



Doc Varn and Sophia Michelin

## Fairview Local Premieres On PBS

Fairview resident Scott “Doc” Varn will stream on your screens in March during the premiere of *America, The Land We Live In*. Varn told the *Crier* that locals may recognize many of the WNC scenes in the PBS show.

In the PBS premiere, Varn and co-host/photojournalist Sophia Michelin embark on their quest to find the sites that inspired the original artwork for *Picturesque America*, a two-volume set published in 1872 and 1874. Through his non-profit organization, Preserving a Picturesque America (PAPA), Doc recruits local artists to create current renditions of the locales first captured in the 150-year-old publication.

The PBS pilot follows Varn and Michelin as they scout locations along the French Broad River—from rocky outcroppings and sweeping vistas to a mysterious old farm and a needle-in-a-haystack “mountain island.” They venture off the

beaten path on rugged adventures to find the same spot as the original artists for *Picturesque America*.

The goal of the PBS series is to raise awareness of these places and, by so doing, ensure that they are protected for future generations to enjoy. “It is our hope that this show will draw attention to PAPA’s critical, nationwide conservation work and draw more artists and organizations from around the country to participate,” said Varn, executive director of PAPA.

PBS is piloting the show for a possible new series. The pilot is available on PBS Passport, the network’s streaming service, at [video.pbsnc.org/show/america-the-land-we-live-in](https://video.pbsnc.org/show/america-the-land-we-live-in). Air dates and times on your local PBS NC station are March 6, 7 pm; March 7, 12 am; March 9, 5 pm; March 10, 9:30 am (on the Explorer channel); and March 10, 2 pm.

## Volunteer to Help the Crier! Labeling Coordinator

All of our papers are labeled to go to Fairview addresses, but only half of those go to the Fairview Post Office. The other half get delivered to Re.Imagine Studios (thanks, Nan!), where volunteers put on labels for the Reynolds and Fletcher routes we deliver to. This task requires the coordination of people and materials, and we are looking for a person to help us lead this effort.

This position requires some computer ability, good organizational skills, a strong back, a truck or car with lots of room, reliability, and a friendly smile. Estimated time per month is six hours—one hour for office work and a trip to the post office, and four hours on the labeling day (which is always on a Tuesday). We are asking for a volunteer, but a very limited stipend could be provided.

## Delivery Driver

In addition to the papers that go to Fletcher and Reynolds, we also deliver papers to businesses and organizations. Deliveries range from Cane Creek Station (on Cane Creek Road) to Kounty Line (on Charlotte Highway). It would probably take an hour to deliver all the papers. We need someone who likes to drive and can be available one Tuesday every month. We are asking for a volunteer but could provide some gas money.

*If you’re interested, get in touch with the editor (see info above right).*

## Unheralded Heroes

The other day, my neighbor told me that the *Crier* motivated him to move to Fairview. “There was an article about a lost duck,” he said. “And I knew that this was the type of place where we wanted to live.”

Indeed, the *Crier’s* role is community-oriented, whether to help someone find their lost pet or to recognize a person for a job well done. On page 16, Aileen Lawrimore helps us get to know Debbie Franklin, who you’ll often see behind the counter at the Fairview Post Office. Who knew that Debbie’s childhood dream was to be a postal worker?

On page 19, Kevin Baxter was reluctant to sing his own praises, so his wife Jodi wrote to us: “I understand my husband wrote an article about the chess club he has sponsored and run single-handedly for 20 years at Fairview Elementary School. Being the humble sort, I’m guessing he did not include that fact. I wonder if you could add that in the article? Kevin is quite the guy. He has made a big difference in many lives through teaching, coaching and chess.”

Debbie, Kevin and folks like them are just ordinary people doing extraordinary things. In doing so, they keep the spirit of our community alive.

The *Crier* is looking to tell the stories of those we’ll call unheralded heroes. Do you know of such people? Send me your stories by email or mail or by giving me a call. We’d love to help our community get to know them—and recognize them for all that they do.



Ralph Grizzle is the editor of the Town Crier. You can get in touch with him at [ralph@fairviewtowncrier.com](mailto:ralph@fairviewtowncrier.com) or call/text 828-338-8133.

## Community Center Seeks Input



Jane Hambley (pictured left) and Wanda Lytle want your ideas. They’re looking for activities to host at the Fairview Community Center (FCC). With a capacity for 400 people, the FCC features a full-sized basketball and volleyball court, stage, kitchen, chairs and tables. “A community needs a central gathering place if you want to build community, and that’s what we want this to be,” they told the *Crier*. Email your ideas for activities to [fairviewcommunitycenter@gmail.com](mailto:fairviewcommunitycenter@gmail.com)

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COMMUNITY CALENDAR

**MARCH 1**  
**GLOBAL DAY OF UNPLUGGING**  
3-6:30 pm. See page 23 for full descriptions of local activities. Presented at Fairview Christian Fellowship, 596 Old US 74 Hwy., Fairview (behind the library).

**MARCH 5**  
**WNC PROSTATE SUPPORT GROUP**  
6:30 pm. Medical professional speakers. Free. First Baptist Church of Asheville or Zoom. wncprostate@gmail.com or 419-4565.

**MARCH 11**  
**ART LEAGUE MEETING**  
**Fairview Area Art League**  
11 am. For more info, email FaArtLeague@gmail.com or visit facebook.com/fairviewart. Re.Imagine, 15 Spivey Lake Dr., Fairview.

**MARCH 12**  
**SMCC MEETING**  
**Spring Mountain Community Center**  
6:30 pm. Monthly Board meeting at the Center, 807 Old Fort Road. Residents are invited to see what's happening in our community.

**MARCH 21**  
**PLANT-BASED COOKING CLASS**  
**Seventh Day Adventist Church**  
6 pm. See ad on page 15. 57 Cane Creek Cir., Fairview.

**MARCH 22**  
**DR. WILL MEMORIAL MARMALADE (JAM) SESSION**  
**Turgua Brewing**  
6-9 pm. Come remember Dr. Will and play with friends. If the weather is warm and dry, the event will be held outside, so please bring your own lawn chairs or picnic blankets. A food truck will be in attendance. For more info, call 917-504-1503. 3131 Cane Creek Rd., Fairview.

**MARCH 27**  
**FAMILY GAME NIGHT**  
**Spring Mountain Community Center**  
7-10 pm. Everyone is invited to enjoy Family Game Night at Spring Mountain Community Center, 807 Old Fort Road, Fairview. All ages are welcome, and activities will be available for younger kids, but parents must supervise their children. Bring your favorite snacks and family-appropriate games. Drinks will be provided.

**MARCH 30**  
**SPRINGTIME IN THE GORGE**  
**Laughing Waters**  
1-5 pm. Visit for a day of live music, food, local craft vendors, yoga, and family activities. Easter egg hunt, fairy-home crafting and chances to win a raffle. Music by Old Men Of The Woods and Zondo. Questions? Email laughingwaterscontact@gmail.com or visit laughingwatersnc.com. 3259 Gerton Hwy.

**APRIL 2**  
**LABELING**  
**Fairview Town Crier**  
10 am. Come chat with your neighbors as we put labels on the papers that go to Fletcher and Reynolds. Text or call the editor to volunteer or get more info (see contact info on page 31). At Re.Imagine Studios, 15 Spivey Lake Dr., Fairview.

**MONTHLY**  
**VOLUNTEER DAYS**  
**Root Cause Farm**  
Sundays, 3-6 pm, Mondays, 9 am-12:30 pm; Potluck Dinner, last Sunday of every month, 5 pm; Share Market, Mondays.

**EASTER SERVICES & EVENTS**  
**Fairview Baptist Church**  
**32 Church Road, Fairview**  
March 24: Easter Egg Hunt and Cookout, 12:30 pm.

FIDDLE TASTING with Natalya Zoe Weinstein

March 24, 3-4 pm at Turgua Brewing  
3131 Cane Creek Road, Fairview



In celebration of the One Book, One Buncombe county-wide read (see "Library" section on facing page) of *The Violin Conspiracy* by Brendan Slocumb, Fairview Library and Turgua Brewing are proud to present local Fairview musician Natalya Zoe Weinstein for an afternoon of "fiddle tasting." She will showcase a number of tunes in different styles, from bluegrass to Irish, klezmer to classical. She will also answer the burning question: What is the difference between a fiddle and a violin? Come celebrate the versatility of the violin.

March 27: Passover Seder—The Feast of our Freedom, 6:30 pm.

March 31: Easter Sunrise Service, 6:30 am, at Cane Creek Cemetery. Breakfast after at the church. Resurrection Celebration, 11 am. Nursery provided.

For more info on all these events, go to fbc.1806.org.

**Reach Life Church**  
**At A.C. Reynolds High School**  
March 31: Easter Sunday Service, 10:30

am. See ad on page 11.  
**The PLACE Fellowship Church**  
**2 Laura Jackson Rd., Fairview**  
March 31: Sunrise service, 6:30 am.  
**Trinity of Fairview**  
**646 Concord Rd., Fletcher**  
March 23: Easter Egg Hunt, 10 am.  
March 31: Sunrise breakfast, 7:15 am.  
Celebration services, 9:15 and 10:45 am.

FOOD PANTRIES

**Food for Fairview**  
Fairview Community Center, 1357 Charlotte Hwy., Fairview  
**MONDAYS 3-6 pm**  
For food assistance and to volunteer (shifts run from 1-6 pm)  
**TUESDAYS RESTOCKING, 8:30-10:30 am**  
**The Place Fellowship Church**  
2 Laura Jackson Rd., Fairview  
**WEDNESDAYS 4-6 pm**  
**Trinity of Fairview**  
646 Concord Rd., Fletcher  
**WEDNESDAYS 9 am-12 pm**

**ADULT SHORT COURSES AT WARREN WILSON COLLEGE**  
In its second year of expanded offerings, the Mountain Institute for Lifelong Learners at Warren Wilson College offers learning and personal development in subjects such as art, multimedia, craft, history, writing and science. These 25 week-long courses run on the campus, Monday through Friday, five separate weeks from 9-3 pm. Courses for this summer are now open for enrollment. For more info, go to mountaininstitute.warren-wilson.edu. And look for a longer article in next month's issue.

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

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# One Book, One Buncombe

Our county libraries are launching a community read for Spring 2024 called “One Book, One Buncombe.”

We’ve selected *The Violin Conspiracy* by Brendan Slocumb for our first book. The novel deals with themes such as musical talent and expression, family, the value of art, greed and commerce, and racism.

Our goal for One Book, One Buncombe is to create a shared experience of reading among a spectrum of people. The initiative will culminate with a free community event featuring the author on April 27 at 2 pm.

The libraries have purchased a number of copies of *The Violin Conspiracy* to be given away to readers on a first-come, first-serve basis. These copies will be available to the public beginning on March 2. Interested readers can visit or phone the library to learn whether copies are available. Library staff can also assist patrons in accessing circulating library copies of the book. Limited free downloads of e-reading and audiobook versions are also available digitally through the Libby app.

Copies of the book will also be available for purchase at Daymoon Coffeebar and Booksellers, which is offering a 10 percent discount to One Book, One Buncombe readers through the end of April.

UPDATES

**Friends Meeting**  
*March 4, 7 pm*  
Friends of Fairview Library will hold their rescheduled February meeting on Tuesday. In the library’s Community Room.

**Call for Artists**  
The library is looking for visual artists interested in exhibiting their work at the library. For more information, or to express interest, contact Jaime McDowell.

**Holiday Closings**  
The library will be closed from March 29 and 30 for Easter.

**Community Engagement Market**  
There will be no Community Engagement Market this month due to early voting. Visit the county’s website for information on other markets happening in our area in March. The next Fairview market will be April 5.

**Art On Display**  
Julie Bagamary is an innovative textile artist who skillfully creates narratives using colors and stitching. Her unique approach blends traditional and modern elements, resulting in captivating mixed media works that tell rich stories through multiple layers. Visit the library any time it is open to see this exhibit.

FOR KIDS

**Weekly Story Time at the Library**  
*Tuesdays, 10:30 am, 3–6 years*  
*Thursdays, 10:30 am, 18 months to 3 years*

**Baby Gym**  
*Every Wednesday, 10:30-11:30*  
Ages 4 to 18 months. Babies and their caregivers are welcome to come play in our Community Room. There will be mats and things to roll on, bounce on and climb. Play with other babies and meet other caregivers.

**CRAFTING AND CREATING**  
**In House Activity: Paper Doll Outfits** Ages 3–9.

**Take Home Craft: Junk Journal**  
Ages 10 and up.

**LEGO Club** There will be no LEGO club due to holiday closures.

**Clay Day**  
*March 8, 3:30-4:30 pm*  
You bring the creativity (and whatever hilarity you have), and we bring the clay (and maybe some hilarity)! Ages 5 and up.

**Book Fair**  
*March 23, 11 am–1 pm*  
Drop by and “shop” a great selection of books. Every child and teen gets to take home a new free book. There will also be games and crafts.

FOR ADULTS

**Medicare Basics with The Council on Aging**  
*March 7, 1-3*  
This presentation is suitable for people new to Medicare, caregivers, people leaving employer health insurance for Medicare and others who assist Medicare beneficiaries.

