



The Fairview Town Crier

MAY 2023 VOL. 27, No. 5 | FAIRVIEW, NC | fairviewtowncrier.com  



IMAGE GOOGLE/JOSH "BRUNO" BRUNHOFF

Cane Creek Pool Opens Soon!

In a sure sign that summer is on the way, the Cane Creek swimming pool will open on May 27. Visit tinyurl.com/u859mu7y or call 348-4770 to get info about hours and cost, as well as to book private parties and swim lessons. The pool is located at 590 Lower Brush Creek Road, Fletcher.



Fairview Handmade Market Returns

Building Community through Craft, Gardens and Collective Vision

by Alyssa Sacora

The first Fairview Handmade Market of the year will take place on May 13 from 10 am–4 pm at Hickory Nut Gap Farm (57 Sugar Hollow Road, Fairview). This gathering, organized by volunteers, brings together area artisans and craftspeople, local non-profits and the community at large. Roughly half of the vendors at our markets live and work in Fairview and/or have direct family connections here, and all of our vendors are local to the area.

Fairview Finds

• Our non-profit community partner, **Root Cause Farm (RCF)**, will have plants for sale, garden-inspired art, and flower planters bursting with life. They will also be raffling off limited-edition East Fork Pottery planters not available anywhere else. All proceeds benefit RCF, a non-profit that grows food to donate, hosts service-learning groups, and provides community gardening space and a space

for events. If you would like to donate plants for their sale, drop them off at 26 Joe Jenkins Road. (Place them near the main shed.) All plants are welcome.

• **Fairview Healing Arts** will offer mini massages. Sign up at their booth to indulge in a little “you time.”

• **Barn Door Ciderworks** will have a variety of craft apple ciders on tap.

• Fairview-based artists will have body care products, pottery, woven and paper goods, herbal medicines and vinegars, jewelry, and stained glass.

• A food truck, a coffee truck, live music, and the HNG Farm Store.

See a full list of the 30 vendors at fairviewhandmademarket.com or call 628-9178 for more info.

Alyssa Sacora is one of the organizers of the market and the owner of The Patchwork Underground, which hosts workshops and private classes in book binding, papermaking, natural dyeing and basketry. thepatchworkunderground.com.

HAPPY  *others* DAY!

Celebrate Folkways This Summer

By Carol Peterson

Hello, Fairview neighbors! Did you know that the longest, continually running folk festival in America will be held August 3–5 at Lipinsky Hall on the UNC-Asheville campus?

The Mountain Dance and Folk Festival, founded by Bascom Lamar Lunsford in 1928, will celebrate its 96th year with over 400 talented performers sharing their love of our Appalachian music, dance and storytelling.

It is widely acclaimed that the very essence of our wildly successful music scene in Asheville is a direct result of Lunsford's persistence in seeking out and encouraging “mountain folks” to pass our beautiful traditions from family member to family member.

Perhaps you and your family were a part of front porch singing and picking or under-the-shade-tree storytelling. Or maybe you flatfooted, clogged and circled four at a square dance on a Saturday night in a local community center.

My family was part of the square dancing tradition. My parents, Martha and Hal Weir, organized the first smooth square dance team in the area in the Valley Springs community. My sister, Ann Sizemore, and I each carried on that tradition in the county schools where we taught, and my husband Bruce and I organized a UNC-Asheville team after teaching a square dancing class to newly retired individuals from the Asheville area. This



Carol and Bruce Peterson in 2019

team performed at all the local venues and festivals, including the NC State Fair, where we won a blue ribbon. We followed that with leadership with the Valley Springs Smooth Dancers and the Folk Heritage Committee Smooth Dancers.

Bruce and I have been intricately involved in the Folk Heritage Committee (FHC), which produces the Mountain Dance and Folk Festival (MDFF) and “Shindig On The Green.” Judy Miller and I co-chair the MDFF, along with the assistance of FHC members and numerous volunteers. We thank our partner and host UNC-Asheville for their invaluable support.

You are cordially invited to add these fun events to your summer calendar.

The Crier's Office Hours



Due to a recent changeover in our bookkeeper position, we needed to ensure that our office could stay open two days a week to serve the community. And our board members, who already are generous with their time and support, stepped up again.

Our office hours remain 11 am–3 pm on Tuesday and Thursday. Board members take the Tuesday shift, and the editor, Clark Aycock, is in the office on Thursdays. The address is 1185 Charlotte Highway.

We would like to thank our board members for all they do for us and the community. The current members are Sandie Rhodes (chair), Bill Carpenter, John Ager, Pat Stone, Sandi Bryant, Ripley Hotch, Lynn Stanley, Ron Bradley, Diana Soll, Joanne Winkler and Aileen Mitchell Lawrimore. Lina Evans recently left the board after serving for more than 20 years. We thank her for always going above and beyond up to help the paper.

Stop by and say hello!

The Fairview Town Crier
P. O. Box 1862
Fairview, NC 28730

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COMMUNITY EVENTS & UPDATES

Barn Door Ciderworks

MAY 12 Dr. Will Memorial Marmalade (Jam) Session, 5:30-8 pm. Come with your instruments and voices and memories of Dr. Will to share with friends. 23 Lytle Rd., Fletcher.

Blood Donation Drive

JUNE 15 Save the date! Cohosted by Cool Mountain Realty and ESCO Insurance Agency. Gift cards for blood donations.

Buncombe County Democrats

MAY 24 Meet and Greet by the Creek, 5-7 pm. Join Fairview/Reynolds Democrats for fun and fellowship. Bring a friend and a chair. For more info, email fairviewcdems@gmail.com or call at 628-0414. Turgua Brewing, 3131 Cane Creek Rd., Fairview.

Cane Creek Cemetery

MAY 20 Workday, 9 am-2 pm. Seeking new members to help. For more info, contact the *Crier's* editor to be put in touch. 94 Graveyard Rd., Fairview.

Cane Creek Middle School

MAY 16 Free Parenting Seminar, 6:30-7:30 pm. "Managing the Tween and Teen Years with Confidence." Open to all rising 6th-8th grade families in the CCMS area. 570 Lower Brush Creek Rd., Fletcher.

Fairview Area Art League

MAY 8 Monthly meeting, 11 am. Annual \$25 membership fee. For more info, email FaArtLeague@gmail.com or visit facebook.com/fairviewart. Re.Imagine, 15 Spivey Lake Dr., Fairview.

Fairview Baptist Church

MAY 13 Fairview Day in May, 10 am-2

pm. Free car wash, hot dog dinner, face painting, blood pressure checks. See ad on page 9. Food Lion parking lot.

Fairview Business Association

MAY 10 Member Meeting, 6-8 pm. At the Fairview Public Library. See page 27 for more info.

Fairview Sharon Church

MAY 20 Poor Man's Supper, 4-6 pm. Pinto beans, fried potatoes, cornbread, slow, and desserts. Donations appreciated. At the Spring Mountain Community Center pavilion, 807 Old Fort Rd., Fairview.

Fairview Vol. Fire Department

MAY 13 Spring Flower and Bake Sale, 8 am-1 pm. Flowers, herbs, vegetables, baked goods, and a raffle for The Ultimate Mother's Day Basket. For more info, call 230-2665. 1586 Charlotte Hwy., Fairview.

Flying Cloud Farm

STARTING MAY 20 Farm Tours, 11 am. Tour the farm and see behind the scenes. \$10 per person. Email flyingcloudfarmnc@gmail.com to get more info and reserve your spot. 1860 Charlotte Hwy., Fairview.

Lion's Club

MAY 20 Shredding Event, 10 am-1 pm. \$10 per box or bag. Broom and plant sale, too. Funds go to good causes, including providing visually impaired and blind people with eyeglasses, testing and medical services. 2310 Hendersonville Rd., Arden.

Oak Grove Baptist Church

MAY 7 Service & Concert, 10 am. With special guest Michael O'Brien. See ad on

page 7. 1552 Cane Creek Rd., Fletcher.

Reynolds Vol. Fire Department

MAY 19 BBQ Fundraiser, 4 pm until they run out. Funds will go to renovate the station's kitchen. 235 Charlotte Hwy., Asheville.

Rusty Dog Arts & Crafts Show

MAY 13 9 am-3 pm. See ad on page 25. 379 Old Charlotte Hwy., Fairview.

Signs for Hope

MAY 13 Mother's Day Tea Fundraiser. Register at signsforhope.org. See ad on page 12. 379 Old Charlotte Hwy., Fairview.

Trinity of Fairview/Signs for Hope

MAY 19-20 Hope for the Journey Conference. For adopting and foster care families. See ad on page 15 for times, future dates and more info. 646 Concord Rd., Fletcher.

WNC Prostate Support Group

MAY 2 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

MAY 18 Senior Luncheon and Bingo, 2 pm. Sandwiches, salad, tea and cookies will be served. Call 778.0279 to reserve your spot. **SECOND TUESDAYS Quilting Bee**, 10 am-2 pm. Call Kay at 628-7900.

Upper Hickory Nut Gorge

4730 Gerton Hwy., Gerton
MAY 13 Spring Breakfast & Baked Goods Sale, 8 am. Donations welcome for breakfast. Baked goods and yard sale items for sale. Find a last-minute Mother's Day gift.

FOOD PANTRIES

Food for Fairview

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

The Place Fellowship Church

TUESDAYS 4-6 pm. 2 Laura Jackson Rd., Fairview (next to Food Lion). 581-0588.

Trinity of Fairview

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

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

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

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

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



Fairview resident
BREA GRATIA
Owner

THIS MOTHER'S DAY, HONOR THE QUEEN

MOM

Treat your mom to the gift of exceptional skin with a gift package or gift card from **Gratia Botanica** — the ultimate one-stop shop for natural and organic skincare.



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BEAUTY GRACE LOVE

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STORE HOURS Monday, Tuesday, Friday 11-4 | Wednesday, Thursday 11-6 | Saturday 12-2

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

May 26, 3:30 pm
The library provides the Legos, you provide the creativity. Perfect for ages 6 and up.

CRAFTING AND CREATING

Let's Dance!—Pipe Cleaner Dancers

Really cute! Ages 5+, while supplies last.

In-House Activity: Firebirds

Create firebirds inspired by ballerina Misty Copeland's signature role in Igor Stravinsky's "The Firebird."

PROGRAMS FOR ADULTS

Fairview Online Book Club

May 16 at 7 pm
The club will discuss *Klara and the Sun* by Kazuo Ishiguro via Zoom.

Books for Next Season

If you would like to make a suggestion for books to read next season, email your suggestions to me by May 8. You may suggest up to three titles and you must have read them before.

The list of all proposed, available titles will go out on May 9, along with a link to a survey where you can vote on the titles you would like to read. Please vote by May 15.

Next year's reading list will be revealed at the end of our May 16 discussion. For more info or to attend, email jaime.mcdowell@buncombecounty.org.

Writing for the Wild: Adventures In Eco-Writing

May 25 at 11:30 am
Creative writing workshops with Fairview author and teacher, Dr. Beth Keefauver. The last class in this series will focus on ecobiography—using a naturalist's eye for observation and detail, you will capture encounters with nature.

To register, visit the library website's events calendar at buncombecounty.org/library or call 250-6484. *This class series is sponsored in part by the Friends of Fairview Library.*

PROGRAMS FOR EVERYONE

Fiber Arts Club

May 9, 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.

SUMMER AT THE LIBRARY

Summer Library Fest

June 3 from 10 am–12 pm at the East Asheville Library
At this countywide kickoff, enjoy crafts,

SPECIAL EVENT

Being a Ballerina

Author Reading and Performance by Professional Dancer Gavin Larsen

May 23 at 6:30 pm

Inspiring, revealing, and deeply relatable, *Being a Ballerina: The Power and Perfection of a Dancing Life* is a first-hand look at the realities of life as a professional ballet dancer. Through episodes of her own career, Gavin Larsen describes the forces that drive a person to study dance; the daily balance that dancers navigate between hardship and joy; and the dancer's continual quest to discover who they are as a person and as an artist.

Join us for this very special event as we welcome Gavin for a reading and a performance of excerpts from the ballet "Giselle."

This program is for all ages, and Malaprop's will be on hand to sell copies of the book after the event is over.



music, photo ops and special performances. *Only at the East Asheville library, 3 Avon Road, Asheville.*

Summer Reading Program

June 1 to August 31
Kids and teens are encouraged to pick up an activity sheet at any Buncombe County Public Library. The activity sheet is filled with fun and interesting challenges. When participants complete four challenges, they get to pick out a free book.

