



The Fairview Town Crier

JUNE 2023 VOL. 27, No. 6

FAIRVIEW, NC

fairviewtowncrier.com



A Busy End to the School Year at Fairview Elementary



Last month, FES students submitted art and essays to the *Crier*. The fine-looking cardinal shown at left was created by Charlie Wendling, who is

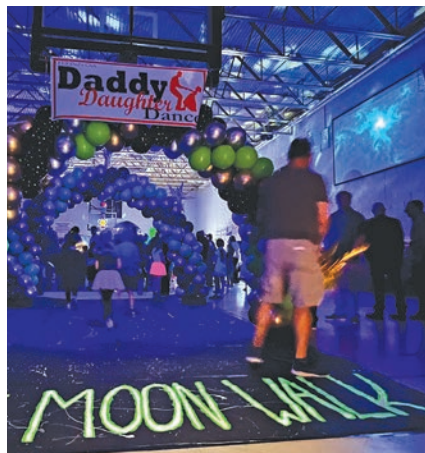
finishing up 3rd grade. We agree that “FES is great,” and so is Charlie’s drawing. See page 16 for more submissions.

Also in May, the FES Dad’s Club held its sixth annual Mommy-Son and Daddy-Daughter dances. The theme was “Out of This World,” and the pictures prove the event was just that. A DJ got everyone dancing, there were flowers, a professional photographer, free snacks, pizza, sodas and a free craft for all to create to give to mom for Mother’s Day.

All proceeds from the event will be put back into the school with requested needs that fall in line with the mission of dads working with their kids on various projects.

Thanks to all the amazing dads and other volunteers who help make these events a success. For more info about the group, email fesdadsclub@gmail.com, follow them on Facebook (@fesdadsclub) or call/text 631-741-9606.

Happy summer to all students, parents, teachers and staff!



The PLACE Fellowship Church Unveils New Event Space

More than ever, it’s important to get together in person. There are places in Fairview to do that, but the area is growing and more spots are always needed. Herman Lytle, from The PLACE Fellowship Church, got in touch with the *Crier* because he wanted to let the community know that the church has a new event space. It’s located behind the church, at 2 Laura Jackson Road, across from Food Lion.

The 30’ x 50’ covered space will hold at least 100 people, and with nice weather more people can spread out into the surrounding area. There are two grills in the shed, and a rental comes with access to the church’s kitchen and bathrooms. An existing playground is steps away for the kids.

“In the Fairview community, you are very limited to where you can rent a shed to have an event, like a family reunion or class reunion,” Lytle said. “We wanted to give back to the community. We want them to know, ‘We’re here. Come use it.’”

The church has been holding regular fundraisers to raise money for improvements to the event shed (see ad page 7). The plan is to run power, build outdoor bathrooms and install a fireplace (for heat, not cooking). If you would like to sponsor any improvements or donate, call the church at 581-0588.

What events could be hosted at this new space? Birthday parties, company picnics, art and craft classes, wedding anniversaries and yard sales. And weddings, of course. Lytle said, “You’ve got a chapel to get married in. A shed to have a reception in. And a kitchen to prepare the food in. It’s turnkey. And me and the preacher and four or five other people in the church are available to marry people.”

There is a large parking area, and Food Lion is within walking distance in case you forget something or run out.

As the space is new, the church is still figuring out pricing, but they intend for this to be an affordable option. They are currently charging \$25 per hour, with a \$50 deposit, but they may also offer set pricing. To book a date or for more information, contact Lynn Baxter at 772-6858 or lynnbaxter457@gmail.com.

If you have an event space for community use, get in touch with the editor. We will run a full listing in a future issue.

Blood Drive in Fairview

EVENT

Thursday, June 15 Multiple locations

ESCO Insurance Agency and Cool Mountain Realty are leading a local effort for blood donations. There is an urgent need, and those who donate can benefit, too.

People who make donations will receive \$60 worth of gifts—a \$20 e-gift card, a \$30 e-gift card, and a \$10 charitable donation.

11 am–3 pm Cool Mountain Realty
771 Charlotte Highway, Fairview

4–8 pm Food Lion
1350 Charlotte Highway, Fairview

Register at tinyurl.com/mvrvd5re

Register at tinyurl.com/4n7tcdv5

You can try to drop by but reservations are encouraged. It’s no fun to show up to be generous and not be able to donate.



DONATE USED BOOKS, CDs AND DVDs TO THE LIBRARY ON JUNE 17!

Proceeds support the library and library events. See ad, page 8.



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

NON-PROFIT
U.S. Postage Paid
Permit #100
Fairview, NC 28730

Postal Patron
Fairview, NC 28730

COMMUNITY EVENTS & UPDATES

Barn Door Ciderworks

JUNE 2 Dr. Will Memorial Marmalade (Jam) Session, 5:30-8 pm. Come remember Dr. Will with friends. 23 Lytle Rd., Fletcher. For more info, call 917-504-1503.

Bethany United Methodist Church

JUNE 24 Benefit for Food Pantry, 5:30 pm. "Unshackled" will perform, followed by a meal. Bring one staple food item or paper product for entry. All donations go to Food For Fairview. Call 669-7591. Bethany United Methodist, 212 Bethany Church Rd., Fairview.

Fairview Area Art League

JUNE 12 Monthly meeting, 6:30-8 pm. Annual \$25 membership fee. For more info, email FaArtLeague@gmail.com or visit facebook.com/fairviewart. Re.Imagine, 15 Spivey Lake Dr., Fairview.

Fairview Baptist Church

JUNE 11-14 Vacation Bible School. See ad on page 13. 32 Church Rd., Fairview.

Fairview Business Association

JUNE 14 Member Meeting, 6-8 pm. At Specialized Fitness & Nutrition. See page 27 for more info.

Fairview Sharon Church

JUNE 4 Homecoming, 11 am. Followed by a lunch. Bring a covered dish. 291 Sharon Rd., Fairview.

Fairview Vol. Fire Department

JUNE 24 Rodeo Fundraiser, 5 pm start. Celebrating and raising funds for first responders. See ad on page 11 for full details. WNC Ag Center, 1301 Fanning Bridge Center, Fletcher.

Laughing Waters Retreat Center

JUNE 10 Free Lecture, 10:30 am-12 pm. Talk and program, with live animals. Kids welcome. Space is limited, and pre-registration is required at tinyurl.com/mty95txd. 3259 Gerton Highway.

Nachos & Beer

JUNE 8 Fundraiser. 15% of sales go to support Reynolds Fire Department. 230 Charlotte Hwy., Asheville.

Oakley United Methodist Church

JUNE 24 BarbeCUBA fundraiser, 5-8 pm. Live music and barbecue. \$15 per plate. For more info, find the event on Facebook or email aileen.lawrimore@gmail.com. 607 Fairview Rd., Asheville.

Re.Imagine Studios

JUNE 2 Mandala Dot Garden Rock Painting, 2-4:30 pm. **JUNE 3 & 4 Creative Junk Journaling for Tea Lovers**, 10 am-4 pm on Saturday, and 10 am-3 pm on Sunday. **JUNE 17 Lettering As Art—Lettering Variations, Part 1 of 2**, 10 am-4:30 pm. Visit re-imagine.corsizio.com to see pricing, sign up, get more information and ask questions. 15 Spivey Lake Dr., Fairview.

Reynolds Fire Department

JUNE 17 Yard sale and BBQ lunch. Sale from 8 am-2 pm; BBQ lunch at 11 am. Tables are \$15; additional \$10 each. Call 335-9999 for more info. 235 Charlotte Hwy., Asheville.

Seventh Day Adventist Church

JUNE 15 Plant-based Cooking Class, 6 pm. Featuring summer favorites. See ad on

page 7. 57 Cane Creek Cir., Fairview.

Root Cause Farm

Volunteer Days, Sundays, 3-6 pm, Mondays, 9 am-12:30 pm. **Potluck Dinner**, last Sunday of the every month, 5 pm. **Share Market**, Mondays, 12-1 pm. 26 Joe Jenkins Rd., Fairview. rootcausefarm.org.

Rusty Dog Arts & Crafts Show

JUNE 10 9 am-3 pm. See ad on page 24. 379 Old Charlotte Hwy., Fairview.

The PLACE Fellowship Church

JUNE 10 Yard Sale. 8 am-2 pm. 2 Laura Jackson Rd., Fairview. Call 581-0588 **JUNE 17 Car Show Fundraiser**, 11:30 am start. See ad on page 7. 2 Laura Jackson Dr., Fairview.

Trinity of Fairview

JUNE 26-29 Vacation Bible School, 9 am-12 pm. From 4 years to 6th grade. See ad on page 17. 646 Concord Rd., Fairview.

Turgua Brewing

JUNE 24 Celtic Festival, 12-7 pm. Free event. Come celebrate Celtic culture. Beer, live Irish music, and food. For updates on this event, search for @turguabrewing on Facebook and Instagram or call 338-0218. 131 Cane Creek Rd., Fairview.

Whistle Hop Brewing

JUNE 4 Fairytales and Fruited Ales Festival, 2-8 pm. Bouncy castle, festivities,

artisan market, fire spinning and more. Get more info on Facebook (@WhistleHop). 1288 Charlotte Hwy., Fairview.

WNC Prostate Support Group

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

COMMUNITY CENTERS

Spring Mountain 807 Old Fort Rd., Fairview **SECOND TUESDAYS Quilting Bee**, 10 am-2 pm. Call Kay at 628-7900.

Upper Hickory Nut Gorge 4730 Gerton Hwy., Gerton **JUNE 20 Covered Dish Dinner & Program**, 6:30 pm.

FOOD PANTRIES

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

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

Trinity of Fairview TUESDAYS 9 am-12 pm at back of church grounds. 628-1188. 646 Concord Rd., Fletcher.

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

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

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

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

Change your skincare routine

CHANGE YOUR SKIN

As an esthetician with over 45 years of experience, I have seen many clients with dry and dull skin due to use of the same products for years. Changing your skincare routine doesn't require painful medical treatments, harsh chemicals, or frequent change of product brands. Incorporate new products regularly that cater to **your** skin type and concerns.

—**BREA GRATIA** Owner, Gratia Botanica, and Fairview resident



LEARN MORE!

Scan the code to discover how to revamp your skincare routine.



NOW OPEN!

Gratia Botanica
BEAUTY GRACE LOVE

4 Olde Eastwood Village Blvd., Asheville | 828.333.5345 | gratiabotanica.com

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

Summer Is Here!

From June 1 to August 31, every library across the county will be taking part in the Summer Learning Program. Kids and teens are encouraged to pick up an activity sheet at any Buncombe County Public Library. The activity sheet is filled with fun and interesting challenges. When participants complete four challenges, they get to pick out a free book!

Summer Library Festival

June 3 at the East Asheville Library
Celebrate the start of Summer Reading with a county-wide Summer Library Festival! Enjoy fun activities for the whole family, including a magician, balloon twisting, face painting, lawn games, bubbles, a live DJ, special activities led by community partners, and so much more! Popcorn and drinks will be served. 3 Avon Road, Asheville.

Special Events at Fairview Library

Bubble Brigade! Presented by Professor Whizzpop: July 7 at 2 pm.
Fancy Nancy Gala: July 21 at 2 pm.
Shell: A theatrical experience presented by Asheville Creative Arts: August 25 at 2 pm.

The Buncombe County Library System has lots of fun events for kids of all ages all summer long. Check out the library events calendar on our website to see them all. buncombecounty.org/library.



directed by local artist Mikayla Wilson. For children of all ages.

Weekly Story Time

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

Lego Club

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

CRAFTING AND CREATING

Take Home Kit: Paper Puzzle Snake
The take-home craft is a paper puzzle snake that is incredibly easy to make but complex looking once it's made. Easy and impressive! For all ages.

In-House Activity: Juneteenth Activity Pack

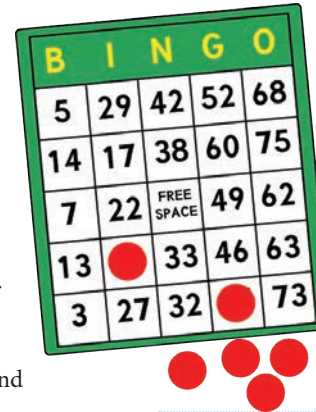
The Juneteenth activity packs feature a crossword puzzle, coloring sheets, reading recommendations and more. For all ages.

friends. This is not an instructional group, but newcomers are most welcome. Come ready to meet fun people.

PROGRAMS FOR EVERYONE

Summer Bingo

June 20 from 3:30–4:30 pm
Come one, come all. Come kids and parents and teens and grandparents and...did I mention that everyone is invited? Bingo is back for the summer!



There will be corny jokes, zany prizes, and hardcore competition. Bring your neighbors! Bring your kids! Bring your neighbors' kids! It will be held on the third Tuesday from June to August.

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



PROGRAMS FOR KIDS

Saturday Outdoor Story Times

June 17 from 10:30–11:30 am
Join us once a month throughout the summer for a special Saturday story time. For preschoolers.

Reptile and Amphibian Encounters with ecoExplore

June 29 from 4–5 pm
Come out to learn about the fascinating world of reptiles and amphibians, as well as the ecoExplore program, an initiative of the NC Arboretum. For kids ages 5–13.

Leah and the Rabbit

June 10 from 11 am–12 pm
This playful puppet show intertwines the folktales of Brer Rabbit with the life of Leah, a freed enslaved woman. This piece sparks conversation around appropriation, emancipation and the forgotten stories of the enslaved people owned by the Vance family. An American Myth Center production, this piece was written, created and

PROGRAMS FOR ADULTS

Fiber Arts Club

June 13, 6:30–8 pm
A monthly gathering of those who enjoy knitting, crocheting, and hanging out with

SEPT | PHYSICAL THERAPY

**Better movement
for better LIFE**

LOCALLY OWNED AND OPERATED!

specializing in: shoulder pain • low back pain • balance • pre & post - op care • return to sport

SEPT | PHYSICAL THERAPY 338-0707
1356 Charlotte Highway
(across from Fairview Elementary School)
WWW.SEPTPHYSICALTHERAPY.COM

Serving Fairview, Fletcher, Gerton and Reynolds

All referrals and insurances welcome
WALK-INS WELCOME!



Meghen Merrill, PT
Primary Provider

Grey Beard REALTY

Eastwood Village
across from Ingles
Highway 74

Serving the community since 1999

828.298.1540
greybeardrealty.com

FEATURED LISTING



3 BR | 2.5 BA | 2,491 SF | 7.61 ACRES

Arden

548 Avery Creek Road

Surrounded by nature, this charming log cabin in the woods offers unparalleled tranquility and privacy! Originally a hunting cabin, it has been updated with all the comforts of home but has kept its original character and charm, as seen in its exposed logs and original pine floors. Upstairs features a living room, a kitchen, 2 bedrooms, 2 updated bathrooms, and an enclosed porch. The lower level features a den with a half bath, a bedroom,



a washer/dryer, and ample storage space. Outside offers a large deck, a fenced area, and a two-car carport with storage for outdoor equipment.

ACTIVE LISTING Chip Craig

\$749,000 | MLS ID 4023391

ACTIVE LISTINGS

Fairview



3 BR | 3 BA | 2,204 SF

137 Sharon Ridge Court
\$575,000 | MLS 4017718

Fairview



3 BR | 2 BA | 2,532 SF

34 Weeping Cherry Forest Lane
\$1,385,000 | MLS 3908804

Black Mountain



2 BR | 1 BA | 892 SF

213 South Laurel Circle
\$398,000 | MLS 4026723

FAIRVIEW REAL ESTATE SALES

APRIL 2023

LISTING PRICE	NUMBER SOLD	AVERAGE SALE PRICE	AVERAGE DAYS ON MKT	AVERAGE % LIST-SALE PRICE
UNDER \$300K	1	\$100K	37	97
\$300K-599K	5	\$460K	5	99.6
\$600K-899K	4	\$741K	2.5	103.5
\$900K+	3	\$1.2M	72.3	99

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

Agent Spotlight DAVE DRIBBON



“ We were very fortunate to find a great Realtor like Dave. He has excellent knowledge of the area and properties. He followed through with our requirements and gave us excellent guidance. With his help, we were able to buy great property. We would definitely work with him for our future needs.

—Venkhat Charla

”

CONTACT DAVE TODAY!

828-460-0269 | dave@greybeardrealty.com

Alonzo Carlton Reynolds

Even though most of the cousins on my father's side went to A.C. Reynolds High School, they didn't know about the person it was named for. Some thought he was connected with Reynolds Tobacco Company; others thought he was a former state senator. A few said they heard he had gotten in trouble with the law. They all said no teacher at the school had ever brought up his name. Instead of guessing or not knowing, I told them we should find out who he was.

His full name was Alonzo Carlton Reynolds. He was from the Sandy Mush section of Buncombe County. Sandy Mush is in northwest Buncombe County where Haywood and Madison Counties adjoin. It is likely the least populated township in the county and the most out of the way. Sandy Mush is a place you go to; you do not go through it to get anywhere else.

