



The Fairview Town Crier

MAY 2024 VOL. 28, No. 5 | FAIRVIEW, NC | fairviewtowncrier.com



(L-R) Lauren Gomez of Mountain Vantage Properties & Dana Gambale of Magic Rocket Vintage



(L-R) Lauren Balken of Balken Roofing and Luxury Loo & Chris Lance of Fairview Preschool

Fairview's Female Entrepreneurs

by Ralph Grizzle

At Gratia Botanica, women outnumbered men during the Fairview Business Association's April meeting. That came as no surprise, as there are many local women toiling away at their passions. It's no easy task. In addition to being mothers or caregivers, many of these women also have to contend with the challenges that any entrepreneur faces today: labor shortages, high material and service costs, and more.

Over coffee at Daymoon, Fairview resident Ashley Haywood said she waited for years to write herself a paycheck after starting Embrew Tea. "I spent a long time grinding even after I lost the joy in the work," she said. "I was stuck in a dark place where walking away would feel like failure. I wasn't ready to face

that until late last year, seven years into the business." But with kids to raise and volunteer work on her plate, she couldn't wait any longer. "I realized that the sooner I could close the door on Embrew, even with pending deals with Whole Foods and Home Shopping Network, the sooner I could open the door to my next phase. And once I made my decision, doors did, in fact, begin to open."

A crusader for saving WNC's trees, Fairview's Raven Sterling said her biggest challenge is balancing her work with the other pillars of her life. Her company, Raven's Invasive Plant Management, aims to stop kudzu, English Ivy and other invasives from strangling our local trees. "When you're passionate about what you do, there's a real possibility of being consumed by the work itself and the emotional aspects that go along with meaningful and purposeful pursuits," she said. "I have to protect my personal time, ensure adequate rest and focus on

well-being." Mother's Day in May serves as an apt reminder to applaud the women in our community.



Raven Sterling (center), owner of Raven Invasive Plant Management, with clients at Bat Cave Preserve

A.C. Reynolds High School Varsity Football season is right around the corner and the team needs your help. They are looking to cover the team meals for the athletes and coaches before each game. If you would like to sponsor a meal or make a donation, please email acrfootballparents@gmail.com or call 335-5299.

Go Rockets!

Fairview Kids Maker's Market

In just a few weeks, Fairview will blossom with the vibrant creativity of its youngest artisans at the third edition of the Fairview Kids Maker's Market. Scheduled for May 19 from 11 am to 3 pm at Root Cause Farm (26 Joe Jenkins Road), this event is meant to create an inspiring experience for both the kids and the community who supports them. With 35 child vendors, live music, a scavenger hunt and food, the market is a celebration of youthful imagination and entrepreneurial spirit.

Meet the Makers



Hudson returns to the market with a table full of her own creative treats. A lover of baking, she brings her passion for the culinary arts to the event. Her assortment of cakes, loaves and sweets promises to add a deliciously homemade touch to your home (if you don't eat it before getting there).

**SUNDAY
May 19
11 am — 3 pm**



Kayden, another returning vendor, shares his journey of creativity and self-expression through art. When asked what he loves about being a part of the kids market, he said he likes that he is able to show people his artwork and tie dye instead of keeping it locked up in his room. The great thing about these markets, he said, is that you can bring anything and it will still be great. You just have to believe in yourself.

Join us! Your support can spark a dream and kindle the fire of creativity in these young hearts. See you there!

— Ashley Haywood

Be Aware: Major Creek Work on Tap at Spring Mountain CC

In May and possibly into June, 800 feet of Cane Creek that flows through the property of Spring Mountain Community Center (SMCC) will be restored and protected. Over the past several years, two major floods have caused massive stream erosion with the loss of bank material and plants along the creek, releasing sediment and debris downstream. The plan includes removing current debris, placing rock and "wood toe" along banks, and replanting with fibrous-rooted native plants. There will be several openings through the new plantings to allow access to the creek.