Special Events at Fairview Library

Leah and the Rabbit: Puppet show by American Myth Center: June 10 at 11 am.

Reptile and Amphibian Encounters with **EcoExplore:** Presented by NC Arboretum: June 29 at 4 pm.

Bubble Brigade! Presented by Professor Whizzpop: July 7 at 2 pm.

Fancy Nancy Gala: July 21 at 2 pm.

Shell: A theatrical experience presented by Asheville Creative Arts: August 25 at 2 pm.

Saturday Outdoor Story Times: June 17, July 15 and August 19 at 10:30 am.

Summer Bingo: June 20, July 18 and August 15 at 3:30 pm.

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

SCHOOL EMPLOYEE SUMMER DEAL!
Launching soon

HIGH SCHOOL ATHLETE STRENGTH & CONDITIONING CAMP!
begins July 10th

COMMUNITY FITNESS CLASSES!
Mon-Thurs 12pm & 6pm
Fri 12pm

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Train when it's convenient for you

ONE-ON-ONE PERSONAL TRAINING!
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FOLLOW US FOR UPDATES! 19 Kristie Scott Lane behind Trout Lily

Fairview native
Crystal White, owner

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



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LAND FOR SALE

To see all our land listings visit coolmountainrealty.com

ENJOY THIS VIEW ON YOUR WAY HOME to Drovers Rd Preserve, plus fabulous trails! Near-level bldg site—unique parcel in NC's first Conservation Development **\$215K**. Call Karen 828.216.3998

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

MOUNTAIN VIEWS WITHOUT GOING UP A MOUNTAIN! Paved access, long-range views with additional clearing, end of road privacy and adjoins large tract of land **\$100K**. Call Karen about this one of a kind property! 828.216.3998

HOWLAND RD, ASHEVILLE 2.07 acres. Spectacular views located off Town Mountain Road in Peach Knob Meadows Subdivision. Just minutes to downtown and the Blue Ridge Parkway, located off Town Mountain Rd. **\$220K**

NEW! NEARLY ONE MOSTLY LEVEL ACRE with shared well, short term rentals allowed, prime Cane Creek Valley location. Land with this type of topography won't last long. Call Karen today. 828.216.3998. **\$125K**

GORGEOUS PRISTINE 6-ACRE PARCEL w/ potential for long-range views thru Mine Hole Gap. Includes part of a level knoll; had been perked for a 3BR home. Call Karen 828.216.3998 **\$125K**

INVESTOR ALERT! PRICE REDUCED to compensate for development costs. Paved access through the rolling portion of lot. Actual home site is sloping and has view potential. **\$15K** Owner financing considered. Call Karen 828.216.3998

THINKING OF SELLING YOUR HOME?

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



NEW LISTING!
FAIRVIEW PRIVATE HOME 3BR2BA, 2,359 SF, 1+AC. Open floor plan on main. Updated BA on main, wood floors, newer fridge. No HOA, no restricts, only \$90/qtr rd maint agreemnt. **\$480K**



INVESTOR PROPERTY
INVESTOR HOME/PROPERTY, 3 BR/1BA, 2.5 acres. Great bones, needs roof, cosmetic fixes. Beautiful property w/ stream & lvl land. Could split into sev lots. City H2O runs in front. **\$349K**



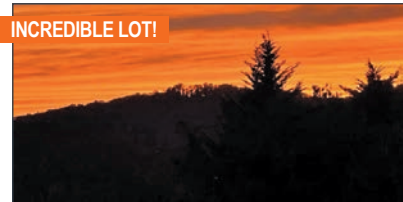
PRICE REDUCED!
BLACK MOUNTAIN 3BR/BA, 1,173 SF, .39 acres. Affordable housing! Beautiful **new** home w/ modern finishes, many upgrades and end-of-road privacy. Only **\$280K** call Karen 216.3998



NEW LISTING!
GENERAL EDDY TRAIL, TRYON. 3BR/3BA custom log cabin. Built in 1994 w/ the finest materials & craftsmanship. Impeccably maintained by orig owners on 5.82-acres **\$599K**




PRICE REDUCED!
38 ACRES IN FAIRVIEW Private, lush with views of Echo Lake and mtns. Front of property is level to gently sloping w/ easy access off Old Fort Rd. **\$395K REDUCED! NOW \$350K**



INCREDIBLE LOT!
SPECTACULAR LOT, VIEWS TO MATCH! .83 acres. Nearly 200°, extreme, long-distance valley/mtn views. Gently sloping land; bldg site cleared/nearly level.


2021 TOP AGENT OF THE YEAR



Call Allen! **329-8400**

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FAIRVIEW REALTOR FOR 38 YEARS

SOLD hundreds of homes
SOLD thousands of acres
SOLD numerous commercial



COOL MOUNTAIN REALTY & CONSTRUCTION



PRICE REDUCED \$200,000!!
14 ACRES currently used as a short term rental. 13" Montana logs, wooded & pastoral setting w creek, 2 car garage w apt, \$1,950,000 or 10 acres w shared drive **\$1,250,000** MLS #3827860



30 ACRES ON 5 LANE HWY 74A, water, sewer, gas, electric, cable w adorable cottage & acres of gardens **\$1,950,000** MLS# 388748



10 ACRES ON 5 LANE HWY 74A, 900' on Hwy74A, 60' on Cedar Mountain Rd, 300' on Atherton. Water, sewer, gas, electric, cable on property, 3 miles to I-40. Commercial or multi-family w zoning variance. **\$950,000**. MLS# 3644935.



THE CROSSINGS AT CANE CREEK, .67 acre lot in gated community. Booming of area of exclusive new homes. Community spaces w playgrounds, gazebos & trout fishing Cane Creek. **\$98,000**. MLS# 3868520.

Nobel Erwin and Millie McBrayer Penland

Nobel Erwin Penland was born in Buncombe County, NC, on January 23, 1818. He was the son of George William Penland and his wife Mary Erwin. Nobel was the grandson of William and Annis Donnel Penland. Nobel's grandparents were married in New Castle County, Delaware, in 1762. William and Annis moved to Burke County, NC, before 1790. Nobel's parents moved to Buncombe County between 1810 and 1820. They first moved to Reems Creek and settled near George William Penland's uncle, George Penland.

Nobel Penland married Millie Morah McBrayer of Fairview. She was the daughter of James and Mary McBrayer of Fairview. Millie was born on November 4, 1818. Nobel and Millie raised their family in Buncombe County. They moved to Reems Creek soon after their marriage and lived near Nobel's father, George William Penland. They then moved to the Lower Hominy section of Buncombe County. Nobel Erwin Penland died on January 14, 1887, in Buncombe County. He is buried in Sardis Methodist Cemetery.

Nobel's wife Millie lived with her children until her death on January 13, 1915. She is buried at Beaverdam Baptist Church Cemetery.

- Nobel and Millie Penland had nine children, all born in Buncombe County.
- 1. Mary Lucinda**, born August 31, 1840. She married George Washington Britt (1826–1903). Died November 21, 1939. She is buried in Riverside Cemetery in Asheville.
 - 2. William E.**, born April 5, 1842. Killed in the Battle of Atlanta in the Civil War.
 - 3. Margaret Jane**, born February 19, 1844. Married Joseph B. Sales (1839–1902). Died February 14, 1922.
 - 4. Narcissus Ann** married William Wiley Wells (1850–1888).
 - 5. James Albert**, born November 7, 1848. His first wife was Margaret Jones; his second wife was Arminta Elizabeth Byrd, daughter of Thomas Jefferson Byrd; and his third wife was Maggie Coleman.
 - 6. Martha "Mattie" Lucinda**, born June 8, 1851; died November 22, 1943. She married Benjamin Hawkins (1851–1905).
 - 7. Charles Noble**, born July 28, 1853; died young.
 - 8. Lydia A.**, born September 20, 1855; died young.
 - 9. Julia A.**, born January 1, 1858; died young.

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).



Do you have a question about how to get something done in the county? Who to contact about a certain issue? Confused about a form or regulation? Get in touch with the editor, and he will pass the question on to Kassi, who will try to get an answer.



Elder Abuse Awareness Day Walk to be Held June 15

The county's Health and Human Services department is planning the 2023 World Elder Abuse Awareness Day Walk on June 15 at Carrier Park. Register at forms.office.com/g/r1ggmhpYgS by May 18 to receive a free t-shirt. For questions or more information, call 767-4376.



County Comprehensive Draft Plan Available

Did you share your thoughts on Buncombe County's Comprehensive Plan? The draft plan is now available at engage.buncombecounty.org, and there will be a public hearing during the May 16 Board of Commissioners regular meeting.

County Boards and Commissions Need Your Help!

Speaking of boards, have you ever considered joining a board or commission? Hear from board members and county staff about what is involved at our first ever Boards & Commissions Fair on May 18, at the Shiloh Center, 121 Shiloh Road, Asheville, from 4 to 6 pm. For more info, call 772-4528.

Buncombe County Register of Deeds Cemetery Finder

Imagine searching for a long-lost family tombstone. With limited information, you might have to search every cemetery in the county. With ancestry research becoming more accessible than ever, more people are looking to reconnect with their heritage.

With that in mind, the Buncombe County Register of Deeds has an online map that makes it easier to find local cemeteries. Check it out. We hope this tool is useful in your research, and we look forward to seeing this valuable resource grow. Visit buncombecounty.org/CemeteryFinder.

Kassi Day is Buncombe County's public relations coordinator.

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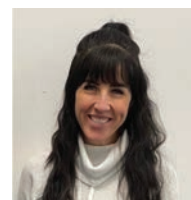
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FEATURED LISTING



3 BR | 2 BA | 1,577 SF | 4.9 ACRE

Swannanoa 161 Dillingham Estates Trail

Private mountain home with year-round mountain views! Built in 2020 this home boasts 42-inch kitchen cabinets, quartz countertops, GE appliances, and an island with seating. 25-ft. ceilings in living room. Primary bedroom and laundry located on main floor. Enjoy the sunrise on the covered deck or a fire in the evening in the level yard. Five mins to Swannanoa, 10 mins to Black Mountain, 20 mins to Downtown Asheville. Potential to build a second home. Short Term Rentals Allowed. Sellers motivated.



ACTIVE LISTING Christy McFadden
\$635,000 | MLS ID 4006546

ACTIVE LISTINGS

Asheville



5 BR | 4 BA | 4,255 SF

22 Barebridge Hills Drive
\$1,160,000 | MLS 3908969

Black Mountain



3 BR | 6 BA | 2,533 SF

45 Mountain View Road
\$1,385,000 | MLS 3908804

Swannanoa



5 BR | 5 BA | 2,500 SF

25 John Hazel Drive
\$525,000 | MLS 4019701

FAIRVIEW REAL ESTATE SALES MARCH 2023

LISTING PRICE	NUMBER SOLD	AVERAGE SALE PRICE	AVERAGE DAYS ON MKT	AVERAGE % LIST-SALE PRICE
UNDER \$300K	3	\$217K	51	98
\$300K-599K	7	\$462K	37.6	100.3
\$600K-899K	5	\$680K	168.5	98
\$900K+	2	\$953K	61	99

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

Agent Spotlight LACY FERGUSON



“ We had a fantastic experience with Lacy when she helped us find our dream mountain condo! She’s super responsive, knowledgeable, and positive. I’ve worked with several realtors over 30+ years and my experience with Lacy is up there at the top. I wholeheartedly recommend her!

—Jonathan J.