Alonzo Carlton Reynolds was born in Sandy Mush on October 19, 1870, just five years after the end of the Civil War. Times were very hard in the years following the war. He was the son of John Haskew Reynolds and Sarah Ferguson. Reynolds grew up on a farm that was almost entirely self-sufficient. He was probably five or six years old before he ever went to Asheville.



Asheville was a once- or twice-a-year trip for an adult.

Children had to help with the chores from the time they could walk. The fields had to be plowed and planted. Animals had to be taken care of. Wool from sheep had to be made into cloth because they had to

make their own clothes. The rich may have bought their clothes, but the poor did not. A family also had to make their shoes and blankets. Even on Sunday, animals had to be fed and cared for. There were few days off, and those were usually the cold and snowy days of winter.

A.C. Reynolds was proud of his mountain heritage. He spent his life working in the field of education. He had to walk to Sandy Mush School every day. One day, he said the snow was 36 inches deep, and when he arrived he was the only person there. Reynolds attended Weaver College and then Peabody College in Tennessee. He graduated with a teaching certificate. And then he began his 53-year career in education.

He began teaching at age 19 in a

one-room schoolhouse in Sandy Mush. He had 80 students in his class from 5 to 15 years old. There were not separate classes for each grade back then. They were all in one class regardless of age or ability.

He married Nannie Elizabeth Woods (1874–1968) in 1899. She was from Orange County, NC, and was a teacher as well.

Reynolds was the president of Rutherford College from 1902–1905. It was said that he always knew what was going on at each school he taught at or was principal of. Next, he became the superintendent of Buncombe County Schools from 1905–1912. He then left Buncombe County and moved to Jackson County, where he became president of Cullowhee Normal and Industrial School (now known as Western Carolina University). His wife was in charge of the girls dormitory. Nannie also bought the supplies for the school's kitchen, planned the meals, entertained important visitors and brought up nine children.

The Reynolds family spent part of each summer camping on Whiteside Mountain near Highlands. It is said they traveled to the mountain in two covered wagons that were pulled by mules. Once there, they would spend two weeks in two large tents. The Reynolds family would also camp in the woods near Cullowhee, and they loved to fish in the area around Jackson County.

A.C. Reynolds later served as school superintendent of Haywood County

from 1920–1924, and another stint as the superintendent of Buncombe County Schools from 1926–1933. He was the president of Biltmore College (now known as UNC–Asheville) from 1933–1936. He later served as principal of several other schools in the area. He retired in 1942 and moved to his mountain cabin in McDowell County. He lived there until ill health caused him to move to his home in Arden.

Alonzo Carlton Reynolds died in 1953 in Arden. Alonzo and Nannie had nine children.

1. **Mary Reynolds** (1900–1966). She married a Woods.
2. **Sallie Emeline Reynolds** (1903–1949).
3. **Alonzo Carlton Jr.** (1905–1906).
4. **Ruth Reynolds** (1907–1966). She married a Ferguson.
5. **Elizabeth Reynolds** (1909–2001). She married a Wilhelm.
6. **Margaret Cornelia Reynolds** (1911–1915).
7. **Alphonzo Curry Reynolds** (1914–1945).
8. **Evelyn Katherine Reynolds** (1916–1975).
9. **Thomas Davies Reynolds** (1919–1997).

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

WE ARE

HIRING!

Childcare Network

GIVE EVERY CHILD A GREAT START IN LIFE!

OPEN POSITIONS

- Teacher (All Age Groups)
- School Director
- Assistant Director
- School Staff (Cook, Bus Driver)

BENEFITS

- Full-time & Part-time
- Paid Time-Off & Holidays
- Medical, Dental, & Vision Insurance

AND MORE!

APPLY TODAY

SCAN ME

JOIN OUR TEAM

CHILDCARE NETWORK IS A PROUD BRAND OF

TEXT KIDS TO 97211 FOR MORE INFO

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



Buy • Sell • Build

771 CHARLOTTE HWY, FAIRVIEW
www.coolmountainrealty.com
828.628.3088

Your Local Hometown Realtor



Jenny Brunet Karen Cernek Emily Dalton Omar Fakhuri Andy Gilbert Allen Helmick



Susan Lytle Devon Satchell Justin Schmidt Wanda Treadway Sophia Underwood Donna Webb Renee Whitmire

LAND FOR SALE

To see all our land listings visit
coolmountainrealty.com

BEAR CLIFF SUBDIVISION, NEBO 1.41 acres Live and play at this Lake James waterfront community! Build your dream home or summer retreat. **\$29K** Call Susan 828-301-1410

194 ACRES BURNSVILLE! Private expanse of land with springs, creeks and several old buildings. Exceptional mountain property with STUNNING long-range mountain views & multiple home sites. **\$1M**

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

MOUNTAIN VIEWS WITHOUT THE CLIMB! Paved access, long-range views with additional clearing, end of road privacy. Adjoins large tract of land **\$100K**. Call Karen 828.216.3998

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

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

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

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

THINKING OF SELLING YOUR HOME?

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

PRICE REDUCED!



FAIRVIEW PRIVATE HOME 3BR2BA, 2,359 SF, 1+ AC. Open floor plan on main. Updated BA on main, wood floors, newer fridge. No HOA, no restricts, only \$90/qtr rd maint agreement. **\$465K**

INVESTOR PROPERTY



INVESTOR HOME/PROPERTY, 3 BR/1BA, 2.5 acres. Great bones, needs roof, cosmetic fixes. Beautiful property w/ stream & lvl land. Could split into sev lots. City H20 runs in front. **\$349K**

PROPOSED BUILD



DON'T MISS OUT! Prime loc mins from DT AVL & the BRP. Off Town Mountain Rd, one of the most scenic roads in AVL, 2+ acre lot w/ 2 home sites. **\$1.5M** Call Sophia 828-691-0311

NEW LISTING!



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

PRICE REDUCED!



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

INCREDIBLE LOT!



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

2021 TOP AGENT OF THE YEAR

Call Allen!



329-8400

ALLEN HELMICK, GRI
FAIRVIEW REALTOR FOR 38 YEARS

SOLD hundreds of homes
SOLD thousands of acres
SOLD numerous commercial



FIVE ACRES! more land available **\$985,000** MLS# 3912632



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



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



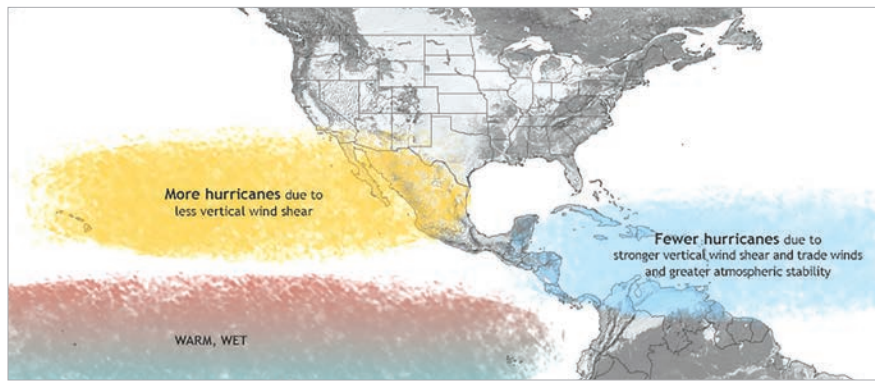
SOLD IN 3 DAYS! 65 Crossings Circle, Fairview **\$869,000**

Seasonal Change Should Bring Wetter Weather

The chilly mornings of early May moderated quickly last month, which allowed the planting of warm-season plants and vegetables last month. The old rule of thumb of planting tomatoes around Mother's day seems to work for me.

Turning to our weather, we are a bit on the dry side this spring, with fewer showers and thunderstorms than usual, at least through mid-May. We have had more of a west-to-northwest flow of air, which inhibits the influx of warm and humid air from the south and southeast. This pattern should break down a bit more over the next few months, and we should get into our more typical pattern of scattered showers and thunderstorms.

However, there was one thunderstorm complex of note that spawned a weak tornado on May 7 in Dana in Henderson County. The tornado traveled about a half-mile and was 45 feet wide but did little damage. Historically, since 1950, there have been six weak tornadoes reported in



El Niño effect on Hurricane Basin storms (IMAGE COURTESY OF NOAA)

Buncombe County and four in Henderson County. Typically, thunderstorms with gusty winds and hail do more damage in our area than these weak tornadoes.

We have gotten a few doses of rain so far, right when we needed it. Hopefully, this will hold as we make our way through the summer. June, on average, has high temperatures in the low 80s and an average low temperature within a few degrees of 60. June, July and August comprise "meteorological summer," which is the warmest three-month period on average during a given year. We should also notice an increase in the dew point temperature, which is the measure we use to denote how "muggy" or "uncomfortable" it feels outside. In the summer, a dew point of 70 or higher usually has one trying various

ways of cooling off.

In terms of ocean temperatures, waters have started to warm in parts of the tropical Pacific, which is turning our weak La Niña (cooler Pacific Ocean temps) pattern into an El Niño (warmer Pacific Ocean temps) pattern. We will have to wait and see how this will play out in relation to Atlantic hurricanes. An El Niño condition occurs when surface water in the equatorial Pacific becomes warmer than average and east winds blow weaker than normal. El Niños typically occur every three to five years. The hurricane impacts of El Niño and its counterpart La Niña are like a see-saw between the Pacific and Atlantic oceans, strengthening hurricane activity in one region while weakening it in the other. Simply put, El Niño favors stronger hurricane activity in

WEATHER WONDER

What is a backdoor cold front?

A backdoor cold front moves south or southwest along the Atlantic seaboard and Great Lakes. They can drop temperatures by more than 20 degrees in just a few hours.

the central and eastern Pacific basins and suppresses it in the Atlantic basin. As stated in previous months, the average number of tropical storms or hurricanes that form each year in the Atlantic Ocean basin is about 12, of which 6 become hurricanes. The all-important questions are: Are they going to hit the US, and where? While we can have a fairly decent forecast to predict the number of named storms, predicting track and intensity is still a short range forecast activity.

QUESTION of the MONTH

What is the latest forecast for the upcoming hurricane season?

Find out in July's Weather Wonder!



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

THE PLACE FELLOWSHIP CHURCH

CAR SHOW

Spend the day!



PLENTY TO EAT!
BURGERS, DOGS,
SNACKS!

RAFFLE!
4-BURNER
BLACKSTONE
GRIDDLE!

VENDORS:
AVON, 31, JEWELRY,
WOODWORKER, OSBORNE
BOOKS & MORE!

50/50 DRAWING!

FUNDRAISER

for buildout of the community pavillion

SATURDAY JUNE 17 11³⁰ AM

**FREE
ADMISSION
FOR
SPECTATORS!**



TROPHIES!
•BEST CAR & TRUCK
•BEST IMPORT
•PEOPLE'S CHOICE
•WORST CAR

**ENTRY FEE
only
\$25**

Call Wanda **691-6700** to register or for more information

THE PLACE FELLOWSHIP CHURCH 2 Laura Jackson Rd., Fairview beside Food Lion

FREE!

COOKING CLASS



Join us for a PLANT-BASED evening featuring summer favorites! Potato Salad, Coleslaw, Burgers, and more!

WHEN | June 15th, 2023 at 6PM

WHERE | Fairview SDA Church
57 Cane Creek Cir., Fairview, NC 28730

CALL FOR MORE INFO | 828. 577. 5822

A free monthly cooking class, every third Thursday of the month.

Tech Notes

Buying a new smartphone can be so exciting you get rid of the old one too soon. Keep your old phone until you have fully set up the new one, especially if you rely on authenticator apps, as they only trust your current phone. With your old phone, you can “prove” your new phone is really yours. Many new phones are much easier and faster to set up if the old working phone is nearby. Be patient and erase and sell your old phone a few days later.

Might your new car be sharing more data about your driving that you think it should? The auto privacy company Privacy4Cars lets you enter your vehicle identification number to learn what data might be shared with and sold by your car maker. Newer cars collect quite a bit of data about your identity, driving habits, location and synched phone data. Go to vehicleprivacyreport.com to learn more.

Did you use Facebook between May 2007 and December 2022? Claim your share of a \$725 million class-action settlement by filing at facebookuserprivacysettlement.com. The settlement resulted from a lawsuit filed after the disclosure of data improperly shared with Cambridge Analytica in 2018.

Windows 10, still with more than two years of life, will stay at its current version, 22H2. Some headlines warn Microsoft will no longer update Windows 10—this is very misleading. They are only introducing fun things in Windows 11. The good news is

Microsoft won't introduce new features into Windows 10, and they will provide security updates each month until October 14, 2025.

Scammers have figured how to get to the top of results for searches you thought would help you. Be careful when searching phrases like “Free credit report,” “[Company] customer service number,” “High paying remote job,” “Free people finder” or “Best crypto wallet.” Assume that searching for anything with the word “free” means a scammer will be in the top results.

Online learning nonprofit Khan Academy is testing how OpenAI's ChatGPT can be used as an assistant tutor, guiding students and answering students' questions without giving away results. Get on their waitlist and learn more at khanacademy.org/khan-labs.

Microsoft has been making some really good hardware, including mice and well-respected ergonomic keyboards. But after 40 years, they are pulling out of making Microsoft-branded accessories.

Star Trek fans can “tour” every Enterprise bridge since the original, designed in the '60s. Go to oddenberry.x.io and use the View Scene Selector button on the lower right to better navigate the different Enterprise bridge iterations.



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

Inkwell (n.): An accomplished tattooist

When my sister-in-law was a waitress in Canada, she was taking drink orders from a group of Americans. They each ordered a glass of white wine. When they ordered a second glass, she suggested they choose a LITRE instead. They spoke among themselves and one man put up his hand and said, “I’ll be the leader.”

Common sense is like deodorant. The people who need it most never use it.

Driving, I saw the flash of a traffic camera. I figured my picture was taken for speeding, even though I was within the speed limit. To be sure, I went around the block and

passed again, driving more slowly. Again the camera flashed. Thinking this was pretty funny, I drove past even slower three more times. Two weeks later, I got five tickets in the mail for driving without a seatbelt.

I saw a study that said speaking in front of a crowd is the number one fear of the average person. Number two was death. So to most people, if you have to be at a funeral, you would rather be in the casket than doing the eulogy.

—Jerry Seinfeld

*

Readers are invited to submit funnies. Thanks, Ann Miller, for the following riddle:

**What kind of doctor do you think Dr. Pepper was?
A Fizzician.**



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.

SIGNS FOR HOPE

Gift Shops Near Me 🔍

Come Visit Us | Wed- Sat | 9:30am-4:30pm

379 Old Charlotte Highway, Fairview NC - 828-222-2180

Support Local!

100% of proceeds directly support Signs For Hope

FOLLOW US ON SOCIAL

@signsforhope
 Signs for Hope
 @sfhmarketplace
 Signs for Hope Marketplace

Too much stuff ???

**Donate your Books*
CDs
DVDs**

to the Friends of Fairview Library

**June 17
10-2
1 Taylor Rd
Fairview**

*No condensed or textbooks please

Follow the signs in the parking lot for easy drop-off!

Friends of Fairview Library

Healthy Streambanks Are Like Money in the Bank

Let's say you live on property along Cane Creek (lucky you!). You probably really enjoy the Creek's natural beauty, and especially like the view from your house or yard. Now and then you walk down to the water's edge where you wade through clear waters on the firm sand and cobble bottom, then sit in the shade of trees and relax. Life is good. You may not realize it, but the condition of your streambanks is crucially important to this happy place of yours.

Now reimagine the idyllic scene above as a not-so-fortunate setting. You also have a neighbor who has lived along Cane Creek for several years and remembers that it seemed nicer in the past. Because they wanted a better view of the creek, they cut down the trees along its banks and mowed the grass to the water's edge. Although it was easier to mow without trees in the way, they later regretted cutting so many as the view wasn't as pretty and it wasn't shady anymore. When the next flood came, it chewed away a big chunk of their property because the shallow grass roots couldn't hold the streambank together without the deep-rooted trees. Now, much of their stream frontage is a vertical drop-off that continues to erode away in chunks. Their access along the creek is reduced and even unsafe in places, and where they used to wade, their feet now sink into the mucky bottom. Farther downstream, other neighbors are impacted by the upstream neighbor's actions, too.

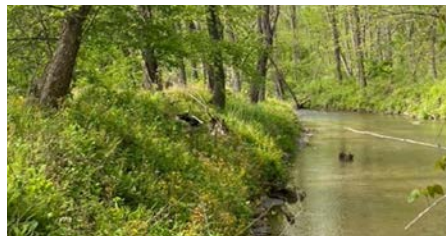
As anyone who has ever lived along a stream can tell you, streambanks are not worry-free or maintenance-free. High water is a fact of life along streams, and extreme floods can be damaging. But what too many streamside property owners do not know is, proper maintenance of the condition of their streambanks can make a huge difference in how well their property withstands flooding when it comes. As discussed below, a few basic principles of streambank health and maintenance can help you keep your money in the bank instead of sinking it into your streambank.

