symphonic, concert and jazz bands. Like many programs during the pandemic, the ACRHS band experienced difficulties due to students not being able to participate in person—just one of the obstacles encountered by band directors teaching music virtually. Going from creating music together to playing isolated at home was a significant adjustment for these young musicians. “Anyone who experienced band class on Zoom deserves a Congressional gold medal!” said Annabelle Rhodes jokingly.

The band programs at both Cane Creek Middle School (CCMS) and A.C. Reynolds Middle (both of which feed into the freshman class at ACRHS) lost a significant number of students due to the COVID restrictions. DeLoughery, Madison McGee, and Samantha Peshkin, all freshmen at ACRHS, recount how their middle school bands were reduced by roughly half going from sixth grade to eighth. The flute section at CCMS started with 13 flutes in sixth grade and ended with only two.

The band is much more than a class. DeLoughery explained that it “is an amazing thing that I think everyone should experience, and it has opened so many doors for me.” McCorkle and Allison McKay said it’s a family. “We all came from separate middle schools, and now we are a family experiencing this together,” said McCorkle about their upcoming trip and performance.

For the seniors, their first experience with COVID restrictions was having their band trip to California canceled during their last concert as freshmen. Then they transitioned to having band class over Zoom and essentially feeling like they lost two years. This trip to NYC will be their first high school band trip, and taking the stage at Carnegie Hall is more than a performance for them. It symbolizes their tenacity and their ability to overcome obstacles. “We came in as little freshmen, and then COVID happened. And now we are leaders for the younger band students,

and it’s very cool that we get to do that,” said McKay.

The band students are especially grateful to their band director, Clif Dodson, for his dedication to making them the best musicians they can be and for making this opportunity a reality for them. McGee expressed this sentiment beautifully when she said, “I want to thank Mr. Dodson for organizing this trip and providing this opportunity. He is the best teacher I ever had and he is my inspiration.” Samantha Peshkin adds how grateful she is for this opportunity to bond, play music together and spend time with friends in such a memorable place.

Having their hard work and perseverance acknowledged with the esteemed honor to perform at Carnegie Hall is a very special and emotional achievement for these young musicians and the whole band community at ACRHS. These students stayed the course, overcame struggles, and remained motivated to perfect their musical skills, and now they are beyond excited to be traveling to New York City together to share their love of music on the stage at Carnegie Hall in an iconic city.

Teresa Dickman is a proud parent of two daughters in the A.C. Reynolds band and a board member of the Band Parent Association.

(Editor’s Note: We didn’t have enough space to print all of the photos that the band sent to us. Look for them on our Facebook page and at [fairviewtowncrier.com/links](https://www.fairviewtowncrier.com/links).)

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An Unconventional Teenager

While in Spain on a school trip—where, among other things, we went to a bull farm, took cooking classes, and attended a Barça football match—a teacher pulled us together to reflect on our day of adventures. That evening, we had taken a Flamenco dance class. While I don't love to dance, and the professional show wasn't very entertaining, I was amazed by the dancers' control and grace. Mr. Ingle, who I had the honor of diving into deep conversations with about faith, culture, school and society, delivered a devotion on the dancers. He relayed a message I had heard weeks before in a school chapel, when I was reminded of how I don't fit the common expectations of what a teenager is. The same message brought to mind many positives of this different lifestyle.

The speaker went into the history of being a teenager, which is a concept that didn't exist until around 70 years ago. The reason it stuck after World War II is largely due to media. Aside from a physical measurement of age, the world has created the stereotype of a teenager to include language, music, apps, clothes and being consumed in the frenzy of keeping up with what is "trending." I think this puts numerous restrictions on kids between the ages of 13 and 19. I believe teens are fed the lie that all that matters are those simple, momentary things. That life is about who you are to peers, how established

you are in school, on the field/court or on social media.

I don't care about fashion, don't have social media, and quite frankly think a majority of the things teenagers find



Ansley Fuchs
TEEN PERSPECTIVE

important are foolish. Even more, I love school, value conversations on theology and society, and am not great at interacting with kids my age. However, I'm still a teenager, in high school, engaging with other teenagers, which makes for a hard combination.

It's still hard when I don't feel included. Or when I have to bite my tongue because people are frustrated with a teacher, relationship or parent, and I am thinking, "Yes, our teacher should do that" or "If you would stop running back to that person, those problems would go away." Speaking my mind wouldn't exactly get me on people's good side.

I have to learn how to live in this environment because it will be my life for the next few years. And it teaches life skills, as there will always be people in my life I don't agree with. However, I don't have to be restricted by a mindset of "nothing else matters."

The chapel speaker finished with, "When you break free of the chains of what society tells you a teenager is, you are free to run after Jesus." While applicable to a personal faith, this also correlates with the message Mr. Ingle delivered. He mentioned places we had visited in Spain, including a candy shop established in 1774 (two years before the US gained its independence), cathedrals where Muslim and Christian architecture had merged over centuries, and the very room where Christopher Columbus asked Queen Isabel for money to go searching for an alternate route to India (aka, the journey where he found the Americas). Our country is young compared to Spain, and our history is intertwined with theirs. The young flamenco dancers are a new generation carrying on an art older than the US.

Mr. Ingle concluded with this main thought. Society tells teenagers who they are and what their purpose is—which is minimized as "meaningless years in high school." But in reality, teenagers are like the dancers; we are the next generation who will carry on our faith, arts and passions. We will continue traditions.