”

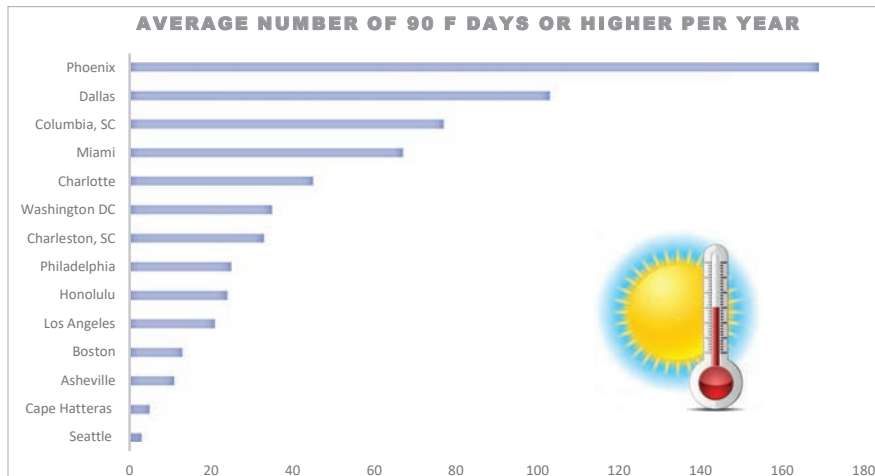
CONTACT LACY TODAY!
828-545-2353 | lacy@greybeardrealty.com

Smells like Rain

Rain—and by extension the Earth's water cycle—is an essential planetary process that makes all life possible. Rain supports crops, fills lakes and tops off reservoirs.

One of my favorite smells is the air after a storm. It is a smell so profound and distinct that a word had to be invented for it. In 1964, chemists Isabel Bear and R.G. Thomas coined "petrichor," from the Greek "petros" (stone) and "ichor" (the blood of the gods).

But the smell in New York City is different from that in rural North Carolina because there is different chemistry in the woods than in cities. Though our noses get dismissed as weak compared to other animals, there is one chemical we detect really well: geosmin, which is released by dead microbes (commonly Streptomyces bacteria) and which causes an earthy smell, at a level of 5 parts per trillion. So why does the air after rain smell so different in cities—more "clean" like chlorine and less



like earth? It's because there is more ozone than dead soil bacteria.

On a more serious note, we've had an up-and-down start to spring this year. We started out with some record heat in March, with several days near 80 and one really cold morning below 20. However, then came April, with some needed rains and variable temperatures, with a couple mornings near or below freezing. Will this pattern continue into or through May? Time will tell.

Nevertheless, the pattern looks like our march toward summer will continue, with May's average high temperature generally in the mid-70s and average low in the low 50s. While we can still have an unusual

late season frost, many years we don't. However, the old adage, "plant your warm season annuals around Mother's Day," is pretty good advice for our area. It is also probably safe to take out any overwintering tropical plants you had inside. The easiest way to harden transplants or tender tropicals is to place them outside in a shaded, protected spot on warm days and bring them in at night. Each day, increase the amount of sunlight the transplants receive for a week or so. Don't put tender seedlings outdoors on windy days or when temperatures are below 45.

Looking ahead, the combination of warmer later-spring temperatures along with rising soil temperatures support more

WEATHER WONDER

What is a fogbow?

Rainbows happen when the air is filled with raindrops. You always see a rainbow in the direction opposite the sun. Fogbows are much the same, always opposite the sun, but they are caused by the small droplets inside a fog or cloud rather than larger raindrops. Look for fogbows in a thin fog when the sun is bright.

vigorous growth of warm season crops for the rest of this year's growing season. We average about 5 inches of rain for the month, with rain falling on an average of 12 days. In any given May, we get between seven to 10 thunderstorms. As we get into late spring and summer, we might want to "bottle up" some of the cooler early spring weather and bring it back for the dog days of August.



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

QUESTION of the MONTH

What is a backdoor cold front, and how does it affect our weather?

Find out in June's Weather Wonder!

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SIGNS FOR HOPE'S NEW INITIATIVE

The ASL Home

by Becky Lloyd

Much has happened since last you heard from me. Last August, I suffered a stroke. My husband recognized it as such quickly and called 911. They administered a clot-busting drug in time and over the next 24 to 36 hours, I began talking some and moving my right arm and leg. I was moved out of the neuro ICU into a regular room for one night and then transferred to Care Partners as an inpatient for six days of therapy. It took some time, but I am talking normally again. I am still receiving therapy to regain normal walking.

The stroke impacted both my English-speaking ability and my American Sign Language (ASL)-signing ability. Receptive skills for both remain intact. The Lord must not be finished with me yet!

Our standards for an adopted Deaf child's foundation and developmental learning include the accepted 0–5 years developmental milestones for language/communication, as well as other milestones, including social/emotional, cognitive, movement/physical and moral/ethical. Children should sequentially learn each milestone to build the foundation for the next. A hearing child receives this organically, and we want to replicate this as much as possible for the Deaf child.

How will we achieve this? Through our new initiative—The ASL Home!

The concept of The ASL Home was developed in 2018 while thinking and praying. We thought that there had to be a better way for hearing families to learn sign language along with their Deaf adopted children.

Teaching ASL in the same setting as

A child who is Deaf and adopted rarely has any exposure to language, no matter their age.

It's funny how I had to experience retraining my brain to talk and to do other things, and at Signs for Hope we are retraining brains all the time.

A child who is Deaf and adopted rarely has any exposure to language, no matter their age. That is true of most internationally adopted Deaf children. In the US, there is also language deprivation for Deaf children who are adopted. Language deprivation is when a child is deprived of learning a language, for whatever reason.

Language learning begins in utero for the hearing child. The rhythm of their mother's voice is heard, getting them ready for language learning. It is fascinating what all is dependent on language developing in those first three years of life, including emotional, social and behavioral skills.

where the family lives—in a home—became our vision. Doing life together in the same setting while playing, cooking, reading books, cleaning, eating, getting dressed and sleeping—everyday life—all in ASL. Families would come to the ASL Home during the day and go back to their homes to practice what they learned.

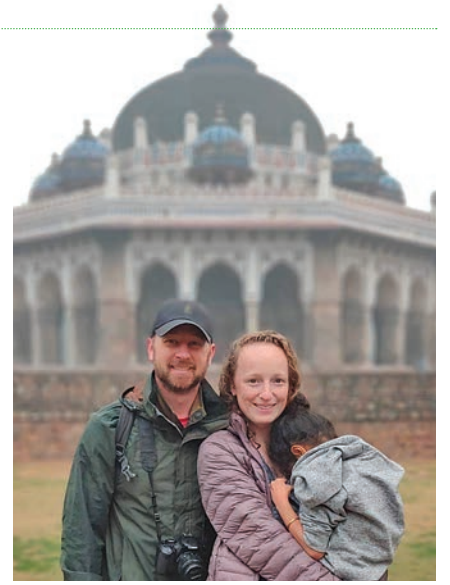
We plan to use universal design (in which buildings are easy to access and use by all people) to include everyone as well as DeafSpace-friendly concepts to make The ASL Home visually conducive for signing. A sensory-sensitive home full of attachment-rich and emotionally safe practices will make sure everyone feels secure. At the same time, we'll teach parents trust-based relational intervention (TBRI) strategies and principles, along with all the other skills families of adopted Deaf children need to catch up.

The ASL Home Is Needed Now

In the fall of 2021, I was made aware of two hearing families in our county in the Deaf adoption process as God was growing Signs for Hope locally. The Raders brought Isaiah home on April 6, 2023, and the Hughes will be adopting Uji, who is DeafBlind. Both children are from India. This had never happened before. I only knew of one family in the county to adopt a Deaf child from the US foster care system, and that was years ago. In 2022, another hearing family in the county contacted me. They were going to bring their Deaf son home from Bulgaria in November of that year. This meant we would have four local families—including the Russells, Signs for Hope's first missionary family, with their daughter Noel adopted from China—with adopted Deaf and DeafBlind children in 2023. The dynamics of each of these families is very different. But they all need to learn ASL and be encouraged, and I believe they will be a great support to one another, too.



THE HUGHES GIRLS: XIN JOU, LI RU, AND UJI.



TOP: MATT AND JESSICA HUGHES AND DAUGHTER, UJI, IN INDIA. ABOVE: MATT AND UJI

Our ultimate goal is to build The ASL Home to our specifications. We are asking God to provide funds. We realize that might take some time, and we need space now. The cost to secure a house for one year, furnish and run it would be roughly \$55,000. We are asking God to provide these funds, as well, so we can begin helping these families now.

Please contact me (becky.lloyd@signsforhope.org) if you have a house available or know of one. And please join

us as we pray and ask God to provide for the building of The ASL Home.

If you do not use email, contact the Crier (828-771-6983, call or text) and we can put you in touch with Becky.



THE RADERS BROUGHT ISAIAH HOME ON APRIL 6.

A child who has received ample interaction from parents and others develops a vocabulary of about 1,000 words by the age of three. A Deaf adopted child is left behind and rarely catches up, even when language is learned. So often, the basics are missed and the foundations are not put in place. Add to that their experiences of abandonment, neglect and maltreatment. We know these children are behind, and we must give them the same sequential steps in development that a hearing child receives to be able to reach their full potential.

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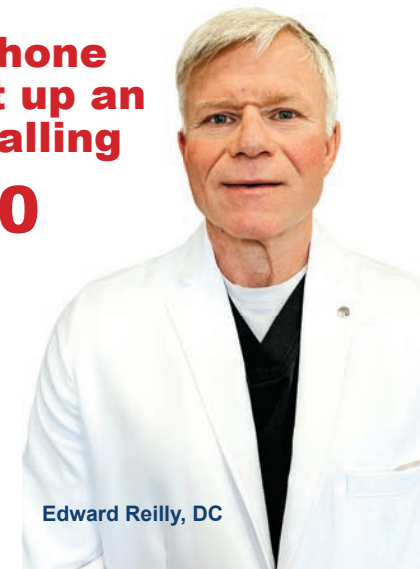
"I'd been to several doctors and massage therapists, none of whom could give me answers. A friend who was a patient of Dr. Reilly's recommended I give him a try. Dr. Reilly diagnosed me with plantar fasciitis and heel spurs and recommended Graston Therapy and Class 4 laser treatment. After only a week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

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

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

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In Control for 40 Years

by CLARK AYCOCK

CONTROL SPECIALTIES is physically located in Asheville, but its heart and its history are in Fairview.

The company, which provides cooling and heating services, was started 40 years ago by Gary Watkins, who grew up in Oakley and Fairview and graduated from ACRHS in 1964. After serving in the Navy, he started working with local HVAC companies. But in 1983, he wanted to have his own company. “He didn’t have a corporate plan,” said his son, Byron. “He wanted to own his job.”

The company started out in Fairview, on Old Fort Road, where family members still live and own property today. The “control” in the company name refers to thermostats and timers used to change temperatures. That’s how things ran when Gary started, but computers do most of that work now.

And the company has grown to keep up.

Gary started out with commercial and industrial clients. Their regular business hours meant

he could still have family time. “He taught me: Do what you say you’re going to do,” said Byron. “Show up when you say you’re going to show up. You don’t have to be the smartest or the best. Just be honest, and you’ll be very successful.” First Presbyterian Church of Asheville was one of Gary’s

first clients, and the company still services that account today.

Byron grew up in Fairview, went to Fairview School and graduated from ACRHS. When he got out, he wasn’t sure what he wanted to do. “My dad said he’d pay me \$5 an hour until I figured out what I wanted to do.

That was in 1986...and here we are in 2023.” When Gary retired, Byron took over the business. His wife, Sherri, works in accounts receivables and helps to raise her grandkids in Fairview.

In addition to running the business, Byron also takes on jobs. “I enjoy making

people smile. For example, you walk into a classroom full of kids who are cold in the winter and you work and get it fixed. That’s the part I enjoy. That helps me get sanity—that and mowing grass,” he said, laughing.

Honoring the Reputation

Byron said he’s trying to live up to his dad’s name and reputation. “That’s my goal,” he said. “My dad learned things the hard way. ‘It costs to go to school’—whether that’s college or the school of hard knocks. “He taught me about honesty, integrity and hard work. He would come in today if I called and outwork most people.”

The Watkins family is Fairview through

and through. Gary’s wife Elaine is a sixth generation Fairview resident with McBrayer and Pinkerton roots. Gary and Byron still live on Old Fort Road. Byron’s daughter lives in Fairview, too, and her son goes to Fairview Elementary.

“When I got married, my wife and I lived in the house my great-grandfather built, the old Pinkerton house [on Old Fort Road],” said Byron. “And we lived there for seven years. And my parents still own the house. That’s our heritage.

“There’s something about being in Fairview,” he said.

We know what he means. Congratulations to the Watkins family and Control Specialties on 40 years of success the right way.



Gary Watkins then (left) and now, with son Byron.