Park users and passers-by may notice heavy equipment at work during May and possibly June. Please stay clear of all equipment and do not park in the construction entrance, which is at the end of Whitaker Road. Ample parking is available at the Old Fort Road entrance to the park.

Because this is such a large project, we will be asking for volunteers and donations soon. SMCC is a 501(c)3 non-profit organization and all donations (money and materials) are tax-deductible.

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COMMUNITY CALENDAR

MAY 3 COMMUNITY ENGAGEMENT MARKET

3–4:30 pm. Buncombe County’s Community Engagement Markets offer free food, medical services, and information about mortgage, rental, and weatherization assistance, as well as other resources directly to those most in need by meeting them in their neighborhoods. At the Fairview Public Library, 1 Taylor Rd., Fairview.

MAY 3 & 4 PLANT SALE

Garren Creek Fire Department Auxiliary

1–5 pm on Friday and 8 am–4 pm on Saturday. Locally grown plants, including hanging baskets, annual flats, perennial pots and garden veggie starters. Your purchases will also support First Step Farm. Cash or check. 10 Flat Creek Rd.

MAY 5 SMALL WORKS SHOW

Re.Imagine Studios

3–7 pm. A free open house event featuring small artworks by over 25 artists, with libations and light hors d’oeuvres. For classes offered in May—including soft pastels, plein air, and neurographics—visit re-imagine.corsizio.com to learn more or register. 15 Spivey Lake Dr., Fairview.

FOOD PANTRIES

Food for Fairview

Fairview Community Center, 1357 Charlotte Hwy., Fairview

MONDAYS 3–6 pm

For food assistance and to volunteer (shifts run from 1–6 pm)

TUESDAYS RESTOCKING, 8:30–10:30 am

The Place Fellowship Church

2 Laura Jackson Rd., Fairview

WEDNESDAYS 4–6 pm

Trinity of Fairview

646 Concord Rd., Fletcher

WEDNESDAYS 9 am–12 pm

MAY 7 WNC PROSTATE SUPPORT GROUP

6:30 pm. Medical professional speakers. Free. First Baptist Church of Asheville or Zoom. wncprostate@gmail.com or 419-4565.

MAY 9 BOARD MEETING Garren Creek Volunteer Fire Dept.

7 pm. The regular quarterly board meeting. Residents are invited to attend. Any questions, call or text Elizabeth Simmonds at 828-230-3986. 10 Flat Creek Rd.

MAY 10 DADDY-DAUGHTER & MOMMY-SON DANCE FES Dads Club

Mommy-son from 5:30–6:30; Daddy-daughter from 7–8:30 pm. Come dressed in your best “roaring 20s” gear or as your favorite centenarian to celebrate Fairview Elementary School’s 100th anniversary. At the Fairview Elementary school gym.

MAY 11 RUSTY DOG ARTS & CRAFTS SHOW

9 am–3 pm. See ad on page 28. 379 Old Charlotte Hwy., Fairview.

MAY 11 GERTON SPRING FAIR Upper Hickory Nut Gorge Community Center

9 am–1 pm. Eat, shop and mingle. Full breakfast starting at 9 am (cost: donation). Bake sale with homemade cakes, pies, brownies and cookies. Crafts—tables are free; sellers keep proceeds or can make a donation. Flea market table bring small items to donate the day of event—jewelry, books, kitchen utensils, scarves, small tools, etc. Proceeds will go to UHNGCC and leftovers will be delivered to Goodwill. 4730 Gerton Hwy., Gerton.

MAY 15 FBA MORNING MEETING Fairview Business Association

8:30–9:30 am. Start your day with an organic coffee or hot tea from Generational Grounds, parked at 1464 Cane Creek Rd. Then stroll next door Beloved Body Spa for a tour. See story, page 22.