Save Streamside Trees, Shrubs and Native Cane

There is nothing more important for maintaining healthy streambanks than protecting the existing trees and shrubs within at least 25 feet of the water. For resisting flooding, the key difference between streamside trees and shrubs vs. mowed grass is rooting depth—tree and shrub roots penetrate several feet deep whereas most grass roots go down about a foot. Especially with Cane Creek's sandy soils, tree and shrub rooting depths of several feet are needed to help hold together streambanks during flooding. One "grass" of sorts that does help stabilize banks along with trees and shrubs is our native river cane; its roots are tenacious, and it grows vigorously on steep streambanks that can be hard to protect. Besides, it's Cane Creek's namesake!



Vertical, eroding banks harm water quality by adding tons of sediment during high water. They can also represent unsafe access and lost property over time. Restoring a gradual, stable slope, with woody shrubs and trees with deep roots, improves appearance, safety and resistance to damage.



(L) This section of Cane Creek has tree-lined, sloping banks on both sides, and they resisted damage from severe flooding in 2021. (R) Native River Cane has very strong roots that stabilize banks especially well. It grows vigorously under trees and on steep slopes by streams. ALL PHOTOS: DOUG NORTON

Do not Mow to the Water's Edge

As explained above, minimal rooting depth of lawn grass makes it a poor choice for keeping streamside property from washing away. It is a common mistake to mow to water's edge. Mowed grass can eliminate the stabilizing effect of trees and shrubs that were removed, and it can increase the risk of lawn treatment chemicals entering the stream. To maintain a nice view without losing streambank stability, keep the trees and trim down the undergrowth in a few places in between. Don't mow or use lawn treatments within at least 25 feet of the water.

Repair Vertical Streambanks

Cane Creek's streambanks are especially prone to erosion because they are mostly sand, and this creates the bare, vertical "cut banks." Once formed, a vertical bank continues to fall away in chunks with more and more property loss. The problem continues because almost no vegetation can grow on the vertical soil face and begin stabilizing the bank again. To avoid this, it is often worth breaking the cycle of land loss by reestablishing a sloping bank with dense vegetative cover. This can be complex—the help of streambank restoration professionals may be needed. Better yet, all vegetated, sloping streambanks should be protected now so that they do not become cut banks after a future flood.

Plan Access Points Wisely

All streambanks are not alike! Some are very prone to damage while others are resistant and can handle a fair amount of use by people and their pets. As a rule, where a creek curves, your access trail should approach the water at the inside of the curve. This side's streambank gets less erosion than the opposite bank, where the forces of flowing water are greater as they pass the outside of the curve. If access is at a straight section of stream, look for gentler slopes with trees or shrubs that can keep the bank stable if the trail erodes.

Nothing can guarantee that your stream will never undergo flood damage and erosion. Nevertheless, following these four

key principles for maintaining healthy streambanks can make a big difference in minimizing damage and keeping your money in the bank instead of paying for avoidable streambank repairs.

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

Cane Creek Watershed Survey

Interested in sharing your views about Cane Creek? If you live, work or play in the Cane Creek watershed, the French Broad River Partnership (FBRP) would love to hear from you as input to the Cane Creek Watershed Action Plan currently under development.

surveymonkey.com/r/canecreek

The FBRP decided to work in Cane Creek as one of three focal sub-watersheds of the French Broad River because no other organization was focused on it, and it is a state-listed impaired water. The other two (Richland Creek in Haywood County and Upper Swannanoa River in Buncombe County) both already have watershed stewards and watershed plans that are being actively implemented.

MILITARY AND FIRST RESPONDERS

24-HOUR ACCESS

JUST \$45 PER MONTH

\$10 DROP-IN

SATURDAY SWEAT SESSION 10 AM

OR FOOD FOR FAIRVIEW DONATION

SPECIALIZED FITNESS
specializedfitnessnutrition.com

767-2632
19 Kristie Scott Lane
(behind Trout Lily)

FOLLOW US for updates!

SUFFERING FROM FOOT PAIN?

- Plantar Fasciitis • Shin Splints • Heel Spurs
- Metatarsalgia • Ankle Arthritis • Morton's Neuroma
- Achilles Tendonitis • Neuropathy



HELPING WITH REGENERATIVE THERAPY PROTOCOLS

THESE ARE PRO SPORTS LOCKER ROOM THERAPIES!

REGENERATIVE THERAPIES THAT HEAL!



Laser Tissue Repair Therapy-Class 4 Laser



Scar Tissue Repair-Graston



Shockwave Repair Therapy



Neuromuscular Rehab (Trigenics)



Tissue PEMF Repair Therapy



Movement Therapy Manipulation

OUR PATIENTS SAY...

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

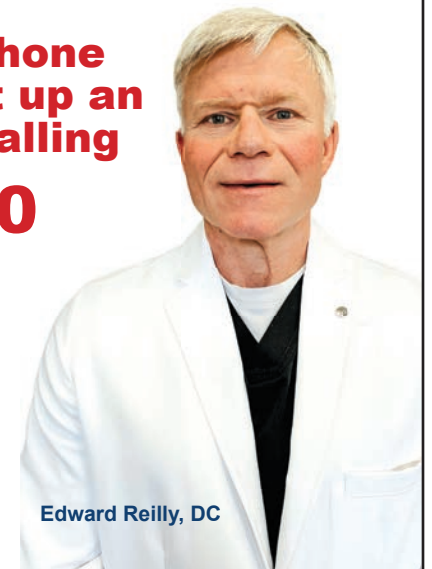
"I'd been to several doctors and massage therapists, none of whom could give me answers. A friend who was a patient of Dr. Reilly's recommended I give him a try. Dr. Reilly diagnosed me with plantar fasciitis and heel spurs and recommended Graston Therapy and Class 4 laser treatment. After only a week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

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

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

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

628-7800



Edward Reilly, DC



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

Prioritizing Staff Mental Health

First Responders—firefighters, law enforcement, EMTs/paramedics, and emergency 9-1-1 dispatchers/telecommunicators—are helping professionals. Their primary role is the first line of contact in any emergency situation.

One might think that the biggest or most unique challenge First Responders face every day or every shift would be a very technical rescue or a large fire that takes a while to control, but that is not the case. Instead, it's the constant exposure to traumatic events and life-threatening situations and the stress of working long hours away from family in very stressful conditions. This stress can easily build up and take an enormous toll on one's mental health. And it can take a toll on family, spouses and children, too. Dealing with the COVID-19 situation over the past few years just compounded the situation.

Recent studies have shown that 85% of First Responders have experienced symptoms related to mental health conditions, depression and post-traumatic stress disorder (PTSD).

It is very important that employers of First Responders address these issues head-on and provide their staff with a strong mental health support plan, and that is exactly what the Fairview Fire Department (FFD) has done.

Last fall, the FFD board of directors

supported and unanimously approved a mental health support plan that supports the FFD First Responders, as well as their spouses, if needed.

The FFD board contracted with a local organization, Responder Support Services, that specializes in the mental and behavioral health of First Responders. According to their website, they provide “tried and true career-saving strategies under strict confidentiality to empower First Responders to better care for themselves and their community.”

The clinicians from Responder Support Services provide critical incident response 24/7 to our staff. This service is very beneficial to our staff after they have responded to a traumatic event or if there is a cumulative buildup of stress from numerous stressful or traumatic incidents.

The service also provides an “embedded” clinician to our staff, who actually comes to our station once a week, hangs out with our staff, trains with them and rides along with them on calls. This embedded program has proven very successful, as it builds trust and a connection between our staff and the clinician. Many First Responders are reluctant to seek care on their own due to a fear of stigma, irrational codes of silence—“just suck it up”—and a fear of possible disciplinary action, such as being put on leave or desk

duty indefinitely. Historically, we have found it hard to get staff with stress to seek assistance. They were hesitant to talk to strangers. Having a clinician at the station—eating with them, riding along, and basically just being their friend—has brought about a tremendous change in mindset, and our staff have felt more comfortable opening up and talking.

I feel that we would have lost quite a few great First Responders to career changes—or worse—if the board had not supported this plan. Personnel have told me and board members that they are thankful for this benefit, as it had helped them in many ways. Our staff feel that they can open up, vent and get assistance with their PTSD and stress without that outdated fear of feeling like they'll be treated differently if they talk to someone.


By supporting this benefit to our staff, the board made a very loud statement: “Our staff no longer need to feel like they need to suck it up.”

If you cross paths with any of our board members, please thank them for supporting the FFD staff.

Fundraiser for Mental Health

An event next month will raise funds to assist local First Responders with mental and behavioral support and treatment. Please see the event box. Proceeds go to WNC Peer Support, which is committed to spreading awareness of First Responder mental health and providing Critical

Great food,
plenty of
vendors!



MINISTRIES

Faith,
Family
and Fun!

ANSWERING THE CALL STAMPEDE & RODEO

Celebrating Our Everyday Heroes
June 24

WNC Agricultural Center
1301 Fanning Bridge Rd., Fletcher

A special evening celebrating our
first responders

Proceeds go to WNC Peer
Support Network

DOORS 5 pm
MESSAGE 7:30 pm
RODEO 8 pm

ADMISSION
Adults: \$15 | Students 7-17: \$5
Kids FREE

Incident Stress Management to organizations in WNC. Proceeds go directly to assist with co-pays for First Responders, as well as training for current and additional clinicians. This group of First Responders provides Critical Incident Stress Defusing and Debriefing.

Please plan to come out and enjoy some good family entertainment and support a great cause.

Scott Jones is the fire chief of the Fairview Volunteer Fire Department.



(828) 628-8250

We are welcoming new patients!

Family Health Center at Cane Creek


1542 Cane Creek Road, Fletcher, NC

Monday-Friday, 8am-5pm



Mike Coladonato, MD | Benjamin Gilmer, MD | Amy Santin, MD

Angela Zarrella, FNP | JT LaBruyere, PA | Olivia Caron, PharmD, BCACP, CPP



COVID-19 UPDATE

BIVALENT mRNA VACCINES NOW AVAILABLE

Moderna

Novavax

Pfizer

vaccines


now available
at Americare

WHAT YOU NEED TO KNOW

- Most people who've had a monovalent COVID-19 vaccine who haven't had a bivalent vaccine may receive a single dose.
- Those who have already received a single dose of the bivalent vaccine are not currently eligible for another dose. The FDA will provide new guidelines later this month.
- Those 65+ who have received a single bivalent shot may receive one additional dose if 4+ months have passed since the first shot.
- Most immunocompromised people who have received a bivalent vaccine may receive one additional dose at least 2 months after the last dose. Healthcare providers can provide guidance.

QUESTIONS? CALL TODAY!

Fairview's Hometown, Locally
Owned & Operated Pharmacy



Fairview Business Park
1185 Charlotte Highway
Fairview, NC 28730

Phone: (828) 628-3121
Hours: Mon-Fri 8am - 6pm
americarepharmacy.net

Kitty Lynch and Her Rabbits

“I married into Fairview,” Kitty Lynch said with a chuckle. “It’s actually a cute story.” Lynch, originally from Upstate New York, transplanted to Darlington, SC, graduated from Winthrop College, South Carolina College for Women (now Winthrop University). While she was studying there, she was set up on a blind date with a student from UNC-Chapel Hill. When she returned from the outing, her roommate asked how the date had gone.

“I told her, ‘He doesn’t know it yet, but that guy is going to ask me to marry him!’” Kitty Lynch, not a person who seems like a gushy romantic, smiled broadly, the faintest blush tinting her cheeks. “And eight months later, he did!” Kitty and Bill Lynch have been married since 1972; and they have raised two children: son, Nathan, and daughter, Becca.

Now, the whole family lives in Fairview, just a few steps from one another’s front doors. But Kitty and Bill did not start out there. Work took them all the way out to South Dakota, the homebase for Bill’s federal job. By the time Nathan was two, Kitty was pregnant with Becca.

“And that’s where the rabbits come in,” she said. (Don’t worry, though. It’s not what you think.) “Nathan was a needy toddler, Bill was traveling for work, and I was pregnant, tired and frustrated,” Lynch explained. “One day, I buckled my son into our VW bus and went for a long drive.” It was then, along those South Dakota roads, that Lynch spied a sign: “Rabbit Show Today.”

“I thought, ‘What in the world is a rabbit show?’ and I turned in to it to see what was going on.” From the moment they stepped through the doors, young Nathan was enthralled. One of the rabbits—a French Lop—caught his attention, and its owner was kind enough to let the two-year-old hold it. “He sat there for two hours holding that bunny,” Lynch said, the wonder of it obviously still amazing to her. “My fussy, cranky boy sat totally still, completely charmed by his new friend.” While Nathan was occupied with the bunny who would later go home with them—named Incredible Hulk by the toddler—Lynch took the opportunity to walk around and talk to the exhibitors. She wasn’t thinking of becoming a breeder; she was just a curious person in an interesting place.

But that very first day, Lynch gathered enough information to know that she wanted to know more. “It was 1977, so



Kitty and her Grand Champion Harlequin buck (boy), Malcombe, who was also her Harlequin herd sire for several years.

of course there was no internet. If you wanted to know something, you had to go and find out yourself.” She’d picked up breeders’ business cards at the show and soon began going to rabbit club meetings. Lynch explained that, back then, breeders connected through rabbit clubs, meeting regularly in the members’ homes. “While I was at our gatherings, I would visit the homeowners’ rabbit set-ups and figure out what I wanted for mine.”

Back home with Nathan and the Incredible Hulk, Lynch began creating her rabbitry immediately. She assembled all the cages herself and set up in their garage right where Bill had parked his car. Back then, in the days before mobile phones, long-distance calls made communication costly, and finding a phone required a bit more than reaching across the dashboard. Bill knew nothing about the invasion of the bunnies until he returned home. “When Bill left, we had zero rabbits. When he returned, we had 17!”

Lynch’s first garage rabbitry looked nothing like her current setup. Over the years, she’s tweaked her system, improving here, cutting back there. Today, at her Fairview home, she has exactly what she wants. “Rabbits need access to water constantly,” she said. “They can die from dehydration in

less than 24 hours.” So, Lynch’s rabbitry includes an automatic watering system that runs behind the rabbit cages, which are hung from the ceiling over manure beds. The rabbits are fed by hand and handled daily. “And everybody gets their toenails cut the first Sunday of the month,” Lynch said. Lynch is not exactly sure how many rabbits she has now, though. “Less than 40,” she said with a shrug. “I only have room for 55 now anyway.” Only 55? Well, yes; she’s had as many as 250 at one time. Rabbits: they multiply.

Lynch has had various roles in the rabbit breeder community. She started by showing her rabbits at exhibitions like the one she happened upon in 1977. In 1995, she became a judge for the shows, a role she had for 15 years. As a judge, she traveled all over the US and even went to shows in Bermuda. Now

she is back to exhibiting her own rabbits; the Jersey Wooly and Harlequin breeds are her specialty. She also has found true and lasting friends through the American Rabbit Breeder’s Association, the organization that oversees shows in this country. “We have common interests and similar problems. We get together, and nobody minds that all we talk about is rabbits!”

As much as she likes the professional aspects of her hobby, it’s the rabbits themselves that Lynch enjoys most. “I just thoroughly enjoy the animals,” she said. “I like holding them, training them, that sort of thing.” As for the Incredible Hulk, he lived to be seven years old (not bad for a French Lop) and had many successors—bunnies that the Lynches kept as pets. Lynch says that will never change. “I’ll be the old lady on the porch with a rabbit in my lap, a cat at my feet, and my knitting in my hands.”



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



INTERESTED IN A PET RABBIT?

Kitty’s suggestions:

- Only get your rabbit from a reputable breeder who can correctly identify your pet’s gender. Pet store employees are rarely trained in this important skill.
- Only get male rabbits as pets and be sure to get them neutered as early as possible to avoid territorial spraying.
- Only get one rabbit at a time. Multiple male rabbits will not get along.
- Rabbits must be supervised because they will chew furniture or anything else they can get their teeth into.
- Remember to keep your rabbit’s toenails trimmed. This is very important to the health of your pet.
- Introduce your rabbit to the other animals in your family gradually. Most dogs and cats can live peaceably with rabbits as long as they’ve had a reasonable adjustment period.
- Rabbits can be trained! They can learn their names and will come when you call. They can fetch, stand up and beg. They can also be trained to use a litter box just like a cat.



The Rabbitry: a wall of cages sits over manure beds. Part of the water system is visible below.



Malcombe’s litter and his mom Evelyn.



Gut Wellness

In my practice, I have seen an increasing number of metabolic health problems related to chronic pain syndromes, neuropathies and autoimmune conditions.

The gut-brain axis is a bidirectional communication system between the GI tract and the central nervous system. It is increasingly being recognized as an important factor in cognitive and emotional health. Research has shown that the gut-brain axis plays a role in the regulation of mood, stress and anxiety, as well as cognitive processes such as memory and learning.

The gut-brain axis comprises several components, including the enteric nervous system (ENS), the vagus nerve and the hypothalamic-pituitary-adrenal (HPA) axis, and it is thought to influence cognitive and emotional health through several mechanisms. For example, the ENS, which is a network of neurons located in the walls of the GI tract that is responsible for controlling digestion and other processes, is thought to play a role in the regulation of mood and stress through the release of neurotransmitters such as serotonin and dopamine. The vagus nerve is a cranial nerve that connects the brain to the digestive system and is involved in the regulation of emotions. The HPA axis is a system of hormones that helps regulate the body's response to stress.