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Luke Baunack's Battle Buddy

US Air Force veteran Luke Baunack has traveled around the world, but if you ask him to name his favorite place, there's no competition: Fairview, NC. Fairview has been Luke's home since before he had a choice in the matter; then later, when he could make any place home, he came right back to Fairview. Luckily, his wife, Lisa (Runion), is as fond of their hometown as her husband is. In fact, they both attended Fairview Elementary School, though the couple didn't meet until 2011. Two years later, they married; now they are the parents of a 5-year-old son, an infant daughter and a 3-year-old golden retriever named Katie Mae.

Katie Mae is Luke's service dog. "Dogs really can do anything," he said. "It's amazing how much they can help." Katie's job is to offer stabilizing assistance when Luke's

balance is off and to provide medical alerts when the effects of PTSD and pain attempt to take control of his body. "She helps me up and down stairs, bracing for me so I can manage the steps better. Plus, she senses subtle changes in my blood pressure or heart rate and alerts me—nudging, barking, licking my face—enabling me to mitigate panic attacks."

It's hard to imagine this laid-back mountain guy anxious. Luke is soft-spoken and has the manners Southern mamas aim to teach their children. "Everyday, I make the decision to walk with the Lord," he explained, absent-mindedly petting Katie Mae. "What I mean is that I choose to be kind, caring, respectful . . . you know, loving."

Unfortunately, while in the military, this gentle soul wound up in a toxic work



environment that wore on him. Luke pointed out that any job, civilian or otherwise, can include co-workers who are emotionally unhealthy. It just so happened that his experience was in the military. "Our flight sergeant was self-absorbed, pessimistic and egotistical. He hated everyone and wanted us to be the same way." Luke was repulsed by the behavior, but over time he felt himself picking up some of the traits he hated.

He explained, "You don't realize what is happening to your own thoughts. I was becoming like the one I didn't like." Katie Mae looked up, checking on her charge, and relaxed when he reached down and scratched her ears. "I'm a nice guy," he said, shrugging and offering a small smile. "All that created a real internal struggle."

In addition to this rising inner turmoil, in late 2014, Luke sustained severe injuries in a combat-related training event that left him with a traumatic brain injury, a fractured spine and nerve damage. He was deployed overseas at the time, so treatment options were limited. Doctors did the best they could and prescribed pain medication to keep him comfortable. Still, he remembers little from after the accident until his return to Eglin Air Force Base in Florida a few months later.

At Eglin, Luke began to get real help, including two surgeries—one on his neck and one on his back—extensive physical therapy, and focused treatment for mental and emotional health. However, it became evident that he was not going to recover sufficiently to return to active duty. In 2016, after six years of service, Luke was granted a medical retirement.

"Lisa and I moved back to Fairview to be close to family," he said, then added with a self-deprecating chuckle, "And I became a hermit." His anxiety was such that he could barely leave the house. Plus, his physical needs limited his mobility. Being out in public required logistics planning that could drain his already fatigued brain. So, he stayed home, hardly going out for two years.

Around that time, Luke heard about the impact service animals could make in the lives of veterans. He researched reputable agencies all over the country but ran into one obstacle after the other. First of all, a trained service animal is expensive. "It can cost up to \$25,000 to provide basic training to a service dog," he explained. Many organizations require recipients to

BATTLE BUDDIES EVENT

Tee Up Fore Vets Golf Tournament

Olde Sycamore Golf Plantation
Charlotte, NC

May 19 Registration starts at 10 am

This event will raise funds to train service dogs for veterans. Contests will include hole in one, putting, closest to the pin, longest drive and a silent auction. And you can meet puppies in training! To register, purchase a sponsorship and get more info—or make a donation if you cannot attend—go to teeupforevets.com. Battle Buddies is a registered nonprofit, and all donations are tax-deductible.

pay a percentage of the training costs or a mandatory donation, and the price tag can be prohibitive. Secondly, he needed a dog who could help with stability and complete simple tasks that are difficult for him; but he also needed a dog who could meet his mental health needs. Few animals are cross-trained.

Then one day he met a veteran with a dog from Battle Buddies. That chance meeting led to Luke's connection to Joann Creed, the founder of Battle Buddies of the Carolinas. From the start, Luke knew this organization was different from all the rest. He explained, "Everything about them set Battle Buddies apart. They were so kind. They are a smaller agency and more involved with each dog and handler." Also, Battle Buddies was not deterred by the need for a dog to help with both physical and emotional challenges. And the cost to participants? Zero. Zero! Battle Buddies raises all their funding and does not require veterans to donate anything.

Because Baunack had already done a lot of the preliminary work required to apply for an assistant dog, he was able to be matched relatively quickly to Katie Mae. The difference in his quality of life is remarkable.

"Since getting Katie Mae, I've been able to do all sorts of things I never could have attempted a few years ago. I'm active in my church, do things with my family, and I even went to a monster truck rally!" he said. "And I'm a volunteer musician with the Blue Ridge Orchestra now." Luke shook his head, seemingly in disbelief at the incredible new direction his life has taken. His gaze fell on the golden at his side. "That's why I support Battle Buddies. They helped me get Katie Mae, and she helped me get my life back."



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

About Battle Buddies of the Carolinas

Every day, 22 veterans commit suicide due to PTSD. The goal of Battle Buddies is to return veterans to civilian life with independence. Through fundraising and donations, Battle Buddies has continued to grow to place more service dogs with veterans each year. Service dogs begin training at 8 weeks old and are placed with their veteran around 14 months at no cost to the veteran.

Battle Buddies has partnered with Clemson University Animal Science Students for the past 3 years to raise and socialize puppies for the first 12 months. For more information, visit battlebuddiescarolinas.org.

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One of the things I cherish about living in Fairview is seeing wildlife. When I hear a hawk calling as it floats on the thermals, I always pause what I'm doing and watch. If I spot a deer or bear on a walk, I do the same. I stop in my tracks and gaze at the splendor in front of me. I was blessed with the opportunity to see two coyote pups playing, and on another day I witnessed an amazing spectacle: a turkey chasing a bobcat. I didn't know a turkey could move so fast.

Recently, a bobcat strolled by for a visit (shown here). I don't see one often, but when I do it becomes a major event. "Bobcat, bobcat, bobcat" is how I get my husband's attention. He grabs our camera and everything in the house comes to a halt until the magnificent feline makes its way beyond our sight. Then we exhale and go back to doing whatever uninteresting thing we were doing before we were shaken back into existence by the kingdom of the wild.

Have a sighting to share? Get in touch with the editor (see page 31).

Appreciations and a Welcome at Fairview Christian Fellowship

Rusty Harper, who faithfully shepherded the congregation of Fairview Christian Fellowship, the local Presbyterian church, for the last 27 years, has retired, and stepping into his place is Trevor Allen. "Rusty's pastorship has been marked by patience, care, and commitment to preaching the gospel week in and week out," said Allen.

Though Harper has retired, he will continue to serve other local churches by using his teaching, preaching and shepherding gifts. He and his wife Jan will remain in Fairview. "So this is not a goodbye to the Harpers," said Allen. "Rather, we will see you around!"

Trevor, who is ordained in the Presbyterian Church in America, and his wife Noelle are originally from California, and he has pastored churches there and in South Carolina. The family has three children, with the baby being born in Asheville a few months ago, and a golden retriever.

Allen said his approach to shepherding the church is simple. He wants "to help the church flourish as a community renewed by the gospel, created to enjoy God and love their neighbors." His hope is not only to connect with the church community, but also with the broader community of Fairview. The family already has a sense of home in these mountains and cannot wait to meet more of the residents.



Rusty Harper, left, and Trevor Allen

Allen extends an "open invitation to Christians, skeptics, doubters, the jaded, and cynical alike to join the church's worship services, every Sunday morning, at 10 am."

To get in touch with the pastor, email him at pastor@fairviewfellowship.com. The church also has a new website at fairviewfellowship.com, which has audio sermons, and an updated Facebook page.

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Pickleball Injuries

Pickleball is one of the most popular racket sports and the fastest-growing sport in the US for three years.

Unlike many sports, pickleball allows young, middle-aged and older populations to actively play. According to the Sports and Fitness Industry Association, there are 8.9 million pickleball players in the US. This wide range of ages and abilities may increase the potential for injury. Fortunately, many such injuries are either preventable or respond well to conservative treatment.

Injuries can be categorized into two general groups: traumatic injuries (e.g., sprains, tendon ruptures, fractures) or overuse injuries (e.g., tendonitis). Traumatic injuries often affect the lower extremities or wrists and typically occur from falling. Overuse injuries are more common. They affect many areas of the body and are preventable. There are multiple causes of overuse injuries in pickleball, including repetitive motions, poor technique, weakness, asymmetries, and inadequate rest, hydration and recovery.

Injuries from falls can vary in severity. Falls can cause muscle and joint soreness, bruising, tendon ruptures or fractures. The most common type of fall while playing pickleball happens when someone is backpedaling to try to hit an overhead lob. The feet do not move as quickly as the rest of the body, causing people to trip and lose balance. When we fall, we automatically reach out to catch ourselves. Falling onto an outstretched

hand can cause injuries to our hands, wrists, elbows, shoulders or neck. Learning how to and being able to turn and run toward the back of the court instead of backpedaling and learning how to fall/land properly can help prevent an injury from a fall.

Common areas of injury are the shoulder, elbow, low back, knee and ankle. When playing any racket sport, the shoulder goes through frequent and rapid acceleration and deceleration phases. Any imbalances between strength and torque can create potential injuries. Shoulder injuries typically involve the rotator cuff. The rotator cuff is a group of four muscles that provide stabilization to the shoulder joint. If even one of the rotator cuff muscles is weak, impingement of tissues may occur, which can lead to inflammation and pain in the shoulder during movement.

Tennis elbow, or lateral epicondylitis, is an overuse of the muscles that extend the wrist. Painful gripping motions, tenderness around the lateral (outer) elbow and pain with resisted wrist extension are common findings with tennis elbow. Knee and ankle injuries are also common due to the sharp side to side and quick movements that are required while playing pickleball. A dull ache in the front of the knee around the patella (knee cap) that initially goes away once activity is stopped may be due to patellofemoral pain syndrome or patellar tendonitis. This type of knee



Pickleball injuries are usually traumatic (sprains, fractures, etc.) or from overuse.

IMAGE: flickr/Ron B

pain can progress to constant pain if not properly treated early. Meniscal injuries can occur during pivoting activity and often present with pain on the affected side of the knee. Sensations of buckling or joint locking are also common symptoms with meniscal injuries. Ankle sprains and Achilles tendinopathy or ruptures are other common injuries.

Preventing injuries while playing pickleball is possible by maintaining a good overall fitness level, with emphasis placed on targeted strengthening of the shoulders, legs and core muscles, as well as proper stretching before and after play. However, strengthening and stretching alone are not enough to prevent injury.

Proprioception is the ability to sense body position. Proprioceptive training and agility drills are imperative to include in all training programs, regardless of age or ability. In order to be beneficial, your proprioceptive training must be specific to match the sport

or activity. For pickleball, it may range from single leg activity, speed drills, reaction time, dynamic balance training, and learning how to maximize muscle pre-tension and stored energy to hand and forearm training.

Physical therapists that are accustomed to the demands of specific sports and knowledgeable about the biomechanics related to that sport can provide conservative treatment following a sports-related injury and can get you back into play faster. Following an injury, it is imperative that therapy include proprioceptive and sports-specific training to reduce your risk of re-injuring the same area. Learning and performing specific stretches and strengthening and balance/agility exercises can also help prevent injuries from occurring.

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



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Consistency Is Key

According to one study, a staggering 92% of Americans fail to achieve their goals. Typically, this is due to setting unrealistic expectations and inconsistency. Now that the pressure from the new year is off, let's create sustainable habits to help you jumpstart your health and fitness journey. In the book *Atomic Habits* by James Clear, the habit loop uses the "4 Laws of Behavior Change." They are: (1) Cue: Make it obvious; (2) Craving: Make it attractive; (3) Response: Make it easy; (4) Reward: Make it satisfying.

The first step in creating a new habit is to think about current habits, good and bad. Then write down the new habit you wish to create and make a way to track your progress. For example, if your goal is to exercise 30 minutes twice per week, then have a specific way to color or mark your calendar once the task is complete. This adds a visual cue to the habit, which will make it obvious if you haven't completed the task.