**Qigong At The Library**  
*Every Thursday in March from 4:30-5:30*  
Join us for a series of Qigong lessons with Allen Horowitz.  
What is Qigong? It’s like yoga but done standing and with more movement, so it creates a flow of energy and gently increases circulation throughout your body. It is the grandfather of Tai Chi and other marital arts and is the self-help aspect of Chinese medicine.  
The smooth, flowing movements are easy to learn, as each exercise is performed up to 10 times before proceeding to the next. Benefits are a sense of well-being, relaxation, calmness and improved balance.  
These classes are suitable for all fitness levels. No registration required. This program is financially supported by the Friends of Fairview Library.

**Fairview Fiber Arts Club**  
*March 12, 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 welcome.

**Free Tax Help with Pisgah Legal Services**  
*March 16*  
Get your taxes done for free at the library. Participants must meet these qualifications: made less than \$60,000 in 2023

SPRING GARDENING SERIES

**Gardening with Susan Sides**  
*March 26, 6:30 pm*  
Join us for an evening conversation with local gardening expert Susan Sides as we discuss all things gardening. Susan served as the Executive Director and Garden Manager of The Lord’s Acre, now Root Cause Farm, for many years. Their mission is to grow community solutions to end hunger. This program is financially supported by the Friends of Fairview Library.

**Rewilding Your Space with Jen Knight and Rose Wall**  
*March 27, 3:30-4:30 pm*  
Whether you live in a rural, urban or suburban environment, nature is everywhere! We’ll share practical tips on how to re-wild your land (or balcony!) to support a healthy habitat for butterflies, birds, native plants—and your family. We will also discuss yard foraging and share recipes for delicious spring greens that many folks have in abundance this time of year. This program will focus on scalable practices for every living situation with time for discussion.

(some exceptions allowed); have a valid ID and Social Security Card (or ITIN); received all your tax documents.  
You must call Pisgah Legal Services to reserve your spot. 210-3404, option 1.

**Fairview Online Book Club**  
*March 19 at 7 pm*

The book club will discuss *The Song of Achilles* by Madeline Miller via Zoom.  
For information or to register, email [jaime.mcdowell@buncombecounty.org](mailto:jaime.mcdowell@buncombecounty.org).

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



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Welcome to your dream home in Covington Crossing! This stunning residence boasts a separate laundry room off the two-car garage, a bonus room, a sophisticated dining room, and a cozy breakfast nook bathed in natural light. The spacious living room features a stone fireplace, creating a warm and inviting atmosphere, and the spacious kitchen offers an island and pantry for ample storage. Step outside to discover a fenced



backyard with a covered patio. This green home also boasts less than 1-year-old solar panels making electric bills almost negligible!

**ACTIVE LISTING** Alejo Rottenberg  
\$549,900 | MLS ID 4107333

## Black Mountain ACTIVE LISTINGS



285 Arcadia Falls Way  
\$815,000 | MLS ID 4104552



6 Pearl Street  
\$438,000 | MLS 4099782



725 Rhododendron Avenue  
\$875,000 | MLS 4099347

## FAIRVIEW REAL ESTATE SALES JANUARY 2024

LISTING PRICE	NUMBER SOLD	AVERAGE SALE PRICE	AVERAGE DAYS ON MKT	AVERAGE % LIST-SALE PRICE
UNDER \$300K	1	\$288K	18	101%
\$600K-899K	1	\$750K	128	100%
\$900K+	1	\$917M	77	96%

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

## Agent Spotlight BOB RHEIN



“ Bob was fantastic! We wanted someone to be patient with us as we found something that was just right for us and Bob fit the bill! [He] worked with us for over a year looking for a gem in a small market and never attempted to push us into a deal. Would recommend him to anyone!

— Mackenzie K

”

**CONTACT BOB TODAY!**  
404-314-7035 | bob@greybeardrealty.com



# Primary Election Guide

**Primary election day is March 5. Early voting runs from February 15 to March 2. Due to changes in state law, you will need to present an acceptable photo ID to vote (or vote provisionally).**

## Take Responsibility for Your Vote

**Are you registered at your current address?** If you have moved and not updated your registration, you can do so and vote on the same day only during early voting at any location.

**If voting in person on Election Day, you should always vote in your precinct.** If you vote in another district on March 5, you'll have to fill out a provisional ballot, which is reviewed by the Board of Elections and could be rejected. See the "Find Your District" section below to find out how to get your correct info.

**Has your district changed?** Due to redistricting last year by the state's General Assembly, voting districts may have changed in your area. *Don't assume you'll vote where you always have!* See the "Find Your District" section below to find out how to get your correct information.

**Get unbiased, nonpartisan information** about registration and voting from the county's Board of Elections. Call 250-4200 or go to [buncombecounty.org/vote](https://buncombecounty.org/vote).

## Voting 101

### REGISTRATION

To vote in NC, you must be a US citizen and resident of NC who has lived in the county where you intend to vote for at least 30 days. You must also be 18 years of age or older. You must not be currently serving a felony sentence (including any probation, post-release supervision, or parole). You cannot claim the right to vote elsewhere.

*The deadline to register was February 9, 5 pm. You can, however, register and vote with same-day registration during early voting, February 15-March 2.*

### College students

College students can register and vote in the jurisdiction of their residence. Students who consider their school addresses their residences may register and vote in the county where the school is located.

### PHOTO ID INFO

- Voters will be asked to show a photo ID when voting in North Carolina.*
- However, if you do not have an ID, you can still vote with an ID Exception Form and a provisional ballot, or vote with a provisional ballot and return to the county Board of Elections office with your photo ID by the day before the county canvass.*

- The address on the photo ID does not have to match the voter registration records.*
- There are a few exceptions.*

Acceptable forms of ID include a NC driver's license, military or Veterans ID cards issued by the federal government, and college student and public employer ID cards that the State Board approved for use in voting. For a full list of acceptable forms, go to [tinyurl.com/ncvoteid](https://tinyurl.com/ncvoteid).

Registered voters who do not have an acceptable form of identification for voting purposes can get a free photo ID from the county Board of Elections office. You may also register to vote at that time if needed. Voters will be able to get IDs printed on the spot. ID cards can be issued at any time during regular business hours, except for the period following the last day of early voting through Election Day.

Voters also can get a free ID from the NC Division of Motor Vehicles.

Voters who vote by mail will be required to include a photocopy of their ID with their ballot or complete a Photo ID Exception Form for Absentee Voting. The photocopy will be placed in a special envelope to protect the voter's personal information on their ID.

Acceptable proofs of address include NC driver's license; government-issued photo ID with address; current utility bill, bank statement, government check, paycheck, or other government

document showing name and address; current college/university photo identification card paired with proof of campus habitation (some schools, such as Warren Wilson, transmit a current student roster to the Board of Elections).

### FIND YOUR DISTRICT

To confirm or find your precinct, go to [vt.ncsbe.gov/RegLkup](https://vt.ncsbe.gov/RegLkup) and enter your name, then click on your name on the next screen. You'll also find a sample ballot. Or call the county Board of Elections at 250-4200.

### EARLY VOTING

The one-stop "in-person" process permits voting at any designated location prior to election day. Early voting runs February 15–March 2; Monday–Friday, 8 am–7:30 pm and Saturdays from 10 am–3 pm (except for March 2, from 8 am–3 pm).

### Local early voting sites

**Fairview Library** – 1 Taylor Rd., Fairview  
For other sites, go to [vt.ncsbe.gov/ossite](https://vt.ncsbe.gov/ossite), find "Buncombe" in the dropdown menu, and then click "Find Sites."

### ABSENTEE / MAIL VOTING

#### Requesting a Ballot

The deadline to request was February 27.

#### Submitting a Ballot

Absentee ballots must arrive at the Buncombe County Election Services office

(59 Woodfin Place, Asheville) on or before March 5, 7:30 pm. You may still vote in person if you have requested an absentee ballot. A voter's near relative may also request and return an absentee ballot. For active duty military, their family members, and US citizens living abroad, please visit [FVAP.gov](https://FVAP.gov) and follow the absentee ballot instructions to receive a ballot. When voting by mail, you must include a photocopy of an acceptable ID or complete an ID Exception Form.

### COUNTY PARTY INFO

#### Democrats

[buncombedems.org](https://buncombedems.org) 274-4482  
[facebook.com/BuncombeDems](https://facebook.com/BuncombeDems)

#### Republicans

[buncombegop.org](https://buncombegop.org) 253-5800  
[facebook.com/buncombegop](https://facebook.com/buncombegop)

#### NC Libertarian Party

[chair@buncombe.LPNC.org](mailto:chair@buncombe.LPNC.org)  
[lpnc.org](https://lpnc.org) (state-level site)

### DO YOU LIVE IN HENDERSON COUNTY?

For our readers who live in Gerton and Fletcher, visit [hendersoncountync.gov/elections](https://hendersoncountync.gov/elections) for more information.

## Local Precincts

### PRECINCT 37.1

**Garren Creek Fire Department**  
10 Flat Creek Rd., Fairview

### PRECINCT 38.2

**Cane Creek Middle School**  
570 Lower Brush Creek Rd., Fletcher

### PRECINCT 38.3

**Trinity of Fairview Church**  
646 Concord Rd., Fletcher

### PRECINCT 39.2

**Fairview Fire Department**  
1586 Charlotte Hwy., Fairview

### PRECINCT 39.3

**Fairview Community Center**  
1357 Charlotte Hwy., Fairview

### PRECINCT 57.1

**Emmas Grove Baptist Church**  
417 Emmas Grove Rd., Fletcher

### PRECINCT 60.2

**Reynolds Fire Department**  
1 Charles A Lytle Ln., Asheville

### PRECINCT 60.4

**Abiding Savior Lutheran Church**  
801 Charlotte Hwy., Fairview

**QUESTIONS?** Call **250-4200** or visit [buncombecounty.org/vote](https://buncombecounty.org/vote)



# Welcome to Meteorological Spring

We have had an active winter pattern this season, with major storm systems dumping several inches of rain, periodically followed by colder conditions for a day or two, but with no extended cold waves. There haven't been many days that I had to gear up for cold weather. This has kept conditions on the mild side for a good part of the winter.

The pattern for much of the winter has been what meteorologists call a "split jet" pattern. The jet stream is a band of strong air currents that encircles the hemispheres (one in each) several miles above the earth's surface. This is the conveyor belt that storm systems ride along to give us everyday weather conditions.

In a split jet pattern, there are two branches of the jet stream. The southern branch extends from the north Pacific down to Baja California, northeastward

into the Texas panhandle, then east from there. The northern branch extends out of central Canada, moving southeastward across the Great Lakes and into the northeastern US. This split jet pattern often leads to a time of active weather. We have had a lot of moisture carried our way from the southern jet, which has brought flooding rains to parts of WNC several times this winter.

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

March also has extremes of temperature and weather. One day, it might be record-breaking warmth; the next, a storm or blizzard strikes. Meteorologists consider this fluctuation a part of



**Daffodils in the snow**

meteorological spring, which begins March 1 and runs through May 31.

The spring season associated with the vernal equinox, called astronomical spring, starts this year on March 19 at 5:58 pm. However, meteorologists recognize March 1 as the first day of meteorological spring. Regardless of how you measure it, spring is a transitional period, sandwiched between

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

Any snow that falls in March melts quickly due to the increasing amount and duration of solar radiation. March is also one of the wetter months of the year, with about five inches of precipitation in our area. We can get some heavy snowfalls if the pattern is just right. Ten of the 25 largest snowfalls have historically fallen in March, but my guess is that we won't see a blizzard this year. One of the most famous events was the "Blizzard of 93," from March 12 to 14, when up to 2 feet of snow fell with some 4-foot drifts. We could have a mixed-up spring with snow and daffodils. It has happened many times before.

**QUESTION of the MONTH**

**What is waste heat and how does it affect metropolitan areas?**

*Find out in April's Weather Wonder!*

**WEATHER WONDER**

**When was the last 4-inch snowfall in the Fairview area?**

It's been several years since we had a good snowstorm in the Fairview area. The last time we had snow that was worth shoveling was in January 2022, when we had about a foot of snow in two days. I don't see that happening for the remainder of this winter. March tends to be either feast or famine for snowfall.

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

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6 | THE FAIRVIEW TOWN CRIER March 2024



# The Curious Story of Sugar Hollow Farm

The Sugar Hollow community is a neighbor to our farm, Hickory Nut Gap, with its houses perched along the base of Little Pisgah Mountain. In 1919, Nicholaas Van den Arend moved with his family to Sugar Hollow from Colorado Springs, CO. On July 31, 1919, he purchased 77 acres from the Sumner family. Nicholaas had been a well-known and successful architect in Colorado. Born in Rotterdam, the Netherlands, he emigrated to the US in 1903 with two children, Frederick and Hood. His American wife, Lily, was from Philadelphia.

The Van den Arend family moved to Colorado Springs because the dry air was helpful to Lily, who had contracted tuberculosis. There, Nicholaas had a busy career designing homes and at least two notable public buildings. In 1907, he was commissioned to design the Van Briggie Memorial pottery studio, and in 1913, he built the YWCA building. Both buildings are on the National Register.

Artus Van Briggie was a world-renowned pottery artist, pioneering an Art Nouveau style that brought him fame in Europe and the US. He too had contracted tuberculosis and moved to Colorado Springs for the “salubrious” climate. Unfortunately, he died in 1904. His wife Anne wanted to keep the pottery business going and commissioned Nicholaas to build a working studio. One



Van den Arend’s centenarian barn in Sugar Hollow.

of the stockholders in the company was William Jackson Palmer.