Research has also suggested that the gut microbiome, the collection of bacteria and other microorganisms that live in the GI tract, may also play a role in the gut-brain axis. Studies have shown that the composition of the gut microbiome can influence the production of neurotransmitters and hormones, which can in turn affect cognitive and emotional health.

Leaky Gut

Leaky gut, also known as increased intestinal permeability, occurs when the lining of the small intestine—the primary site of nutrient absorption in the body—becomes damaged, allowing bacteria, toxins and undigested food particles to pass through the intestinal wall and enter the bloodstream. This can lead to a variety of negative consequences, including neurological and brain effects.

Studies have shown that leaky gut can lead to inflammation in the brain, which can cause a variety of neurological symptoms, such as headaches, fatigue, depression, anxiety and cognitive impairment. It can also lead to an increased risk of developing neurological disorders, such as Alzheimer's, Parkinson's and multiple sclerosis, as well as allergies, skin conditions, autoimmune diseases, digestive issues and nutrient deficiencies.

The good news is that leaky gut can be



A balanced diet, low in sugar and processed foods and high in fiber, can help to heal the gut lining and reduce inflammation.

treated. Eating a healthy, balanced diet that is low in sugar and processed foods and high in fiber can help to heal the gut lining and reduce inflammation. Probiotics, prebiotics and other supplements can also help restore the balance of beneficial bacteria in the gut and reduce inflammation.

Metabolic Syndrome

Metabolic syndrome is a cluster of conditions that increase the risk of developing cardiovascular disease, diabetes and stroke. It is characterized by abdominal obesity, elevated blood pressure, fasting

blood sugar and triglyceride levels, and low levels of high-density lipoprotein cholesterol. It is estimated that one in four US adults has metabolic syndrome.

The exact cause is unknown, but it is believed to be related to lifestyle factors such as poor diet, lack of physical activity and obesity. Genetics may also play a role. People with metabolic syndrome are at an increased risk of developing type 2 diabetes, heart disease, stroke and other chronic diseases.

Metabolic syndrome treatment typically involves lifestyle modifications such as weight loss, increased physical activity and a healthy diet. Medications may also be prescribed to control blood pressure, cholesterol and blood sugar levels.

It is important to recognize the signs and symptoms of metabolic syndrome and seek medical attention if any of the risk factors are present. Early diagnosis and treatment can help reduce the risk of developing serious health complications.



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.



VBS WEEK

JUNE 11-14



MONUMENTAL

CELEBRATING GOD'S GREATNESS

BY EXPLORING GOD'S AWESOMENESS, KIDS FORM A ROCK-SOLID FAITH FOR THE ROAD AHEAD!

Don't miss Wednesday's
CACTUS CANYON COOKOUT CELEBRATION!



INFO 628-2908
or 231-5035
www.fbc1806.org



Follow us on Facebook and Instagram!

32 Church Road, Fairview

PROTECT

what moves you



UP TO \$30,000 ADDITIONAL ACCESSORY COVERAGE

\$10/YEAR ROADSIDE ASSISTANCE

CARRIED CONTENTS COVERS UP TO \$3,000 WORTH OF PERSONAL EFFECTS*

PROGRESSIVE, AMERICA'S #1 MOTORCYCLE INSURER

You work hard to enjoy your time on the open road. Progressive works hard to ensure you have the protection you need to enjoy every ride.

Policies as low as \$75. Ask me about motorcycle coverage today.**



insurance agency
Family owned and operated since 1960



CALL JOANNE!
828.231.6577

Learn more at
ESCO1960.COM

PROGRESSIVE

*With Comprehensive and Collision coverage only.
**Annual premium for a basic liability policy is not available in all states.

The Dangers of Excess Weight: Why It's Time to Take Action

Do you know that carrying excess weight can increase your risk of serious health problems? This is especially true for men and women over 50. Excess weight can put a strain on your heart and other vital organs, and it can increase your risk of developing chronic health problems that can affect your quality of life and shorten your lifespan. It's time to take action if you're carrying excess weight, especially if it's around your belly.

Let's take a closer look at the dangers of excess weight. According to the Centers for Disease Control and Prevention, over 70% of American adults are overweight or obese. And about 88% of us are metabolically unwell. This is because being overweight or obese increases the risk of heart disease, stroke, type 2 diabetes and certain types of cancer.

Heart disease is the leading cause of death in the US, and carrying excess fat weight is a major risk factor for this condition. In fact, research has shown that people who are overweight or obese are two to four times more likely to develop heart disease than those who maintain a healthy weight. This is because excess weight can lead to high blood pressure, high cholesterol levels and inflammation, all of which can damage the heart and blood vessels.

Type 2 diabetes is another serious health problem that is more common among people who are overweight or obese. According to the American Diabetes Association, about 90% of people with type 2 diabetes are overweight or obese. This is because excess fat weight makes it harder for the body to use insulin properly, which often leads to high blood sugar levels and damages the nerves and blood vessels over time.

Joint pain is also more common among people who carry excess weight. The added strain on the joints can cause inflammation and pain, particularly in the knees and hips. This can make it difficult to stay active, which further contributes to weight gain and a decline in overall health.

Risk Reduction

So, what can you do to manage your weight and reduce your risk of these health problems? One approach that has been shown to be effective is a low-carbohydrate diet. This type of diet focuses on reducing your intake of carbohydrates, such as bread, pasta, rice and sugary foods, and increasing your intake of protein, healthy fats and non-starchy vegetables.

Studies have shown that low-carbohydrate diets can help people lose weight, improve blood sugar control and reduce their risk of heart disease. In one study,



Carrying excess weight can add strain on joints and cause inflammation and pain, particularly in the knees and hips.

overweight and obese adults who followed a low-carbohydrate diet for six months lost more weight and had greater improvements in their cholesterol levels than those who followed a low-fat diet.

Another study found that people with type 2 diabetes who followed a low-carbohydrate diet for one year had greater improvements in their blood sugar control and were able to reduce their use of diabetes medications. This is because a low-carbohydrate diet can help reduce the amount of glucose in the blood, which can improve insulin sensitivity and reduce the need for medication.

Muscle Mass

In addition to following a low-carbohydrate diet, it's also important to take action steps toward supporting your

muscle mass. We often lose muscle as we age, and we now understand that muscle mass is a marker of longevity. So, the more muscle you have as you age, the longer you are likely to live. Therefore, eating adequate protein every day (primarily from animal meat sources, if you're open to it) and moving in a way that encourages muscle growth (think resistance training or body weight exercises) are the keys to success.

Kindness is Key

Finally, be kind to yourself and stay motivated. Losing weight and maintaining a healthy lifestyle can be challenging, and it's easy to get discouraged if you don't see results right away. Remember that any positive progress you make provides significant benefits to your body and mind. So, keep it up, and if you need help in the process, reach out and ask for it... No guilt allowed!



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



For your many sides, there's **Nationwide.**

AUTO | HOME | BUSINESS | LIFE



Chad McKinney
McKinney Insurance Services
 (828) 684-5020
 mckinncl@nationwide.com
 nationwide.com/mckinneyinsurance

Products underwritten by Nationwide Mutual Insurance Company and Affiliated Companies. Home Office: Columbus, OH 43215. Subject to underwriting guidelines, review, and approval. Availability varies. Nationwide, Nationwide Is On Your Side, and the Nationwide N and Eagle are service marks of Nationwide Mutual Insurance Company. ©2017 Nationwide CPO-0836AO (08/16) 5600390

TRUSTED FOR GENERATIONS. TRAINED FOR THE FUTURE.



PLUMBING • HEATING • BOILERS • WATER HEATERS

Bolton Services is a family business dedicated to serving our WNC neighbors.

Give us a call today! **828-253-3621**
 Monday-Friday, 8 am-5 pm

EMERGENCY AFTER-HOURS SERVICE AVAILABLE

boltonserviceswnc.com



On time, friendly, informative. Very good work, and they cleaned up afterwards.
 —Candy B., December 2022



We've used Bolton a number of times for our older home and have been pleased with the service and response. This time, our AC went out in the middle of a heatwave. We were thrilled with how quickly they came out and it was a quick fix, too.

—Maria Z, June 2022



AROUND THE WORLD

In April, the Garmon family—Sheila Garcia-Garmon, Grant Garmon and daughter Gabriella Costlow—took advantage of spring break to take an overdue honeymoon and celebrate birthdays early.

GERMANY Munich is beautiful. We were surprised by the number of bicycles at train stations and solar panels on roofs.

GREECE Meteora is a four-hour train ride from Athens. Words can't describe it and pictures can't do justice to the breathtaking views! In Athens, we saw all the amazing ancient sites and then drove around the coast through Glyfada and Cape Sounion to see the Temple Poseidon and Lake Vouliagmeni.

CANADA Toronto was beautiful and full of friendly people, but was still very cold in April. All amazing places to create family memories!

If you've taken an interesting trip—for business, pleasure or both—let the editor know about it! (See page 31 for contact info.)



Marienplatz, Munich

The Rathaus-Glockenspiel in the Neues Rathaus (New Town Hall) is a big attraction. Twice a day, it chimes and re-enacts two stories from the 16th century.



Garmons in Greece

After Meteora was featured on the cover of a well-known magazine, it became a popular tourist location and most of its monks moved to more secluded monasteries.



Meteora

There are currently six Eastern Orthodox monasteries in Meteora, down from 24. After the 17th century, due to raids, thieves and conquerors, many were abandoned or destroyed.



Temple Poseidon

The temple, finished in 440 BC, is located in Cape Sounion and is one of the most prominent temples there. Many tourists go there at sunset to take pictures, but it was raining when we visited.



Lake Vouliagmeni

Lake Vouliagmeni's water is from underground currents seeping through Mount Hymettus. The water's temperature is always warm, and the lake is used as a mineral spa.



The Parthenon

The Parthenon temple was dedicated to the goddess Athena. It was also used at one time as a treasury (aka, an ancient bank).



Presidential Guard

When they turn 18, Greek men must serve in the military for at least nine months. Many serve as Evzones, who are members of the Presidential Guard.



Toronto

The CN Tower is 1815 feet tall and has 11 elevators. The Skypod is the highest observation platform in the Western hemisphere. On a clear day, you can see New York City!



The Fairview Town Cardinal!

The end of the public school year is a time of change. Fifth graders finish their term at (perhaps) the only school they've known. Teachers and staff get to start enjoying some much-needed downtime.

The routine of school days gives way to summer activities.

To capture a few students' memories before that change takes place, we asked the students at Fairview

Elementary School—from kindergarten to fifth grade—to write or draw about their lives.

Thanks, as always, to Kenya Hoffart at FES for keeping the *Crier* so well connected to what's

going on at the school.

We hope all the students, teachers and staff enjoy a great summer!

JAMIE BEAM Ms. Harvin 5th

My favorite memory of Fairview elementary school is when I made a friend. And because of this I was never alone in any grade. I always had a friend and I am gonna miss all my favorite teachers and my principals but I'm glad that they helped me learn and move on in life.

Name: Khi E Peninger Teacher: Townsley Grade: 5th Grade

My favorite memory was in 5th grade I will miss all of the teachers that help me be the successful student I am today in 5th grade. In 5th grade I had some wonderful teachers. Example: Mrs. Townsley, Mrs McCall, and Mrs. McMinn. My ELA teacher helped me be a successful reader, and my science teacher helped me better at science and my math teacher helped me better at math. Better than ever. I have learned a lot of things from all of my teachers.

C is for cardinal

Jackson Jude Mrs. Dula Kindergarten

The BEST Parts of Fourth Grade

The best things about 4th grade are learning all sorts of new strategies to solve math problems and equations that we learned in 3rd grade. It makes it so much easier to solve problems, and makes math a bit more fun! And in ELA, we read really cool chapter books. It makes ELA more fun too!

But the best part about 4th grade is getting to spend time with all of our friends at recess! We can play Gaga ball, role plays, or just chat with friends. It's so fun to just hang out and play with our friends, and even more fun to simply be with our friends! 4th grade is so fun, and we learn so much! A lot of 4th grade is 100% fun!!!

FES

RIGHT: Artwork by Avery Herman, 4th Grade



Congratulations

A.C. Reynolds High School Graduates!

Yohanes Abbott	Cardenas	Clark Garner	Franklin Kane	Matthew Nesbitt	Michael Simonovich
Bruce Alcantara-Alvarez	Anthony Checca	Hunter Gault	Chelsea Kendall	Kathy Nguyen	Alexander Singleton
Grady Alford	Corrine Clement	Briana Gee	Ella Kepple	Miranda Niemas	Judson Sizemore
Ruby Alley	Isaac Clubb	Amber Gier	Nicholas Kerr	Alysa Norman	William Stafford
Tetiana Alnasraween	Miranda Coe	Shelby Gilbert	Melia Kinney	Gage Owens	Chase Stanley
Samara Anderson	Pierce Cole	Jarod Glenn	Lydia Klepper	Jazmyne Parker	Sara Stewart
Bryson Andrews	Ayden Colon	Andy Gonzalez-Rosas	Hailee Lane	Bailey Payne	DaShawn Stone
Brittain Arnett	Jordan Cook	Landin Goss	Michael Lanza-Solorzano	Pine Pearsall	Mary Stone
Kimberly Bailey	Cade Corbett	Nidrea Gray	Jordan Ledford	Tyler Peterson	Audrey Strosnider
Brooklyn Ball	Anna Corbitt	Aiden Green	Taleajah Lenoir	Ava Player	Vance Tarantino
Matthew Balogh	Bailey Craig	Sean Green	Elohi Littlejohn	Justin Plummer	Arielle Taylor
Jenna Barnes	Rylee Crawford	Lindsay Guerra Gonzalez	Jermiah Logan	Kennedy Porter	Olivia Taylor
Russell Barnett	Asher Cunningham	Rolando Guerra Robles	Benjamin Long	Emily Portillo	Maya Terral
William Barnwell	Grace Davis	Alana Hanson	Gael Lopez-Guerra	Keaton Propst	Michael Thompson
Jaxton Bartley	Isaiah Jacob Davis	Jayden Harper	Benjamin Lyons	Samuel Pruitt	Ulysses Thompson
James Bell IV	Cassandra DeLoughery	Marquan Harper	Tavon Lytle	Kathryn Purnell	Kiley Udo
Olivia Bemis	Moises Diaz Moreno	Taylor Hart	Miranda Maduro	Austin Ramirez-Godoy	Arielys Valdez
Sophia Betancourt	Sara Dickman	Tatum Hayes	Addyson Marino	Logan Raviart	Jack Vess
Isaiah Bias	Chloe Dills	Ahsjae Haymore	Avery Martin	Sara Redden	Marissa Warner
Candice Birchfield	Izabel Dirscherl	John Henretta	Mars McCarthy	Gabriel Reed	Jazmin Waters
Grace Bishop	Wesley Dodson	Kellyn Henretta	Haileigh McCorkle	Michael Rejzer	Ki-Ethun Watkins
Christian Borja Jr.	Saporita Dowdle	William Henry	Aidan McCullough	Ximena Reyna-Camposano	Mia Weidner
Benjamin Bratton	Haley Draper	Kendale Hildebran	Zachery McCurry	Annabelle Rhodes	Caydence Whitworth
Ethan Bretz	Lily Dudman	Olivia Hillard	Andrew McMahan	Wesley Rice	Ally Williams
Delaney Brown	Trevor Edwards	Logan Hodgins	Benjamen Mease	Anne Rigoni	Kierah Williams
Elijah Brown	Makayla Effler	Logan Hooker	Mattie Meguiar	Juliette Roberts	Tabria Wilson
Sophie Buchwald	Skylar Elkins	Kaitlyn Howard	Christian Mihalik	Olivia Roberts	Braden Winters
Brenson Buckner	Gillian English	Maria Huerta-Ixtlahuaca	Simaurey Mills	Johanna Rockoff	Victoria Wortham
Hope Buckner	Devereux Eudy	Amelia Hunt	Jessica Morales-Gomez	Peter Roe III	Ada Wright
Jordan Burnette	Toby Faulkner	Aaliyah Jackson	Kyndall Morman	Benjamin Rogers	John Wright
Nathaniel Carroll	Reginald Fields Jr.	Mariah Jeffries	Simon Morris	Mike Rossi	Logan Wright
Kobie Carter	Diante Fountain	Logun Johnson	Walker Moss	Rhianna Satterfield	Wesley Wyatt
Bryson Caughorn	Jacob Frizzell	Isis Jones	Bailey Mount	Grant Scheewe	Kailee Young
Jerry Caulder	Leo Frustaci	Tykey Jones	Gabriella Nagy	Rebecca Sessions	Naya Zimmerman
Kenneth Chavez-	Mason Garey				

Join Us for Trinity of Fairview's

2023 VBS

4yrs-6th Grade

June 26-29 9am-12pm

TWISTS & TURNS

FOLLOWING JESUS CHANGES THE GAME PSALM 25:4

Pre-register: trinityoffairview.com

More information: 828.628.1188

TRINITY OF FAIRVIEW

646 Concord Road, Fletcher

growing LOCAL!