You can make a new habit "attractive" by rewarding yourself. For instance, let's say I want to watch a TV show. Instead of binging it all at once, I reward myself by watching an episode once I have completed my workout for that day.

The easier you make a habit, the more likely you will be consistent in creating that habit. Friction inhibits you from completing tasks. Find ways that decrease barriers for you to create healthy lifestyle

changes. The night before you go to the gym, pack your gym clothes ahead of time so you have them ready. Or choose a workout environment that is convenient (i.e., on the way to/from your home).

We live in a world of instant gratification. However, you didn't end up where you are right now overnight. Achieving your health and fitness goals also won't be achieved overnight. Fitness journeys are hard. Creating a reward system will create positive reinforcement despite making you feel uncomfortable during your workout. The more you incorporate fitness into your life, that more comfortable it will feel.

Easy Ways to Start

Spring is upon us and that makes getting our bodies up and moving a little bit easier. You don't have to belong to a gym to start adding extra movement to your days. Below is a list of things you can get started on today:

- **Use half of your lunch break** as a time to walk.
- **Set an hourly timer** to get up and walk around your home.
- **Take the stairs or park further**



away from a store or your workplace.

- **Walk to your mailbox** instead of driving to it.
- **Every time you pass your dining table**, do some squats. Using a hard-surface chair, sit fully and stand up without using your hands. If this is hard,

start with two repetitions and add one or two reps each week.

At-home Workout

Complete four rounds of the following exercises. If they are too hard to start, try the modification in parentheses.

- **10 squats** (Use a chair.)
- **5 pushups** (Use a kitchen counter.)
- **10 alternating knee-to-elbow bends** (Start by sitting.)
- **5 jumping jacks** (Try stepping to the side with each leg.)

These are examples of exercises you can do—there are ways to safely modify any exercise. If you have mobility or joint issues, check with a trainer or a physical therapist.

Consistency is key to creating any new behavior. Find ways to create good behavior changes that are sustainable and consistent in your schedule. Life is full of distractions and choices. You have the power to choose which habits stick and which are to be broken. Start by creating a list of new

behaviors you wish to implement and a list of behaviors you'd like to eliminate. Create friction with the habits you want to eliminate and plan for those you wish to add into your routine. After a couple of weeks, the new behavior will be easier and the old ones will fade away. Chip away at your goals one day or week at a time. Create short-term, attainable goals. Small wins will lead to you achieving your big goal. Be sure to celebrate your successes along the way while also acknowledging that your health and fitness journey is not a linear process. You will have days you don't feel like showing up, but those are the days when showing up is the most important thing you do.

Regardless of how or where you choose to add exercise to your routine, having a great support system will help keep you accountable but will also make the journey more fun. People love community. Find your own, whether it's walking with your neighbors, meeting up with friends at a park or becoming a member of a local gym.



Crystal White is the owner of Specialized Fitness, which offers a variety of personal, community and online training classes with a trained nutritional coach. specializedfitnessnutrition.com. 767-2632. 19 Kristie Scott Lane, Fairview.

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Dahlia Prep Will Pay Off

A few weeks ago, my family and I traveled to the coast of NC. I love the drive across the state when the seasons are transitioning. It's almost like you're traveling forward in time and get to glimpse what spring might look like back home in the coming weeks. I also enjoy the surprise that awaits you upon returning home. For us, there was a myriad of colors of phlox covering the swale down by the road. Our tulips were approaching the end of their season, and the green shoots of peonies were at the ready.

Peonies are an exciting arrival every time. They are also relatively short on the scene, meaning they will put on buds, bloom spectacularly and then wane. With only one shot, perhaps that is why they make such a beautiful product.

One recent morning, I was up early to drive out on the parkway and catch the sunrise. Rain was tentative, and I drove past Craggy and Mount Mitchell, where I was rewarded with some beauty. I was surprised that there were not more people out on the parkway and wondered why people flock here to marvel at the fall colors but do not know that a similar beauty exists in the spring—in the way the lower elevations begin to glow with bright greens, pinks, purples and whites as new blooms and leaves find their place. All the while, the upper elevations hold on to winter with bare branches and gray. It is as



though the fire of nature is just being lit, and it is lovely to behold.

When I got back home, I settled into cutting apart dahlia root balls into clumps and individual tubers. This has become an annual family affair in which my grandmother, mother, wife and two sons are all out on our tiny patch of land weeding, mixing soil and planting. It was pretty special to witness from the table where I sat cutting apart the makings of our dahlia garden. I estimate that this year we will plant around 500 dahlias, which may be why I spent the better part of five hours cutting. That may sound a little daunting to those of you who consider yourselves only semi-serious gardeners, and to you I would say this: With dahlias in particular, there are only a few long days such as this and the months of flowers that these plants produce always make it all worth it.



Other reasons I will champion dahlias as a flower everyone should grow every year:

- **Can't bust 'em** I have seen beautiful dahlia plants that have been knocked down by wind in a storm, with the central stem of the plant broken, continue to grow and produce flowers. The stems may have had a J hook, but they persevered.
- **Low maintenance** You plant a tuber in about six inches of dirt or less. Don't water them. As they grow, the only other work that you will have is to provide support so they won't fall over and keep up with cutting the flowers. I promise that they will grow like a weed.
- **Repeat customers** I will venture to say that one dahlia plant will easily produce 25 to 50 blooms across the season. They seem to prefer that you cut them. It causes them to grow more earnestly. They will continue to produce flowers all the



The author cutting the dahlias, with help from his kids.

way until the first good freeze in the fall.

- **Shelf life** Depending on the variety, they will last in a vase for two weeks.
- **One is enough** This is absolutely a flower that can hold its own in a space on its own. One flower in a vase can capture the room.
- **Did I mention that they're virtually indestructible?** Seriously.



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. Find him on Instagram (@etannotrab).

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The view from the Statue of Liberty

By **TERESSA DICKMAN**

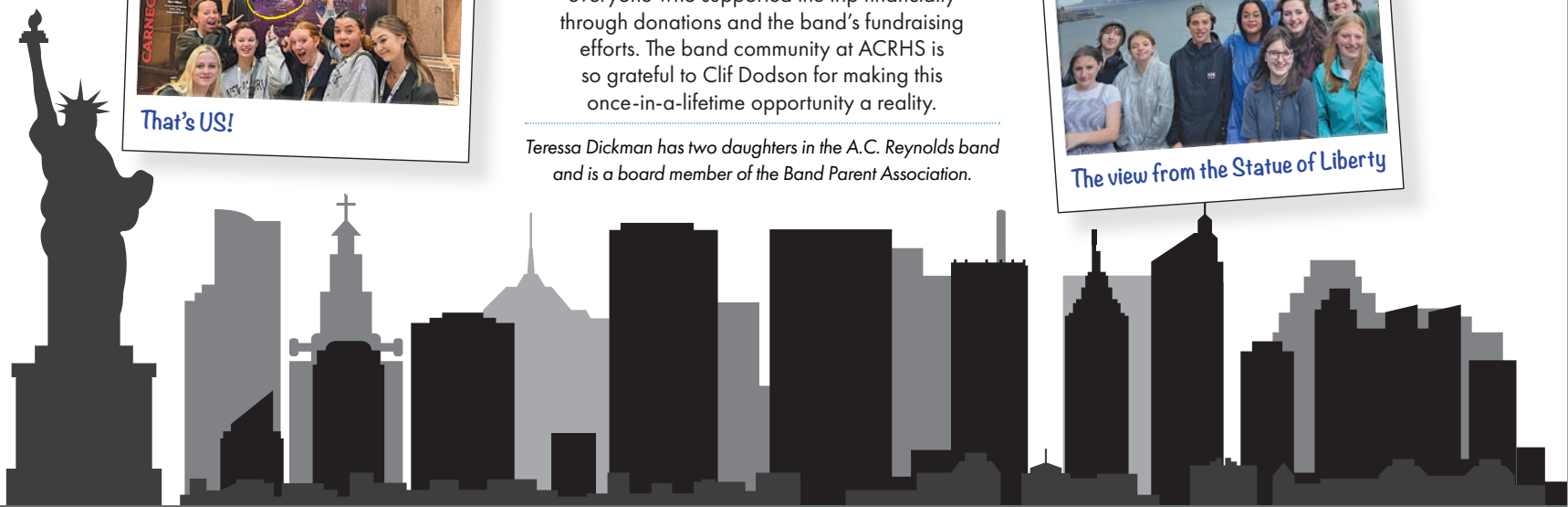
Words can't really describe the impact that the New York City trip made on the band students at A.C. Reynolds High School.

Their trip started out with a visit to the Statue of Liberty and Ellis Island, followed by Broadway shows, Central Park, the Metropolitan Museum of Art, Little Italy, Chinatown, the Brooklyn Bridge, a Yankees game, a Nets game, the Museum of Broadway, Top of the Rock and more.

The highlight was, of course, their headlining performance at Carnegie Hall. Walking onto the stage and looking out at the audience was a surreal moment they will never forget. We are so proud of these students. They delivered an outstanding performance followed by a well-deserved standing ovation. Their performance was celebrated by a reception in their honor at the Trattoria dell'Arte restaurant across the street.

The band would like to thank all who helped organize and make this trip possible and everyone who supported the trip financially through donations and the band's fundraising efforts. The band community at ACRHS is so grateful to Clif Dodson for making this once-in-a-lifetime opportunity a reality.

Teressa Dickman has two daughters in the A.C. Reynolds band and is a board member of the Band Parent Association.



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Club Day at Fairview Elementary



by Kenya Hoffart

Fairview Elementary students are enjoying early dismissal days even more this year. A special committee recently organized the start of several clubs that students can participate in on these days. Clubs include activities such as line dancing, sand art, tie-dye, yoga, sewing, card games and tricks, cooking, bracelet making, coloring and much more!

Students were given a chance to select their club, and the excitement that fills the hallways on these days is proof that the hard work that was put into making club days happen for these students was more than worth it. Charlie, a third grader, said, "Club days are fun because I get to do something different with my friends, and I get to learn how to do something new."

Club days allow students to intermingle with friends from other classes and



grade levels, as well as make new friends. Each teacher helps facilitate these club meetings, which allow all students to participate without requiring them to stay after school. Joann Hamrick, a first grade teacher said, "We decided to organize club days because our students work so hard, and it's always nice for them to have a chance for a little extra fun. It's also a great way to build community between students and staff." She added, "Students love the opportunity to get out of their classroom and have fun with their friends."

Seven early dismissal days are planned this school year. Students are dismissed early on these days so that teachers have time to meet with their team, plan and participate in professional development.

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

CHRISTI HURD

Captivated by Life, Not Screens

Parenting has always been hard, and the modern, fast-paced digital age seems to bring even more challenges. If that is true for you, consider the following questions:

- "When was the last time you had a sense of true family aliveness, a deeply felt connection to life and to your loved ones?" (We usually recognize its presence or its absence.)
- "Would you say there is a healthy balance between 2-D screen time and other parts of 3-D life?" (Consider important areas such as sleep, connecting with family and friends and playing outdoors.)
- "Do you recognize and acknowledge any concerning distractions and addictions?"

To get more of what you want for your family, create a digital road map that will help restore balance in your home. I have found that when parents intentionally participate in re-setting and re-centering on a life that serves their children's and teens' optimal cognitive, and emotional and social development, positive growth happens.

Screen-Free Week is May 1 to 7. Since 1994, the FairPlay organization has encouraged families to pledge to put down their "entertainment screens" (TV, computer, phone, video games) and replace them with time for fun, discovery and connection. When our kids see that adults are not addicted to screens and prefer face-to-face interaction with others, they will follow our lead.

Will it be hard? Yes. Will it be worth it? Absolutely. For 101 screen-free activities to try, go to screenfree.org/project/101-screen-free-activities.

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



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STUDENT OF THE MONTH
Conner Mace

Conner Mace is the Student of the Month for A.C. Reynolds High School. Conner was nominated by his Rocket Power teacher Mr. Buck. Buck said that Conner is overall a great person who made him feel welcome from day one. He is a true leader among his peers and sets an example with hard work and moral behavior. He was awarded an ROTC scholarship and led a food drive in December to collect toiletries for Veteran Restoration.

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

Thanks from the ACRHS Principal

To the best community in WNC and in our great state—Rocket Country!