Palmer was a Pennsylvania Quaker who had served in the Civil War and went to Colorado after leaving the army. Considered the father of Colorado Springs, he was a remarkable railroad builder. Once the trains were running, he promoted the town, and it rapidly grew up in its beautiful location. Palmer is honored with a large statue in the town. In 1871, he built an English Tudor-style castle there and named it “Glen Eyrie.” The home boasted 24 fireplaces. Today, it is the home of the Christian-based Navigators.

In 1865, Major General Palmer led a cavalry unit of around 1,000 men and horses up Hickory Nut Gorge from Rutherfordton

and over the gap into Fairview. They were part of Stoneman’s Raiders, riding through the South at the tail end of the Civil War. The calvary arrived at our house, Sherrill’s Inn, and demanded food and lodging after some rode their horses right onto the porch. Palmer’s orders were to capture Jefferson Davis and the wagon carrying the Confederate treasury. He, along with another detachment of Raiders, were to capture and subdue Asheville, as there had been some talk of setting up a new Confederate government there.

Years later, Palmer, the old benefactor of the Briggie pottery business, and Nicholaas Van den Arend were planning a beautiful new building together. No doubt, Palmer regaled the architect with his war stories, and talked about the beautiful country he rode through in 1865, a country renowned for curing tuberculosis patients. A decade later, Van den Arend brought his family to Fairview, where he began building a magnificent home. That home burned in 1989, but two other houses, along with a chicken barn and the beautiful white horse barn, remain.

His son Hood raised chickens and owned

the Biltmore Egg Company. Nicholaas terraced the land and grew grapes. His son Frederick went into the American diplomatic corps, serving in Germany during Hitler’s rise to power and in China during the rise of Mao’s Red Army. Nicholaas died in Fairview on February 2, 1940. The Citizen-Times obituary read as follows:

**Nicholaas Van den Arend, architect, died at his home in the Fairview section at 2 o’clock yesterday morning after a short illness ...**

**He designed a house and garage for the Farmers Federation in Fairview.**

**Surviving are his wife; two sons, Hood Van den Arend of the Fairview Section and Frederick Van den Arend of Washington, DC; and four grandchildren ...**

**On account of the inclement weather and the condition of the roads in the Fairview Section, members of the family have made arrangements so that cards and notes may be left at the Lewis Funeral Home.**

*John Ager is a board member of the Town Crier and the Fairview area’s former Representative in the NC House.*

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# The Battle Against Invasive Plants

By Raven Sterling

**February 26 through March 3 is National Invasive Species Awareness Week**—an international event to raise awareness about invasive species, the threat they pose, and what can be done to prevent their spread.

You don't have to go far to see the threats posed by invasive species. Simply look around. Invasive plants climb and cover trees, impairing photosynthesis. Some poison the soil with allelopathic chemicals, killing beneficial plants and hampering succession. They outcompete native plants, reducing biodiversity and rapidly destroying habitat. Invasive organisms like Hemlock Woolly Adelgid and Emerald Ash Borer kill entire swaths of trees. In every direction, invasives are destroying our ecosystems right here in Fairview.

What can we do? The first step is to educate ourselves about invasive species, including how to identify them. Next, we can manually remove invasive species from our property.

Invasive plants, pathogens and microorganisms hide in soil, muddy boots, bike tires and

equipment. They hitchhike on your clothes and your furry friend's coat. Before venturing into forests, take a few minutes to check your boots, your tires and your pets. Simply brushing off the bottom of your boots can stop you from



Raven said: "This photo was taken at Bat Cave Preserve, a project for The Nature Conservancy. We primarily battled kudzu. The rock behind me hadn't seen the light of day in years until we cleared the kudzu."

transporting pathogens into the woods. Mountain bikers can spray residual soil off their tires before hitting the trails.

Ask where plants you are considering purchasing come from; where the soil comes from; where the mulch comes from. Pathogens hang out in nursery stock, mulch, gravel, potting mix and packing material. We unintentionally introduce invasive species to our beautiful valley, its waterways and our neighborhoods.

There is hope. Together, we can identify, manage, eliminate and monitor. We can reclaim areas that invasives have damaged or devastated by reinvigorating the soil with organic matter and native plants—not those that come from half a world away. We can ask our utility companies and our local, state and federal governments to make better choices with regard to land management practices.

The North American Invasive Species Management Association hosts events and webinars about invasive plants. Learn more at [naisma.org](http://naisma.org).

Fairview resident Raven Sterling is the owner of Raven Invasive Plant Management. Visit her site, [ravennc.com](http://ravennc.com). You can look for more articles on invasives from her in future issues.



## Helpful Insurance Tips

Many consumers use the forbidden term in our industry, "full coverage," but aren't sure what that even means. NC law requires all registered vehicles to carry at least the minimum state requirement, known as 30/60/25. If you are found at fault for an accident that causes injuries, \$30,000 would be the maximum paid out by your insurance company per person, with a max of \$60,000 paid by your insurance company in total.

Many agents refuse to sell State Minimums because if injuries exceed the limits listed in your policy, you are held responsible for covering the difference. This can mean personal lawsuits and/or garnishing of wages. Liability limits can range from the state minimum up to \$1 million and are not a one-size-fits-all coverage. It is always best to discuss with a professional to ensure you are properly covering your assets.

Joanne Winkler is the owner of ESCO Insurance Agency. 231-6577 or [esco1960.com](http://esco1960.com).

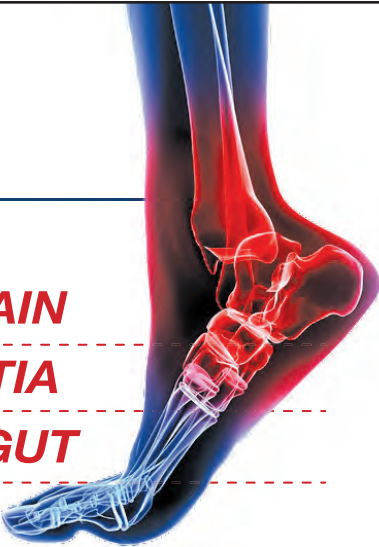
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- Tues, March 19 **NEUROPATHY**
- Thurs, March 21 **DEMENTIA**
- Mon, March 25 **LEAKY GUT**
- Tues, March 26 **KNEE PAIN**

### APRIL

- Tues, April 2 **KNEE PAIN**
- Thurs, April 4 **DEMENTIA**
- Thurs, April 11 **LEAKY GUT**
- Tues, April 16 **PND**
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# One Step Closer to the ASL Home

by Becky Lloyd

What began as a vision more than five years ago is becoming a reality. Signs for Hope has received a sizable donation designated for the construction of the ASL Home (ASL stands for American Sign Language). The home will provide a comfortable setting for families to bring their children, primarily deaf, deafblind and non-verbal, to learn ASL in an immersive environment.

There will be fluent deaf and ASL signers in the home to lead the family in everyday activities. Local families will be hosted daily, and others will come for a week at a time. And others will be welcome too. For instance, one may have a family member who has lost their hearing later in life and needs to learn sign language. What a blessing to be able to continue communicating with and remain a vital part of their family and society, all here in Buncombe County. And what if someone wants to learn ASL? Soon there will be a place for that.

In 2018, I organized the ASL Immersion Experience, which was led by Phillip and Elaine Easterling. Phillip is the Deaf pastor at Asheville Deaf Church, which meets at Trinity of Fairview. He and

Elaine have pastored for 13 years in the Asheville area. During the experience, there were six hearing women and three children—two hearing and one Deaf. We would go to a friend's house each week to cook together, decorate for Christmas, do all kinds of things together, all while communicating only by ASL. We also met at other places around the city, such as the library, Cracker Barrel and the Grove Park Inn, learning through full ASL immersion in those settings. All these special women and children were deeply affected by this unique experience. It was my way of testing for the validity of the ASL Home.

## Dynamic Mother-Daughter Team

After that successful experience, my long-time friends and a dynamic mother-daughter team, Judy Stone and Heather Schlender, started dreaming about the possibility of an ASL Home. Judy is a buyer's agent and Heather is an architect who has designed schools and homes. Since 2000, when I went back to school to learn ASL to become a nationally certified interpreter, Judy and Heather have been interested in learning more about the Deaf community.

So, we had a valid concept and people interested in helping us, but as with

anything, we needed funding. Recently, a family from Texas with two adopted daughters and one biological daughter that uses ASL chatted with me over Zoom. They had heard about Signs for Hope through a mutual acquaintance. They made a very generous donation, and so I knew it was time to start a capital funds campaign for the building of the home.

Heather is now in the process of drawing a visual concept of what the ASL Home will look like. We need wide open spaces so that a family of five to seven people and two ASL hosts can easily be seen by all who are present when communicating through signing. One of our Deaf-adopting families in Buncombe County has five family members already and another will soon have seven. So, we are acutely aware of the importance of the specific needs for the ASL Home. We also want to provide outdoor space for an educational, hands-on family garden and a safe, engaging accessible playground for these precious adopted kids.

Surprisingly, to my knowledge, this house devoted to ASL will be the first of its kind. Learning ASL most often happens in a classroom setting, which does not and cannot accommodate entire families. Daily living in a home with the Deaf will make learning much more applicable and attainable. Think

of it in the same way as someone going to live in another country to learn its language.

An environment rich in sign language and attachment will be our focus as we provide trauma-informed practices with milestones in place to determine where each child is developmentally and then help them close any gaps in development. Our vision, desires and goals are to empower families to help their Deaf children thrive, not just survive.

## 5 Key Design Concepts

The house will incorporate the design principles developed by North Carolina State University's Center for Universal Design in 1977 for accommodating people of all sizes, abilities and mobility. We will also adopt the considerations pioneered by Gallaudet University (founded in 1864 to teach the Deaf in ASL) for five key concepts: sensory reach, space and proximity, mobility and proximity, light, color and acoustics.

I will share more details about this exciting project in future issues of the Town Crier. If you would like to learn more about or help support the ASL Home, stop by Signs for Hope or visit our website.

Becky Lloyd is the founder and CEO of Fairview-based Signs for Hope.

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## On the Road

Fairview residents Ted Sullivan and his wife Fawn recently surprised Ted's stepdad (who is of Scottish descent) with a trip across the pond to Edinburgh.

Stepdad (let's call him Dave) has always provided for Ted and his siblings while expecting nothing in return, so celebrating both his recent retirement and 70th birthday in Scotland was only right.

Ted's family didn't have a true feel for what to expect, but the charm of the Scots and the beauty of Edinburgh and its surrounding coastal counties stole their hearts right away. The family of golfers even got to enjoy a round in East Lothian, the home of links golf.

Fawn and Ted have always enjoyed seeing where their Fairview neighbors like to travel, so it only made sense to take the *Town Crier* along for some quick photos on Cockburn Street.

Directly across the street from Southern Cross Café, where the newlyweds were enjoying a couple of Americanos (pictured above), sits the Royal Mile and its famous climb up to the castle. While the crowds and steep incline were a bit challenging, there were plenty of local pubs along the way to enjoy a pint or two of Tennent's.

The trip was filled with wonderful memories, and the Sullivans look forward to taking the *Crier* along on many adventures to come.



Jenny and Brian Brunet celebrated their 36th wedding anniversary with The Fairview Town Crier—in the Turks & Caicos. "It was an amazing place to visit," Jenny said. "The color of the water was breathtaking. We chose Turks and Caicos because it's well known for its exceptional snorkeling. We snorkeled and saw a shark, along with beautiful coral reefs and tons of other fish. The people were friendly, and the food was wonderful. It was relaxing and as much as we love Fairview, we wanted to stay." Happy belated anniversary, Jenny and Brian. We're glad to have you back home.

We'd love to share your travel photos! Take the *Crier* with you and send your best shots to (email) [ralph@fairviewtowncrier.com](mailto:ralph@fairviewtowncrier.com) or (text) 828-338-8133.

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# Streaming Services Cracking Down

There are times when you need more control over what you are grabbing off your screen in macOS or Windows 11. Both have built-in tools. In Windows 11, there is Screen Snipping, most easily found by searching for it with the Search box in the Start menu. There are four boxes at the top that control what your snipping action will do. Hover over each to learn more. If you use it a lot, the keyboard shortcut is Windows key + Shift + S. On a Mac, the included app is called Screenshot, located in the Utilities folder within Applications. Once it is open, the controls are at the bottom of your screen. Again, hover over each choice to learn more. The captured images will likely be saved to your desktop.

Alexa, from Amazon, may become one more service Amazon will charge for, as the company has already started charging extra for its ad-free Prime Video. As Amazon explores enhancing Alexa with AI capabilities, the company is also looking at how to recoup its climbing costs. The era of getting everything and the kitchen sink with Amazon appears to be coming to an end.

The Federal Communications Commission's Affordable Connectivity



Program (ACP) is no longer accepting new applications for people seeking up to \$30 per month help with their internet connection fees. For currently enrolled participants, the subsidy runs out in April, unless Congress changes its mind. The Buncombe County Public Library provides free Wi-Fi and has cellular hotspots you can use with your library card.

This year is shaping up to be a year that you may drop video streaming services. As Hulu and Disney+ follow Netflix in cracking down on password sharing (which allows users to share the cost of their respective services), many people are finding that the cost of three

or more streaming services has become as expensive as the cable provider they ditched.