Come visit! SUMMER FARM TOURS

June 7 • July 15 • August 19

Just \$10 Free for children under 10

Register: flyingcloudfarmnc@gmail.com

follow the farm!

Keep up with all the Flying Cloud fun!

Flying Cloud Farm

1860 Charlotte Highway

828.768.3348 flyingcloudfarm.net

Need a New Podcast? CCMS Student Has Recommendations

by Adam Freeman

Have you ever sat around feeling bored? You probably just need a good podcast! And luckily, I have some to recommend.

Six Minutes

The first one is called Six Minutes, made by a company called Gen-Z Media (gzmsshows.com). It's about an 11-year-old girl who's found mysteriously floating in the water. She doesn't remember anything about who she is or where she came from. There might be a couple of twists lurking around the corner, so listen closely.

Planet 9

The next podcast is called Planet 9, made by All The Audio (sites.google.com/view/alltheaudio).

On this podcast, you'll meet Case Moore, who's about to be used as a probe to "observe the effects of the infamous Planet 9." It's soon discovered that it's actually a black hole. This is a science fiction show containing drama, mystery, and possibly...romance? Listen now.

Pick a Topic

You can also listen to one of the podcasts I create called Pick a Topic, made by



Shahadi Wright Joseph and Lily Brooks are two of the stars of the Six Minutes podcast.

my company Unmuted Media (bit.ly/unmutedmedia). It's a nonfiction show that focuses on just about anything, and every Friday's episode is unique. Topics have included food, games, travel, ChatGPT, a mic unboxing, and the history of podcasting.

There are podcasts out there for everyone. Check out one of these or spend a day or two surfing the web for a podcast you like. (A good site for this is podsearch.com.)

Adam Freeman, a podcast host and enthusiast, is a student at Cane Creek Middle School. For more recommendations, contact him at personal.adamcf@gmail.com.

CHRISTI HURD

Walk in Their Shoes

Empathy is a game changer when it comes to having productive relationships. As our kids begin to experience how "the real world," we can show we are aware of their emotions and want to understand them —not "fix them." We can learn so much in our conversations by making eye contact and paying attention to their tone of voice, expressions and body language.

In *To Kill a Mockingbird*, Atticus Finch told Scout: "You never really understand a person until you ... climb into his skin and walk around in it." You don't have to agree. Just acknowledge what they are feeling is real to them.

- "I can see why you felt that way. That's awful."
- "It sounds like you're feeling pretty frustrated."
- "Wow, that is such good news! How do you want to celebrate?"

Sadly, when kids have too much two-dimensional communication with others, they are left with just words on a screen, which can lead to emotional detachment and indifference in their relationships.

Let's watch our kids blossom this summer as we prioritize time to connect in person and nourish our growing relationship. If mature adults need this kind of encouragement, think how much more our tweens/teens need it in a phase of life that is often confusing.

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



WHAT EVERY STUDENT NEEDS

POHVECTOR.FREEPIK.COM



STROM & TAYLOR

ATTORNEYS AT LAW

DISABILITY • CIVIL LITIGATION

WORKERS' COMPENSATION

ASHEVILLE

190 Charlotte Hwy
Asheville, NC 28803
828.296.7550

WAYNESVILLE

95 Depot Street
Waynesville, NC 28786
828.452.5801

wncjustice.com





post-op • injury • dizziness/vertigo • concussion • orthopedic
injury prevention • balance • sports performance • pain • headaches

avorahealth.com

226 Charlotte Highway 828-298-0492

additional locations in Asheville and Black Mountain

Finding Leaders to Follow

In the blink of an eye, freshman year is over. I loved my teachers and classes, but what I loved most about this year was athletics. I played JV volleyball and practiced with varsity for the end of their season; JV basketball and varsity for playoffs; and soccer. While the sports and coaches were incredible, it was my teammates who made '22-'23 the best year of athletics yet. JV teams were relaxed and fun. Varsity teams were more competitive and driven by upperclassmen. Varsity soccer



Ansley Fuchs
TEEN PERSPECTIVE

has been a beautiful combination of both. Our team loves and plays for one another and is skilled and disciplined, which led to an incredible season. As it was my first year playing soccer, I sat on the bench for most of the season, and I loved it. I learned so much from watching. One great opportunity playing soccer provided was being part of a large team with great leadership.

Katie Alexander, our captain, has been a great example to me on how to lead a team. I have had the honor of playing volleyball, basketball and soccer with Katie at Asheville Christian Academy (ACA) this year. She is the loudest voice and strongest force for every team she plays on.

There are many traits that Katie possesses that I want to have as a leader. I want to play with her confidence and drive and guide those around me to do the same. I want to come to practice every day and work hard—rain or shine, pain or comfort—not for myself but for my teammates.

Katie never seems to forget that sports are just games. Games are meant to have a balance between fun (like throwing a teammate into a trash can) and focus (when Katie tells people they've had enough fun and it's time to work). I constantly need to be reminded of this. Every leader needs this ability to have tons of fun but also the knowledge to know when it's time to calm down and get to work. I find it hard to goof, smack talk, and joke. It's my personality—I'm really good at the serious time. But a good leader has to have fun with their team to build unity and camaraderie.

I want to follow in Katie's steps, working to be intentional about building relationships, growing as a team player, enjoying wins and working through losses. I want to play selflessly and celebrate my teammates' victories, as I've seen Katie do this year.

I will work to have Katie's grit, determination and leadership and push through physical and mental obstacles, as she does.

It's easy to admire and be inspired by Katie's skill. She has earned four state rings—two in volleyball and two in basketball. Throughout high school, she's

earned a spot on all-conference teams 10 times and all-state seven times.

I find Katie even more remarkable because of her perseverance through what could have been a career-ending injury. Last year, she tore her ACL and her meniscus, leading to bone bruising and a microfracture. Sports were out of the question for the rest of the year. She had surgery and fully recovered, and when volleyball season began, she jumped in. ACA's 2022 girls went undefeated and earned a state championship with Katie at the helm. Basketball rolled around, and Katie played with a fierceness seen rarely in someone who has experienced such a terrible injury. Finally, even though she was told she would probably never be able to play soccer again, Katie beat those odds and came into this season full force. She led us to a 14-2-1 season, with a hard-fought state

championship game resulting in a second in-state trophy. Katie is not planning stop now. She's going on to play volleyball and basketball at Montreat College.

I can't make excuses after watching Katie play, as she has pushed through so much. If she can work through what she has, I am completely capable of working through whatever comes my way.

Katie has a remarkable work ethic and competitive spirit. She is a great model for what a good leader and teammate should be. I hope to follow in her steps to lead my teams. Thank you, Katie, for the impact you've made at ACA, for your leadership, and for the inspiration you've given me and every athlete coming behind you.

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



STUDENT OF THE MONTH
Haileigh McCorkle

Haileigh McCorkle was nominated by the band director, Mr. Dodson, who said Haileigh has been in the ACRHS Rocket Band Color Guard for four years. This year, she was captain and was responsible for teaching the color guard by herself. They won first place in the final competition this fall. She routinely sits in the top of the clarinet section and auditioned for All-State Band in March. She is a founding member of ACRHS' Black Student Union and has initiated many activities to support this group. Mr. Barnhouse, Haileigh's math teacher, says Haileigh is a stellar student in and out of the classroom. She is a ray of sunshine and is kind-hearted to everyone.

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

Bringing Worn Asphalt Back To Life.

Enhance your home's curb appeal, while protecting your driveway from deterioration and costly future repairs.

- Seal Coating Driveways and Parking Lots
 - Asphalt Patching and Potholes
 - Crack Sealing
- Residential & Commercial
 - Call for FREE estimate



SealProSolutions@gmail.com • 828-768-7325
Locally Owned and Proudly Serving WNC

WELCOMING NEW PATIENTS!



Committed to the Community

All profits from new patient exams are donated directly to local charities.

OFFERING

- Implants • Dentures
- Family & Cosmetic Dentistry
- Emergency Treatment
- Same Day Appointments
- Insurance Claim Assistance

COMPLIMENTARY IMPLANT & COSMETIC CONSULTATION

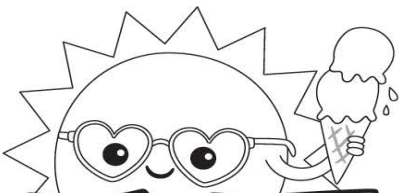
Get a personalized treatment plan that works with **YOUR** goals and **YOUR** budget!

MODERN DENTISTRY WITH A GENTLE APPROACH

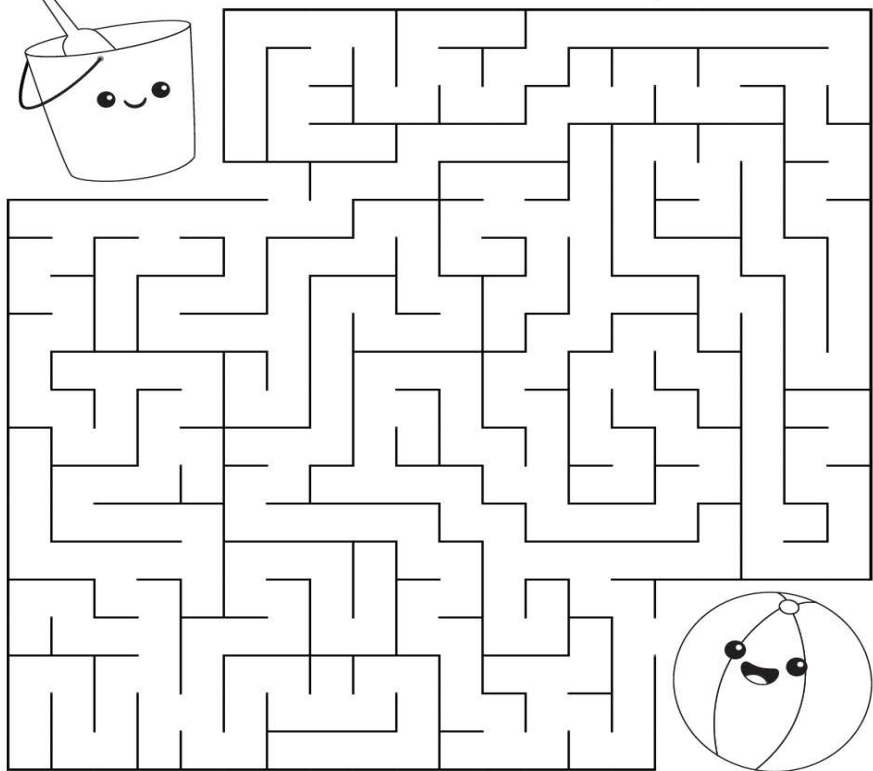


Call Now! **828.628.3504**
12 Old Fort Road in Fairview (Just off 74A)
www.FairviewNCDental.com

hello SUMMER



Help the bucket find the beach ball for a day of fun in the sun!



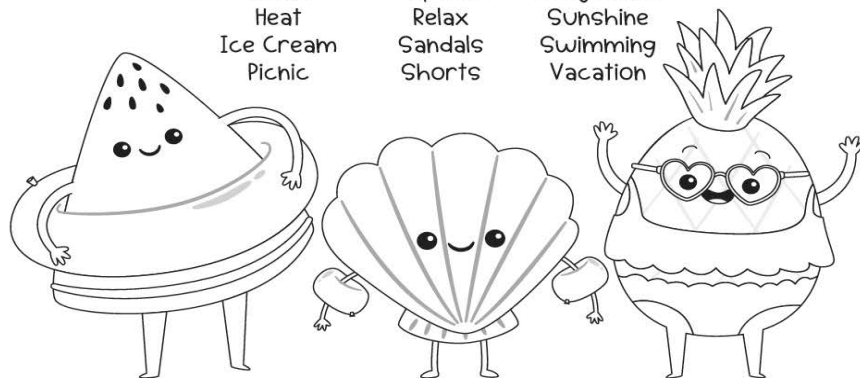
www.artsyfartsmama.com | ©Artsy-Fartsy Mama

Z B N H Z P S B Z V X R X Q S
M A E R C E C I A A O A H D U
S U N S H I N E L R Z T V O S
E G F F A R S E Y Y B F K L H
S Z A I N G R T P H D E A B R
S W I M M I N G R Q W D C C E
A X U H B T W V P O N L A U O
L S M L C Z E O T A H R T V E
G K Z O E R P Q S W H S A H W
N O L D E S P N O F E C V X D
U T X M I L H Z G R A S S Z Z
S B M C W T O K M T T J P M S
Z U L T F H Z O I U H K A K W
S E B M I I U O P O P M G B O
C I N C I P N U C G W F H X G

Barbecue
Grass
Heat
Ice Cream
Picnic

Pool
Popsicle
Relax
Sandals
Shorts

Summer
Sunglasses
Sunshine
Swimming
Vacation



Summer is Coming!

There's still time to get your yard ready for the season!

Call today
828 628-4080

- retaining walls
- storm debris cleanup
- drainage issues
- clearing and grading
- gravel road repair
- backhoe service and much more!

Trust Your LOCAL Experts

Fairview Landscaping is owned and operated by Wayne and Wanda McElrath — proud lifelong residents of the Fairview area!

Over 30 Years of Experience

With decades of experience in all forms of landscaping, you can be sure that we will do the job right!

Honest & Dependable

Fully insured and licensed.
We show up on time — every time.



fairviewlandscaping.com
828 628-4080



BEFORE



PHD
WEIGHT LOSS

AFTER



BART
DROPPED
163 LBS
IN 44 WEEKS!

Reverse Type 2 Diabetes,
Sleep Apnea, and
High Blood Pressure

Empowering you with
long-term nutrition and
behavioral support

CALL TODAY 828-552-3333

In-Office or Virtual At-Home Sessions!

myphdweightloss.com

PHD WEIGHT LOSS | YOUR TEAM LIFE CHANGE

Follow us on Facebook and Instagram! @PHDWeightLoss

Locally owned and operated by Dr. Ashley Lucas, doctorate in nutrition, registered dietitian

SERVING ASHEVILLE, GREENVILLE & CHARLOTTE

Invasive Flora

Multiflora rose seems like an innocuous bush, with plentiful sprigs of foliage and a multitude of dainty white flowers. When I recently hired Appalachian Land Stewards to help with removing invasive plant species and promoting tree health around my house, I was surprised at the amount of foliage removed. It got me thinking, “What makes multiflora rose rise up on the roster of invasive plants?”

It seemed like birds were flying in and out of our patch. So, what makes it so bad?

Invasive plant species aren't just non-native. They have characteristics that make them particularly pervasive or that enable them to create conditions that squeeze out other native plant and animal species. For example, the tree-of-heaven has an allelopathic effect, meaning that its leaves release toxic compounds as they decompose and make the surrounding soil less viable for other plants. Wildlife shun it as a food source. These characteristics, combined with the tree-of-heaven's ability to grow in a variety of soils and reproduce rapidly, makes it “invasive” because it outcompetes other species and ultimately leads to the loss of biodiversity.

So, back to our “un-friend,” the multiflora rose. This species was introduced from Asia and used as a fencing border for livestock or between properties. Its extensive root structure was thought useful to hold soil in



Multiflora rose JAMES H. MILLER, USDA FOREST SERVICE, BUGWOOD.ORG

place and control erosion—yep, like kudzu—and the flowers actually appear quite lovely. So, why is it considered in many states to be an invasive species or a “noxious weed” (which is a plant “designated by a federal, state or county government as injurious to public health, agriculture, recreation, wildlife or property,” according to the Bureau of Land Management)?

It spreads so profusely and readily through seed distribution and easily sprouting stems that it can lead to large aggressive thickets that cover the landscape and cause native herbs and shrubs to die off. Birds may take cover in the brushy multiflora rose and eat the hips, the fruit of rose bushes, and then scatter the seeds far and wide. State conservation departments once actually promoted multiflora rose for wildlife cover. But, like innovations in farming techniques and water filtration, we have continued to learn from past miscalculations. The proliferation of multiflora rose ultimately leads to worsening conditions for native nesting birds and less resilient

Upcoming SAHC Events

Interested in seeing more about SAHC's land management efforts, including our efforts to remove invasive species from farms and promote local agriculture? Join our Community Farm tour on June 2. Or hike with us in the Highlands of Roan on June 10, including a birding hike on historic farms of the Hampton Creek Cove State Natural Area. Our annual Land Trust Day on June 3 recognizes the impact of local land trusts like SAHC on the economy and outdoor recreation in the region. Shop and dine to support conservation at Mast General Store in Asheville and Waynesville, Chestnut, and Corner Kitchen. More at Appalachian.org.

ecosystems, as the invasive thickets spread and out-compete other species.

So, if you have a brazen patch of multiflora rose in your field, farm or backyard, you may want to think about removing it and planting a more sustainable species instead.

Similar-looking and non-invasive species include: pasture rose (*Rosa carolina*), swamp rose (*Rosa palustris*), Allegheny blackberry (*Rubus allegheniensis*) and flowering raspberry (*Rubus odoratus*). According to invasives.org, multiflora rose can be differentiated by “the combination of upright arching stems and fringed stipules.”