MAY 16 PLANT-BASED COOKING CLASS Seventh Day Adventist Church

6 pm. Pasta salad, potato salad, and more.

See ad on page 17. 57 Cane Creek Cir., Fairview.

MAY 17 DR. WILL MARMALADE SESSION Barn Door Ciderworks

4–8 pm. Come remember Dr. Will and play with friends. For info about the event, call 917-504-1503. See ad on page 27. 23 Lytle Rd., Fletcher.

MAY 18 YARD SALE FUNDRAISER Reynolds Youth League

All sales and donations benefit the Reynolds Youth League. Get more info on Facebook (@Reynolds Youth League) about items that can and cannot be accepted for donation to sale.

MAY 18 HARD 2 RECYCLE

10 am–2 pm. Bring your hard-to-get-rid-of items, including electronics, TVs, small appliances, batteries, phones, computers, and styrofoam. For full list of what is and not accepted, go to ashevillegreenworks.org/hard2recycle. At AC Reynolds High School.

MAY 19 FAIRVIEW KIDS MAKER’S MARKET

11 am–3 pm. At Root Cause Farm (26 Joe Jenkins Road). See front page for full info.

MAY 25 FAIRVIEW DAY IN MAY Fairview Baptist Church

10 am–2 pm. The church will be offering a free car wash, hot dog dinner, face painting, and blood pressure check as a thank you to our wonderful community. Blood Connection will also be holding a blood

drive. In the Food Lion Parking lot. For more info, call 628-2908 or 231-5035, visit fbc1806.org or see their ad on page 11.

MAY 25 YARD SALE/HOT DOG LUNCH Reynolds Fire Department Auxiliary

8 am–2 pm. To raise money toward the renovation of the fire department’s kitchen. To rent a table or donate items to be sold, call 828-335-9999 or email marie_haddock@yahoo.com. Cost per table is \$15 or two or more for \$10 each. 1 Charles A Lytle Ln., Asheville.

MAY 27 CANE CREEK POOL OPENS

A sure sign that summer is on the way. Visit tinyurl.com/u859mu7y or call 348-4770 to get info about hours and cost, as well as to book private parties and swim lessons. 590 Lower Brush Creek Road, Fletcher.

MONTHLY VOLUNTEER DAYS Root Cause Farm

Share markets starting May 21, every Tuesday from 3–4:30 pm. Volunteer Days: Sundays 3–5 drop-in. Email info@rootcausefarm.org to schedule a group or volunteer at the market. 26 Joe Jenkins Rd., Fairview.

— SAVE THE DATE —

JUNE 1 HOPE 4 YOU SUMMER BASH Reynolds Baptist Church

Fish fry, youth and kids activities, music. Free for all. See ad on page 12.

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 9,000+ households. Distribution is limited to Fairview, Gerton, and contiguous parts of Reynolds and Fletcher, NC.

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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, obituaries, personal notices, letters, etc. will be published free as space allows. For staff directory, contacts and additional info, please visit fairviewtowncrier.com or see page 31.

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UPDATES

Art On Display

Dearing Davis is a clay artist who utilizes handbuilding and a pottery wheel to create functional work designed to fold into daily life. Visit the library any time it is open to see this exhibit.

Summer of Photography

May 17 from 5:30–7 pm
An opening reception will be held with refreshments provided. Work from the artists from WNC Photo Group will be on display in the Community Room from May to August anytime the Community Room is open to the public.

FOR KIDS

Weekly Story Time

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

Baby Gym

Every Wednesday, 10:30-11:30
Babies 4 to 18 months and their caregivers can play in the Community Room.

**CRAFTING AND CREATING
In House Activity: Card Making**

The month of May comes with a lot of holidays. Stop by the craft station and make a card to give to someone you love.

Take Home Craft: Friendship Bracelets

Pick up materials and directions for making a friendship bracelet. While supplies last. Ages 10 and up.