Apple's Stolen Device Protection, introduced in iOS 17.3, can help thwart thieves from taking control of your phone if it is stolen. Once activated, it forces more frequent use of Face ID or Touch ID. Certain actions, like changing your phone's passcode, will force a one-hour delay. Visit [support.apple.com/en-us/HT212510](https://support.apple.com/en-us/HT212510) to learn how to activate.

Finally, here's a link to a collection of videos on Tiktok that make me feel good about chaos being transformed into order without having to do the actual work: [tiktok.com/tag/lawntok](https://tiktok.com/tag/lawntok).



Bill Scobie fixes computers and networks for small businesses and home. Contact him at 628-2354 or [bill@scobie.net](mailto:bill@scobie.net).

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Fairview Fire Department 628-2001  
Garren Creek Fire Department 669-0024  
Gerton Fire & Rescue 290-6194  
Reynolds Fire Department 298-5200  
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Cane Creek Middle 628-0824  
Fairview Elementary 628-2732

### COMMUNITY CENTERS

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Fairview 338-9005  
Spring Mountain 545-9092  
Upper Hickory Nut Gorge 625-0264

### POST OFFICES

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### MISCELLANEOUS

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# Helping with Ehlers-Danlos Syndrome

In Fairview, I've witnessed firsthand the transformative impact of physical therapy on individuals with Ehlers-Danlos Syndrome (EDS). The disease is a collection of connective tissue disorders that bring about joint hypermobility and various associated issues. EDS is not a one-size-fits-all condition. There are different subtypes, each with unique features and challenges.

Sarah, a woman from Fairview with EDS who's come to my practice, said: "Physical therapy has been a game-changer for me. I have returned to playing volleyball at school without dislocating my shoulders."

As there is no cure for EDS, physical therapy is a crucial component in managing and improving the quality of life for individuals with this condition. One of the strengths of physical therapy for EDS lies in its highly individualized approach. Each person with EDS presents a unique set of challenges, and physical therapists work closely with patients to understand their specific needs. This personalized approach ensures that the exercises and interventions are tailored to address the individual's stability concerns, resulting in a more effective and targeted treatment plan.

With EDS, joint instability is a major concern. Hypermobility of joints can

make even the simplest task a complex feat. This is where physical therapy steps in, providing a comprehensive set of tools to address stability issues and empower individuals to lead more fulfilling lives.

Physical therapy focuses on strengthening the muscles around hypermobile joints, providing better support and stability. This helps in minimizing joint dislocations and reducing the impact of daily activities on the affected joints. Through targeted movements, individuals gradually build the necessary muscle support, fostering a sense of control over their bodies.

"After my physical therapists helped me understand EDS and how it affects my body," Sarah said, "I can control my joints to reduce the symptoms and potential complications from EDS."

Physical therapists also help individuals understand their bodies as well as neutral positions for all joints to reduce joint hypermobility in their routines. Programs often include exercises aimed at strengthening the core, which plays a pivotal role in providing support to the spine and maintaining stability. This holistic approach not only helps to stabilize the body but also contributes to improved posture and reduced strain on vulnerable joints.

Balance exercises are another focal point in physical therapy sessions for those with EDS. These exercises, ranging from simple weight-shifting routines to more complex proprioceptive challenges, are designed to enhance coordination and balance. By honing these skills, those with EDS gain the confidence to navigate different terrains, minimizing the risk of falls and injuries.

EDS also can affect the cardiovascular system, leading to orthostatic intolerance and other complications. It's also often accompanied by chronic pain. Physical therapists employ various techniques to reduce pain sensation, including stretching exercises, soft tissue mobilization, hydrotherapy, laser therapy and other modalities like TENS (transcutaneous electrical nerve stimulation).

The impact of physical therapy extends beyond the clinic walls, with those affected integrating stability into their daily life. From imparting proper body mechanics during routine activities to suggesting ergonomic adjustments at home and work, physical therapists empower individuals with EDS to maintain stability in various environments.

Creating a supportive environment is crucial for those living with EDS. Through community-awareness initiatives, we can



Wall sits can be a safe and effective exercise for those with EDS. In fact, they can be a great exercise for anyone. Image via FreePik.

contribute to fostering inclusivity and understanding. By recognizing the role of physical therapy in improving stability, we encourage a community that supports its members on their journey toward better health and well-being. When someone is faced with EDS, mental health and emotional well-being are also affected. Exploring mindfulness techniques, stress management strategies, and the role of exercise are essential to promote a positive mindset.



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

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# The “Codes” for Chronic Illness Recovery

In my new book, *Getting the Health You Deserve Now...New Hope for Chronic Illness*, I describe the “codes” or blinky lights that need to be addressed in most cases to optimize one’s health.

For example, a recent patient was seen for lifelong migraines and had been to every specialist, all with no help. One of the patient’s “codes” was food sensitivities and malabsorption, leading to chronic headaches. The headaches have stopped after 30 years. Unlocking her codes allowed us to address the underlying problem by looking at her problem from a neurological and metabolic standpoint. These kinds of results happen more and more as we continue to evolve our treatment approach with cutting-edge research and services.

Chronic health conditions such as diabetes, dementia, MS, Parkinson’s, neuropathy, RA, and gut and bowel syndromes all have “codes” that need to be cracked to restore optimal health and longevity.

## The Keys to Unlocking Chronic Health

**Blood Sugar Dysregulation** Maintaining stable blood sugar levels is crucial for overall health, as blood sugar imbalances can lead to a range of health problems, including type 2 diabetes, heart disease and obesity. To manage blood sugar dysregulation, it is

essential to improve blood sugar handling and follow a healthy diet that is low in refined sugars and carbohydrates. Eating plenty of fiber-rich fruits and vegetables, lean proteins and healthy fats can help regulate blood sugar levels throughout the day. Our body’s glucose (fuel) octane level should be 85 to 99. At about or below those numbers, systemic inflammation occurs. A1C needs to be at 5.3 or less.

**Toxic Load** Exposure to environmental toxins, such as pollution, pesticides and chemicals, can contribute to chronic health conditions. To reduce toxic load, it is important to minimize exposure to these toxins as much as possible. This can include using natural cleaning products, avoiding processed foods and choosing organic produce.

**Inflammatory Markers** Chronic inflammation can lead to a range of health problems, including heart disease, cancer and autoimmune disorders. To manage inflammatory markers, it is essential to follow an anti-inflammatory diet that is rich in anti-inflammatory foods, such as leafy greens, berries and fatty fish. Regular exercise and stress management techniques, such as meditation and yoga, can also help reduce inflammation in the body. C-reactive protein and homocysteine need to be within healthy ranges, but these are often not tested.

**Vascular Insufficiency** Poor circulation can contribute to a range of health problems, including heart disease, stroke and varicose veins. To improve vascular insufficiency, it is important to maintain a healthy weight, exercise regularly and avoid smoking. Additionally, supplements such as omega-3 fatty acids and vitamin E can help improve circulation—cold feet = cold hands = cold brain. All the healing is in the blood.

**Autoimmune Disorders** Autoimmune disorders occur when the immune system attacks healthy cells in the body. To manage autoimmune disorders, it is important to follow an anti-inflammatory diet, exercise regularly and get enough sleep. Additionally, stress management techniques such as meditation and yoga can help reduce inflammation in the body. Leaky gut syndrome, which over 90% of the population is estimated to have, is the gateway for autoimmunity.

**Head Trauma** Head trauma can lead to a range of health problems, including memory loss, cognitive decline and chronic pain. To manage head trauma, it is important to seek medical attention immediately after an injury occurs. One of the immediate effects of any head trauma includes the development of a leaky gut.

(The seventh code is the Brain-Gut Connection, which I’ll address in a future column.)

## Neuro-Metabolic Approach to Chronic Illness

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- **Restore**—You should put into the body the things that restore it.
- **Regenerate**—Regenerative therapies for the brain, body and GI tract include photobio-modulation and electro-medicine. A holistic healthcare provider can help ensure that all aspects of health are addressed.

In conclusion, managing chronic health conditions requires a multifaceted approach that includes following a healthy diet, getting regular exercise, reducing toxic load and incorporating stress management techniques into daily life. By taking a holistic approach to health and addressing all aspects of well-being, individuals can manage chronic health conditions and improve their overall health and quality of life.



Dr. Reilly, DC, is past president of the NC Chiropractic Association and team chiropractor for ACRHS since 1999. Call 628-7800 for your always-free consultation. [fairviewdc.com](http://fairviewdc.com).

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## Organic Skincare for Radiant Beauty

Organic skincare has gained in popularity in recent years, driven by a growing awareness of the potential harms of synthetic chemicals and a desire for natural, sustainable alternatives. One of the key concerns in skincare is collagen, a protein that provides structure and elasticity to the skin. As we age, collagen production declines, leading to wrinkles, sagging and loss of firmness. Organic skincare offers a holistic approach to addressing this issue, emphasizing natural ingredients that support collagen production and overall skin health.

A quality organic skincare product will be rich in antioxidants, vitamins and plant-based extracts known for their collagen-boosting properties. Ingredients like hyaluronic acid, plant stem cells, and botanical extracts such as aloe vera, bakuchiol, gotu kola and cacay oil can be found in some organic formulations. These ingredients work to stimulate collagen synthesis, improve skin texture and promote a youthful complexion.

Organic skincare avoids synthetic additives like parabens, phthalates and sulfates, which can disrupt hormonal balance and irritate the skin. By choosing organic options, you can nourish your skin with pure, non-toxic ingredients that support its natural renewal processes without harmful side effects.

In addition to using organic skincare products, maintaining a healthy lifestyle with a balanced diet, regular exercise and adequate hydration is crucial for collagen restoration. By combining these practices, individuals can effectively support their skin's vitality and achieve a radiant, youthful glow the natural way.



With 45 years as an esthetician and the founder of the first day spa in Texas, Brea Gratia excels in acne and aging skin expertise, offering sought-after solutions. She is the owner of Gratia Botanica, 4 Olde Eastwood Village Blvd., Asheville. 333-5345.

*The skin  
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**Brea Gratia**

## LAUGH TIME BLAINE GREENFIELD

### Ramification (n.):

A consequence that is forced down your throat.

"I always cook with wine. Sometimes I even add it to the food."

—W.C. Fields

\*\*\*

I'm doing crunches twice a day now. Captain in the morning, Nestle in the afternoon.

\*\*\*

I thought the dryer shrank my clothes. Turns out it was my refrigerator.

\*\*\*

How do you comfort a grammar fanatic?

Their, they're, there.

\*\*\*

Stan Fields  
(in MISS CONGENIALITY):  
"Describe your perfect date."

Cheryl: "That's a tough one. I'd have to say April 25. Because it's not too hot and not too cold. All you need is a light jacket."

Police were summoned to a daycare center where a three-year-old was resisting a rest.

\*\*\*

I hired a handyman and gave him a list of jobs to do. Of the jobs on the list, he only completed numbers 1, 3, 5 and 7. Turns out he only does odd jobs.

\*\*\*

"Here's all you have to know about men and women: Women are crazy, men are stupid. And the main reason women are crazy is that men are stupid."

—George Carlin

\*\*\*

Thanks, Cynthia Greenfield, for this riddle:

During what month do people sleep the least?

February. It's the shortest month!



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

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# How Land Protection Sites Are Chosen

You may have heard Southern Appalachian Highlands Conservancy (SAHC) mentioned a few weeks ago in conjunction with a story on WLOS News 13. The story was about the 550-acre tract for sale atop the Swannanoa Mountains, where Tiger Woods once planned for a golf course development to take shape.

We've received a few inquiries from folks hopeful that SAHC will be able to preserve the property, so we wanted to share an update with our community paper.

SAHC's land protection staff is aware of the property and that it is for sale. It is not an active conservation project for SAHC, however.

The reason? "The \$19 million price of the 550-acre parcel poses a significant challenge for fundraising," said SAHC Land Protection Director Michelle Pugliese. "If we had a funder step through the door to commit \$20 million to purchase, protect and ensure future stewardship of the land, we would be thrilled to buy it for a nature preserve. Instead, we have to fundraise for each and every project that SAHC takes on. Sometimes that means that a piece of land may have conservation values worthy of protection, but we just don't have a funding package that can accomplish that project."

As an accredited land trust, SAHC



Michelle Pugliese and Kyle Shute

follows a rigorous process to evaluate potential land conservation projects. This process ensures that our conservation work helps protect valuable water resources, habitat, agricultural soils, forests, and places for people to enjoy outdoor recreation, all of which benefit the community.

The process also evaluates the practicality of a potential project. For example, is the landowner willing and ready to work with us to come to a conservation outcome? Are there viable funding sources for the project, including land or conservation easement purchase, transaction fees, staff time and more? Is the price per acre one that can be upheld by an appraisal, and does it qualify for grants that we could apply for to help accomplish the project? Many state or federal grant sources require additional contributions and/or donations from the

landowner in order to leverage funds, which makes the fundraising process even more complex.

Although SAHC reaches out to directly connect with landowners about some potential projects for conservation, we also receive many inquiries from landowners and the public. Kyle Shute, SAHC's Land Protection Associate, guides people through the initial inquiry process.

"We may be contacted by a landowner who is interested in protecting their land, or a member of the public who has seen a particular property for sale and is concerned about that property being sold or developed," Shute said. "We start by collecting information about where that property is and any conservation features in that area. We connect with the landowner to get an understanding of what their conservation goals look like, and to share our goals as a nonprofit conservation organization. Then we start a dialogue about what sort of conservation project this could become—a purchase or donation of land, a conservation easement, or an assist to a partner organization like the State of NC or US Forest Service. If our staff sees a potential path forward, we will set up a site visit to get an understanding of the conservation values and meet with the landowner."