I want to embrace being an atypical teenager. I can still enjoy my teenage years, and if anything, with a greater appreciation because I want to push against the cycle of misery that can come with trying to "keep up with the Joneses." I hope my unconventional thinking allows me to run through these years with passion and purpose, and

to let God's light shine through me. I don't need to be remembered in 100 years, but there are a lot of other things that do, and I want to be part of the generation who inscribes those things in history.

Ansley Fuchs lives in Fairview with her parents and three siblings and is a freshman at Asheville Christian Academy.

ACRMS Parents Form PTA; Seek Support

The A.C. Reynolds Middle School community has re-organized their parent organization as a newly chartered PTA. The association with NC PTA and National PTA provides support for school advocacy initiatives and 501c(3) status for more effective fundraising to support the needs of the school. Efforts from a handful of parents and teachers made this transition a success that will benefit all future students at ACRMS. To join or financially support the A.C. Reynolds Middle School PTA, email acrmspta@gmail.com or call the school at 298-7484.

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Finally, More Focus on Cats

Set in Yorkshire, England during the 1930s to '50s, James Herriot's autobiographical stories about a country veterinarian's life are a perennial favorite of mine, whether I'm watching "All Creatures Great and Small," the PBS tv series based on the novels, or rereading beloved chapters in the books. Whenever Dr. Herriot fails to have a medication that will effectively treat his patient, it reminds me to be grateful for the many advances that have been made in veterinary medicine during the time I've been in practice. The innovations that I'm most excited about right now are the ones that are improving the way we treat cats.

Because cats have unique sensitivities, veterinarians learn early on in our education that "you can't treat a cat like a small dog." To add to this concern when prescribing for cats, veterinarians must consider the likelihood of our clients being able to get medications into their cats once they're back at home. Whether it is because cats resist having medicine put into their mouths or because they are hiding out of reach at medication time, cats often miss doses of their medication.

For many years, it seemed like all the new medications developed for pets were formulated and approved for use in dogs first and only later in cats, if at all, which meant that most of these medications were not easy to administer to cats and that vets

often had to use them without published safety and efficacy data for their use in felines.

More recently, pharmaceutical companies appear to have taken notice of our dilemma and are providing more solutions to the problem of how to make sure that our feline patients have medications that are safe and easy to administer. The focus of this article will be on newer chewable, transdermal or long-acting injectable medications, which don't require owners to put medicine into their cat's mouth.

Cats are connoisseurs of comfort.

James Herriot

Flavored chewable tablets formulated for dogs are widely available, but until recently, chewable tablets generally weren't made for cats. Because a cat's sense of taste differs from that of a dog, chewable tablets made for dogs often don't appeal to cats. Today, one company is making small chewable tablets that appeal to feline taste buds, which means that many cats will eat these tablets alone or when mixed in a small amount of wet food. Medications available in chewable forms for cats include a daily chewable tablet that effectively relieves short-term pain



Dr. Klesius cat, Oliver

in cats and a tablet that controls fleas and ticks for a month. This monthly tablet is a great option for cats who are sensitive to spot-on topical flea and tick products or for owners who would prefer not to have a wet spot on their cats after treatment with a spot-on product.

Another, less stressful way of administering medicine to cats is by using transdermal medications. These medications, in the form of gels or liquids, are applied to the skin, where they are absorbed into bloodstream. Available transdermal medications include an appetite stimulant for sick cats that is applied to the inside of a cat's ear and a liquid deworming product that is applied to the back of a cat's neck.

A particularly exciting, new transdermal product for cats is a slow-release medication for treating postsurgical pain. When

applied at the time of surgery, cats receive four days of pain relief with a single application. When I see my patients sleeping peacefully or relaxed and looking around the recovery room after their surgery, I feel the wonder of being able to do something for my patients that feels truly miraculous.

Long-acting injections are another convenient way of administering medications to cats. Thanks to advances in modern medicine, vets are now able to give a single injection that controls arthritic pain in cats for a month. Representing the very first FDA-approved medication for long-term pain control in cats, this injection can increase an arthritic cat's mobility and quality of life.

Advances in veterinary medicine are continuing to be made, and I look forward to more products that will improve the quality of care for our feline patients. I hope by increasing awareness about medications for cats that are safe and easy to use, cat owners will feel more confident when seeking medical care for their cats.



Dr. Elaine Klesius grew up on a farm, where she discovered her passion for working with animals when she was very young. She is a veterinarian at Fairview Animal Hospital, 867A

Charlotte Hwy., Fairview. 628-3557.

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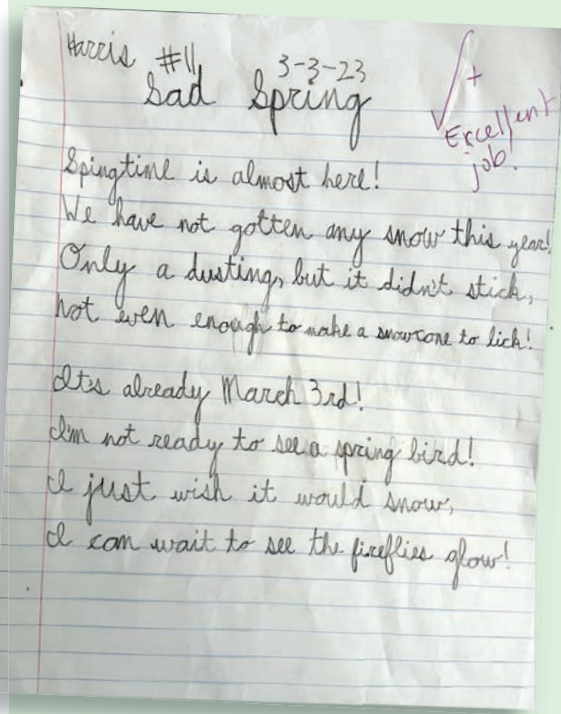
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Wisdom from a Local Poet



Thank you to Harris Sanford, age 9, for sending in this poem. We agree that the weather has been strange in the early spring and that he did an excellent job!