Clay Day

May 10, 3:30-4:30 pm
You bring the creativity, and we bring the clay. Ages 5 and up.

LEGO Club

May 31, 3:30 pm

FOR ADULTS

Art Of Living: Introduction to Mindfulness with Dr. Martha (Mattie) Decker

Every Thursday starting May 2, 3:30-5 pm
Mindfulness is paying attention in the present moment, on purpose, without judgment, as if our life depends on it.

This Art of Living course series offers skills and tools for cultivating well-being by strengthening awareness of body, mind and emotions.

Participants should dress comfortably and bring a towel or yoga mat. A limited number of yoga mats are available for those that need one.

These classes are financially supported by the Friends of Fairview Library.

Scrapbook Office Hours with Artist Eric William Carroll

Saturday, May 11 from 2–4 pm
Eric will have basic scrapbooking supplies

on hand, as well as his instructions for a “screenshot scrapbook,” which anyone with a smartphone or tablet can partake in. Bring your own scrapbooks to share and/or scraps to work with (printed photographs, newspaper clippings, etc.).

This residency is made possible in part by the Trust Fund for Buncombe County Public Libraries.

Fairview Fiber Arts Club

May 14, 6:30-8 pm
A monthly gathering of those who enjoy knitting, crocheting, or other fiber crafts, and hanging out with friends. This is not an instructional group, but newcomers are most welcome.

Fairview Online Book Club

May 21 at 7 pm
The book club will discuss *We Measure the Earth with Our Bodies* by Tsering Yangzom Lama via Zoom.

For information or to register, or to suggest a book for discussing next season, email jaime.mcdowell@buncombecounty.org.

The French Broad Watershed with authors John E. Ross and Jim Stokely

May 28, 6:30 pm
Join us for an evening of learning about the French Broad watershed featuring John E. Ross’s *Through the Mountains: The French Broad River and Time* and Wilma Dykeman’s *The French Broad* (presented by

her son, Jim Stokely).

Through the Mountains rides currents of history from the evolution of the Blue Ridge through ages of human habitation into a future challenged by climate change and anticipated dramatic population growth.

With maps, interviews with scientists and historians, and a healthy dose of personal experience, Ross helps readers see the natural and cultural history of the French Broad watershed. In addition to what, who, and when, Ross delves into the more intriguing aspects of history, its how and why.

Stokely is the author of *Constant Defender: The Story of Fort Moultrie* and co-author—with his mother—of *Mountain Home: A Pictorial History of the Great Smoky Mountains National Park*.

Presented with financial support from the Friends of Fairview Library

Wills and Power of Attorney with Legal Aid of North Carolina

May 29, 3:30 pm
Legal Aid of North Carolina addresses heir property, wills, and advanced directives. Learn what heir property is and how having it can affect your property rights. Individual, one-on-one appointments with an attorney are available, where you’ll have the opportunity to discuss your property issues or estate planning needs.

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

MAY 11
9 am - 3 pm

FAIRVIEW VOLUNTEER FIRE DEPARTMENT
FUNDRAISER AND BENEFIT

SUPPORTING ONE OF OUR OWN WITH CANCER

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Black Mountain

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across the street. Around the curve is the downtown of Black Mountain with effective nonprofits for the opportunity to volunteer and enhance the community. You will love this magnificent home!

ACTIVE LISTING Rena Henderson
\$1,600,000 | MLS ID 4124030

ACTIVE LISTINGS

Old Fort



3 BR | 3 BA | 2,542 SF

76 Mountain View Annex
\$349,900 | MLS 4123926

Lake Luke



4 BR | 4.5 BA | 5,834 SF

232 Three Creeks Road
\$2,975,000 | MLS 4121679

Asheville



2 BR | 2 BA | 990 SF

2000 Olde Eastwood Village Blvd (Unit. 104)
\$289,999 | MLS 4119368

FAIRVIEW REAL ESTATE SALES

MARCH 2024

LISTING PRICE	NUMBER SOLD	AVERAGE SALE PRICE	AVERAGE DAYS ON MKT	AVERAGE % LIST-SALE PRICE
UNDER \$300K	1	\$215K	9	100
\$300K-599K	7	\$424K	64	96.6
\$600K-899K	2	\$650K	78.5	101.5
\$900K+	3	\$1M	4	97.5