As your AC Reynolds High School principal, I want to take a moment to truly and with much gratitude thank you for the tremendous support and outpouring of love and strength that you have given our school, students and affected families over this past month's student tragedies. Times of difficulty test a community's unity in many ways: being present, giving hope, providing food, providing resources. The list is mighty and long. However, in each way, our Reynolds community rallied behind us. We stood strong together as Rockets. You all have loved us, contacted us for anything we might need for our students, and your support and trust in us for all our kids has been unwavering. Words cannot convey my thankfulness for each of you.

I tell our kids each day that our school is only as strong as we all make it—through our involvement, through achievement and pride, through unity. In the same way, Rocket Country, our school, and our community is only as strong as we make it. I'm immensely proud and confident to say that no matter what is thrown at us all, Rockets have been, are, and will always be strong together for each other. It's always a good day in Big Green Country, and together we're always proud to say, "Go Rockets!"

Your Reynolds Rocket Principal,
Ben Alexander, Ed.S.



FES DADS CLUB

Meet the Dads: Brian Fuchs



Brian Fuchs with his sons who attend Fairview Elementary.

Brian Fuchs grew up in South Florida and was a professional barefoot water skier from age 5 to 20. In college, he was a Division I punter and placekicker. He moved to Asheville in 2004, met his wife Joy, and they now have one daughter and three sons (9th grade, 7th grade and two in 1st). Brian works in promotional products and real estate. As the founder and former president of the Dads Club (at Fairview Elementary), he enjoys seeing dads getting to spend more time with their kids. His favorite part of the Parent-Child Dances is "the diversity of all the different people coming together and the moms and dads getting out of their comfort zone and really enjoying their kids."



The club is always looking for more dads or male role models to get involved. For more info, email fesdadsclub@gmail.com, follow the club on Facebook (@fesdadsclub) or call/text 631-741-9606.

• MAY 12 Parent-Child Dance

The Dads Club will hold its sixth annual Daddy-Daughter and Mommy-Son dances in the Fairview Elementary gym. The theme for this free event will be "Out of this World," so come dressed in your best astronaut and space gear! A live DJ will spin for moms and sons from 5:30–6:30 pm, and dads and daughters from 7–8:30 pm. The event will include free snacks and water; pizza and soda for sale; a professional photographer from whom you can purchase pictures; a free Mother's Day craft; and flowers for sale. Donations are greatly appreciated and all will go to support Fairview Elementary and the Dads Club.



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PERFORMANCE

Show your audience the bowl, which will look like it has six quarters in it. [3] Have the audience count the coins to be sure. Place the other bowl on top of the one with the coins and turn them both over three times [4]. The audience will hear the loose coins as the bowls are flipped.

After the last turn, carefully remove the top bowl and set it down, with the "mouth" on the table and not the bottom [5]. This is the bowl with three coins taped to the bottom. Be careful not to expose the coins when you set it down.

When the top bowl is removed and set down, there will be only three coins in the bowl [6].

magic!

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



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Pre-Game Your Training

New clients frequently ask what they can do before they come to training (“pre-game”) to make their training time more successful. Below are five skills that universally set clients up for success with their dogs.

Increase Positive Interactions with Your Dog

What tone of voice do you use? Do you always sound angry or do you save that for when you need to correct your dog? Do you let them know you are happy to see them and spend time with them? Do you remember to praise and reward them for doing what you ask/expect?

All of these approaches shape how your dog looks at you and whether they want to spend time with you. You want to be “it” for your dog. But check yourself first, and make sure that you would want to be with you. If you are not striving for positive interactions with your dog, knowing that sometimes they need a fair correction to get back on track, then start being more positive immediately.

Improve Communication between You and Your Dog

Movement is communication between you and your dog. Do you know what they are saying to you? Learn canine body language. Does your dog cower or run away from you? Teach your dog to move toward you. A wagging tail is not always

a good thing. Learn how to properly pet your dog. Don’t pound on their head or rush up to them straight on—you might spook them.

High-value rewards can be a lifesaver for training your dog. What food reward does your dog like the most (that is relatively healthy)? Experiment with small, soft training treats, such as meats, veggies (many dogs love raw sweet potatoes), cheeses, and kibble. Save the really good stuff for something you want your dog to do close to perfection. If food rewards are not their thing, try a favorite toy and teach them to get it and give it.

Engage in Proper Play

Make training fun for you and your dog. Learn to play fetch or tug with your dog and layer obedience commands over the game. Teach them to push a ball around like a soccer ball. Engage in a fun game using a flirt pole with your dog.

Experiment and learn what turns your dog on and animates them without overexciting them. You may be able to use an aspect of this game as a reward for training.

Do not play too roughly or chase your dog. This is teaching bad habits that may affect other people. If you chase your dog, you are teaching it to run away from you. If they chase you, they may chase other people—like joggers, kids or delivery

people. (And be careful if teaching your dog to chase you. If a dog has herding instincts, they may nip at your heels—or others.) As an alternative, get involved in dog sports, such as hiking or frisbee play.

Know Your Breed

Research breed characteristics before getting a dog. If you don’t, you may not get a breed that make sense for your lifestyle, family and goals for your dog.

I had a client who was willing to pay me an astronomical amount of money to convince his dog how to fetch a ball and return it to him. Don’t all dogs like that? Not necessarily! The poor dog just wanted to sit on the couch next to his human. Don’t give up on your dog; learn how to harness their instinctual behaviors.

Rescue and shelter dogs often don’t come with a pedigree. Engage with your vet to determine the true identity or do a doggie DNA test (even though they aren’t always terribly reliable) to learn what the dog’s genetics might dictate about its behaviors and habits. If you buy from a breeder, please ensure they are ethical and will do genetic testing.

Many backyard breeders, brokers and puppy mills will not take the time and effort to begin training, raise your pup properly, and imprint them with appropriate neurological stimulation or scent imprinting.

Convince Your Dog to Pay Attention to You

The most important skill that will set you up to be much more successful in training is to make it meaningful and fun for your dog. It sounds simple, but it’s very important. Teach your dog that they want to look to you for guidance and interaction and have fun with you, and that they should pay attention to you above all the other distractions in their environment.

In any dog training class, the most successful owners are the ones who have the attention of their dog. Often, these are the owners of shy dogs that have convinced their dogs they will advocate for them, keep them safe, and make and enforce rules. These owners are fair and consistent. Smart dogs that pay attention have learned that their owner is the key to everything fun in their life.

Let’s commit to getting back to helping our dogs learn in a way that is fun to both owners and dogs.



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

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On the Road



Pat and Wayne Faas (above) took the *Crier* along on their New Zealand and Australia cruise. They visited a wildlife rescue in Australia and Tasmania and loved seeing the local wildlife, such as kangaroos, koalas, dingoes, wombats, and Tasmanian devils.

Elizabeth Elliott, her partner Jason Caplan and her kids Arden and Gabrielle Borntreger took the *Crier* to Hawaii (top right and center). Elliot and her kids are pictured at Lahaina (on Maui), and also with Caplan at Makaluapuna Point in front of the "Dragon teeth"—also on Maui—which were created when the lava flow hit the ocean.

And the *Crier* also made it to ancient Greece, riding along with Sheila Garcia-Garmon to the Parthenon in Athens (bottom).



Share your travel photos! email: clark@fairviewtowncrier.com; text: 828-771-6983.



DR. ASHLEY LUCAS

Happy Trails

If you are working to drop extra pounds, spring is the perfect time to get outside and move your body. What better way to do this than to go for a hike?

The benefits of hiking are vast and valuable to your weight loss journey. It burns more than twice the calories than walking, builds muscle, and increases metabolism. And it has been shown to reduce stress, combat depression and increase cognitive brain function. Hydration plays a key role on the trails, so bring plenty of water. You can add electrolytes to your water to help you stay energized. Ultima is a nice brand if you like sweet, and RNARESET is nice if you don't want flavor. No sugary sports drinks!

Packing lightweight prepared foods is ideal. Proteins: canned tuna, hard boiled eggs, deli meat, and dried meats. Vegetables: celery, peppers and cucumbers. Healthy fats: olives, avocados and hard cheeses. Grain-free granolas and low-carb protein bars make for a great snack.

Stay away from high-carb, sugary foods and drinks to prevent an energy crash, such as sweet fruits, high-carb protein bars, popcorn and crackers.



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.

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Kathy Avery
CEO and
Community Nurse

EDUCATION Call IFPHA's Community Nurse to schedule your community's health education at your church or rec center, or for your individual health needs. Issues include infant mortality, smoking, mental health, chronic illness, epigenetic stress, and more.

DISEASE MANAGEMENT IFPHA's Nurse offers educational sessions promoting healthy choices in chronic disease management, reaching hundreds of people often overlooked or dismissed in rural and urban settings.

SMOKING CESSATION IFPHA's Community Nurse is a certified tobacco treatment specialist (CTTS).

TRANSPORTATION IFPHA partners with Capital Xpress to transport clients to appointments, banks, grocery stores, and COVID-19 clinics.

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Remembering Adem Qorri

In March, Adem Qorri, a 40-year-old auto shop owner in New Port Richey, Florida, saved a young boy from drowning but lost his own life in the process. He was the nephew of Hanife Paccoli, who settled with her family in Fairview in 1999 after being forced to flee war-torn Kosovo. Adem and his family also made it to America, in Florida, and he loved to visit his cousins, including Qendresa, in the mountains of NC.



Adem Qorri (left) and family with Hanife (holding child) and Qendresa Paccoli (second from right).

If someone was to ask me what my favorite things about you were, I would say your big heart and the love you had for your family, as well as your work ethic, motivation and drive. You were a man that worked tirelessly to support his family without a single complaint and always so proud of your children. You built a legacy for your family as a first-generation war refugee from Kosovo. You came to America with your parents and siblings when you were just 15 years old with nothing but the clothes on your back and were able to live your American dream.

On March 26, you sacrificed your own life to save the life of your friend's child. Some say true heroes only exist inside of books and on movie screens. I say there was a true super-human quality within you, not just on the day you left this world but also in other aspects of your life. Throughout your roles as a son, a brother to three sisters, a father to three children, a partner and a friend, and a proud Albanian-American, everyone knew of your character, your selflessness and your strength. Everyone was able to see the good in your human spirit. I only hope that you were able to see this as well.

You served your country, your community and took good care of your loved ones. A hero doesn't begin to describe the essence of the human being that you have always been. You were a true remarkable human being that not many of us get to experience in our lifetimes. I'm just grateful that we knew of your love and presence during the time you were still in this world physically.

The mountains and land in Fairview were things you always looked forward to when you visited our family. Fairview has always had a special place in our family's heart, as it was our first "home" away from home after coming to America.

Losing you has been heartbreaking for all who have known you and loved you. As a therapist, I'm very familiar with the grieving process steps and have felt the anger, denial, depression, bargaining and acceptance. Sometimes they come one by one and other days all at once. The process doesn't get any easier, even if it's something you support others with as a profession.

Acceptance of your death is the hardest part for all of us. At times, we feel like it's a dream. But the reality is that saving this child's life cost you your own. You were selfless until your very last minute of living. It was a sacrifice like no other, a life for a life. You will forever live on in our hearts, and you will forever be tied to this young child's spirit. A real-life hero.

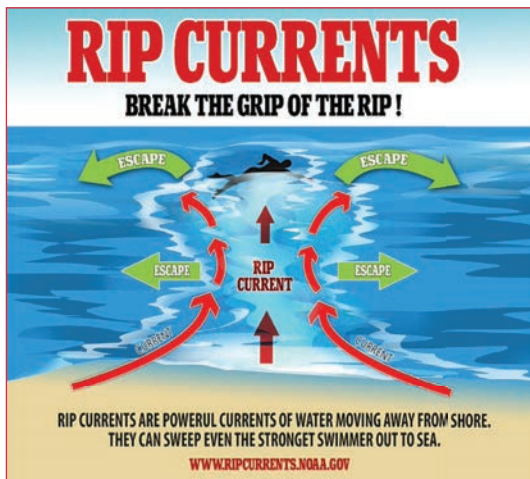
May your soul rest in peace forever...

—With love, *me dashuri* ("with love" in Albanian)
Qendresa and Halla ("Aunt")

Editor's note: Adem will be buried in his birthplace of Kosovo. A GoFundMe has been set up to help his parents and family with the cost of their travel and the transportation of his body. If you would like to donate, email Qendresa for info at qpacolli@gmail.com or get in touch with the Crier (828-771-6983, call or text) to get the link.