An Academy Grows in Fletcher

When Trinity of Fairview Academy (TOFA) opened its doors in 2019 as the only University-Model school in WNC, it had only 17 students. But the Fletcher school has kept growing, and now projects to have more than 130 students for the 2023-24 school year.

A University-Model school is a Christian, college preparatory institution that combines on-campus and homeschool instruction. Students at TOFA attend school on-campus Monday, Tuesday and Thursday and then are homeschooled by their parents on Wednesday and Friday.

University-Model schools must be part of the National Association of University-Model Schools, which requires its members to be accredited by recognized agencies, which ensure that services and operations are evaluated and verified and that recognized standards are met. TOFA



is currently completing accreditations with two major agencies: Cognia and NAAMS. The school's aim is to have students fully informed of current cultural trends while engaging all learning pursuits and relationships with a Biblical worldview.

To Learn More

- Reserve a spot in the April 11 info session, 6-7:30 pm. Register at tofacademy.org/info-sessions. Trinity of Fairview, Room 301, 646 Concord Road, Fletcher.
- Visit trinityoffairview.com/education.
- Call 628-1188.

Fairview Area Art League Classes

Re.Imagine Studio, 15 Spivey Lake Drive, Fairview

Beyond Snapshots and Selfies: Finding Passion and Purpose in your Photography, with David Koll

April 22, 10 - 4 pm

Pond Retreat Center, 18 Garren Mountain Lane, Fairview.

Wild Flowers: Exploring Abstraction in Floral Paintings, with Sue Dolamore

April 27, 10 - 4 pm



Neurographics & Exploration, with Ellen Haack

April 29, 10 - 12 pm

Visit re-imagine.corsizio.com to see pricing, sign up, get more information and ask questions.

Help Support Shelter Transports

The Shelter Dog Transport Alliance will hold a fundraiser on April 16 at 12 pm at the Smoky Park Supper Club Boathouse, 350 Riverside Drive, Asheville.

The all-volunteer nonprofit transports shelter animals from overcrowded shelters in NC to partner rescues in the Northeast. These transports take local animals to safety, dignity and loving forever homes.



The event will be family-friendly and include a silent auction, starting at 12 pm.

If you have an item to donate for the silent auction, send an email to shelterdogtransportalliance@gmail.com.

For more info on the group, go to shelterdogtransportalliance.com or find them on Facebook (search for @shelterdogtransportalliance).

Spring Mountain CC Strollers

A group of friends on their daily three-mile walk around the track at the Spring Mountain Community Center.

From left to right: Whitney, Linda, Pat, Debbie and her dog Rusty, and Jean and her dog Mary.



DR. ASHLEY LUCAS

Ins and Outs of Carbs

It's true that decreasing carbohydrates will help you drop weight and keep it off. But all carbs are not bad. In fact, it's more important to know that the type and amount of carbs

you're getting can produce a hormonal response that promotes fat storage. The hormone is insulin.

Carbs are important to consider when dropping weight because they provide the biggest stimulus on how we metabolize all other nutrients. They either turn on or turn off the switch to burn fat.

I suggest dividing carbs into fast-acting and slow-acting types. Fast-acting carbs include things like grains, breads, most fruits, potato products and sugars. They will lead to a spike in blood glucose. To bring it down to normal, insulin is secreted. However, insulin promotes fat storage and inflammation, so the higher the glucose the more insulin is needed, which then results in more fat storage, inflammation and disease.

Slow-acting carbs, like green leafy vegetables, some fruits like berries, cruciferous veggies and some beans don't spike insulin quite as much, and are better choices.

Basically, the less insulin your meal elicits after eating it, the less fat you will store, the less inflammation your body will produce, and the healthier you will be. This is what obesity researchers call the carbohydrate-insulin model of obesity. It goes beyond calories in, calories out, as the same 100 calories can demand very different amounts of insulin. So don't fear all carbs. Get the right type in the right amount for your unique body.



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.

Can You Plan for an Unplanned Retirement?

Many people plan to take an early retirement, so when that day arrives, they're ready for it. But what if you were to face an unplanned retirement? Would you be prepared to deal with the financial issues?

It's something worth thinking about, because any number of factors—illness, a spouse's illness, downsizing, other issues—could lead to an abrupt departure from the workforce. But taking action while you're still working may help you make the transition easier on yourself.

Your first move, of course, should be to at least consider the possibility of having to retire earlier than you planned. You can then move on to some concrete steps, possibly including the following.

Build an emergency fund.

Under any circumstances, it's a good idea to build an emergency fund—but it's especially important if you want to prepare for an unforeseen retirement. Generally speaking, your emergency fund should contain three to six months' worth of living expenses, with the money kept in a liquid, low-risk account. But if you suspect an earlier-than-anticipated retirement may be in your future, and you have some time to prepare for it, you should consider an emergency fund that contains a full year's worth of expenses.

Consider your portfolio's asset allocation.