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

Agent Spotlight LACY FERGUSON



“ Lacy spent many hours with us traversing several counties and multiple homesites over the course of days. Her knowledge of the area and the market was outstanding and her patience was beyond compare. She was always forthright with answers and asked appropriate questions to better understand what we wanted. We highly recommend her!

— Rudy M.

”

CONTACT LACY TODAY!

828-545-2353 | lacy@greybeardrealty.com

Fairview's Ashworth/Bostic House

Connie Bostic was one of Fairview's most celebrated artists when she died last January. Her family and mine were longtime friends. I taught most of her children in high school, and mourned with Connie as she lost her son Mark, daughter Victoria ('Ticker') and husband George. I remember talking to her as she prepared to take on the world with her art many years ago. As a legislator, I worked (unsuccessfully so far) to arrange an exhibition of her paintings in the North Carolina Art Museum in Raleigh. Arnold Wengrow argued that "Connie is the most significant Asheville and Western North Carolina artist of her generation." Connie was a faithful member of the long-standing book club that met at our house, always bringing the most delicious cake.

The Bostic house sits on the left as I drive down Charlotte Highway toward Asheville, occupying a little hill in a curve. It is bright yellow with a Victorian style that demands your attention as you pass by. Connie's family called it "Mayhem Manor," an apt description of Connie's approach to life. She was in full rebellion against being the good housewife, and left her husband (we called him Saint George) to pick up the pieces.

"Mayhem Manor" has been recognized for its historic significance and is usually called the S.J. Ashworth House. Sidney



Johnston Ashworth (1863–1924) and his wife, Rosedna Sledge Ashworth (1863–1950), purchased 47 acres on the Hickory Nut Gap Road in December 1897. He was a well-known and successful farmer and a leading citizen of Fairview. Rosedna was a teacher. Both were devout Baptists. They raised two children: Gladys (1896–1998; 102 years old), and Vernon (1899–1971). A third child Thomas died as an infant.

Gladys attended the Moody Bible Institute in Chicago, and devoted most of her life to missionary work in China. Vernon graduated from UNC and earned the rank of Colonel in the US Army during the First World War. He moved to California in 1930 and died there in 1971 in Los Banos, Merced County. He was listed as a real estate broker and rancher. His wife, Anne Senkbeil, was from Manitoba, Canada.

S.J.'s parents were Johnson (1818–1895) and Mary Ashworth (1821–1904). S.J. was the ninth of 10 children. Mary was known in Fairview as "Mother" Ashworth, maybe for obvious reasons. They too farmed the land and were leaders in the community. S.J.'s grandfather, "John Jr." Ashworth (1775–1827), grew up in a cabin that is now part of our family house, the old Sherrill's Inn. He and his wife, Celia Nettles Ashworth (1778–1855), raised 13 children. And finally, S.J.'s great-grandparents were Nancy Ann (1745–1833) and John Ashworth (1745–1833), who settled in Fairview after the Revolutionary War. We should be reminded that prior to emancipation, in 1865, enslaved people were the primary workforce on the larger farms in Fairview.

All these Ashworths farmed the land. But as was mentioned, S.J. and Rosedna's children, Gladys and Vernon, left Fairview to be educated, and eventually moved far afield. A 1932 deed has the widow Rosedna as agent for her daughter Gladys, selling the land to a newly incorporated entity, Fairview Farms, Inc. It mentions that Gladys was living in Weihein, Hopei Province, North China. Fairview Farms, among other agricultural pursuits, was to "[e]stablish a dairy and sell milk in bulk—process, pasteurize and prepare milk for sale." The mid-twentieth century saw a dairy golden



age in Fairview. At some point, there was also an Ashworth Dairy, maybe preceding Fairview Farms. Mike Bostic found a glass bottle pictured here as a commemoration.