Each conservation project is unique, and

the timeframe to accomplish a project varies. For example, it may be possible to complete a donation of land more quickly than a conservation easement purchase. Some projects could close within a year, although most take from a year-and-a-half to five years to complete.

Once SAHC and the landowner have come to an agreement and commit to a conservation project, we move into an inspection phase where we engage surveyors, appraisers and other contracted services—all of which can add to the total project time. SAHC is currently working on approximately 50 different new land protection projects in various stages; in 2023, we completed a total of 13 new conservation projects.

"We would love to be able to protect every worthy parcel of land that comes to our attention," Pugliese said, "but we have to weigh the finite capacity of human and financial resources to accomplish each conservation project. We appreciate all the folks who reach out with a passion for protecting land, and we are deeply grateful to all the SAHC members and conservation supporters throughout the Fairview community and beyond. Without you, we would not be able to continue this work."

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



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# Special Delivery: Debbie Franklin at Your Service

You know how some kids wanted to be a doctor, firefighter, teacher or whatever? I wanted to work for the post office,” said Debbie Franklin, Fairview Postal Clerk. She smiled, recalling her childhood. “Other kids watched for the ice cream truck. I watched for the mail.”

Young Debbie’s dream began coming true when she started delivering mail as a substitute driver. She had taken the US Postal Service (USPS) driver’s course and done well. When a carrier was out, she was called to substitute, sometimes four or five times a week.

“I used my own car, and I didn’t have any problem with it,” Debbie said, her eyes sparkling as she remembered. “I drove with my left hand, operated the pedals with my right foot, and reached the mailboxes with my right hand. Easy.” It sounded like a Pilates class to me, but I took her word for it.

She liked delivering mail, driving around the community she loves, but Debbie needed to work full-time. So, when she got the chance to take the postal clerk exam, she signed up.

“You could put down three places you wanted to work, and I put ‘Fairview’ for all three. I thought, if I’m going to do this, I’m going to do it here, with my people.”

Later, she received a letter telling her she scored in the top 10 percent on the exam. When a job opened at our local post office, she showed the letter to the postmaster (at that time, it was Paul Moreno)—he took one look and said, “Want a job as a clerk?”

“Certainly, I do,” Debbie replied without hesitation. That was October 2004.

Back then, things were a bit different than they are now. For one thing, there were a lot more letters mailed. “Correspondence, bills, donations, requests, things like that,” she said. “And magazines and catalogs? Those have dropped by 50-60 percent since people started shopping on the internet.”

Online shopping may have taken catalogs out of circulation, but click-and-pay purchases are responsible for an increase in packages. Debbie explained that in addition to those mailed through the postal service, “Our office also receives 20 to 80 packages daily from [private mail services such as] UPS and DHL. We have contracts with them, so we help deliver their packages too.” Plus, while Amazon handles many of their own orders, “Fairview still gets 50 to 100 packages from them daily,” she said.

And then there are the customers who come in with their own packages. “Please

have your packages ready to mail—taped up and addressed—when you bring them in,” Debbie requested. “Of course, if you are unsure about something, I’m happy to help.”


Assisting customers is a part of her job that Debbie really enjoys—most of the time. “People do get upset with us when the price of stamps goes up,” she said. “I’ve been fussed at and cussed out over the cost of postage,” she added, shaking her head. It seems there are those who think Debbie and her co-workers are the ones responsible for price hikes. Quick heads up: They’re not.

Debbie handles these altercations with remarkable grace and a hearty dose of humor. Like when one customer accused her of increasing the price of stamps because she wanted a raise, Debbie laughed good-naturedly and replied, “If the price of a stamp went in my pocket, I promise you it would be \$68, not 68 cents.”



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She recalled another incident when a customer mailing a letter to California became angry about the cost of postage. After listening to the loud complaints for a bit, Debbie said, “I tell you what, if you can get this letter from here to California for 68 cents, with the price of gas what it is, I’m going to go right now and sell my car and buy what you’re driving.” The challenge was not accepted.

Debbie’s easy humor surely helps to diffuse contentious situations, but she takes her work seriously. “We are handling all kinds of documents—passports, for example—that impact peoples’ lives. There’s a lot of responsibility in seeing that these items get where they are going on time.” That’s one reason it’s important for postal customers to be clear and honest about what they are mailing.

For example, when the clerk asks, “Does this parcel contain anything liquid, fragile, perishable, or potentially hazardous [such as lithium batteries]?” Be truthful. Debbie clarified the restrictions. “You can mail lithium batteries; they just go by ground not air. We label the box to let carriers know it contains a lithium battery.” What happens if you slip one by them without claiming it and it goes by air? “Lithium batteries can catch fire at high altitudes,”

she said. “And if you’ve signed off on the package saying it is safe for airmail then you are liable for that tragedy.” So, yeah: pay attention.

What’s surprising, though, is how many things can go through the mail. Even live animals can be shipped through the USPS.

“Baby chicks come in,” Debbie said. “And people order bugs through the mail to feed their pet reptiles. Oh, and bees. We get bees in, too.” Debbie doesn’t mind all that, but she does have her limits. “The first time I see a snake ...” she said with a groan, shaking her head. She didn’t finish the sentence; but odds are, not even that would cause Debbie Franklin to quit the post office.

“We’re like family. If one of us goes through something, it’s like we all go through it,” Debbie said of her co-workers; some of whom are relatively new, while others have been there as long as she has. “It doesn’t matter though. Once you’re here, you belong.”



Rev. Dr. Aileen Mitchell Lawmore is the pastor of Ecclesia Baptist, which meets at 607 Fairview Road. She blogs regularly at [aileengoeson.com](http://aileengoeson.com).



# The Bees' Needs

By **Mike Spivey**



**S**pring is an exciting time in the apiary. Daytime temperatures above 50 degrees will bring bees out for cleansing flights and provide them an opportunity to forage for much-needed resources. It may be necessary for beekeepers to supplement with honey frames from another hive or give their bees sugar water should there be inadequate food sources remaining in the hive. An easy way to evaluate the food on-hand is to simply lift the hive slightly to see if it's heavy. If so, then there should be sufficient nutrition for the bees.

Winter bees will be dying off, and by now the queen should have already started laying eggs. Within the hive, all the real work is done by the females. Female worker bees (I call mine "the girls") are needed to care for the queen, nurse the brood, do housekeeping and eventually forage for resources needed to sustain the hive. It takes 21 days to raise a worker bee from initial egg to adult. While the queen can lay up to 1,500 eggs in one day, she won't lay more than she has worker bees to nurse and care



for the young. It takes time for the hive to get going, but during late winter progress is underway. Bees are exceptionally creative in finding early pollen, and it's a good sign to see them returning to the hive in March with pollen in the pouches on their legs.

March will provide me with my first opportunity to inspect the hives. It's always exciting to locate the queen, but she can be difficult to find among all her offspring. However, there is no pressing need to find her so long as eggs are present. If eggs are there, then the queen would have been there within the three days prior. On my first inspection, I'm optimistic to find eggs, larvae and capped brood in quantity inside the hives.

I love this time of the year in the apiary. Seeing a healthy hive assures me that it has probably survived the winter, and I can make plans for the rest of the year without having to buy new bees. A new batch of bees can be obtained by buying a small box of five frames of bees (a nucleus or "nuc") with a queen. A nuc is expensive and takes longer to get established than a healthy colony from

the previous year. During warmer days in February, I saw adequate bees flying around taking cleansing flights and my two hives passed the lift test, so I'm optimistic they are going to make it.

Once the queen has built up enough worker bees, I expect to start seeing drone (male bees) cells. The queen can live up to five years and has sperm sacks, which she filled from her initial mating flights not long after she hatched. She uses the sperm during her lifetime to fertilize the eggs she lays to make female worker bees. To make a male bee, she simply leaves the egg unfertilized. Male bees are there to mate with a queen visiting from a distant hive. Their purpose is mainly to spread the colony's genetics. It takes 24 days to raise a drone bee, and it's always a good sign to see drone cells later in the month. I'll need to keep a close eye on the bees during early spring; I plan to make regular inspections every five to seven days.

Once I know my queen is active and the hive is healthy and stable, I can start setting my plans for the year ahead. Verrona mites are a threat to the hive and can pose a great danger to the colony's health. They breed in capped larvae cells.

In winter, when the queen is no longer laying eggs, the mite's breeding cycle is disturbed but they will surely be back. By late March I'll need to make sugar roll checks for these awful pests. This is done by shaking a frame of worker bees into a bucket, scooping up a half cup of bees (which will be approximately 300 bees) and rolling the bees in a jar of powdered sugar. Then I shake the sugar from the jar out onto a white board and look to see if mites are present. If I count more than about nine mites, I'll have to make plans for mite treatments. I don't enjoy doing this, and it's an even more unpleasant experience for the bees, but it's a necessary evil.

This will be my fourth year of bee keeping, and I've grown quite fond of my girls. In the year ahead, I'd prefer to grow my hives by splitting them at the appropriate time and/or capturing a swarm should one occur. I'll need to ensure a healthy environment for my girls and leave them much of the honey and other resources they make during the year to get them through next winter.

*Mike Spivey is a retired tax consultant living in Fairview who now keeps bees for enjoyment.*

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# Calling All Rising Kindergartners

By Kenya Hoffart

**Kindergarten registration at Fairview Elementary takes place April 16.** Appointments are available throughout the day from 7:45 am until 2:45 pm and typically take about 30 minutes. Call the school at 628-2732 to make an appointment.

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

**Enroll Online**

The online enrollment for rising kindergartners must be completed before registration. This can be done at enroll.buncombeschools.org. A child must turn at least 5 years old on or before August 31, 2024, to enroll in kindergarten.

**Come Prepared**

At registration, parents must provide official copies of the rising kindergartener's birth certificate, immunization record and NC Health Assessment. Most pediatric



offices have a copy of the health assessment that you will need to complete. Parents will also need to provide a copy of a valid ID, such as a driver's license, and one proof of residency—a power, gas or water bill or a mortgage statement, rental-lease agreement, land deed or homeowner's insurance policy. These documents can be emailed to the school's data manager at kenya.hoffart@bcsemail.org if they are available before the registration appointment. If parents are living with someone and do not have any of these documents available in their name, additional documentation is required. Please reach out to the school for more information.

**Learn More**

Fairview families with rising kindergartners are invited to attend one of several upcoming tour and information sessions, where they will meet administration, learn about an average day for a kindergarten student, hear about techniques teachers use to keep children excited and engaged while they learn things like letters, sounds, syllables and numbers, and hear how teachers help students with skills such as listening, showing empathy and problem solving. They will also learn how their student's growth in reading and math will be monitored daily so that all needs are met, and how science and social studies lessons

are integrated throughout the day. To sign up for a tour spot, call the school at 628-2732. Tours and information sessions will be held on March 7 at 6 pm and on March 13 at 10 am and 12:30 pm. A kindergarten orientation will be held on April 29 at 9 am and 6 pm. Kindergartners will also be invited to a fun and exciting four-hour Kindergarten Camp in August. After all kindergarten students are assigned a classroom later in the summer, teachers will send personal letters welcoming them to their class and may even invite them to enjoy popsicles on the playground with their classmates before school starts. The first day of school will be August 26. Dreams begin at Fairview Elementary, and the school's staff is extremely excited to meet the new class of proud FES Cardinals and watch them soar. Again, to make an appointment for kindergarten registration, call the school at 628-2732. Families are also encouraged to follow the Fairview Elementary Facebook page (facebook.com/FairviewElementary) and website (fes.buncombeschools.org) for additional announcements and updates. Kenya Hoffart is a staff member and PTA Communications Chair at Fairview Elementary School.

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CHRISTI HURD

**An Attachment for Always**

It takes courage and intention to parent well in this fast-paced digital age we live in. The Lighthouse Parent understands that children need a safe refuge, just like a boat relies on a safe harbor. Parents must nourish a strong attachment where their children feel safe, seen, soothed and secure. Which practice(s) will you consider for your parenting journey?

**WORDS** are important. "I see you're having a hard time. Tell me more."  
**STOP:** When your child starts a conversation with you, stop whatever you are doing, get down on their level and make eye contact.  
**TONE:** Be aware of your tone of voice to ensure you aren't sounding dismissive, sarcastic or impatient.  
**GET CURIOUS:** Get into their world and see what is happening from their perspective. Look for ways to lift your child as the expert so you can learn from them. Validate always.  
**BE EXCLUSIVE:** Make it clear to your child that you love spending time with them. A weekly dose of 15 minutes makes a huge difference.

**CREATE TRADITIONS:** No need to be fancy, but maybe you go for a walk on Sundays or bake something on Saturdays. Maybe you have a special family handshake or a particular game night or tournament.  
**LEAD BY EXAMPLE:** Be polite. When your child decides to hold the door, thank them. When they clean up or do their weekly chores without having to be reminded, thank them. When they've been especially kind to their siblings, thank them.



# FES Chess Club Notches 20 Years

**Now in its 20th year, the FES Chess Club continues to thrive as a school institution.** Established in 2004, the club aims to teach chess fundamentals and strategies, providing a valuable opportunity for kids to disconnect from digital distractions and engage in a mentally challenging game.

Each year, students advance from simple tactics to advanced strategies. Club members then play every other club member during guided sessions, culminating in a month-long club tournament where a champion is crowned.