If you're concerned about an unexpected retirement, you may want to consider the equities allocation in your portfolio. If you think you may need to tap into your portfolio sooner than you expected, you may not want to be over-exposed to investments most vulnerable to market volatility. However, these are the same investments that offer you the most growth potential—which you'll need to help stay ahead of inflation. So, look for an investment balance that's appropriate for your needs. As part of this positioning, you may want to shift some assets into income-producing vehicles, while also adding to the "cash" portion of your portfolio to boost your liquidity.

Evaluate your Social Security options.

An unplanned retirement may cause you to consider taking Social Security earlier than you had planned. You can start taking Social Security when you're 62, but your monthly benefits will be up to 30% lower than if you had waited until your full retirement age, which is likely between 66 and 67. If you have sufficient income through other sources, you may be able to delay taking Social Security until your checks will be bigger—but of course, if you need the money, waiting may not be an option.

Address your health care needs. If you take an unplanned retirement, and you have employer-sponsored health insurance, you'll have to look for alternatives. You might be able to get extended coverage from your employer, but this could be quite expensive. Of course, if you're already 65, you can get on Medicare, but if you're younger, you might be able to get coverage under your spouse's plan. If that's not an option, you may want to explore one of the health care exchanges created by the Affordable Care Act. To

learn more about these exchanges, visit healthcare.gov.

Taking an unexpected retirement can certainly be challenging—but the more prepared you are, the better your outcomes are likely to be.



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

FEB 2023 FAIRVIEW REAL ESTATE STATISTICS

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200-299,999K	1	285,000	48
400-499,999K	3	441,667	12
500-599,999K	1	528,000	87
600-699,999K	1	629,000	11
900-999,999K	1	975,000	94

HOMES LISTED: 2	HOMES CLOSED: 7	LAND LISTED: 4	LAND CLOSED: 2
Max \$965,000	Max \$975,000	Max \$150,000	Max \$189,999
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Busy Time in Raleigh

A lot has happened since my last article back at the beginning of the year. The legislative session started up on January 25, and it's been a whirlwind since. I generally travel to Raleigh on Monday afternoons, and the General Assembly (GA) meetings, which include committee meetings, caucus meetings, constituent meetings, and sessions of the House of Representatives, take place on Tuesdays, Wednesdays, and Thursdays. It's fascinating to learn how it all works and to work every day to try to make a difference in the lives of North Carolinians and especially the folks back home in Buncombe County. When it comes to policy, I have found the first two months of the GA session to be encouraging, depressing, and hopeful all at the same time.

Expanding Medicaid

I was encouraged that both houses of the GA passed bills that will expand Medicaid coverage. This will make a huge difference in the lives of more than 600,000 North Carolinians at no cost to the state because 90 percent of the cost will be borne by the federal government and the remaining 10 percent will be paid by hospitals and health plans. The uninsured people who will be helped by this expansion are the ones who earn too much to qualify for Medicaid under the current rules but too

little to purchase a federally subsidized plan in the marketplace. Those falling into this gap are typically front-line workers like childcare workers, home healthcare providers, grocery store employees and service workers in retail and restaurants. More than 14,000 of those who will benefit from expansion are veterans who put their lives at risk to serve their country, and I think we owe it to them and their families to make sure they all have access to quality healthcare. I heard from so many in the community who supported Medicaid expansion, and their advocacy through community groups, veteran coalitions and business groups was instrumental in making sure these bills passed. We still have to work out some differences between the House and Senate in order to send the bill off to the governor for his signature, but I am confident that we'll get this done sooner rather than later and that it will have a big impact across our state.

Negative Impact

In my opinion, the House passed several bills over the last two months that I'm convinced will have a negative impact on our community. In particular, House Bill 40 repeals North Carolina's 100-year-old pistol permitting system that requires those who want to purchase a handgun

to obtain a permit from the local sheriff. I support the 2nd Amendment, but I also believe that the permitting system has saved lives by allowing sheriffs to deny permits to those who pose a risk to the community or themselves. [Editor's note: As we went to press, Governor Cooper vetoed this bill.]

The House also passed a number of local bills shifting school board races from non-partisan races to partisan races (though not in Buncombe County or Asheville systems). I don't support this effort because I am convinced that politicization of the school boards will only serve to further divide our communities.

In Good Shape

Moving forward, we still have a great deal of work to do in the GA before the session ends at some indeterminate point. The budget process began in earnest in mid-March with Governor Cooper presenting his budget to the Appropriations Committees in the House and the Senate. Fortunately, North Carolina is in good shape, with a \$3 billion surplus this year and significant reserves already in place. The governor's budget is focused on investing in students, the workforce, and families so that we can ensure our economy and business community continue to thrive. It recommends raising teacher pay by 18% over two years, which

would put North Carolina back at the top for teacher pay in the Southeast, and significantly increasing pay and benefits for all state employees. It does all this without any tax increases and retains more than \$7 billion in reserve for any future possible emergency requirements.

While I am certain that there will be a lot of back and forth on the budget in the GA, I think everyone in the legislature understands the employment crisis that we are facing in our schools and in the state government and that we'll all agree to significantly increase compensation.

Overall, my first few months in the Assembly have been fascinating. There is a great deal to learn, and I'm so thankful to all those in the district who have reached out to make me smarter on the topics they have expertise on. If you have questions about legislation, difficulties with our state government, or ideas about things we can do better in North Carolina, please don't hesitate to reach out to me. I look forward to seeing you all around town in Fairview.