In 1958, Fairview Farms sold out to J. Arvel McAbee and Marvin Camby. Arvel McAbee often came to work at Hickory Nut Gap Farm during heavy harvest times. Farmers typically traded out their labor with each other. My brother-in-law Doug remembers Arvel well, and said he amazed them by eating tomatoes just like you would eat an apple. You can still see the old concrete silos on Camby Drive that were built to store silage. Finally, it was Arvel McAbee and his wife, Ethel Mae, who sold the old Ashworth house to the Bostics in 1971. And as they say, the rest is history!



Rep. John Ager, District 115 North Carolina House of Representatives. Contact him at john.ager@ncleg.net or 713-6450.

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Wanda Treadway



Sophia Underwood



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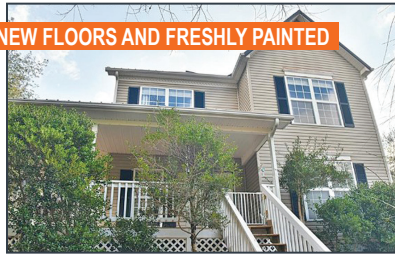


Renee Whitmire

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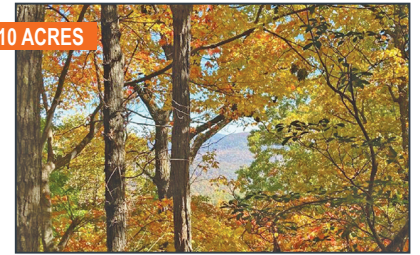
OLD FORT RD, FAIRVIEW! 3BR/2.5BA Revel in privacy on the porch, offering mountains views. Paved driveway, parking. 1.13 acres, 1,736 sq ft. **\$470,000.**

VIEWS!



81 JOE JENKINS RD, FAIRVIEW! 3BR/2.5BA with flex room. New Construction. Open floor plan. Spacious back porch. 2,229 sq ft. **\$850,000.**

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705 CHARLOTTE HWY, FAIRVIEW! 3BR/2BA Adorable cottage with split bedroom floor plan hidden in landscaping on 29.69 acres. 1,440sq ft. **\$1,790,000.**

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RED OAK FOREST, FAIRVIEW 2.27 acres, Mountain Land, needswell and septic. **\$70,000**

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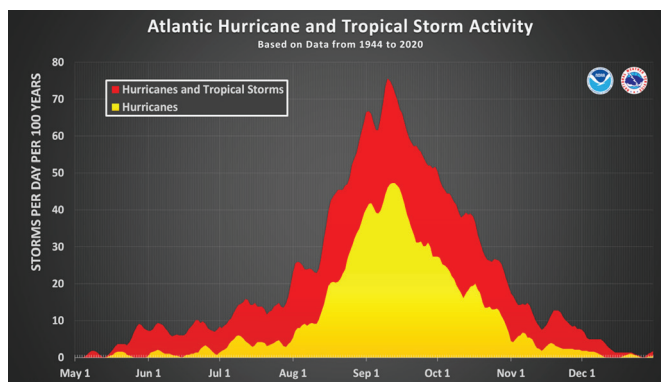
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A Normal Spring before Hurricane Season

Last month's trivia question—Why is Mother's Day the traditional date to plant warm season vegetables and plants?—is answered in this month's main article.