Multiflora rose can now be found across the eastern US and in Oregon and Washington. Treatment calls for physical removal of the plants or a combination of chemical, manual and mechanical removal. Frequent cutting several times during the growing season over a period of years will help prevent regrowth, but the seeds can remain viable for a long time,

requiring follow-up treatment.

For more info, visit plants.ces.ncsu.edu/plants/rosa-multiflora.

Supporting Land Trusts

Conservation begins in our own backyards. Supporting your local land trust, like the Southern Appalachian Highlands Conservancy (SAHC), is a great way to help secure large connected networks of habitat, so that the bears and other critters have somewhere to go as people keep moving into and around the mountains. However, caring for the land we each own—including removing invasive species in common areas of neighborhoods and planned communities—is also critical to the long-term health of places that surround us. And ultimately for ourselves.

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.

At Unified Therapies, our focus is on **you**.



- PHYSICAL THERAPY
- OCCUPATIONAL THERAPY
- SPEECH LANGUAGE PATHOLOGY
- MENTAL HEALTH SERVICES



Allison Fender, Owner

Our team works together to identify the obstacles our clients face. We customize treatment plans to increase resilience and independence, providing new hope and a greater quality of life.

NO REFERRAL NEEDED!

Contact us today to learn how we can help you!



145 Charlotte Highway, Suite 40, Asheville
(828) 414-2368 unifiedtherapies.com



Safely Get Rid of Body Fat, Improve Brain Function!



Studies show a connection between belly fat and cognitive decline

The APEX Brain Body Fat Reduction Solution



Baseline Testing



Individual Care Plan



Fat Reduction Treatments

FREE CONSULTATION

with one of our board-certified physicians

CALL TODAY

828.708.5274

APEX BRAIN CENTERS 2 Walden Ridge Dr., Suite 90, Asheville

APEXBRAINCENTERS.com    

Managing Osteoarthritis in Cats

We all know that our personal cats are panthers and tigers to be worshiped, but they are also very good at hiding illness and pain. Osteoarthritis (OA) is a degenerative joint disease that results from the breakdown of joint cartilage and underlying bone. Eventually, the bones in the joint rub against each other, causing pain, decreased joint movement and sometimes the formation of bone spurs or other changes in and around the joint. This disease affects humans and our animal companions.

As cats sleep 15 to 20 hours a day, owners can sometimes overlook subtle changes in their behavior. A cat with arthritis won't necessarily yowl in pain or stop eating. They might show that they have OA by changing the way they move around their environment. You may notice that their personality or sociability has changed.

If they are in pain, they may have difficulty jumping up or down off of furniture, hesitate before jumping, use multiple levels to get up (to the chair, then the table), or reach down to the floor instead of jumping. If stairs are uncomfortable, they may bunny hop with both back legs, stopping on the stairs for a rest. They may go downstairs at an angle, taking one stair at a time. They may run differently, walking more or jogging, having their back



A new injection treatment, Solensia, can help alleviate pain.

legs more angled together. They might not play with their toys as much or might take more breaks when playing. You may notice muscle wasting along their backs. Litter box habits can also change, depending on the size and placement of their box. We can also look at more than the way they move physically, including how energetic they seem, and if they seem content or happy.

If you think that your cat is uncomfortable, I recommend discussing it with your veterinarian. They will perform an exam, watch how your cat moves, and possibly take X-rays. They may also want to run bloodwork to look for underlying internal organ changes.

Treatment Options

There are a variety of options to help treat OA and improve your cat's quality of life.

- Joint supplements with glucosamine/chondroitin and fish oil supplements for omega 3 fatty acids can help, and there are also special diets formulated with these supplements.

- Weight loss can help reduce the strain on joints in overweight cats. You can keep your cat's mental and physical being exercised with toys, food puzzles and active play.

- There are anti-inflammatory medications that we use in cats, although none have been approved for treating arthritis. Human anti-inflammatory medication, such as Tylenol, can be toxic to cats, so please work with your vet to plan the safest option.

- Acupuncture and cold laser therapy can decrease inflammation and reduce pain. Physical therapy can help maintain muscle mass and strength, and massage can help reduce muscle tension that causes pain.

Solensia

There is also a new treatment now available called Solensia, which is a monthly injection given at your vet's office. It uses a cat-specific monoclonal antibody (a type of protein) called frunvetmab, which is designed to recognize and attach to a protein called nerve growth factor (NGF) that is involved in the regulation of pain. When frunvetmab binds to NGF, it prevents the pain signal from reaching the brain.

In a three-month study, 77% of cat owners reported seeing improvements in signs of pain when treating monthly with Solensia, with increased mobility seen with the first injection. In our practice, we have a number of cat owners that are continuing monthly treatments after seeing improvement.

If you notice that your cat is showing any signs of osteoarthritis, please talk to your vet about ways to keep your cat comfortable and moving. Solensia adds another option for treatment, and is being well received by cats and their owners. Keep your cat running and playing, or at least snoozing in the spring sunshine, more comfortably.

Sarah Hargrove is a Doctor of Veterinary Medicine at Cedar Ridge Animal Hospital. 184 Charlotte Highway, Fairview. 575-2430.

Edward Jones®

> edwardjones.com | Member SIPC



Are you invested properly? Get a second opinion.



Stephen M Herbert, ChFC®, AAMST™
Financial Advisor

1185 Charlotte Highway Suite I
Fairview, NC 28730
828-628-1546

MKT-5894L-A-A1 AECSPAD



Count on us for the *doggone* cleanest rugs!

DROP OFF YOUR RUGS FOR DEEP CLEANING TODAY!

CALL NOW FOR A **FREE** ESTIMATE!

STEAM MASTER
CARPET & UPHOLSTERY CLEANING

PICKUP SERVICE AVAILABLE

828-628-9495 | 3082 Cane Creek Rd | www.steammasterwnc.com

Love to Sing?

By Mike Richard

A few months before my daughter was born in 1977, I was introduced to barbershop quartet singing, a uniquely American, four-part a cappella style of singing. The first song I learned was "Little Girl," and the words perfectly captured my feelings about my precious, first-born daughter. I vowed then and there to sing it at her wedding.

On an unseasonably warm, late October day in 2002 at Hickory Nut Gap Farm here in Fairview, I found myself looking into her tear-filled eyes as I and my quartet



Author Mike Richard, front and center PHOTO: © KEN THOMAS

sang, "And when you choose another, I'll stand there with your mother, remembering my little girl." As I gave her away,

I thought to myself, "What other hobby offers a lifetime opportunity like this?" That's barbershop!

My chorus, The Land of the Sky Chorus, is auditioning male singers. We are the performing part of the Asheville Chapter of the Barbershop Harmony Society, a non-profit educational and charitable organization with chapters and singers worldwide. Prior singing experience or sight reading isn't required—just a love of singing. Our local chapter also has opportunities for mixed choral and quartet singing.

We meet at Mountain Care Adult Day Services, located at 68 Sweeten Creek Road in Asheville on Tuesdays at 6:30 pm. All visitors are welcome. Find us at ashevillebarbershop.com, [facebook.com/landofskychorus](https://www.facebook.com/landofskychorus) or call 800-280-6261 for additional information.

IMPORTANT COMMUNITY CONTACTS

PUBLIC SERVICE

Sheriff's Department 250-6670
 Fairview Fire Department 628-2001
 Garren Creek Fire Department 669-0024
 Gerton Fire & Rescue 290-6194
 Reynolds Fire Department 298-5200
CALL 911 FOR EMERGENCIES

SCHOOLS

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

COMMUNITY CENTERS

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

POST OFFICES

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

MISCELLANEOUS

Fairview Business Association 585-7414
 Fairview Library 250-6484
 Food for Fairview 628-4322
 Meals on Wheels 253-5286
 Root Cause Farm 628-3688



Support Local Summer Camp

Camp Good News is a non-denominational Christian camp off of Old Fort Road. The camp is funded by donations from individuals,

businesses and churches so that boys and girls of all ages can attend at no charge.

The camp seeks support from locals and businesses—both tax-deductible donations of financial support and time and people power for help with needed projects.

If you would like to view the camp to learn its history or to see what upgrades are needed, contact camp director, Jonathan Peck, at 628-7954 and he will be happy to meet with you there. The camp is located at 110 Marantha Road, Fairview. Find more info at CampGoodNewsNC.org.



WILLIAMSON CPA PLLC



Income Tax Preparation • Payroll Accounting • Consulting
 Bookkeeping • Electronic Filing

Helping small business and individuals with tax preparation and tax issues for more than 22 years



BOB WILLIAMSON

Call today!
828.338.0314

1185 Charlotte Highway, Suite F
willcpa.com



Joe's Floor Covering



30 YEARS OF EXPERIENCE IN ALL TYPES OF FLOORING

MASTER CERTIFIED FLOORING INSTALLER

FREE ESTIMATES

sueshamulus@gmail.com 828-551-2053 or 828-222-2336

WE'RE RIGHT HERE IN FAIRVIEW!

Besides installing wood, carpet, LVP and sheet vinyl, we do bath remodels, splash guards, tile repair and more. Get in touch and we can talk over your needs.



ELENA THE GROOMER

Professional Groomer

Open by Appointment
 Thursday to Monday
 Closed Tuesday & Wednesday

New clients:
 FREE tooth brushing
 and coat conditioner
 on first visit!

318-6814
 1185E Charlotte Highway



need to buy a new home this summer?

call THE SANDY-PATTI TEAM



Sandy Blair

25+ years of expert real estate business transactions!

Sandy Blair
 Realtor/Broker
 828 768-4585
sandy.blair@coldwellbanker.com



What Should You Expect from Your Investments?

To help achieve your financial goals, you may need to invest in the financial markets throughout your life. However, at times your investment expectations may differ from actual returns, triggering a variety of emotions. So, what are reasonable expectations to have about your investments?

Ideally, you hope that your investment portfolio will eventually help you meet your goals, both your short-term ones, such as a cross-country vacation, and the long-term ones, such as a comfortable retirement. But your expectations may be affected by several factors, including the following:

- **Misunderstanding** Various factors in the economy and the financial markets trigger different reactions in different types of investments—so you should expect different results. When you own stocks, you can generally expect greater price volatility in the short term. Over time, though, the “up” and “down” years tend to average out. When you own bonds, you can expect less volatility than individual stocks, but that’s not to say that bond prices never change. Generally, when interest rates rise, you can anticipate that the value of your existing, lower-paying bonds may decrease, and when rates fall, the value of your bonds may increase.

- **Recency bias** Investors exhibit “recency bias” when they place too much emphasis on recent events in the financial markets, expecting that those same events will happen again. But these expectations can lead to negative behavior. For example, in 2018, the Dow Jones Industrial Average fell almost 6% – so investors subject to recency bias might have concluded it was best to stay out of the markets for a while. But the Dow jumped more than 22% the very next year. Of course, the reverse can also be true: In 2021, the Dow rose almost 19%, so investors who might have been susceptible to recency bias may have thought they were in for more big gains right away—but in 2022, the Dow fell almost 9%. Here’s the bottom line: Recency bias may cloud your expectations about your investments’ performance—and it’s essentially impossible to predict accurately what will happen to the financial markets in any given year.

- **Anchoring** Another type of investment behavior is known as “anchoring”—an excessive reliance on your original conviction in an investment. So, for instance, if you bought stock in a company you thought had great prospects, you might want to keep your shares year after year, even after evidence emerges that the company has real risks—for example, poor management, or its products could

become outdated, or it could be part of an industry that’s in decline. But if you stick with your initial belief that the company will inevitably do well, and you’re not open to new sources of information about this investment, your expectations may never be met.

In many areas of life, reality may differ from our expectations—and that can certainly be true for our investments. Being

familiar with the factors that can shape your expectations can help you maintain a realistic outlook about your investments.



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

APRIL 2023 FAIRVIEW REAL ESTATE STATISTICS

PRICE RANGE	NO. OF SALES	\$ AVG PRICE	AVG DAYS ON MKT
100-199,999K	1	100,000	37
300-399,999K	3	379,000	9.5
400-499,999K	1	465,500	1
500-599,999K	1	535,000	4
600-699,999K	2	635,500	2
800-899,999K	2	846,831	2.5
900-999,999K	1	920,000	99
1M-1.6M	2	1,380,000	59

HOMES LISTED: 4	HOMES SOLD: 13	LAND LISTED: 20	LAND SOLD: 1
Max \$4,800,000	Max \$1,550,000	Max \$499,000	Max --
Min \$279,000	Min \$100,000	Min \$29,000	Min --
Avg \$1,610,750	Avg \$683,213	Avg \$117,350	Avg \$475,000

Cool Mountain Realty provides monthly statistics. When selecting a real estate company, remember to shop local. Keep and multiply the dollars in your local community's economy.

BARN DOOR CIDERWORKS

TAPROOM & BOTTLE SHOP

Summer Hours!

Thursday and Friday 4-8 | Saturday 2-8 | Sunday 2-7

COME OUT AND SEE US!

Follow us
FOR EVENT
UPDATES

Barrel-Aged Cider • Local Beer • Wine
Small Bites • Non-Alcoholic Drinks

Sign up
FOR OUR
NEWSLETTER

23 Lytle Road, Fletcher 828.484.1586
hours and full menu at barndoorcw.com

COME SEE US!

Monday-Friday
9 am-6 pm

1021 Charlotte Hwy
828.222.2308

Check out our inventory and pricing at highcountrytruckandvan.com

ARTS & CRAFTS SHOW

Second Saturdays
through November
9am - 3pm

379 Old Charlotte Hwy
Fairview, NC

Between Daymoon Coffeebar & Signs for Hope

Your dog deserves a
Spa Day

Fairview Boarding
now offers **grooming
and spa packages**
six days a week!

TRAINING • BOARDING • GROOMING

fairviewboarding.com
828-628-1997 | 1923 Charlotte Hwy

LOCAL CRITTERS
LEE PANTAS

MUSKRAT

FUN FACTS

- Muskrats are not related to rats, although their appearance is similar. They are named for their musky scent, which is emitted from glands at the base of their tails.
- Muskrats are semi-aquatic and spend much of their time in water. They are great swimmers and can swim underwater, backward and forward, for over 15 minutes.
- For shelter, muskrats build burrows into banks with underwater entrances along streams and lakes. If they live in marshes and swamps, they build 3- to 5-foot-high lodges made of vegetation and mud, also with underwater entrances.
- The inner chamber of burrows and lodges always rises above the surface of the water to give the muskrats dry shelter.
- Muskrats do not hibernate and are active year-round, feeding at all times of the day.
- Muskrats gather food and carry it to feeding platforms that they build for a place to eat. These platforms are flat, elevated piles of mud and vegetation constructed outside of their burrows. If abandoned, these platforms are used as nesting sites by many birds.
- Most often, muskrats mate underwater, and their social life is built around the colony, which typically consists of an adult pair and two to six young.



Lee James Pantas

Lee Pantas is an author and artist who's lived in Fairview for more than 30 years. From time to time, we share illustrations and animal facts from his book *Wild & Furry Animals of the Southern Appalachian Mountains* (available on Amazon).

FOOD FOR FAIRVIEW JEFF COLE

Ensure Donations Are Timely

As a volunteer at the Food for Fairview pantry, I can attest that we certainly don't want to discourage any donations of food for the shelves or financial donations. However, volunteers are normally only at the pantry one or two days a week, including Monday afternoons when food is distributed.

On two Fridays last month, a volunteer found boxed and bagged food donations outside the pantry door. These donations were examined for bugs and vermin before being taken into the pantry. If that volunteer didn't happen to check, the donations would have sat outside the pantry until Monday afternoon. It rained heavily that weekend, and the donations would have been ruined.

The pantry has set up indoor collection locations that are available seven days a week, where food can be dropped off in a safe and environmentally friendly spot.

- **Americare Pharmacy**
1185 Charlotte Hwy, Fairview
Open Monday–Friday until 6 pm
- **First Bank**
5 Olde Eastwood Village Blvd., Asheville
Open Monday–Friday until 5 pm



Please do not leave donations outside the pantry door.

- **Re.Imagine Studios**
15 Spivey Lake Dr., Fairview
Friday, Saturday, Sunday, 1–5 pm

The pantry is thankful for all the food donations. Please make sure your generosity is done both safely and securely.

This is the time of year that Food for Fairview is looking for financial assistance and dry goods donations to assist the school-age children of Fairview during the summer months. During the school year, the children get lunches at school and MANNA packs on Friday afternoons to take home for the weekend. If you are donating dry goods after school is out, please consider kid-friendly individual meals and snacks and individual servings and cereals for school-age kids.

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

Re • Imagine

gallery . studios . workshops



Reimaginefairview.com
15 Spivey Lake Drive, Fairview • 828-338-0070



SERVING FAIRVIEW SINCE 1984!

Open Monday–Friday
8 am – noon
1 pm – 5:30 pm
Saturday
9 am – noon
828 628.3557

Laser therapy available!
Emergency service provided by
MedVet 828 665-4399

867-A CHARLOTTE HIGHWAY IN FAIRVIEW

AA DIAMOND TILE

RONNIE YOUNT
Over 40 years experience!