Rep. Eric Ager, District 115 North Carolina House of Representatives. Contact him at eric.ager@ncleg.net or 450-4463.

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THE FAIRVIEW TOWN CRIER April 2023 | 25

New Restaurant, New Agent and a New Name



Elias Leising

Red Star Kitchen

Elias Leising knows restaurants. In addition to Red Star Kitchen, which opened in the last few months, he's also owned places that sell barbecue, Chinese dumplings and wood-fired pizza, among others. Red Star Kitchen, which is located next to the Citgo station across from the TE plant, is his ninth restaurant.

Originally from Cincinnati, where

he still owns a long-running barbecue place, he moved to Asheville in 2006 and bounced back and forth until moving to Fairview in 2020.

When asked why he opened a new place in the spot formerly occupied by Wayne's Subs and Angie's, he had a lot of reasons.

He said that, while there are good places to eat locally, there aren't that many. "There's no Uber Eats, no pizza delivery," he said. The location is close to his home, his kid's school (Fairview Elementary) and Food Lion. He gets all his produce from the grocery store every day, and they also order and hold special sandwich bread from New York City for him. And it doesn't hurt that there are people stopping for gas regularly at the connected gas station.

When asked what makes his place special, he said people should know that he tries to make as many things as possible himself, there are specials, and his prices are good.

He makes "soups, dressings, sauces, meatballs, tomato sauce. And we put our touches on things," he said. "Our prices are phenomenal for the quality of food you're getting. They're not over the top."

He likes living and working in Fairview. "It has a small-town feel. A lot of people know each other. People have been really supportive—telling friends and bringing friends. Fairview is very welcoming."

Red Star is located at 1397 Charlotte Highway, Fairview. Hours are Monday from 11 am–3 pm and Tuesday to Friday from 11 am to 7 pm. For more information or to place an order (for pickup), call 338-5015. You can also see the menu and place an order (for pickup) online at theredstarkitchen.com.

New Agent at Cool Mountain Cool Mountain Realty & Construction is pleased to welcome its new agent,



Emily Dalton

Emily Dalton. "Whether you're looking to buy or sell, I have the skills and resources to help you navigate the real estate market," said Dalton.

To get in touch with Emily, contact the Cool Mountain Realty office at 628-3088.

New Name for Kimmel

Cindy Kimmel started Kimmel HR Solutions as an HR consultancy in 2017. Since joining the Fairview Business Association, her company has evolved into an employee benefits company in response to the growing need for better and less costly healthcare options.




Now Kimmel is pivoting to provide alternative healthcare solutions in addition to expert human resources guidance. And with the new focus comes a new name—Kimmel Benefits+.

For more information, go to kimmel-benefitsplus.com or call 275-6230.

If you have an update on an existing business or news about a new business opening in the greater Fairview area, contact the editor. (See page 31 for contact info.)

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From Community to Cool Mountain



Joanne Winkler (left) and Louise Bijesse

The FBA went to Spring Mountain Community Center to view that lovely, rentable facility and hear from featured members.

- We learned that **Maria Horton** of **Daylight Asheville** loves her job selling Solatubes, which brings light to dark homes.
- **Louise Bijesse**, from **Up Talent Consulting**, helps rapidly growing companies all over the world from her Fairview home office but takes breaks by riding her horse and practicing a comedy routine.
- **Stephanie Lanning** gets satisfaction from helping families preserve family mementos by repurposing vintage glassware and China. Check out **Abba's Vintage Resurrections**.

Board Member Needed

The FBA has an opening on the board for a treasurer. A member who can learn QuickBooks would have an easy time of it.



Newest members: Mary Anne Tierney and Thomas Coffee

Please let president Justin Purnell know if you can help.

New Members

Welcome to **Thomas Coffee** from **Blue Ridge Adventure Vehicles** and **Mary Anne Tierney, RN, MPH**, from **Blue Ridge EMF Solutions**.

April Meeting

Members will gather next on April 13 at 6 pm at Cool Mountain Realty, 771 Charlotte Highway. We will hear the latest scoop on building and real estate sales from Jenny Brunet and her 12 agents.

In addition, the Community Outreach team from the Buncombe County Sheriff's Department will talk with us about what they are seeing in the Fairview area as far as crime, how we can better protect our businesses, and how to set up a Community Watch Program.



Candi Yount (left) and Stephanie Lanning.



Jenny Brunet and Bill Scobie



Maria Horton



Stephanie Lanning

Keep it Local!