May is the month when we can finally turn our attention to planting tender annuals and perennials. Typically, in the mountains, the rule of thumb is to plant tomatoes and other tender plants after Mother's Day. You can gamble and plant earlier, but we are typically safe from seeing widespread cold or frosts after that point. On average, warm-season plants don't start to grow and take off until the soil temperature warms into the low 60s during the daylight hours. If you plant too early in cold soil, tomato (and pepper) seedlings sulk and will not be happy. Root development is very slow and the roots have difficulty absorbing nutrients. The plants could show phosphorus deficiency, which shows up as stunted plants with purple leaves on the underside. If your plants get this, top-dress them with some powdered rock phosphate and water.

Nothing is gained from planting too early. This may explain why we always seem to get the bulk of our tomatoes in August and not earlier, no matter when



we plant. The tomatoes will just sit there until the soil temperature warms up.

Our spring turned out quite normal for a change, which was needed after a very wet winter. April featured about average rainfall and temperatures, and we seemed to miss our usual mid-month cold snaps that threaten tender vegetation. We had more of a westerly to southwesterly flow during the month, which brought frequent rainy periods, but no bitter cold from the north. Many of the early blooming magnolias, bulbs and forsythia gave us quite a show this year.

Looking ahead, we should start to march toward summer's warmth, with May's normal temperature generally in

the mid 70s and average low in the low 50s. We usually get about five inches of rain for the month, with it falling on an average of 12 days. In any given May, we get between seven to 10 thunderstorms. The long-range forecast from

NOAA's Climate Prediction Center (cpc.ncep.noaa.gov) for the May through July period predicts slightly above-normal for temperatures and precipitation. However, precipitation is a tricky forecast here in the mountains during the summer due to the spotty nature of thunderstorms, which drench some areas while other spots remain dry.

In the upcoming months, we will start to turn our attention to the Tropics and

the upcoming hurricane season. According to NOAA, the official hurricane season for the Atlantic basin begins next month and runs from June 1 to November 30, but tropical cyclone activity sometimes occurs before and after those dates. The peak of the Atlantic hurricane season is September 10, with most activity occurring between mid-August and mid-October. More critical than the total number of named storms, of course, is where the storms track and how strong they get. According to Wikipedia, so far three different forecasting services are predicting an above-average hurricane season. You can find more information by searching for "2024 Atlantic hurricane season" on Wikipedia.



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



QUESTION of the MONTH

Where did the word "hurricane" originate?

UPCOMING FREE LECTURES



SCIATICA

THURS, MAY 2
5 PM

**SCIATICA HEALING
BREAKTHROUGH**



KNEE PAIN

TUES, MAY 7
5 PM

**AVOIDING KNEE
REPLACEMENT**



NEUROPATHY

TUES, MAY 14
5 PM

**NEUROPATHY
HEALING CODE**



LEAKY GUT

TUES, MAY 21
5 PM

**LEAKY GUT...
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The Leash Reactive Dog

The Asheville area is often described as a dog paradise. Miles of trails within a short drive of downtown, neighborhoods full of people walking their a at all hours of the day, and many business establishments that allow dogs to accompany their owners inside. People see happy dogs hanging out with their owners at breweries and decide they want a furry companion for their pub crawls. Others see dogs gleefully romping along while their owner walks, jogs, or mountain bikes and assume any dog they bring home will also enjoy doing those things.

What many people don't realize until too late is that not all dogs have the temperament to thrive in busy social environments like the downtown scene. Furthermore, as sidewalks, greenways and trails become more populated with humans and their canine companions, dogs are forced to navigate multiple social interactions every time they leave the safety of their home. This can turn what the owner hoped would be a playful jaunt into a miserable experience at both ends of the leash as the dog lunges, barks or even growls every time they see another dog.

A dog that is calm when off lead but turns into a version of the Tasmanian devil whenever on lead is referred to as "leash reactive." This kind of dog would be fine in

a place where canines roam free and are allowed to control their meet-and-greet rituals with other dogs as they wish, but the reality of living in the modern world with our pets is that dogs need to be leashed in public for their own safety and for the safety of those around them. So what is an owner to do when the puppy they brought home from a breeder or the dog they adopted from a shelter demonstrates leash reactivity?