RIP TIDE SAFETY

To help other families avoid this tragedy, the Paccolis would like the public to be aware of the dangers of rip tides and how to react if you're ever caught in one.



New Artist Showcase at Re.Imagine

by Dana Irwin

Re.Imagine Studios is presenting a show of six new artists on May 14 (Mother's Day) from 5 to 8 pm. Enjoy a group show of paintings and quilt collage and welcome the new artists. Wine, beer, non-alcoholic drinks and light refreshments will be served.

Bee Adams has been a professional artist for more than 40 years, spanning time in Brussels and Denver where she was the featured artist in several shows. Since relocating to Asheville some years ago, she captures the buildings and scenes from our local area. Her acrylic paintings are as joyful and colorful as her personality.

Shela Anmuth Working primarily in oil, cold wax and acrylic, Shela's vibrant abstract work is the epitome of spontaneity and exploration. In addition to being beautiful, her colorful images evoke a kind of mystery, like long forgotten memories.

Diane Bielak has been quilting for 30 years, beginning with traditional designs and techniques. She then branched out into a more contemporary style using

original designs, hand-painted fabrics, and embellishments. Her work has been shown in both national and international shows, winning multiple awards.

Sue Dolamore was the long-time director of the Asheville Plein Air Painters and is now teaching and working from her River Arts studio. Her works in acrylic, watercolor, India ink, and other mediums combine her love of nature and flowers in a style that melds realism with the playfulness of abstract art.

Terrilynn Dubreuil With a degree in fine art, Terrilynn has been creating and teaching art for 30 years. She is an accomplished pastelist, a juried member of the Pastel Society of America, and a signature member of the Pastel Society of Maine. She has received recognition and won awards in numerous international pastel shows. Her misty soft pastel work achieves a balance between impressionism and realism.

Tina Manire's acrylic abstract paintings are bold and striking. Rumor has it she is also one mean bocce ball competitor!

Dana Irwin is Re.Imagine's assistant manager.



Fairview Duo to Play in Black Mtn.

Last month, the *Crier* was invited to a Fairview house concert for Tumo Kohrs. Performing all originals, Mark Tuomenoksa and Sarah Kohrs both sang and played multiple instruments.

They moved to Fairview about a year ago—Tuomenoksa and his wife, for his day job as a bio-medical engineer, and for Kohrs, also an attorney, to continue playing music.

See them live on May 12 at White Horse Black Mountain, 105 Montreat Road, Black Mountain. tumo-kohrs.com.

No Stopping This Para-cyclist

Last year, while training on his handcycle in Fletcher, Dustin Baker was hit by a truck and seriously injured. But that didn't stop him. He recovered, got back to training, and just finished his seventh Boston Marathon (shown here), coming in 4th in the men's handcycle division. He was also recently selected to compete in the Para-Cycling Road World Cup, which will be held this month in Alabama.



Goat Surprise

Fairview's John Dickson and Alison Arnold got a big surprise when a "free to a good home" goat gave them a present. Ginger and baby are doing well.

Eagle Scout

Alex Rapetski recently achieved his Eagle Scout ranking with Troop 61 BSA and held his Eagle Court of Honor in February. In addition, the Daniel Boone Council Annual Eagle Scout Recognition banquet was held in March. Alex was awarded third place for Eagle Project of the Year (out of 56 projects) for his trail kiosk and nature trail located at Nesbitt Discovery Academy. He also received the Bobby Yount Scholarship from the National Eagle Scout Association to the college of his choice. He is incredibly grateful for all of the assistance and support over the years and looks forward to paying it forward. He specifically wants to thank Robin Woodward, Carl and Lisa Gittings with Troop 61, Gregory Tucker, and his parents— Deborah and Walter Rapetski—for helping him along on this journey. Congratulations to Alex!



Some ‘Did-You-Knows’ about Estate Plans

If you’ve done any estate planning, or even if you’re just familiar with it, you probably know the basics—that is, a comprehensive estate plan can help you pass on assets to your family while also achieving other goals, such as designating someone to take care of your affairs if you become unable to do so. But you may not know about some other estate-planning issues that could prove important in your life:

- Power of attorney for students** Children heading off to college may be considered legal adults in many states. Consequently, you, as a parent, may not have any control over medical treatment if your child faces a sudden, serious illness or is involved in an accident. Instead, a doctor who doesn’t know your child or your family may decide on a course of action of which you might not approve. To help prevent this, you may want to have your college student sign a medical power of attorney form, which will allow you to make decisions on your child’s behalf if doctors don’t think your child can make those choices. You might also want to combine the medical power of attorney with an advance health care directive or living will, which lets you specify actions you do or don’t want to happen. In any case, consult with your legal advisor before taking any of these steps.

- Community property versus common law** Not all states treat married couples’ possessions equally. If you live in a community property state, the property you acquire during your marriage is generally considered to be owned in equal halves by each spouse, with some exceptions. But if you live in a common law state, the property you obtain while you’re married is not automatically owned by both spouses. In these states, if you buy some property, you own it, unless you decide to put it in the name of yourself and your spouse.

This doesn’t necessarily mean, however, that your spouse has no rights, because common law states typically have rules that guard surviving spouses from being disinherited. But here’s the key point: If you move from a community property state to a common law state, or vice versa, you might not want to assume that your and your spouse’s property ownership situations will remain the same. Consequently, if you do move, you may want to consult an estate-planning attorney in your new state to determine where you stand.

- Pet trusts** You always strive to take good care of your pets. But what might happen to them if you become incapacitated in some way? Unless you have a close family member or friend who’s willing to take over care for your pet, you might want to consider setting up a pet

trust, which can take effect either during your lifetime or after you pass away. A trustee typically will make payments to the caregiver you’ve designated for your pet, with payments continuing for the pet’s lifetime or a set number of years. Again, an estate-planning attorney can help you with this arrangement.

Estate planning certainly involves the big-picture issue of leaving a legacy to

the next generation. But the issues we’ve discussed can also be meaningful to you, so you’ll want to address them properly.



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

MARCH 2023 FAIRVIEW REAL ESTATE STATISTICS

PRICE RANGE	NO. OF SALES	\$ AVG PRICE	AVG DAYS ON MKT
100-199,999K	1	160,000	63
200-299,999K	2	275,000	38.5
300-399,999K	1	350,000	3
400-499,999K	2	475,500	73.5
500-599,999K	4	560,845	36
600-699,999K	4	636,025	302.75
700-799,999K	1	725,000	34
900-999,999K	2	952,500	60.5

HOMES LISTED: 10	HOMES SOLD: 17	LAND LISTED: 25	LAND SOLD: 4
Max \$1,295,000	Max \$985,000	Max \$249,000	Max \$95,000
Min \$375,000	Min \$160,000	Min \$50,000	Min \$60,000
Avg \$807,700	Avg \$554,616	Avg \$127,996	Avg \$76,750

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Appreciating School Workers

Spring is a busy and fun time of year for our schools. With so much going on at the end of the school year, it's important to take a moment to appreciate the professionals in our schools and also look forward.

School Bus Driver Appreciation

Earlier this semester, we celebrated our school bus drivers who transport our students to and from school safely every day. I was grateful for the opportunity to learn more about our drivers and their bus routes in the Reynolds District by riding several buses during that week.

After that week of early morning school bus rides in Reynolds, it is honestly quite hard to express enough gratitude for our drivers. Here are some of my notes from that week: Ms. Dawn at Oakley has no less than 11 railroad crossings that she navigates, with fun interactions for the kids to listen for the train. Ms. Donahue at Reynolds (middle and high school) carries home two rounds of students, from 6th to 12th grade on the same bus, while knowing all of their names and offering every student a kind smile. Ms. Bobbie at Bell is a retired early childhood educator, and drives the bus for the sole reason of caring for kids in the community. Ms. Hill at Haw Creek works at the central office but drives the bus to ensure her local community students get to school, all with

good humor and grace. And Ms. Ginger at Fairview safely handles the backroad curves of Fairview and will hold traffic in both directions for as long as it takes until she sees her students walk safely to their house or waiting parents.

This was just one morning on each bus. Multiply this by two trips per day, then by 200 buses across the county, then by 185 school days per year—that's nearly 100,000 school bus trips across our county annually. And each driver safely gets our students to the start of their school day, gives them kind words of reassurance along the way, and gets them back home safely. Again, it is hard to show enough appreciation for these professionals, friends and neighbors who take care of our kids every day. Thank you, bus drivers!

School Counselor and School Social Worker Appreciation

With May designated as Mental Health Awareness Month, it's important to recognize and appreciate school counselors and school social workers for their work to support student mental health.

Each of our schools has a **Student Services** office where our school counselors and school social workers provide important services to help our students thrive while they are at school. The amount of care and concern these professionals have for our students and

families is truly remarkable. If you are not familiar with these positions in our schools, here is a quick explanation.

School counselors are professionals certified with a Master's degree in school counseling who work to help students succeed in school and plan their career after graduation. They are an integral part of our education system, helping students to form healthy goals, mindsets and behaviors. Working with our school counselors, students learn to develop effective collaboration and cooperation skills, practice perseverance, develop time management and study skills, and learn self-motivation and self-direction habits.

School social workers are trained mental health professionals with a degree in school social work and licensed through the NC Department of Public Instruction. School social workers are the link between the home, school and community in providing direct as well as indirect services to students, families and school personnel to promote and support students' academic and social success. In order to succeed in school, some students require additional support to meet their individual social, academic, behavioral, medical and/or emotional needs. School social workers are trained to assess and address the needs of students who may be experiencing barriers to academic success.

When our minds are healthy and strong, we are more resilient to life's challenges, are able to use healthy coping methods,

and have better relationships, and maintain our overall health and well-being. Thank you to our BCS counselors and school social workers for all of their positive work supporting our students' mental health.

Teacher Appreciation Week, Teachers of the Year, Graduation

The top factor in determining a student's academic success is a great teacher. We are blessed in Buncombe County and the Reynolds District to have outstanding teachers who work diligently and compassionately with our students every day to help them reach their full potential. **Teacher Appreciation Week** is May 8 to 12, so please take a moment to reach out and thank our teachers. Recently, at our April meeting, the Board of Education recognized the Teachers of the Year across the county. I want to express congratulations and appreciation to all Teachers of the Year and especially Maura Brouwer at AC Reynolds High School for being selected as the Reynolds District finalist for the county 2024 Teacher of the Year.

Lastly, graduation ceremonies will be held on June 10, and I want to congratulate our upcoming graduates of the class of 2023.



Rob Elliot is the Reynolds District School Board Representative. Contact him with school board-related questions or concerns at rob.elliott@bcsemail.org or call/text 828-222-4874.

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New Skin Care Lab Opens in Fairview

Gratia Botanica

Brea Gratia's life has been the result of hard work with a few happy accidents. While working as an esthetician as a young woman, she attended the wrong trade show—it was for cosmetic



manufacturers and not technicians. But she learned how cosmetic products were made, and that knowledge has brought her, with a few twists and turns, to Fairview.

On the way, she owned a modeling agency in Oklahoma, where she is originally from; the first day spa in America, which opened in Houston in 1984; and a

skin care practice in Asheville, which she sold in 2022; among other businesses.

And now, at the age of 75, she has opened her own lab and retail space in Fairview, where she formulates, makes and sells her own line of products.

"I'm 75. Good skin care has preserved my looks," she said. As an aging woman, she understands getting older. She fights aging daily and wants to help others achieve a more youthful complexion.

"I take different things home and try them all the time," she added. "You need to have a lot of choices, and you have to use a lot of products to get your skin to respond." She compared skin care to working out. "You can't keep working the same muscles all the time in the same way."

And why Fairview? While living in Texas, she brought her daughter to Camp Ilahee in Brevard for the summers, and grew to love the mountains. When she was thinking about moving, she asked friends for a nice, small mountain town in NC that would support her skin care business. Of course, they all suggested Asheville. She bought a house in Fairview in 2006 and then moved here permanently in 2014. (That gap turned her into a vacation rental owner, another happy accident.)

"I love Fairview," she said. "I didn't want to have next door neighbors or to hear traffic. I love to sit on my front porch,

where I'm constantly in amazement at the natural beauty."