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	The Cove at Fairview 628-4967
ARCHITECTURE & DESIGN	
Rueger Riley 407-0437	
ART/ANTIQUES	
Abba's Vintage	
Resurrections 865-567-7549	
Fibersong 712-8391	
M. Moore Woodturning 365-8787	
Tyrconnell House 774-3662	
ART GALLERY/	
Re.Imagine 773-680-4981	
AUTO SERVICE/VEHICLE SALES	
Blue Ridge Adventure Vehicles 338-9405	
High Country Truck & Van 222-2308	
BANKING/FINANCIAL SERVICES	
Edward Jones-Stephen Herbert 777-7094	
Edward Jones-Katherine Morosani 628-1546	
First Bank-Heather Ward 298-8711	
BREWERY/DISTILLERY/CIDERY	
Barn Door Ciderworks 484-1586	
Turgua Brewery 338-0218	
Whistle Hop Brewery 338-9447	
BUILDER/CONTRACTOR	
Grace Homes 222-4567	
BUILDING & MAINTENANCE	
AA Diamond Tile 450-3900	
All Season Heating & AC 651-9998	
Cane Creek Concrete 230-3022	
Daylight Asheville 778-0279	
BUSINESS SERVICES	
gk, Inc. 222-4567	
Rising Workplace 214-7827	
CHEF (PRIVATE) & CATERER	
Mamonos 651-335-6416	
CLEANING SERVICES	
Steam Master Carpet/Upholstery 628-9495	
COMPUTER SERVICES	
Integrity Audio and Video 915-929-3732	
macWorks 777-8639	
Scobie.net 628-2354	
CSAS/FARMS/MARKETS	
Cane Creek Asparagus 628-1601	
Flying Cloud Farm 768-3348	
Grace Farms 222-4567	
Trout Lily Market & Deli 628-0402	
DUMPSTER RENTALS & HAULING	
All-In Dumpster Rental & Hauling 776-5517	
EDUCATION/INSTRUCTION	
Advanced Education Tutor 628-2232	
Fairview Preschool 338-2073	
Mighty Oaks Montessori 338-0264	
Uptalent Consulting 450-4197	
EXERCISE	
Specialized Fitness & Nutrition 335-0196	
EQUIPMENT RENTALS/REPAIR	
Carolina Equipment Rental 628-3004	
Ed's Small Engine Repair 778-0496	
FLOORING	
CC Flooring 712-1671	
HEALTHCARE FACILITIES	
Flesher's Fairview Health Care 628-2800	
Silverbell Homestead 844-4634	
HOUSE RENTALS/SHORT TERM/VACATION RENTALS	
Cloud 9 Relaxation Home 628-1758	
INSURANCE	
AFLAC - Raynelle Ritchie 691-0787	
Butch Greene Hemlock 338-9125	
ESCO Insurance Agency 231-6577	
Kimmel HR Solutions 222-0105	
Prime Time Solutions 628-3889	
Stovall Financial Group 275-3608	
Tammy Murphy Agency 299-4522	
LANDSCAPING	
Fairview Landscaping 628-4080	
LAND SURVEYING	
Batley Land Surveying 424-9447	
MARKETING/PROMO/PRINTING	
828 Printing & Graphics 216-0955	
Ink 222-4567	
Outside the Box Interactive 848-4072	
Re.Solutions 280-8270	
MEDICAL SERVICES	
Apex Brain Center 681-0350	
AVORA Health 505-2664	
Carolina Mobile Optician 779-2891	
Fairview Chiropractic Center 628-7800	
Koretz Family Health 220-0125	
SEPT Physical Therapy 338-0707	
Unified Therapies 414-2368	
NEWSPAPER	
Fairview Town Crier 628-2211	
NONPROFITS	
Food for Fairview 628-4322	
Root Cause Farm 276-1156	
Signs for Hope 691-2581	
ORGANIZING	
Grand Solutions LLC 516-238-6979	
PET SERVICES & SUPPLIES	
Barn & Home Pet Sitting 280-0056	
Fairview Boarding 628-1997	
Living Harmony Pet Sitting 582-3363	
Woof In the Woods 222-2222	
PHARMACY	
Americare Pharmacy 628-3121	
PICTURE FRAMING SERVICES	
Frame It Asheville 808-0923	
REAL ESTATE SALES	
Beverly Hanks-Carol Holcombe 779-8748	
Cool Mountain-Jenny Brunet 628-3088	
Divitia Realty-Beth Cohen 398-9233	
Greybeard-Rosie Johnson 778-2630	
Keller Williams-Jim Buff 771-2310	
Looking Glass-Dara Kiely 707-0345	
Purnell Team, eXp Realty 551-3542	
Sandy Blair Real Estate 768-4585	
RESTAURANTS/CONFECTIONS	
Angelo's Family Restaurant 628-4031	
Embrow Tea 727-564-9003	
Subway 299-8451	
RETAIL	
Clothes Mentor 274-4901	
To the Brim: Refill Store 552-3332	
SECURITY SERVICES	
ADT Security Services 808-5007	
VETERINARIANS	
Fairview Animal Hospital 628-3557	
WELLNESS/HEALING	
Appalachian CBD 338-0039	
Blue Ridge EMF Solutions 628-5003	
Fairview Fermentory 372-2450	
Fresh Ground Health 773-343-0614	
LA Massage and Energy Work 372-2450	

Spring Abundance

It has been an early spring with many flowers, trees and plants coming in to their own ahead of what used to be the old schedule, as the times they are a changing. All the warmth and growth has been followed, of course, by a few nights of temperatures in the teens, but all is well in our mountain gardens. Spring is such a long and luxurious time of year here in the Blue Ridge, and it is a time of what I call lavish abundance in the natural world. There are so many wild edibles popping up all over the land—it's like a spring cornucopia of tasty wild foods.

Here is a sample of what's out and about in April.

Violet Flowers, Leaves and Redbud Flowers



Every spring, our salads take on new colors as we add a handful of purple violet flowers to our

mix of greens and also include tender, young violet leaves. They are delicious and loaded with nutrients. We have an abundance of purple violets and a few white and blue ones that are spreading around our landscape. The leaves can be used throughout the summer. Redbud trees are common in this region, and the

colorful flowers are a marvelous addition to violet flowers and strawberries for a gorgeous spring salad.