**“Our players have competed in county-wide tournaments (past champions) and state competitions, where we ranked in the top ten.”**

The club has evolved, initially catering to kindergarten through fifth-grade students but narrowing its focus to fourth and fifth graders due to overwhelming attendance. More than 30 students participate annually.

The rise of female chess players within the club also has been notable, spurred by the popularity of the Netflix series “The Queen’s Gambit.” From just a few female participants annually, the club now boasts



16 female players.

“Our players have competed in county-wide tournaments (past champions) and state competitions, where we ranked in the top ten,” said Kevin Baxter, who has sponsored and headed up the chess club since its inception. While pandemic restrictions impacted competitions,

the club hopes to resume county-level tournaments this year.

“The students, eager and enthusiastic, have acquired new skills and developed a sense of camaraderie, as evidenced by their secret club handshake,” Baxter said. “They are looking forward to a rough-and-tumble tournament when the time comes.”

## ACRHS STUDENT OF THE MONTH Jimena Ortiz



Jimena Ortiz is a remarkable student who consistently demonstrates outstanding citizenship. She was nominated by ACRHS Band Director Clif Dodson, who said that Jimena stands out as a hardworking, quiet and joyful individual. “She is an exceptional clarinet player who serves as section leader for the ACRHS Symphonic and Marching Bands. Jimena’s well-rounded achievements, positive influence on her peers, and dedication and passion in both her academic and extracurricular pursuits make her a leader. She embodies the spirit of our school and community.”

# FES Dads Club Updates

I want to take a moment and let you know how much you are appreciated. You have been a true blessing to me and my family, and I'm more grateful to you than words can express. Few people possess the considerate, unselfish, loving hearts that you have - and even fewer are willing to give so much of themselves. I thank you all for your kindness and for being the wonderful, amazing FES Dads Club you are. You Dads are not only making a huge difference in your kids' lives but also my family's life and all Fairview Elementary.

Go Cardinals!!!  
Love The Morgan Family

In appreciation of pasta fundraiser on December 15th

With sincere thanks and appreciation.

There’s no instruction manual for being a good dad. Fortunately, however, Fairview Elementary School (FES) has plenty of support for fathers who aspire to be the best that they can be. The FES Dads Club hosted two days of Daybreak with Dad, a series that focused on the topic of gentleness.

On the first day, for kids from K to 2nd grade, “we watched a powerful video on gentleness, and all dads were challenged to look their kids in the eyes, say ‘I love you,’ and follow up with a 15-second hug involving nothing more than embracing and being still,” said FES founder and dad Brian Fuchs. The lesson stuck. “We saw a lot of hugs as the dads walked their kids to class.”

On the second day of Daybreak with Dad, the dads focused on grades 3 to 5. Following presentations on gentleness, several dads read to children in the classrooms.

One special guest was Josh Morgan and his son Eli. Josh has been diagnosed with aggressive bladder cancer. To help Josh cover medical expenses, the FES Dads Club held a Pasta with Pops benefit dinner this past December. During the Daybreak with Dad sessions, “Josh gave me a big hug, perfect for our ‘gentleness’ topic, and handed me a card that he asked me to read to the guys attending,” Brian said.

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by Norm Bossert

**If you are anything like me,** you have probably stored different events from your school years someplace in your mind. Some were wonderful; others, not so much. I have vivid memories of 4th grade and the day that Janet came to Parkway Elementary and my classroom.

When Janet came to school, we were curious. She didn't seem to fit into any of the main population groups (Jewish, Polish or Italian). Janet was taller than anyone in our class. She had thick, wavy black hair, olive skin and looked more mature than the other girls. Janet came to school every day in a white dress and blouse, frilly white socks and shiny, black leather shoes. And, at first, she never failed to smile a big, toothy smile from her desk at the back of the room.

No one talked to Janet. No one greeted her. No one, not even the teacher, introduced her to the class. I remember watching her during recess. She stood up against the fence, smiling at anyone who passed. I remember watching some

girls jumping rope. They gestured to her to come over and join them. Janet's smile, like a sunrise, went ear to ear, and she skipped over. The girls dropped the rope, began laughing and ran away. They screamed: "Cooties, cooties." Janet was crestfallen. At lunch, she ate alone. And soon after, she stopped coming to school.

Had Janet attended Cane Creek Middle School (CCMS), hers would have been a different story. Here at CCMS, we all follow the Cane Creek Way. Students practice courtesy and kindness. As our principal is proud of saying: "Our students hold doors open for you. They greet you when they see you; adults and classmates."

What happened to Janet could never happen here. We have students who are ambassadors. They greet new students and work to help them feel welcome and wanted. Adults who visit this school are always moved by the kindness they see in our students. They are always impressed by the respect they show the adults in our building.

The Cane Creek Way means something. You can witness it in the hallways.

You can feel it when a 7th grader holds a door for an adult. You can even see it when students get into trouble. Here at CCMS, "Yes, sir" and "Yes, ma'am" still matters. Students, for the most part, try their best with academics and demon-

support. For those of us working at CCMS, we know that the heart of the school community rests on the shoulders of those who opened this school. They set a high bar for all who followed. As always, that bar is just out of reach, a

monument to hope and faith that tomorrow can always be better than today.

Like all schools, CCMS has its challenges. It hits bumps in the road that require better listening and careful, thoughtful communication. Where there is criticism, we see an opportunity to grow. And when someone like Janet comes to school, CCMS will welcome that student and do everything possible to help that student feel the

warmth of an accepting and friendly family. The Cane Creek Way is the foundation of our school community. That means everything to those of us who take such pride in our school.

*Norm Bossert is the Assistant Principal of Cane Creek Middle School.*

## Welcoming: The Cane Creek Way



These look like some of the welcoming faces at CCMS, including Principal Britt.

strate sportsmanship in their athletic endeavors. Their creativity in band, music, the arts—and other areas in which students give that special, intangible something—is proudly on display.

The Cane Creek Way doesn't stand like an obelisk in a desert. It is the direct result of strong parent and community

## Bring on the Band



CCMS band members who participated in the Western District Honors Band at WCU.

**Band members from Cane Creek Middle School (CCMS) participated** last month in two prestigious, regional band gatherings: the Western Region Jazz Band Clinic at Asheville High School and the Western District Honors Band at Western Carolina University. The students put in countless hours of practice preparing solos, scales and the skills needed to audition and get accepted into these elite groups. Several scored high enough that they also qualified to audition for the All-State Honors Band and All-State Jazz Band in March.

"Middle school band students often get overlooked for the extra work that they put into learning their instruments," said Adam Stewart, director of bands at



All Region Jazz Band participants: Jesse Pollock, Lennon Ross, Joseph Gash

CCMS. "Once they get to high school, the bands are highly visible at the football games, local parades and assemblies."

He added: "School bands are more than just a jukebox that you can turn on at a moment's notice. It takes hours of preparation behind the scenes that most people never see. It's important to recognize the efforts put in by these students, especially in the early stages of musicianship, because without that you wouldn't get to enjoy the fruits of their labors in later years. These students really go above and beyond to learn their craft. Their hard work and determination really show when you get to hear them perform something they've worked so diligently to prepare."





MAGIC WITH GREG

# SPOON FROM THE CARD BOX

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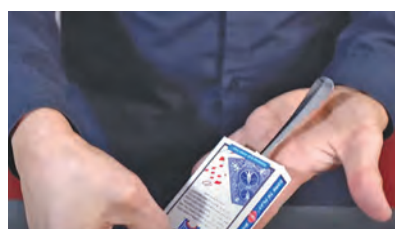
A playing card box and a large spoon that is longer than the box.

## PREPARATION

Cut a hole in the bottom of the box as shown in the middle picture. The hole should be along the bottom corner of the box, and it should be wide enough for the handle of the spoon to slide in and out. Place the spoon inside the box, with the handle extending through the hole.

## PERFORMANCE

Show the card box to the audience. Make sure to present it with your left hand holding the bottom of the box, with the handle of the spoon hidden in your hand. Open the box toward the audience and pull a large silver spoon from the box.



**magic!**

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



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# Important Vaccines for Puppies and Kittens

I saw my first case of parvo as a college freshman when I was working as a veterinary assistant in my hometown of Maysville, KY. A disease of dogs and especially puppies, parvo is caused by a virus that attacks the immune system and the intestines, resulting in severe dehydration and sometimes death.

Puppies with parvo came into our office as sad-looking little animals with their heads hanging low, drool stringing from their lips. The patient's history would always include symptoms of vomiting, diarrhea, and little to no history of vaccination. The vet would inform our clients that with supportive care and hospitalization their puppy would likely make a full recovery, but that some puppies die from the virus even with veterinary intervention.

As a young veterinarian, I began treating dogs with parvo as well as kittens with a similar deadly virus called panleukopenia. Like parvo, panleukopenia virus in cats can cause life-threatening gastrointestinal symptoms and immunosuppression. Fortunately, like parvo, panleukopenia is also preventable through vaccination.

So how do vaccines protect puppies and kittens from parvo, panleukopenia and other serious diseases? Vaccines work by teaching the immune system to produce antibodies, the special proteins made by



A beautiful litter of pit bull puppies that the author had the pleasure of vaccinating. Antibodies attach to bacteria and viruses, allowing the immune system to neutralize infections. The antibodies persist after the infection is gone to provide a rapid defense against future infections. Vaccines cause the production of antibodies by introducing a pet's immune system to a weakened or inactive form of a virus or bacteria. These altered forms, which are too weak to make pets sick, stimulate the immune system to produce antibodies that will protect against the dangerous forms of these viruses and bacteria found in nature. Understanding why veterinarians recommend a series of vaccinations for

puppies and kittens requires knowledge of maternal antibodies, which are antibodies passed from mothers to their young through the placenta and milk. These antibodies protect young puppies and kittens until their own immune systems have time to develop.

While maternal antibodies provide important early protection, this protection is temporary because maternal antibodies fade within weeks or months after birth. Before maternal antibodies begin to fade, however, they can interfere with vaccines given to puppies and kittens by neutralizing the vaccine before the puppy or kitten's own immune system has a chance to recognize and respond to the vaccine.

Maternal antibodies generally begin to fade when puppies and kittens are around six weeks of age, making this a good time to begin vaccination. How quickly maternal antibodies fade varies between individuals.

Animals that receive a high number of maternal antibodies will take longer for maternal protection to fade. The goal is to continue vaccinations beyond the age in which any animal would be expected to have enough maternal antibodies to interfere

with vaccination. This is generally around 12 weeks of age.

To help puppies and kittens develop the strongest immune protection, their immune systems need to have responded to at least two vaccinations in their vaccine series, which is why veterinarians recommend that puppies and kittens receive their final vaccines around 16 weeks of age.

Starting vaccines at six weeks of age allows puppies and kittens to start building their own immunity. Finishing the vaccine series at 16 weeks of age allows puppies and kittens whose maternal antibodies interfered with vaccines given early in their series to build immunity by responding to vaccines given at 12 and 16 weeks of age.

Think of vaccination as one of the most important things that you will do to keep your new puppy or kitten healthy, and for best results follow the vaccine schedule recommended by your veterinarian.



Dr. Elaine Klesius grew up on a farm, where she discovered her passion for working with animals when she was very young. She is a veterinarian at Fairview Animal Hospital. 867A Charlotte Hwy., Fairview. 628-3557.

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## Danger Spot Near Post Office Gets Road Safety Solution

If you've been paying attention while driving Charlotte Highway (and we hope you have), you may have noticed new yellow safety bollards between Fairview Elementary School and Food Lion (see photo above). "The bollards are a low-cost, high-impact safety measure that should increase driver safety in the area," NC Department of Transportation Communications Officer David Uchiyama told the *Crier*. "The bollards provide additional lane delineation and restrict left-turning movements."

That's the intent anyway. The Fairview Fire Department noted on its Facebook page that "no longer than it took us to take pictures [of the new bollards], a driver attempted a left-hand turn out of the parking lot while we were sitting there. Instead of choosing to turn around and exit at the traffic light or turning right, which is what traffic is

supposed to do exiting at this location, they proceeded to travel head on into oncoming traffic, traveling in the wrong direction, on the wrong side of the roadway."

The fire department's post (which can be found at [tinyurl.com/fvfdept](https://tinyurl.com/fvfdept)) had nearly 50 comments. "As a bus driver for Fairview Elementary, I so appreciate this," read one.

For its part, the Fairview Fire Department thanked the NCDOT for installing the bollards. "We have responded to numerous very serious accidents at this intersection, and we cannot stress the importance of exiting the parking lot at the stop light if you are wishing to turn left out of the parking lot. If you need to turn left into the parking lot, you need to do so at the traffic light, as the turn lane is designated for turning into Fairview school and Oak Hill Lane only."

## Fairview Fourth Grader Conquers Geotrail Challenge

Spring Mountain Community Center congratulates Fairview 4th grader Zoe Burcham for completing the Fairview "Long Ago But Not Far Away" Kids' Geotrail. This geotrail comprises a series of hidden containers at various historic locations in Fairview. When each small box is located using a GPS app on a smart phone, the finder signs an included paper and answers two questions about the location. Anyone can hunt for objects and enjoy the history tour, but kids 12 years and under will be rewarded with prizes and a certificate after finding at least four of the boxes.

There are two historic geotrails located in Spring Mountain, each sponsored by the community center. For more information, contact Ruth Atkins at 628-1625.