LICENSED NC GENERAL CONTRACTOR



SHOWER LEAKS
REPAIRS
TUB-TO-SHOWER
CONVERSIONS
KITCHEN/BATH
REMODELS
HANDICAP ACCESSIBLE
APPLICATIONS



Call Ron!
450-3900



visit us today at aadiamondtile.com



*Come see us
for all your
outdoor needs!*

WE NOW SELL LANDSCAPE FABRIC

Asheville Stone and Grading
has what you need to create
the space of your dreams!

**Let us help find the
right product for you!**

mulch • gravel • top soil • fill dirt • landscape stones and much more!

**Asheville Stone
and Grading**

Give us a call today! 828.628.ROCK
1003 Charlotte Hwy beside the Garden Spot

The Case for Long-form Learning

This year my 4-year-old, Oliver, and I have planted dahlia seeds. When I tell people this, many are surprised to learn that dahlias grow from seed in addition to tubers. I too was surprised, and even more surprised to find that if you take seeds from one particular dahlia breed—the flowers each produce tens to hundreds of seeds—and plant them, each one will produce a new and unique variety of flower. If you have ever heard of a dahlia breeding garden, the seeds are what drive this grand experiment. And now I have entered the fray.

Oliver and I planted in 10 six-inch pots, two seeds each. Now we wait. My wife will sometimes laugh at me, as each afternoon, when I get home from work, I inspect the soil wherever prospective plants are. I get so excited whenever I see a green spot. Already, in just one week, our pots have the shoots of new leaves gently pushing their way out into the world. The prospects of what flowers those shoots might bring is quite tantalizing.

Thus we enter into another possible lesson in the school of gardening. If you are a regular reader, then you have heard me use a term that I believe I have coined, called “long-form learning.”

It refers to the ways in which we learn lessons through gardening that can only be applied to the next season. There is



Oliver Barton helping out.

a beauty in this way of learning. Often-times, it involves grand failures that can only be retested in 12 months. Sometimes it is excruciating. However, as someone who has been at it for more than five years now, I can honestly say that if you endure the difficulties and do your best to carry the learned lesson into the next opportunity, there is often great reward.

Here are a few of the tough lessons that I have had to endure through long-form learning. Perhaps I might save you some strife...

In our first season growing dahlias, we

didn't know anything about how to overwinter the tubers. We left them in the ground.

About half of them turned to mush, as our soil was heavy with clay and thus did not drain well. Lesson: Either dig up your root balls or be sure that they are planted in soil that is well aerated.

One year, we planted a number of tubers in a location that didn't get enough sun. The plants grew decently, but most of them never produced a flower that season. Lesson: It is best to plant your dahlias in a location that gets full sun for most of the day.

The first year we dug up our root balls, I watched a video with an expert demonstrating their process for cutting apart the tubers. Every tuber has “eyes,” which is where the next season's initial growth will sprout from. For the life of me, I could not find the eyes and thus was very hesitant to cut them apart. We ended up essentially cutting each root ball into two. For comparison, now I will cut a root ball into anywhere from five to 25 individual tubers. There were multiple lessons from this session. Lesson 1: If possible, find someone who has some knowledge to

show you in person. Lesson 2: Now I wait to cut apart my root balls until the spring, often letting them sit outside for a little while so that the eyes can begin to show where they are with the beginnings of color or growth. Lesson 3: This one I still wrestle with a bit, but root balls aren't precious. Every year you will lose some and gain some, but they don't need to be babied.

I think what I like the most about long-form learning is how humbling it can be. There have been many times when my best-laid plans have essentially crumbled, in slow motion, before my very eyes.

When this happens, the only thing that you can really do is study it and lay away plans for the next attempt. There is something beautiful about that, especially in this modern world where so many things can either be restarted or undone instantly. I look forward to the new lessons that our current season has in store.



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

Tech Support with a Smile

Mac / PC
Individual - Small Business
(828) 628-2354
bill@scobie.net

Bill Scobie has been helping folks get along with their computers for 35 years

Kerosene Pump
open late every night!
6am – 11pm

CAR WASH

Deli from

Get a car wash with a gas purchase and save 20 cents per gallon

828 628-9888
1185 Charlotte Highway in Fairview

Cane Creek

Animal Clinic & Equine

TED WRIGHT, DVM
LEIGH ANN HAMON, DVM
ELIZABETH MITCHELL, DVM
WENDY LICHTIG, DVM

1548 CANE CREEK ROAD
FLETCHER, NC 28732

OFFICE
(828) 628-9908

Wanda McElrath

Notary Public

691.6700

Convenient Fairview Location

auto titles • boat titles • trailer titles • probates • wills
property easements • deeds • powers of attorney
copies, emails, faxes also available

Tourism and Tax

Where does the occupancy tax go?

This is the 6% sales tax due each month from hotels and vacation rentals. Penelope Whitman, the vice president of partnership & destination management for Explore Asheville, told us about the legislatively-mandated split: two-thirds goes to national advertising and one-third goes to project grants that help fund amenities such as the Buncombe County Sports Park, Greenways, and WNC Nature Center—to the tune of \$15 million in 2022. It seems that someone needs to write a grant for a park in Fairview!

We were all wanting Explore Asheville to come up with a solution for the growing homeless problem (the unhoused), but that is not in the parameters of what they are mandated to do.

We were surprised to learn that even during the more than two years of the pandemic, tourists came to Asheville and spent over \$7.9 billion. How does Explore Asheville gather such statistics? Through credit card purchases and cell phone tracking data.

She showed us a very well-done video on Fairview that featured our own past president, Frank Dixon, of the Cove at Fairview. But, of course, we already know that Fairview is a great place to live.



Penelope Whitman (left), from Explore Asheville, and Nan Cole.



(L to r) Jeff Cole, Justin Schmidt and Jenny Brunet discuss how to procure grant money for economic development in Buncombe County.

June Meeting

The next FBA meeting is June 14, 6 pm at Specialized Fitness & Nutrition, at 19 Kristie Scott Lane. Owner Crystal White would like to help business members get in shape for their summer activities. Whether you need to increase shoulder strength to paddle the Nantahala, tone up those abs for showing off at the beach, or increase your endurance, Specialized is the place. And it's right here in Fairview—and open 24/7! If you want to take a “tactical” strength class or take advantage of community time to work out at your own pace, check it out. Crystal will guide us through the personal training services. We will be on their newly built deck, so bring a chair, your name tag and your latest business news.

Real Help in Real Time.

Optimal health for residents of Buncombe County and beyond

EDUCATION • RESOURCES • COMMUNITY NURSE • HEALTH WORKER SUPPORT

NCCARE 360 Navigation uses the statewide resource tool to find resources needed by individuals and families.

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

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

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

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

IFPHA is a 501 C(3) organization

Call us today!

828.768.2369

To donate or for more information, visit www.ifpha.org

Keep it Local!

<p>ACCOUNTANT Bob Williamson, CPA 338-0314</p> <p>ARCHITECTURE & DESIGN Rueger Riley 407-0437</p> <p>ART/ANTIQUES Abba's Vintage Resurrections 865-567-7549 Fibersong 712-8391 M. Moore Woodturning 365-8787 Tyrconnell House 774-3662</p> <p>ART GALLERY/ Re.Imagine 773-680-4981</p> <p>AUTO SERVICE/VEHICLE SALES Blue Ridge Adventure Vehicles 338-9405 High Country Truck & Van 222-2308</p> <p>BANKING/FINANCIAL SERVICES Edward Jones—Stephen Herbert 777-7094 Edward Jones—Katherine Morosani 628-1546 First Bank—Heather Ward 298-8711</p> <p>BREWERY/DISTILLERY/CIDERY Barn Door Ciderworks 484-1586 Turgua Brewery 338-0218 Whistle Hop Brewery 338-9447</p> <p>BUILDER/CONTRACTOR Grace Homes 222-4567</p> <p>BUILDING & MAINTENANCE AA Diamond Tile 450-3900 All Season Heating & AC 651-9998 Cane Creek Concrete 230-3022 Daylight Asheville 778-0279</p> <p>BUSINESS SERVICES gk, Inc. 222-4567 Rising Workplace 214-7827</p> <p>CHEF (PRIVATE) & CATERER Mamonos 651-335-6416</p> <p>CLEANING SERVICES Steam Master Carpet/Upholstery 628-9495</p> <p>COMPUTER SERVICES Integrity Audio and Video 915-929-3732 macWorks 777-8639 Scobie.net 628-2354</p> <p>CSAS/FARMS/MARKETS Cane Creek Asparagus 628-1601 Flying Cloud Farm 768-3348 Grace Farms 222-4567 Trout Lily Market & Deli 628-0402</p> <p>DUMPSTER RENTALS & HAULING All-In Dumpster Rental & Hauling 776-5517</p> <p>EDUCATION/INSTRUCTION Advanced Education Tutor 628-2232 Fairview Preschool 338-2073 Mighty Oaks Montessori 338-0264 Uptalent Consulting 450-4197</p> <p>EXERCISE Specialized Fitness & Nutrition 335-0196</p> <p>EQUIPMENT RENTALS/REPAIR Carolina Equipment Rental 628-3004 Ed's Small Engine Repair 778-0496</p> <p>FLOORING CC Flooring 712-1671</p> <p>HEALTHCARE FACILITIES Flesher's Fairview Health Care 628-2800 Silverbell Homestead 844-4634</p> <p>HOUSE RENTALS/SHORT TERM/VACATION RENTALS Cloud 9 Relaxation Home 628-1758</p>	<p>Sunset Hollow 768-0120 Sweet Farm on Cane Creek 242-4425 The Cove at Fairview 628-4967</p> <p>INSURANCE AFLAC – Raynelle Ritchie 691-0787 Butch Greene Hemlock 338-9125 ESCO Insurance Agency 231-6577 Kimmel HR Solutions 222-0105 Prime Time Solutions 628-3889 Stovall Financial Group 275-3608 Tammy Murphy Agency 299-4522</p> <p>LANDSCAPING Fairview Landscaping 628-4080</p> <p>LAND SURVEYING Battley Land Surveying 424-9447</p> <p>MARKETING/PROMO/PRINTING 828 Printing & Graphics 216-0955 Ink 222-4567 Outside the Box Interactive 848-4072 Re.Solutions 280-8270</p> <p>MEDICAL SERVICES Apex Brain Center 681-0350 AVORA Health 505-2664 Carolina Mobile Optician 779-2891 Fairview Chiropractic Center 628-7800 Koretz Family Health 220-0125 SEPT Physical Therapy 338-0707 Unified Therapies 414-2368</p> <p>NEWSPAPER Fairview Town Crier 628-2211</p> <p>NONPROFITS Food for Fairview 628-4322 Root Cause Farm 276-1156 Signs for Hope 691-2581</p> <p>ORGANIZING Grand Solutions LLC 516-238-6979</p> <p>PET SERVICES & SUPPLIES Barn & Home Pet Sitting 280-0056 Fairview Boarding 628-1997 Living Harmony Pet Sitting 582-3363 Woof In the Woods 222-2222</p> <p>PHARMACY Americare Pharmacy 628-3121</p> <p>PICTURE FRAMING SERVICES Frame It Asheville 808-0923</p> <p>REAL ESTATE SALES Beverly Hanks—Carol Holcombe 779-8748 Cool Mountain—Jenny Brunet 628-3088 Divitia Realty—Beth Cohen 398-9233 Greybeard—Rosie Johnson 778-2630 Keller Williams—Jim Buff 771-2310 Looking Glass—Dara Kiely 707-0345 Purnell Team, eXp Realty 551-3542 Sandy Blair Real Estate 768-4585</p> <p>RESTAURANTS/CONFECTIONS Angelo's Family Restaurant 628-4031 Embrow Tea 727-564-9003 Subway 299-8451</p> <p>RETAIL Clothes Mentor 274-4901 To the Brim: Refill Store 552-3332</p> <p>SECURITY SERVICES ADT Security Services 808-5007</p> <p>VETERINARIANS Fairview Animal Hospital 628-3557</p> <p>WELLNESS/HEALING Appalachian CBD 338-0039 Blue Ridge EMF Solutions 628-5003 Fairview Fermentory 372-2450 Fresh Ground Health 773-343-0614 LA Massage and Energy Work 372-2450</p>
---	---

Magnolia

There are certain trees and flowers that have deeper meaning and memories for some. The glorious southern magnolia tree, with its huge, sweet, scented white blossoms, is a tree I adore, and it was the same for my dad, mom, grandmother and is for my partner. Since they are evergreen, they are wonderful trees to have in your yard, and their glossy, large, deep-green leaves are unusual and beautiful, both for humans and birds that need evergreen homes.



Many decades ago, I rented a huge 1880s Victorian home on two acres, and there was a gargantuan 100-year-old magnolia tree that must have been 70 feet wide and 60 feet tall. It had multiple trunks, and whenever it was in bloom, the citrusy-spicy fragrance would come inside my bedroom, carried on a soft, warm breeze. It was like ambrosia perfume inside a whole bedroom, and I loved that tree deeply. Another blessing was that the tree was so huge and wide that dozens of friends were able to harvest spectacular greenery for the holidays.

Magnolias are an ancient genus that appeared on earth prior to bees, and several research scientists believe they evolved to attract beetles that serve as pollinators. Many times, when I have picked the flowers, I have had to shake out Japanese beetles, as they love the

blossoms. The name "magnolia" comes from a French botanist named Pierre Magnot.

Most folks, including myself, never knew that magnolias were edible. As far as I can tell, the only way for them to be used is by pickling the flower petals. Several varieties of magnolia (*Magnolia virginiana* and *M. grandiflora*) can also be used as a spice similar to bay leaves. All one has to do is dry the leaves, cut them into small pieces, and add them to soups or stews as you would bay leaves. The southern magnolia, Japanese star magnolia and early spring pink Chinese species all do well in WNC. The early spring varieties often get hit by frosts, but the trees are fine.

Magnolias are used in Chinese and Japanese medicine. The flower petals are utilized primarily to treat lung and

Pickled Magnolia Blossoms

½ lb cleaned blossom petals	½ C sugar
1 C sweet rice vinegar or white balsamic	½ t salt

Stuff canning jars full with clean petals. Mix vinegar, salt and sugar and bring to a boil, pouring the mixture into the jars over the petals. Let cool and screw the cap on the jar. You can also make an easy, tasty vinegar using pink Chinese blossoms. Use a sweeter vinegar to add to the blossom-filled jars and let sit for a week or so in a cool, dark place.

stomach issues. The bark has also been used in several parts of the world as an antibacterial, anti-inflammatory and anti-cancer agent, as well as in the treatment of Alzheimer's, depression, menopause and diabetes. One of the products I want to try making is magnolia-infused honey, as it is reportedly excellent for clearing sinuses during allergy season.

There are over 200 species and not all are edible. The best local choices include *M. grandiflora*, *M. denudata*, *M. soulangeana* (early spring pink Chinese), *M. kobus* (a stunning early spring Japanese magnolia with white star-like blossoms), *M. pterocarpa* and *M. virginiana*.

I tried pickled blossoms and was surprised by their delicious and unique flavor. Experiment with the recipe above. The blossoms were delightful and excellent

chopped up sparingly in salads, with sliced radishes, or mixed into pickled daikon or okra. Add a few pansy or violet flowers and one has a very unique, tasty and exquisite side dish. They also work well on top of fruit salads. I have seen recipes for adding them to baked fish, but I haven't tried that yet. You can also find recipes for fermented magnolia blossoms. As a big fan of fermented foods, I want to try this as well. There are many options, so have fun exploring the beauty of these majestic trees.



Contact Roger at rogerklinger@charter.net.

Cane Creek Concrete INC
Stamped, Colored & Custom Concrete

Insured
Free Estimates

Driveways - Walkways
Patios - Pool Decks - Slabs
Steps - Curbs
and MUCH more...
Removal & Replacement
828-230-3022
www.canecreekconcrete.com

** Accredited Better Business Bureau member **

Margaret Moncure, DVM
Sarah Hargrove, DVM
Susan Wagner, DVM

*Full service
small animal hospital*

Monday-Friday: 8 am-5 pm
Saturday: 9 am-12 pm

184 Charlotte Highway
directly across from AC Reynolds High School

828 575-2430 | cedarridgevet.com

Since 1985, keeping homes in working order!

HOME FIX

PLUMBING • ELECTRICAL • CARPENTRY
Handyman

sheet rock

door locks

marriages mended!

ceiling fans

rotten wood

Charles
828.301.3882

Fully Insured
We fix it all!

Practical, family dog training

**Training Dogs.
Coaching Owners.
Achieving Goals.**

SCAN THE CODE TO LEARN MORE!

1451 Charlotte Hwy | 828-222-2222 | woofinthewoods.com

The Little Farm that Could

The road that roams like a snake through these hills is wider than it used to be, and new storefronts and housing developments pop up daily. So much about this little town seems to be changing, but there is one thing we are trying hard to hold onto. Tucked away down a gravel road, surrounded by fields of tall grass, with gusts of wind that'll knock you over and red clay mud that'll stick to your tires, is a little farm that, despite all the odds, is still standing. Root Cause Farm has ridden the waves of funding shortages, staff changes, a name change and the formidable early years of the pandemic, but here we are: still standing tall just like our old familiar scarecrows made from garden rakes and old plaid shirts.