Mustard Greens

We have hundreds of little clumps of Pennsylvania Bittercress, which I also call "wild arugula," as it tastes quite similar with its subtle but mildly spicy mustard flavor. It is great added to salads or as cooked greens. Fields and meadows are covered in bright yellow carpets of wild mustards, and the bright flowers are great additions to salads. As long as it is not too hot, the greens are also good, as are creasy greens, which also grow in abundance around here. The mustard family is easy to recognize, as their flowers are in the shape of a cross, the leaves are lobed, and the pungent flavors are distinctive.

Purple Dead Nettle and Henbits



These two members of the mint family are easy to identify—they are everywhere and make for good, simple cooked greens.

I particularly like them sauteed with garlic and onions. The purple flowers make a fun

addition to salads or as a garnish. I have also added these to smoothies along with violet leaves. Some friends use the mustard greens as well, but it's not my favorite flavor in smoothies.

Hostas Shoots

We have carpets of hostas all over the land in such abundance that it's easy to clip shoots and sauté them, and the plants regenerate easily. The young tender shoots are prized in China and Japan and are a nice addition to spring meals. Later in their season, the flowers are also edible. Some are mildly bitter but more than palatable and great in salads.

Morels



April is the best month for morel mushrooms, and each year is unique. Last year was a bust for me

in finding morels, but the two years prior were very productive, especially the later, larger yellow morels. They are one of the great delicacies of the forest. They are unique in their appearance, making them easy and safe to identify. The earliest morels to appear are the gray or black ones, which are smaller. I have found them in March but not this year. Morels are amazing and delicious. I love to make asparagus with a

morel sauce or serve them with steak, eggs or an old standard tradition—sauteed morels in butter on top of a good, fresh piece of sliced, toasted bread. It is so simple and really allows the morels to shine. I also have an amazing recipe for chicken in morel sauce with crème fraiche and shallots. This recipe came from dear friends in Maine and is without question my favorite chicken dish in the world. Drop me an email and I'll send you the recipe!

Ramps

Ramps are another treasure of the Blue Ridge, and we are fortunate they are abundant here. They have been overharvested in many regions of North America, so I simply harvest and use the leaves and add a few bulbs, especially when I making ramp butter. It's very simple and delicious and freezes well if double-sealed. The flavor of ramps is intense and, like morels, they have been a spring tradition in my life for nearly 50 years.

These are just a few of the edible plants and mushrooms of the season. Enjoy the beauty of spring, as it is a time of rebirth, renewal and celebration of the gifts of life on our beautiful planet.



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It's Easy to Get Started

There is a season for everything. In the perennial garden, spring is the season for division and propagation. New gardeners may not know what that means. I am not a born gardener. I was raised in apartment buildings surrounded by concrete and walls. So, when I first started getting my hands in the soil, I was somewhat intimidated by all the related words: deciduous, propagation, biennials, bolting, cultivar, determinate, etc. If you grew up growing plants, I'm sure this is your given vernacular. For the rest of us, I'm here to tell you, it's worth getting past the initial roadblocks. The tasks that sound intimidating are remarkably simple. Today, I'm thinking about dividing perennials, which is garden speak for digging up clumps of plants that come back every year and moving them around. See? Not so bad. Let's do this.

Perennial flowers are something special. Your yard likely has a few you never even planted. Somebody way back before your time had the sweet little idea to pop a bulb in the ground and—my God—it's still there. Even better, it grew friends. And, if it's been there a while, it probably has lots of friends. Honestly, this party is getting a little crowded. This is where you come in. Sure, the flowers aren't going to die if you leave them alone, but they can thrive if you step in.



You'll need to gently handle tuberous perennials, like these dahlias.

Using a clean spade or fork, dig straight down into your well-watered perennial plant. Pull up the clump all at once or in chunks, depending on the nature of the roots. If it is tuberous (like dahlias or canna lilies), you may need to use a knife to cut the bulbs apart. While you are using knives and spades to take them apart, they still prefer to be handled gently. The roots have tiny little hairs on them that seek out nutrients and water in the soil. We want to keep those little hairs intact so they can still do their job.

Once you dig up and separate, you will have many new plant babies on your hands. You can plant them somewhere else in your garden, give them to a friend or—my favorite—swap with a friend for something different to diversify your garden. You can plant these cuttings just like you would a plant from the store, but do it quickly because, unlike potted plants from a nursery, these roots are bare and can hang in water for a little while but really want to be plopped into soil.

Helpful Tips

Before digging up, water the plant a day before so it comes out easily and is well hydrated.

Dig up and plant on a cloudy day or in the late afternoon. This really goes for most planting. Avoiding the harsh sun on those delicate leaves ups the chances of survival.

If the middle of the clump is dead, focus on taking divisions from the healthier, alive parts.

Plant the plant babies in holes two to three times wider than the plant, but not too deep. The crown of the plant should be even with the soil. We want those hairy roots to have some soil to reach in and grab onto.

Divide every three to five years. It's okay if you don't know how long it has

been. Look at the plant and see how it's doing. Is it crowded and can't breathe? Are the blooms lackluster? She'll tell you what to do.

Dividing your plants can extend the life of the plant, increase the flower size, strengthen the stem, and best of all, is a way to grow your garden for free. What a radical concept in our consumerist culture! What a freeing notion for those of us intimidated by the price of starting a garden.

Purchasing and Volunteering

We hosted two plant swaps at Root Cause Farm last month. From those swaps and other generous donations, we will be selling many perennial plants at the Fairview Handmade Market on May 13. If you are looking to purchase some of these floral gifts that keep on giving, we'll have lots to choose from. If you want to learn more about gardening in general, come to our weekly volunteer shifts on Sundays from 3–6 pm and Mondays from 9 am–12 pm. It's a great opportunity to meet new friends, learn new gardening skills, and help grow food for our community. Happy dividing and planting!