Gratia Botanica is located at 4 Olde Eastwood Village Blvd., Suite 202, Asheville. Hours are Monday, Tuesday and Friday, 11 am–4 pm; Wednesday & Thursday, 11 am–6 pm; and Saturday, 12–2. For more info, call 333-5345, visit gratiabotanica.com or see the ad on page 2.

Fro Yo Lab

Just in time for warmer weather, Fro Yo Lab reopened last month. The store has rotating flavors, almond milk and

coconut milk options for non-dairy folks, and low-sugar options, too. There's also an outdoor patio with umbrellas to enjoy your treat. The store is located at 145 Charlotte Highway, Asheville. Hours are 3–9 pm Monday to Friday and 1–9 pm on Saturday and Sunday.

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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Safety and Tourism in Fairview

In April, Cool Mountain Realty's Jenny and Brian Brunet hosted our briefing with the Community Outreach division of the Buncombe County Sheriff's Department. FBA members found out that cameras do solve crimes, especially if they are aimed at different angles in a neighborhood. You can even register a business camera with the Sheriff's Department for a fee.

Members were also told to be on the lookout for "homeless campers" who are staking out off-the-road places to live and rob. Meth is still the biggest reason for break-ins. The good news is that one arrest can deter a larger operation. One good tip was to engrave your license number on catalytic converters.

May Meeting

The next meeting will take place on May 10 at 6 pm in the Fairview Public Library's community meeting room. The library is located at 1 Taylor Road, Fairview.

Penelope Whitman, vp of partnership and destination management for Explore Asheville, will present.

"In Asheville, there's always a good reason to go exploring. Plan your visit to the Blue Ridge Mountains—find things to do, places to stay, food and drink, music and art." That's the blurb from Explore

Asheville, and that's where the FBA fits in! Since a 6% sales tax levy comes from our vacation rentals, surely we can tap into the tourists that come to our area.

"We're intentionally working to disperse visitor spending throughout the county, and Fairview has its own feature," according to Whitman.

If you are a Fairview resident interested in this topic but not a member of the FBA, you are invited to attend.

Members should come with their latest updates and bring business cards to replenish the kiosk outside the Fairview Post Office.

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Turgua Brewery	338-0218	
Whistle Hop Brewery	338-9447	
BUILDER/CONTRACTOR		
Grace Homes	222-4567	
BUILDING & MAINTENANCE		
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All Season Heating & AC	651-9998	
Cane Creek Concrete	230-3022	
Daylight Asheville	778-0279	
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Chicory: Beautiful and Important

One of the many joys of living in the country is awakening to the beauty of the early morning, with the symphony of birds and the dreamy light of every sunrise kissing the good earth and welcoming us all to a new planet each day of our lives.

As a common roadside plant many of us know, chicory undergoes a transformation each morning that is magical. When mature, it grows to about 3 to 4 feet and is covered with bright blue flowers—on rare occasion, they are white or pink, but throughout the day they fade and become muted. But in the early morning, the flowers are such a pure, sky-blue color, so soft and radiant that it looks as if the mountain sky took special favor on them.

Chicory (*Cichorium intybus*) is not only a beautiful perennial wildflower but is also an important wild edible plant, as its root has been prized and utilized for many years as a substitute for coffee. It has also been cultivated as a forage crop for cattle, and different varieties have been cultivated for specialty salad leaves. Chicory is native to Europe, western Asia and North Africa and was introduced to this continent, where it has naturalized and become a common roadside plant. Some of the common names are blue sailors, coffee weed and wild cornflower.

Chicory is one of the earliest plants in



recorded literature and has been cultivated as far back as ancient Egypt. Medieval monks began growing the plants when coffee became popular in Europe. The Dutch love chicory and have a number of instant chicory beverages in their grocery stores. Chicory has been used extensively in Europe as an additive to coffee and as a coffee substitute; the taproots are dried, ground and brewed. Chicory was adopted by Confederate soldiers during the Civil War as a coffee substitute and in the UK during the Second World War. "Camp coffee" was a blend used by soldiers. It was a combination of chicory and coffee and has been on the market since 1885. Thirty-five years ago, a good friend and I dug about and dried wild chicory roots. We slow-roasted them in the oven and ground the

roots and brought it on backpacking trips mixed with coffee, and it was quite good.

Wild chicory leaves are rather bitter raw, but the Italians and Greeks love the greens. They were a favorite of my Sicilian grandmother, and she used to blanch them to reduce the bitterness. But more often, specific varieties are cultivated in gardens. My grandmother also used to sauté chicory leaves with garlic, anchovies and fava beans. Cultivated chicory is prized in Belgium, where they export vast quantities of Belgian endive, which they refer to as "witloof." The French also love these root sprouts, which they refer to as "chicon," and currently they are the largest global exporter. Belgian endive are root sprouts of chicory that are grown in complete darkness and are delicious braised, grilled or stuffed with goat cheese and herbs. Another variety of cultivated chicory is called red chicory or radicchio, which has a mild bitter and spicy flavor and is a great and colorful addition to salads or grilled vegetables, as it mellows in flavor when roasted or grilled. In addition to its various culinary uses, some specialty beer brewers use roasted chicory to add flavor to stouts and ales.

Chicory is also used medicinally, as the root has compounds that are toxic to internal parasites and worms, and studies have shown that farm animals that eat chicory fodder have reduced parasites.

In Europe, chicory has been used as a tonic and treatment for gallstones, sinus problems and cuts and bruises. Chicory also contains inulin, which helps humans with calcium and mineral absorption, is beneficial for diabetics to use, and may promote weight loss.

Since undergoing major cancer treatment and surgery, a healer I work with, renowned medical doctor, has me on a daily regime of one teaspoon of powdered chicory/dandelion root powder in a cup of coffee to restore, re-build and maintain my internal gut biome. It is quite tasty and now is an integral part of my preventative health care regime.

On the morning that I wrote this, after a night of gentle rain, the chicory growing along our pine woods border is such an electric blue that the flowers seem to be illuminated from within. The flowers may not last long and will fade by the end of the day, but the gift is that, by the next morning, the woodland borders and roadsides will be filled with a new crop of these lovely, sky-blue flowers.



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Carnation (n.): Country where each citizen owns an automobile.

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

*

Learn from the mistakes of others. You can't live long enough to make them all yourself.

*

**What do you call a fake noodle?
An impasta.**

*

FUN FACT

Women spend more time wondering what men are thinking than men spend actually thinking.

*

The secret of staying young is to live honestly, eat slowly and lie about your age.
—Lucille Ball

There is no sunrise so beautiful that it is worth waking me up to see it.
—Mindy Kaling

*

If you don't know where your kids are in the house, turn off the internet and watch them appear.

*

I got my daughter a fridge for her birthday. I can't wait to see her face light up when she opens it.

*

APPARENTLY, YOU CAN'T USE "BEEFSTEW" AS A PASSWORD. IT'S NOT STROGANOFF.

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

**Why can't someone living in North Carolina be buried in Florida?
Because they're still living.**



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.

Tech Topics

Test your CPU in a fun way—warm it up by simulating the galaxy (galaxym.ovh). Controls are in French, but you can use the sliders to change aspects of the simulation and stretch the power of your computer's processor and graphics system.

As embarrassing as it might feel to fall for an internet scam, it needs to be reported to help track such criminal behavior, as that drives government responses. Go to usa.gov/where-report-scams to figure out where to report almost any scam.

Dresden's Art Courtyards has five themed courtyards, one of which uses rain drains to make music. View that space and others, with themes like animals, light and mythical creatures, at tinyurl.com/53puznd8.

The FCC has released updated maps of ISPs (broadbandmap.fcc.gov/home), which means you can look up alternatives to your current provider for your street address.

The FCC also runs the Affordable Connectivity Program (fcc.gov/acp) to help low-income households cover up to the first \$30 per month of internet costs.

Security can sometimes be too much and get in the way of recycling Apple's Macs. Simply put, if you don't turn off Find My before erasing or handing it off, it can make it impossible to resell it on the used market. Find My is part of Apple's security system to make it harder to steal and repurpose a Mac, so help out and turn off Find My

in System Preferences or System Settings before getting rid of that Mac.

In other recycling news, Best Buy will now sell you a box to fill with old laptops, smartphones and all those power chargers and then ship to them for recycling. This is better than just pitching them into your WastePro bin. Start out at bestbuy.com/site/recycling/mail-in-service. As always, you can bring such devices into Best Buy for free.

If you use Microsoft 365, get excited if you want AI to automate your tasks. Microsoft is pitching Copilot as an assistant to summarize meetings, process email, analyze data, make PowerPoint slides and more. The challenge will be to know when it is right and when it is "usefully wrong"—a wonderful term for something that could be plain wrong.

Facebook will be giving more control over how much spam you see in your feed. It had been trying to demote obvious spam and violent posts, but to avoid seeming too controlling, they are giving users more control to override those policies. This is currently only in place in the US. Facebook users will also be able to decide if they want to see less or more content that was fact-checked by one of the company's third-party fact-checking partners.



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

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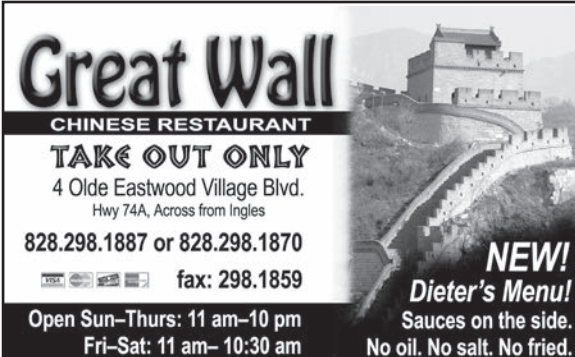
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Medicare ABCs—and Ds

Medicare contains four parts: “Original Medicare” provided by the federal government, consisting of Part A (hospital) and Part B (doctor’s benefits); Part C “Medicare plans” (also called Advantage Plans); and Part D (prescription drug plans), which are provided through private insurance companies under annual contract and regulated by Medicare.

Basic eligibility requirements for Original Medicare benefits are: Having worked for at least 10 years (40 quarters) paying FICA taxes, are 65 years or older, and are a citizen or permanent resident of the US. Benefits for those under age 65 may be available for certain disabilities or for those diagnosed with end-stage renal disease or Lou Gehrig’s disease. Generally, people pay nothing for Part A, but if they don’t fully meet these requirements, they may be able to get Part A by paying a monthly premium.

Enrollment in Original Medicare

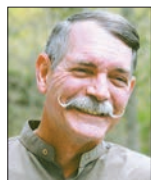
For most people, enrollment in Original Medicare is typically automatic if they’re on Social Security. A Medicare card should arrive approximately two months prior to eligibility and is effective on the first day of their 65th birth month. Part B comes with a monthly premium of \$164.90 for most people in 2023 and is subject to Income Related Monthly Adjustment Amounts for higher-income

individuals. Folks who continue working can opt out of Part B to save premium and open enrollment options. Opting out of Part B isn’t to be taken lightly, however. Proof of “creditable coverage,” such as an employer group plan, must be provided to avoid a late enrollment premium penalty of 10% for every 12 months that person could have enrolled but did not. I recommend it as a good strategy, if planned carefully, to preserve open enrollment options for supplements, Advantage and Part D Rx plans.

Enrollment in Advantage or Part D

Enrollment in an Advantage or Part D plan is done directly with the plan provider. It is not automatic and requires being eligible for Part A and enrolled in Part B for Advantage plans and eligible for Part A and/or Part B for Part D plans. The initial enrollment period is three months before and three months after the 65th birth month, is not a supplement, and substitutes for the Original Medicare Part A and B benefits.

Thanks for reading. See you in July.



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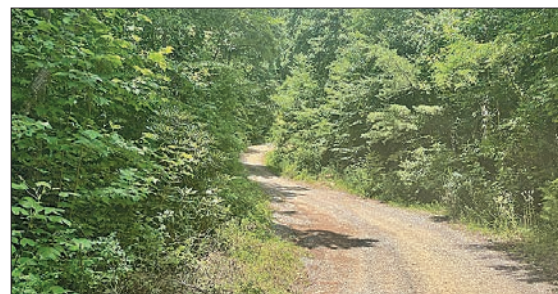
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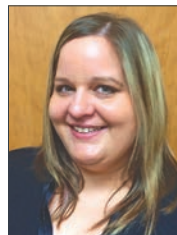
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