We have seen many new faces show up this year, and it feels like it is time for a re-introduction to who we are now. Many of you may remember the farm from years before under the name The Lord's Acre. Purchased with the help of the local McClure Fund, a group of friends saw a need in the community for fresh, accessible produce and literally dug in. It grew into a real-life farm that grows food and gives it away. It grew people, too—interns, volunteers, farm managers, program directors, and board members. It grew food that fed thousands.

Then, three years ago, when the world shut down, the farm became quiet. For years, it had relied on volunteer support

and personal donations, and all of those slowed to a drip. The thistle shot up to heights we never knew it could grow to, and for a moment there, despite everyone's best efforts, we all wondered: Would it go on? Would the weeds strangle the raised beds and collapse the muraled buildings? Would this place ever be what it was, or would it be lost, like so many other little farms and businesses over these tumultuous years?

With your support, we have survived. We're still here, and we're growing more food than we have in years. With an active board, new staff members and wave of volunteers returning to the farm, we are turning over a new leaf. We, you—all of us—re-dug the garden beds, clipped away the overgrowth from the muraled sheds, removed an industrial dumpster worth of trash, put new seeds in the ground, pulled, by hand, thousands of little thistle plants until our fingers bled. And



PHOTO: APRIL TARJICK

we watched, like some slow-motion movie montage, as vegetables grew and people returned and flowers bloomed and sweat poured and love emerged the way it had for years and years before.

A farm does not exist because you say it does. It is an act, a daily commitment to show up and dig in. We know that, right now, that commitment is more important than ever. Food pantries across the county and nationwide are reporting doubled

numbers of participants seeking food since the beginning of the pandemic. Without non-profit farms like Root Cause Farm, those food pantries have few places to turn to for fresh vegetables. The life-giving nourishment that keeps us alive and wards off disease is unreachable to many. In response, every single bed at Root Cause Farm is packed with vegetables, fruit trees and brambles, and we're hosting groups and volunteers nearly every day of the week. We are rising back up, welcoming our community back to the land and doing the thing we do best—growing community solutions to hunger. Won't you join us?

This is your farm. We welcome groups to host meetings and events at the farm. We have community gardening space for you to plant your own vegetables. We also host weekly open volunteer sessions on Sundays from 3–6 pm and Mondays from 9 am–12 pm. There is a potluck dinner on the last Sunday of every month at 5 pm. Our Share Market, where we share fresh produce from the garden and invite other gardeners to share theirs, will start at the end of May on Mondays from 12–1 pm.

If you believe everyone should have access to fresh fruit and vegetables, if you believe in farms and the importance of community spaces, consider volunteering or donate at rootcausefarm.org/give.

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

SUMMER GARDEN TIME

It's finally here! Our last frost date is moving into the rearview mirror, which means you can finally plant summer crops without cover. This is a great time to sow annual flowers like zinnias, sunflowers and marigolds. Plant them alongside tomatoes, cucumbers, squash, beans and whatever your heart desires. If you have partial shade, you will have the best luck sticking to greens like kale and lettuce, which will flower and taste bitter in the bright summer sun. Keep an eye out for cabbage moths fluttering around any brassicas and pluck the worms off your plants before they devour them. If any of your transplants are struggling, consider spraying them with a fish emulsion or compost tea.

We are OPEN!
Fostering community with our passion for good food and good service!

Delicious menu featuring local meats and produce
Outdoor dining on our beautiful deck
FREE family-friendly live music

Check out our menu and music calendar anytime!
thestraightaway.com
Follow us @thestraightaway

Just down the road on Route 9!
1722 Hwy 9, Black Mountain

Make an impact one ounce at a time!

Out of detergent? Don't throw out that bottle — refill your single use containers at **To The Brim!**

- Cleaning products by the ounce
- Bath & body products by the ounce
- Locally and nationally-sourced eco-friendly products

to the brim
REFILL STORE

OPEN 7 DAYS!
Mon: 12-7pm
Tues-Fri: 10 am-4 pm
Sat: 10 am-5 pm
Sun: 10 am-4 pm

145 Charlotte Highway | 552-3332
tothebrimrefill.com

Thomas Dental Care
Cosmetic and Family Dentistry

D. Scott Thomas, DDS, PA
Eastwood Village, Suite 102
(Hwy 74, Across from Ingles)

New Patients Welcome!

Phone: 828.299.8960 • Fax: 828.299.8961
www.ThomasDentalCare.net

McCRARY STONE

BIG GRAY ROCK EATERS

Residential & Commercial

Local family business since 1968!

Crushed Stone & Gravel
828 649-2008

ALL SEASONS
HEATING & AIR CONDITIONING



828 651-9998
P. O. Box 987
Skyland, NC 28776
www.allseasonsnc.com

Aran Pelly
info@allseasonsnc.com

GALLOWAY MASONRY
Land Maintenance • Road Maintenance
Retaining Walls • Excavating
...and more!

Serving Fairview for over 20 years!

**Call Rick Today!
828.776.4307**

FAIRVIEW Health & Retirement Center

828 628.2800
3016 Cane Creek Rd., Fairview
Fleshers.net

- Medical Care
- Nursing/Rehabilitative Care
- Variety of accommodations
- Assisted Living
- On-site pharmacy

A family caring for families since 1954

Great Wall
CHINESE RESTAURANT

TAKE OUT ONLY
4 Olde Eastwood Village Blvd.
Hwy 74A, Across from Ingles

828.298.1887 or 828.298.1870
fax: 298.1859

Open Sun-Thurs: 11 am-10 pm
Fri-Sat: 11 am- 10:30 am

NEW!
Dieter's Menu!
Sauces on the side.
No oil. No salt. No fried.

MIKE SURRETT
Lawncare & Handyman

Free Estimates • Insured

Tree Cutting/Removal • Firewood • Mowing
Drywall Patching • Interior Painting • Carpentry
Pressure Washing • Moving • Trash Removal

828.628.2918 • cell 828.230.8494
surrettm@bellsouth.net

HAVE A SPRING YOU DON'T KNOW WHAT TO DO WITH?

NOW OFFERING
Rain Harvesting Consultation

LET'S TALK SPRINGS!

JOHN SMITH
Natural Spring Consultant

CALL NOW!
828.674.7801
imagesbyjohnsmith@gmail.com

CC FLOORING
Home of the Floor Doktor!

Hardwood • Tile • Carpet • Laminate • Vinyl
Sanding • Refinishing

828.255.3532
www.CCFlooring.net
246 Old Airport Road, Fletcher

TOTAL HOME INSPECTIONS
Home inspections • Radon testing

RONNIE OWENBY
828.231.4039
totalhomeinspectionsllc.com

CEDAR MOUNTAIN BAPTIST CHURCH

SERVICES

Sunday School 9:45 am
Sunday Preaching 11 am
Sunday Night 6 pm
Wednesday Night 7 pm

27 REEDS CREEK ROAD, FAIRVIEW, NC 28730

EMMA'S GROVE BAPTIST CHURCH

Sunday 9:30 am Livestream on Facebook
Wednesday 6:30 pm Fellowship, Bible Study and Prayer
Uplift

417 Emma's Grove Rd, Fletcher 1.5 miles off Charlotte Hwy
628-1953 | emmasgrovechurch.org

Fairview Baptist Church

32 Church Rd
PO Box 1339
Fairview, NC 28730
828 628-2908
www.fbc1806.org
contact us @fbc1806.org

SUNDAYS
Morning Life Groups 9:45 am & Sunday Worship 11 am
Evening Life Groups & SPK Kids 6 pm
WEDNESDAYS
Family Night Supper 5:45 pm
A.M.P. Ministry 6:15 pm
Team Kids - X180 - High School - Adults
Wednesday Night Worship 7 pm

FAIRVIEW
CHRISTIAN FELLOWSHIP (PCA)
fairviewfellowship.com

A Community Renewed
By The Gospel,
Created To Enjoy God
and Love Our Neighbors

Pastor Trevor Allen
828.329.3514
pastor@fairviewfellowship.com
Worship 10 am
Sunday Youth Group 5 pm

596 Old US Hwy 74 log church on the hill beside Fairview Library

OAK GROVE BAPTIST CHURCH
EST. 1941

Tommy Wilkes
Pastor

1552 Cane Creek Road
Fletcher
828-628-1873

SUNDAYS
Sunday School 9:45 am
Worship 11 am

WEDNESDAYS
Prayer & Bible Study 6:30 pm

FRIDAYS
Young Adults Fellowship
ages 18-28 6:30 pm

Oak Grove Baptist Church
Visit us online at oakgrovemministries.org

Pleasant Grove Baptist Church
455 Hollywood Rd., Fairview
Phone: 628-2032

We invite you to come worship with us.
"A mission-minded community-based church."

Sunday School 9:45
Worship 10:45
Evening Worship 6:00
Wednesday Evening 7:00

REYNOLDS BAPTIST CHURCH

SERVICE SCHEDULE

Sunday School 9:45 am
Worship 11:00 am
Sunday Evening 5:30 pm
Wednesday 7:00 pm

REYNOLDS BAPTIST CHURCH
520 Rose Hill Rd, Asheville, NC
ReynoldsBaptistChurch.org
828.779.9783

Spring Mountain Baptist Church

Marc Shumaker
Pastor

11 Spring Mountain Rd
Fairview, NC 28730
828-551-2572 shumakermarc@yahoo.com

Find Us On Facebook

FOOD PANTRY TUESDAYS 4-6PM

THE PLACE
PEOPLE • LOVING • ACCEPTING • CHRIST'S • EXAMPLE
FELLOWSHIP CHURCH
828-581-0588
Pastor Mike Anderson

2 LAURA JACKSON ROAD, FAIRVIEW

Trinity of Fairview
Rev. Stacey Harris, Senior Pastor

SUNDAY MORNING WORSHIP & SMALL GROUPS
Two Sessions: 9:15 to 10:30 a.m. & 10:45 a.m. to Noon

WEDNESDAY NIGHT ACTIVITIES 6:00 p.m. to 8:00 p.m.
AWANA CLUBS | Food & Activities for Children
THE MIDWEEK | Food, Worship, & Activities for Students
PRAYER & BIBLE STUDY | Service for Adults

646 Concord Road, Fletcher, NC 28732 • (828) 628-1188
www.TrinityofFairview.com



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



Elder Abuse Awareness

World Elder Abuse Awareness Day is June 15. Join us for the 2023 World Elder Abuse Awareness Day Walk on June 15, from 5-7



pm at Carrier Park. This multi-generational event is free to all and will include information about elder abuse, its impacts on our community, and information from local agencies that offer actions and support to combat elder abuse. We'll have live music from the Knotty G's, desserts available to purchase from Howdy Homemade Ice Cream and Small Cakes, and face painting for the kids.

Passive Recreation Lands Survey

The passage of the 2022 Open Space Bond last year paved the way for the development of Passive Recreation Lands in Buncombe County. These lands provide opportunities for recreational activities that require minimal stress on a site's resources. Take our community survey at engage.buncombecounty.org/passiverecsurvey to share your vision for passive recreation activities and access.

Juneteenth Observance

The Board of Commissioners recently approved a change to the county's Juneteenth holiday. In 2021, Buncombe County set the county's holiday for the Friday on or before June 19. Last year, the federal government made Juneteenth an official federal holiday. To keep services in sync with federal and city partners, the county will follow the lead of federal closures. Moving forward, the county will celebrate the Juneteenth holiday on June 19 unless that date falls on a weekend. In that case, the holiday will be celebrated on Monday (if the holiday falls on Sunday) or Friday (if the holiday falls on Saturday). This year, the county will celebrate Juneteenth on June 19. All administrative offices will be closed on that day.

Kassi Day is Buncombe County's public relations coordinator.

CLASSIFIED

HELP WANTED



NOW HIRING. Applications for TE Connectivity accepted at Spherion Staffing, 856 Sweeten Creek Rd., Unit H in Asheville. Call 348-0390

FLESHER'S FAIRVIEW HEALTH-CARE CENTER is a 3rd generation family owned and operated skilled nursing facility. We are a great place to work and when you work for us, you become one of the family. We are currently hiring in Nursing, Housekeeping, and Dietary. We offer many benefits including: BCBS insurance, Paid Vacation and Sick Time, Flexible schedules and 401K. Call 628-2800 and ask for the specific department you're interested in for more information!

FOR SALE

12 ACRE LOT in gated community for sale by owner. Located off Old Fort Road, East of NC 9. 20 minutes from Black Mountain and Bat Cave. Beautiful views, large trees and year round stream. **\$170,000.** Serious inquiries by appointment only after mailing name and contact info to: M Drake 1227 Old Fort Road, Fairview, NC 28730 or email sylviamarshall@hotmail.com.

SERVICES

ACCOUNTING/TAXES

BOB WILLIAMSON, CPA has served Fairview and surrounding areas for over 12 years. His office is at 1185 Charlotte Highway, Suite F, in Fairview. Bob is looking forward to helping the community with tax and accounting needs. Call 828.338.0314

CONSTRUCTION/HANDYMAN

ALL CONSTRUCTION SERVICES Customized building, turn-key homes, remodeling, decks, and light dump truck work. 75 Years of quality customer service. Free estimates. Call David Frizsell at 828-458-2223.

HANDYMAN Yardwork Landscaping Light Carpentry General Repairs Custom Shelving Small Jobs Welcome Best Pricing Call Rob 828-280-2623.

HOUSECLEANING

HOUSE CLEANING by Darlene in business for 10+ years CALL or TEXT for a quote today 828-767-9848

TRADITIONAL OR GREEN CLEANING Now taking new clients. 20 years of cleaning experience. References available. Flexible schedule. Anna: 828-582-1252

INSURANCE

MEDICARE HEALTHCARE INSURANCE PLANS Offering Medicare Rx, Advantage and supplement plans. Mike Richard, local Fairview independent agent since 1998. 828-628-3889.

LAWN CARE/LANDSCAPING

NESBITT LAWN CARE AND LANDSCAPING Mulching, hedge trimming, weedeating if it's lawn care you need I can do it. 828-243-4759

ORGANIZING

OVERWHELMED BY CLUTTER? Let a professional organizer remove chaos and clutter from your home/office. Call for a free one-hour consultation. grandsolutions.net. Member of NAPO. 516-238-6979.

CLASSIFIED ADS WORK!

Want to promote your services? Have something to sell? Looking for help? **ADVERTISE IN THE CRIER!** \$10 for 20 words; 25¢ per word thereafter. Notices, non-commercial personal ads free. call/text Clark 828-771-6983 clark@fairviewtowncrier.com

NOTICES

STUDY GROUP A Course in Miracles study group meets each Monday 1-2:30PM for discussion and meditation. Welcoming new friends. Call 828-458-1633.

BIBLE STUDY Come join us in an independent Christian bible study on Tuesday evenings 5:30-7:00 starting April 4, at 131 Charlotte Highway. For more info, call 230-0507.

The Fairview Town Crier

Managing Editor **Clark Aycock** clark@fairviewtowncrier.com phone/text 828-771-6983

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

Billing Questions **Veronica Flynn** billing@fairviewtowncrier.com

Labeling Volunteer Coordinator **Diana Soll** dbsr828@gmail.com

fairviewtowncrier.com | 628-2211

OFFICE OPEN Tuesdays 11am-3pm Thursdays 11am-3pm

BIG BLUE DROPBOX AVAILABLE 24/7

1185-H Charlotte Highway

Mailing address: P.O. Box 1862, Fairview, NC 28730

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

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

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



Jim Buff

CRS

828.771.2310

86 Asheland Avenue, Asheville, NC

Fairview resident since 1992!

kw PROFESSIONALS

KELLERWILLIAMS. REALTY

www.jimbuff.com



FEATURED LISTINGS



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



BLACK MOUNTAIN! 3 BR, 2 bath townhouse, covered front and rear porch, open floor plan, convenient location, *MLS# 4016341 \$379,900!*



WEAVERVILLE! 3 BR, 2 bath home on .31 acres, fenced backyard, garage, basement-easily finished, convenient location, *MLS# 4024842 \$320,000!*



SYLVA! Cozy, 2 BR, 2 Bath mountain home, tons of natural light, hot tub, bsmt w/garage, minutes to Sylva & Waynesville, *MLS#3938305 \$310,000!*



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



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

Auto coverage priced for you

Call me for a quote today



Tammy Murphy Ins Agcy Inc
Agent

135 Charlotte Hwy Ste B
Asheville, NC 28803-9602

Bus: 828-299-4522
tammy@tammymurphy.com

www.statefarm.com/agent/us/nc/ashe



State Farm Mutual Automobile Insurance Company
State Farm Indemnity Company
Bloomington, IL

State Farm County Mutual Insurance Company of Texas
Richardson, TX

PUT SUCCESS ON YOUR SIDE

Call the Jim Buff Team



Jim Buff
Sales



Steve Hedrick
Sales



Heather Hendrix
Sales



Jason Rice
Sales



Sabrina Howard
Sales



Noah Clarke
Closing
Coordinator



Ashley Nelson
Office/Listing
Manager



Rebecca Guy
Office Assistant

RESULTS

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

www.jimbuff.com