### READER REMINDER

## Reach out to Ralph!

Contact the *Crier's* new editor, Ralph Grizzle, about story ideas, event details, running an ad, and anything else.



**828-338-8133**



**[ralph@fairviewtowncrier.com](mailto:ralph@fairviewtowncrier.com)**

## Easy Ways to Have Global Impact

Reynolds resident Susan Dillard wrote to us with two tips for lessening your environmental impact. The first tip informs how you can get off mailing lists for unwanted catalogs. The second tip touches on how to recycle items that are often hard to recycle.

### Opting Out the Easy Way

How many times this week have you trashed or recycled a catalog from a merchant or mail from a non-profit you don't know or did not request? That junk mail comes from companies that bought your mailing address from someone's database.

Of course, you could recycle the junk mail, but what if you could stop the production of those unwanted catalogs, solicitations or junk mailings produced for you? What if you could opt out before the junk mail is produced? You can.

Catalog Choice is a free, nonprofit service dedicated to helping folks like us stop unwanted catalogs and other forms of junk mail. They send merchants and fundraisers opt-out messages on our behalf. The organization has more than 9,000 titles that you can opt out of.

Since 2007, Catalog Choice has helped nearly 3 million people submit more than 30 million opt-out requests. That

means environmental savings of more than 100,000 tons of paper waste, 500,000 tons of wood, and almost 2 million tons of CO<sub>2</sub>, according to Brett Chamberlin, Catalog Choice's program manager. That's like taking half a million cars off the road for a year.

Visit [catalogchoice.org](https://catalogchoice.org) to sign up for a free account, click "cancel a catalog" to search for the title of the mailing you'd like to cancel, and then follow the instructions on the screen to submit your opt-out request. Use it for current or former residents of your address or for someone who has died. You can opt out of junk mail for anyone whose mail comes to your mailing address.

### Hard 2 Recycle

Styrofoam is just one of the many items that Asheville Greenworks will accept during its Hard 2 Recycle event at AC Reynolds High School, May 18, from 10 am–2 pm. There's no cost to drop off items that Asheville Greenworks accepts at its events throughout the year, but you can always donate or support the organization in other ways, such as volunteering. Since 2016, Asheville Greenworks has kept more than 1 million pounds out of the county landfill. For more information, visit [ashevillegreenworks.org/hard2recycle](https://ashevillegreenworks.org/hard2recycle).

## Global Day of Unplugging

The Global Day of Unplugging runs takes place March 1–2, sundown to sundown. There are two local events on March 2, both hosted by Mary Anne Tierney, RN, MPH, the Executive Director of SafeTech NC.

### Wireless Wisdom on Why & How to Unplug: Practical Ideas to Reduce Radiation Risks & Screen Addiction

March 2 from 3–4:30 pm at Fairview Christian Fellowship, 596 Old US 74 Highway, Fairview (behind the library). There is a \$5 suggested donation.

### Unplugged Potluck & Book Discussion of Disconnect: A Scientist's Solutions for Safer Technology

March 2 from 5–6:30 pm, also at Fairview Christian Fellowship. Bring a dish and a \$5 donation. You are encouraged to come even if you haven't read the book, which was written by Devra Davis, PhD, MPH.

RSVP is encouraged (but not required) for both events by emailing [SafeTechNC@Proton-Mail.com](mailto:SafeTechNC@Proton-Mail.com). Both events are sponsored by SafeTech NC, a Fairview-based, statewide non-profit that shares why and how to use technology safely. These are both unplugged events. Please leave your cell phone in your car. For more info, visit [SafeTechNC.org](https://SafeTechNC.org)





# How Can Women Bridge the Retirement Gap?

March 8 is International Women’s Day, a day for celebrating all the accomplishments of women around the globe. But many women still need to make up ground in one key area: retirement security.

Women’s challenges in achieving a secure retirement are due to several factors, including these:

- Pay gap—It’s smaller than it once was, but a wage gap still exists between men and women. In fact, women earn, on average, about 82 cents for every dollar that men earn, according to the Census Bureau. And even though this gap narrows considerably at higher educational levels, it’s still a source of concern. Women who earn less than men will likely contribute less to 401(k) plans and will ultimately see smaller Social Security checks.
- Longer lives—At age 65, women live, on average, about 20 more years, compared to almost 17 for men, according to the Social Security Administration. Those extra years mean extra expenses.
- Caregiving responsibilities—Traditionally, women have done much of the caregiving for young children and older parents. And while this caregiving is done with love, it also comes with financial sacrifice. Consider this: The average employment-related costs for mothers providing

unpaid care is nearly \$300,000 over a lifetime, according to the U.S. Department of Labor—which translates to a reduction of 15% of lifetime earnings. Furthermore, time away from the workforce results in fewer contributions to 401(k) and other employer-sponsored retirement plans. Ultimately, these issues can leave women with a retirement security deficit. Here are some moves that can help close this gap:

- Contribute as much as possible to retirement plans. Try to contribute as much as you can afford to your 401(k) or similar employer-sponsored retirement plan. Your earnings can grow tax deferred and your contributions can lower your taxable income. (With a Roth 401(k), contributions aren’t deductible, but earnings and withdrawals are tax free, provided you meet certain conditions.) At a minimum, contribute enough to earn your employer’s matching contribution, if one is offered, and try to boost your contributions whenever your salary goes up. If you don’t have access to a 401(k), but you have earned income, you can contribute to an IRA. Even if you don’t have earned income, but you have a spouse who does, you might be eligible to contribute to a spousal IRA.
- Maximize Social Security benefits. You can start taking Social Security at 62, but your

monthly checks will be much bigger if you can afford to wait until your full retirement age, which will be around 66½. If you are married, you may want to coordinate your benefits with those of your spouse—in some cases, it makes sense for the spouse with the lower benefits to claim first, based on their earnings record, and apply for spousal benefits later, when the spouse with higher benefits begins to collect.

- Build an emergency fund. Try to build an emergency fund containing up to six

months’ worth of living expenses, with the money kept in a liquid account. Having this fund available will help protect you from having to dip into your retirement accounts for large, unexpected costs, such as a major home or car repair. It’s unfortunate, but women still must travel a more difficult road than men to reach retirement security. But making the right moves can help ease the journey.



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

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PRICE RANGE	NUMBER OF SALES	\$ AVG PRICE	DOM
200-299,999	1	288,000	18
700-799,999K	1	750,000	57
900-999,999K	1	916,125	77
<b>HOMES LISTED: 3</b> Max \$3,795,000 Min \$379,000 Avg \$1,624,667	<b>HOMES SOLD: 3</b> Max \$916,125 Min \$288,000 Avg \$651,375	<b>LAND LISTED: 2</b> Max \$19,000,000 Min \$130,000 Avg \$19,065,000	<b>LAND SOLD: 3</b> Max \$875,000 Min \$79,500 Avg \$609,833

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# Celebrations and Changes

As we transition into the second semester of school, I hope all our Reynolds district students, staff and families are off to a great start. I was honored to participate in the mid-year graduation ceremony in February. The ceremony saw our largest mid-year graduation class in Buncombe County Schools (BCS) history, with 211 students graduating from across the county. Congratulations to all the Reynolds graduates in this class! We are proud of your hard work and excited to see all the good things you will do in the future.

## Celebrating Bus Drivers and School Counselors

Recently, BCS celebrated our school bus drivers during “Love the Bus Week.” This is one of my favorite weeks of the year—I get to ride a bus every day with students across our Reynolds District. I am so impressed with the dedication, care and skill of our bus drivers. Every morning, they are at school long before anyone else, and they leave on their routes before the sun comes up, some as early as 5:45 am. Bus drivers are the first school staff that our students encounter each morning, and it is remarkable to witness the positivity and support that our bus drivers provide to students as they step on the bus.

Reynolds is a diverse district. From the

curvy roads of Garren Creek and upper Riceville to the narrow neighborhood streets of Oakley and Haw Creek, our bus drivers navigate challenging driving conditions and get thousands of students safely to school and back home every day. It was a treat to ride with Bob Roland at A.C. Reynolds High School, who was recognized in 2023 as the county-wide BCS Bus Driver of the Year. Thank you to all our bus drivers!

We also recently celebrated our school counselors, who work hard every day to support student success in each of our schools. School counselors are certified educators who hold, at minimum, a master’s degree in counseling. Each day, they collaborate with students, families, teachers and administration to help students meet their full potential.

As important members of the school leadership team, school counselors advocate for the needs of students and help create a culture of success in each school while supporting student social and emotional wellness. Thankfully, according to the recently released 2024 “myFutureNC” Attainment Profile for Buncombe County, our BCS school counselor to student ratio is 1 counselor per 252 students. This meets the National School Counselor Association recommendation of 1 counselor per 250

students and is significantly better than the statewide average of 1 counselor per 350 students. We need to continue to support our school counselors and recognize their great work in our schools. Thank you, school counselors!

## School Board Electoral Re-districting

Regarding the school board election re-districting process, there is a link on our BCS homepage that provides the work done thus far to meet the requirements of the state law passed in 2023 that requires BCS to change our school board election process. This re-districting will not change where your student attends school, but it will change the representational districts and how you elect your school board representative. Because election law requires the new electoral districts to be equal in population, the county will have a board of six generic districts that will not align with the current school attendance zones. Due to this change, each district will no longer contain all of the elementary and middle schools that feed into each of the six high schools. The current Reynolds district will become District 3.

Because our district is one of the county’s most populous districts, we will feel the biggest change, as 25 to 27 percent of our population will shift into the neighboring District 2, currently known as the Owen District. In effect, this means that many residents will live in District 2 and

be represented on the board of education by someone who lives in District 2, but their student will attend school in District 3. The Board of Education has had two rounds of public comment. We will continue to seek public input as we approach a final vote on the new districts, likely in our March 7 board meeting. The state law mandates that we have the new districts in place by June 2024, just before the filing period for school board candidates for the 2024 general election.

Lastly, the same state law mandating our school board re-districting process also mandated a “school consolidation” study. This study will inform the County Commissioners and/or General Assembly as to the strengths and weaknesses of merging BCS with Asheville City Schools. BCS agreed with Asheville City Schools to have Buncombe County government act as a coordinator and mediator of the process. A consultant will be hired to perform the study and provide results by February 2025. At that time, county commissioners will consider the results of the study and make a final decision.



Rob Elliot is the Reynolds District School Board Representative. Contact him with questions or concerns about school-board related items at [rob.elliott@bcsemail.org](mailto:rob.elliott@bcsemail.org)

or call/text 828-222-4874.




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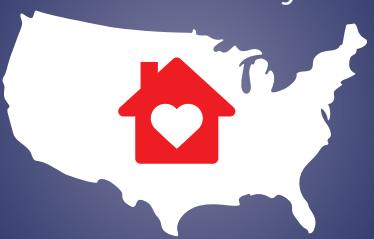
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Monthly comics inspired by Fairview. Do you recognize this spot?

Upcoming theme: Friendship

Do you know someone with an unusual friendship? We'd love to hear about it! Email your stories to saige@fairviewtowncrier.com (or call 828-771-6983) and your story could be featured in a future comic.

And if you're still wondering where this is in Fairview: the first panel in this month's comic shows Flying Cloud Farm's produce stand.

# Hill Rubies

EACH YEAR, I FEEL A SENSE OF AWE WHENEVER THE FIRST FLOWERS BLOOM, AS IF IT'S THE FIRST TIME I'VE EVER SEEN IT.

YET THERE'S A BIT OF ANXIETY ABOUT IT TOO— A WORRY THAT AN IMPENDING FROST WILL WIPE THEM OUT.

AT LEAST I KNOW THE SNOW-DROP WILL BE ALRIGHT. THESE HARDY LITTLE FLOWERS CAN SURVIVE FREEZING TEMPERATURES.

THEIR NEW LEAVES ALSO HAVE HARDENED TIPS FOR PUSHING THROUGH SEMI-FROZEN GROUND.

BUT THAT'S NOT ALL. IT TURNS OUT THAT THESE FLOWERS ARE HELPING HUMANS OUT IN ALL KINDS OF WAYS.

RECENT RESEARCH HAS SHOWN THAT CERTAIN CHEMICALS IN SNOW-DROPS HAVE THE POTENTIAL TO BE USED IN SLOWING THE ONSET OF ALZHEIMER'S DISEASE. I'VE ALSO HEARD THAT SNOWDROP SAP WAS USED LIKE AN ANTIFREEZE BACK IN THE DAY. PRETTY AMAZING STUFF!

AH YES...IT'S PRETTY AMAZING WHAT US SNOW DROPS USE HUMANS FOR TOO...

he he he he he he he he

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Meet a Member: Joanne Winkler



Members of the Fairview Business Association are also part of the community. We hope you enjoy getting to know them through the Crier’s business people profiles.

**What brought you to Fairview?**  
Ironically, the Town Crier did. When we arrived in Asheville, we lived in the Berrington Apartments and received the paper. The calendar of events and articles written by locals made it feel like a perfect place to live and drew us in.

**What were you doing before moving to Fairview?**  
Sitting in traffic! After getting married in 2005, we lived downtown in Wrigleyville, Illinois, and eventually made our way southwest of Chicago to Joliet, (yes, the Blues Brothers) and started our family.

**What got you started in your own business?**  
During high school and after college, I [Joanne] worked for my father at his insurance agency. It was fun to be a part of something that meant so much to my family. In 2007, he stepped back, and I became the only agent. In 2017, I officially took over. Through the years, our office location moved farther south to the suburbs and closer to home. During COVID, we closed entirely,

and my sister Meggan and I went fully remote and succeeded. She still lives and works in Illinois, and Todd and I decided to go a bit farther south to WNC.