Amy Miller is the Director of Operations at Root Cause Farm. 26 Joe Jenkins Road, Fairview. rootcausefarm.org

Easter Event Church Locations

Blue Ridge Cowboy Church
49 Saxon Hill, Fairview

Old Fairview Sharon Church
291 Sharon Road, Fairview

Cane Creek Cemetery
1396 Charlotte Highway, Fairview

The Place Fellowship Church
2 Laura Jackson Road, Fairview

Covenant Community Church
11 Rocket Dr., Asheville

Trinity of Fairview
646 Concord Road, Fletcher

Fairview Baptist Church
32 Church Road, Fairview

Woodlawn Cemetery
9 Cypress Drive, Asheville

Oakley United Methodist Church
607 Fairview Road, Asheville

See front page for the event listings.

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Sunday Worship 11 am
Evening Life Groups & SPK Kids 6 pm

WEDNESDAYS
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A.M.P. Ministry 6:15 pm
Team Kids - X180 - High School - Adults
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Prayer & Bible Study 6:30 pm

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ages 18-28 6:30 pm

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Bulk Uninstall

There are so many apps pre-installed in Windows it feels overwhelming to delete them. But it's easy to bulk delete many silently in the background with BCP (bcuninstaller.com). I love apps that say what they do in the title. When you run it, you can check all of the apps you want to uninstall and then choose to easily uninstall all of them without any more prompts.

Some things from Microsoft are free, and Outlook for Mac is now one of them (w2.outlook.com/getmac). You no longer need a Microsoft 365 subscription if you want use Outlook instead of Apple's Mail application.

Hints from Microsoft imply iPhone users with Windows computers may soon be able to use iMessage directly on their computers by cabling their phone to their computer. They are beginning an early preview of Phone Link for iOS on Windows 11 with Windows Insiders. For more information, go to blogs.windows.com/windows-insider and find the post from February 28.

Fake voice scams are likely to increase as AI-generated voices become more realistic. Currently, the use of AI to generate these "deepfakes" is not regulated, so being highly suspicious is about your only way to guard against being scammed. It might be good to arrange ahead of time a code word or phrase—for example, "I lost all my tacos"—so that you know it really is your family or friend. Read more at tinyurl.com/4t3sfpps.

AI is the buzz, with all major search engines jumping into AI-assisted search to "find" you the best answer through a chat-like dialog. DuckDuckGo has DuckAssist, available through their browser apps and extensions. Initially, it is designed to answer searches that would benefit from Wikipedia. It will anonymously summarize and combine information it sources from that site. You will know it is working if you see an answer in a search result titled DuckAssist. These results still follow DuckDuckGo's commitment to search anonymity.

Jealous of people with flip phones? Mimic those limitations without tossing your smart phone. Reset your phone to default settings, uninstall all apps but phone, address book, calendar, texting and one web browser (and hide it), switch colors to grey scale, disable all notifications, and remove apps you can't uninstall from your home screen. You won't get the longer battery life of a flip phone but at least you gain time back.

I finally found a YouTube video that explains what blockchain is all about. Go to youtube.com/watch?v=tspGVbmMmVA. It not only explains what blockchain is but teaches you how to understand many of the claims being made on its behalf.



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BIBLE STUDY Come join us in an independent Christian bible study on Tuesday evenings 5:30 7:00 starting April 4, at 131 Charlotte Highway. Learn how to rightly divide the Scriptures and be amazed how the Bible will open up to your understanding. For more info, call 230-0507.

THE COUNCIL ON AGING OF BUNCOMBE COUNTY (COA) has a new staff member available to serve the Fairview community, from 9:30 am 1 pm every Thursday at the Spring Mountain Community Center (807 Old Fort Road, Fairview). The COA is available to provide personal and caring support to assist you with growing older. Whether you re looking for services to help you stay healthy and independent at home or need support in taking care of a senior, the COA is available to help. Drop-in visits welcome. Contact Steffie Duginske at 277-8288 Ext. 1303 or email steffied@coabc.org for more info, to schedule an appointment or to offer suggestions for potential classes or presentations offered at the center.



The Fairview Town Crier

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Art Director **Lisa Witler** lisa@fairviewtowncrier.com

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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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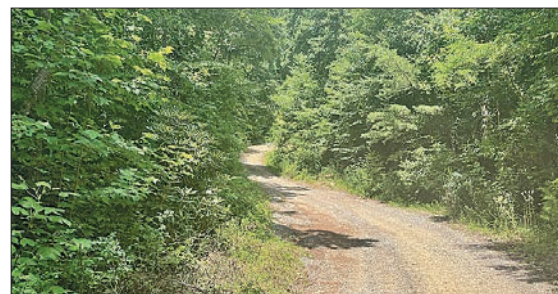
FEATURED LISTINGS



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!*



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!*



WEAVERVILLE! Approx 6 Acre tract, long range views, existing driveway, multiple building sites possible, *MLS# 4010156 \$275,000!*



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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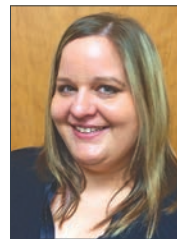
Jason Rice
Sales



Sabrina Howard
Sales



Noah Clarke
Closing
Coordinator



Ashley Nelson
Office/Listing
Manager



Rebecca Guy
Office Assistant

RESULTS

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

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