**How do you help your clients?**  
We enjoy helping people understand coverage and being an ear to listen in times of stress. As an independent agency, we have outside resources and options with multiple carriers that do not sell directly to customers.

**What’s the most unusual thing that has happened to you in Fairview?**  
Having garbage cans with teeth marks and claw prints. And locking the car doors to deter bears, not necessarily people, is also a new feeling.

**What are your hobbies and/or passions?**  
Spending time camping with our two children and dogs; any time being outdoors, hiking, enjoying nature and blue skies. We enjoy live music, and at the opposite end of the spectrum, quiet time in the mountains.

**What’s on your bucket list?**  
To travel the country in a camper van and live on the road for most of the year.  
  
Joanne and Todd Winkler are owners of ESCO Insurance Agency. 231-6577 or esco1960.com.

Rise Above Bakehouse Closing

Rise Above Bakehouse, which has been making bread, sandwiches, pastries and drinks for the last five years in the yellow house at 1207 Charlotte Highway announced last month that they would be closing.

“We’ve loved being a part of this amazing community and getting to know so many of our wonderful neighbors and are so grateful for all the support you’ve shown us, one loaf of sourdough at a time...our Fairview customers will always have a special place in our hearts,” the owners posted online. They said that future plans could involve reopening in a new spot.

On Facebook, many local people posted their thoughts. “We will miss your bagels and sourdough and friendly staff,” one person commented, and that sentiment seemed to be shared by many.



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# Purple Dead Nettle

With the recent rain and warmer temperatures, some of the earliest spring plants are awakening once again, including purple dead nettles, wild mustards, onions, chickweeds and dandelions.

A few years ago, I gave a presentation on the most common wild edible plants and mushrooms found in the spring. When I talked about purple dead nettle—a common, abundant weed in the mint family—several people were amazed it was edible. Some said they had it “growing everywhere in their gardens like a carpet,” and all they knew was that it was beyond prolific, as well as pretty to look at with its two-toned purple and green leaves and bright, red-lavender flowers.

They also knew they didn’t want it growing in their garden beds, as it could outcompete most everything else. Such is the nature of “weeds”—which are simply plants that humans do not want in a particular place. Plants like purple dead nettle don’t know they are weeds; they are just common plants that are supremely well adapted to reproducing and thriving in our habitat. And if they happen to have their seeds dropped into fertile, rich garden soil by birds, they thrive. A friend once commented that there were enough

dead nettles, wild daylilies, lamb’s quarters and chickweeds to feed the entire county all spring and into early summer.

Purple dead nettle, *Lamium purpureum*, received its name because it was considered a nettle that didn’t sting, hence the “dead.” They are not really a nettle and don’t resemble their stinging friends, but they can be used in a similar fashion. These plants are in the mint family with square stems and opposite leaves. Unlike their aromatic cousins, peppermint and spearmint, dead nettles have a musty mildew-like aroma when crushed under the nose. A colleague referred to them “as smelling like old socks.”

My mentor used to refer to dead nettles and other non-aromatic mints as “stinkmints.” There are no poisonous lookalikes for nettles, and they comprise a diverse family of plants. Dead nettles are an important pollinator for bees, as they begin blooming early in the season. The bees not only love them but also depend on these wild plants for their rich nectar and protein. Years ago, when I ran a natural history center off the St. Mary River and Chesapeake Bay area in Maryland, we had about 30 beehives, and when dead nettles were in bloom, you could tell by the color of the honey.

The mint family can be confusing, as



many people confuse dead nettles with common mints called “henbit” or “ground ivy.” Henbit has heart-shaped leaves with scalloped edges that grow along the entire stem, whereas dead nettle leaves are more triangular and grow in larger clumps. Henbit is also edible raw or as a cooked green. Ground ivy, or “Creeping Charlie,” grows close to the ground and looks like a carpet with blue flowers.

Purple dead nettles are hairy or fuzzy and nutritious, as they are loaded with iron, other minerals and vitamins, and the seeds are rich in antioxidants. Many people eat the nettles raw, but I prefer them cooked. My favorite means of preparing them is to wilt them down in boiling water and then sauté them with garlic, a little coconut oil and a strip of bacon. They are also delicious when added to soups or used raw in smoothies. I like mixing dead nettles with other wild greens like chickweeds and violet leaves and making them into pesto.

One of the best parts about dead nettles is that they are so prolific. I don’t have

to plant them or tend to them as I do with other parts of the garden. I just let them run wild in the areas away from my perennial and garden beds.

On the medicinal front, purple dead nettles have anti-inflammatory properties according to recent ethnopharmacological studies. A common way of using these plants is to make tea or a tincture from the leaves and flowers. The plants work by inhibiting the release of the hormone prostaglandin 2, the principal mediator of inflammation in allergies and chronic inflammatory conditions. These mints have anti-microbial properties and are rich in essential oils that may help people suffering from allergies, as the oils help protect the body against pathogens and have been used to help prevent sinus, throat and respiratory infections.

The leaves have also been used to make a salve or poultice for minor cuts, abrasions and wounds. Considering it is a superfood, with many beneficial medicinal properties, purple dead nettle boasts an impressive repertoire for such a common weed that most people look down upon as an unwanted botanical pest.



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# Corn Shucks

Few people in WNC live on farms these days. They know very little about farming. So, for those who don't know, corn shucks (husks) are the outside covering on an ear of corn. The shucks protect the developing ear. But they have many more uses.

Before there were store-bought doormats, women would make them out of corn shucks. Those doormats worked just as well as today's rubber or plastic versions. And as a bonus, you did not have to pay for them. People in WNC were much thriftier in the past than they are today. They would not spend a penny on anything they could make or do themselves.

Before 1900, only rich people had mattresses. Back then, people used bed ticks—not insects, but something like large pillowcases—that you stuffed with cotton or other soft materials to thicken the pillows. Poor people would stuff their pillows with corn shucks.

In the 1800s, padded seats were bags stuffed with corn shucks fastened to a chair. In the early 1900s, a doctor in Jackson County still used a chair stuffed with corn shucks that had been in his father's office because it was more comfortable than the office chairs they made in his day.



Eighth grade students making mats of corn shucks: Zollie M. Brocks, Susie Vinson, Lucenda Harvard, Pearl M. Leurs. National Youth Administration (NYA) Flint River Farms, Georgia, 1939

Dolls made from corn shucks were being sold at the Southern Highlands Guild in the 1960s and are still made today. Long after the electric lamp came along, mountain women would make lamp shades out of corn shucks.

In the mid-1900s, mountain crafters made hat bands, napkin rings, flowers and bracelets out of corn shucks. Pressed out corn shucks were made into trays, baskets and handbags. During the Civil War, when the Confederate coast was blockaded by Union war ships, hats could not be brought in by ships; so women made attractive hats out of corn shucks.

An early NC state governor said North Carolina women "took the bright straw of wheat, oats and rye and husk of corn and made all manner of headgear, as charming ... as came from the shops of France and Italy."



Mother & Child Doll from the 1870s made with corn shucks. Currently property of the Metropolitan Museum of Art in NYC. Made by the Seneca people of the New York / Ontario region.

During the Civil War, Confederate money was called shucks by many. Pioneers often twisted corn shucks and used them to make ropes and bed cords, as well as collars for horses and mules. Corn shuckings were big events. After the harvest and the first frost, huge piles of corn were placed in front of a house or barn. All the surrounding families were invited. Food enough for everyone was prepared. It was work and a social event all in one.

Boys would check out the unmarried young girls and vice versa. Many times, young people met their spouse at a corn shucking. Young people seldom saw many people at one

time. They typically attended one-room schools, where they learned to read, write and do math, and that was it. A person did not spend 12 years in school. They probably did not spend 12 months in school. At corn shuckings, young people worked hard to make a good impression on the other young girls or boys. Sometimes they would put a red ear of corn in the pile. The boy who found it got to kiss the girl of his choice.

Today, corn shuckings are few and far, and often done in the privacy of homes. They are no longer the community social events that they once were—just relics of the past long gone but not forgotten.

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



DR. ASHLEY LUCAS

## Shop To Drop

The journey toward weight loss and embracing a healthier lifestyle begins at the grocery store. Your choices when shopping directly impact your ability to reach your goals, making it essential to approach each aisle with intention and knowledge. To navigate your shopping journey with confidence, follow these four basic rules:

- Start by navigating the outer edges of the grocery store, where fresh, whole foods like vegetables and lean proteins await. These nutrient-dense options form the foundation of a balanced diet.
- When perusing prepared foods, exercise caution with marketing buzzwords like "all natural," "gluten-free" or "sugar-free." These labels can be deceiving, often masking unhealthy ingredients. Instead, prioritize products with transparent ingredient lists and minimal processing.
- Become a label detective. Rather than net carbs, focus on the total grams of carbs per serving listed. Even if a product says "0g of Sugar," when you see the word "carbohydrates," think sugar. You can figure out the total amount of teaspoons of sugar by dividing the total carbohydrates by four.
- Scan the ingredient list, noting that ingredients are listed by weight, with the most prominent ones coming first. Be careful of words ending in "-ose"; that's sugar. Avoid trans fats and inflammatory oils like canola, vegetable and seed oils, opting instead for olive oil and avocado oil.

With each mindful choice, you're investing in your well-being.



Ashley Lucas, who lives in Fletcher, has a PhD in nutrition and is a Registered Dietitian. Her company, PHD Weight Loss and Nutrition, is located at 1833 Hendersonville Road, Suite 170, Asheville. 552-3333 or [myphdweightloss.com](http://myphdweightloss.com).

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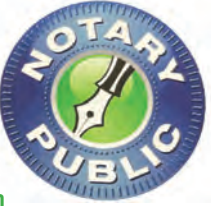


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# Medicare Star Ratings

**W**hen I first saw the Star Ratings concept initiated by Medicare, my reaction was how juvenile the idea seemed to be.

It is based on a five-star rating system where one star is the worst and five is the best. I had visions of school days when students were presented with a gold star for superior performance.

Medicare was obviously serious about it, as agents presenting the Advantage and Prescription Drug plans were strictly instructed to show it to prospective enrollees or suffer the consequences of non-compliance. Turns out Medicare was on to something helpful to consumers and companies.

According to The Centers for Medicare & Medicaid Services (CMS): "CMS publishes the Medicare Advantage (Medicare Part C) and Medicare Part D Star Ratings each year to measure the quality of health and drug services received by consumers enrolled in Medicare Advantage (MA) and Prescription Drug Plans (PDPs or Part D plans). The Star Ratings system helps Medicare consumers compare the quality of Medicare health and drug plans being offered so they are empowered to make the best health care decisions for them. A vital component of this effort is to provide Medicare consumers and their caregivers with meaningful information about quality alongside information about benefits and

costs to assist them in being informed and active health care consumers."

Different plans are rated by different amounts of unique quality and performance measures, such as monitoring physical activity, customer service, and complaints: Advantage plans with prescriptions (MA-PD), 40 measures; Medical only (MA) up to 30; and PDP, up to 12. Both consumers and insurance providers benefit from the rating system. Higher Star Ratings encourage a competitive advantage when rewarded with additional money from Medicare specifically earmarked for lower costs and additional benefits. Companies that get five stars are uniquely privileged to enroll all year instead of just during the Annual Enrollment Period.

When shopping for a plan, look for one with a rating of three stars or more. If you have a plan below 3 stars, then look at a five-star plan in your area where you can change and enroll anytime. Just be sure to check that your prescriptions are covered, and your doctors and hospitals are participating.



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

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## EVENTS

**HUGE ESTATE SALE!** March 9 and 10, starting at 8 am. Selling all indoor/outdoor items used for a short time to furnish entire AirBNB and vacation home. All items bought new and some are still in the box. Bedrooms and furniture of all sizes, hybrid Casper mattresses for each room, cherry bunkbed, large and small appliances, tools, electronic items, women and kid's clothing (casual and business), tables, rugs, lamps, kids bikes, hoverboards, bathroom fixtures, linens for each room, decorative pillows, wall decor, knick knacks, and much more. 139 Vehorn Road, Fairview.

**CANONGATE CATHOLIC HIGH SCHOOL PRESENTS:** Little Women, March 22, 23, 24, Fairview Christian Fellowship, 596 Old US 74 Hwy, Fairview (behind the library). For info and tickets visit: [bit.ly/littlewomen2024](https://bit.ly/littlewomen2024).

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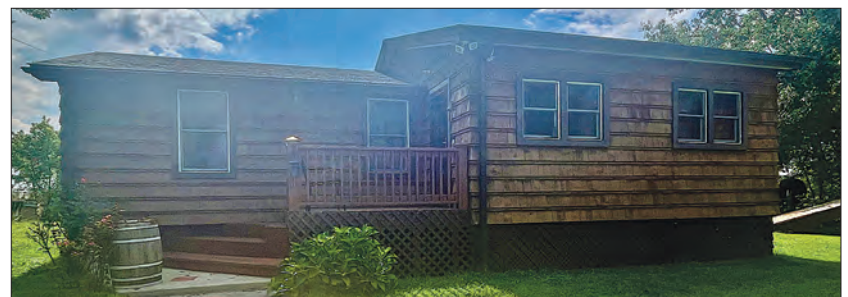
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