First, let go of your guilt. You did not cause this. Reactivity in dogs develops as a combination of factors, most of which are out of our control. Many puppies who are properly socialized during their early months still develop behavioral issues, including leash reactivity. There are dogs who had terribly traumatic early life experiences yet somehow maintained placid temperaments and strong social skills. We have less influence over the canine psyche than we like to believe, and that is a good thing in a world where many dogs do not have ideal puppyhoods. Most dogs figure out how to survive and even thrive in human-directed environments.

Second, let go of your expectation of what your dog "should" be like. We can influence behavior through training, medication and environmental management, but a dog's underlying personality



and temperament are largely hard-wired by genotype. Early life experiences matter, but not as much as the behavioral resilience coded into a dog's DNA.

Third, set reasonable expectations. No matter how much training and counterconditioning you do, your dog may never walk calmly by your side when multiple triggers are present. That may mean you have to choose times and locations to walk your dog that aren't convenient or what you envisioned when you brought a dog into your life. Reactive behavior is what we call "self-reinforcing." Every time the dog engages in the behavior, they are getting a chemical hit in their brain that makes them more likely to repeat the behavior in the future. The only way to not reinforce the behavior is to avoid the triggers.

Does this mean it's hopeless? That you will always be stuck walking your dog between midnight and 5 am? Not at all. A combination of counterconditioning,

training exercises taught and consistently reinforced when other dogs are not present, and—when appropriate—behavioral medications can result in a dog that learns to engage in an alternative way when they see another dog approaching. This is not something that will happen overnight, and it often takes many small behavioral steps to get there, but most dogs can be taught the canine equivalent of coping mechanisms to help them walk in public spaces without becoming overly aroused.

The most important thing to realize is that punishing a leash reactive dog might temporarily suppress the behavior, but it almost always makes it worse in the long run. Reactivity results from fear, anxiety, frustration or a combination of all of those emotions. Punishment only heightens those feelings. Counterconditioning is the cornerstone of any behavioral modification program that successfully decreases leash reactivity.

Many trainers in this area are very skilled at helping owners and their dogs manage leash reactivity, but if you are struggling to make progress with your leash reactive dog, consider consulting with a veterinary behaviorist or a veterinarian with a special interest in behavioral modification and pharmacology.

Kassandra Garner is a Doctor of Veterinary Medicine at Cedar Ridge Animal Hospital. 184 Charlotte Highway. 527-2430.

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Wisteria and Paulownia

The Appalachian Mountains are home to more than 2,500 flowering plants, many of which grace our woods and roadsides. Spring is absolutely magical in these mountains. If you haven't visited the local botanical garden or arboretum or walked into a forest on one of many area trails to see the burgeoning native plant population, it's the most wonderful time of the year.

As native plants of the Appalachians unfurl their leaves and show spring blossoms, so too do invasive plants from Asia. Purple is a common color along mountain roads, as Chinese and Japanese Wisterias (*Wisteria sinensis* and *Wisteria floribunda*) and Paulownia, aka Princess Tree or Empress Tree (*Paulownia tomentosa*) line roadsides and fill disturbed areas. Both produce seeds that allow the plants to spread rapidly, outcompeting native trees and plants that provide multiple benefits for wildlife, including habitat and food.

I recently visited a job site managed by a conservation group to see the spring ephemerals and other woodland wildflowers. The area is not open to the public, and I'm grateful for that. The forest is literally covered with native plants. Nearby, vines like wisteria girdle trees and can pull them down with their sheer weight. When trees are brought down in the forest, areas

meant to be shaded are exposed to sunlight. This allows invasive plants to thrive, displacing native ephemerals and shade plants. Their native habitat is destroyed by invasives that won't stop without human intervention.



Photo by Guilhem Vellut

Wisteria is a tenacious vine. It quickly covers the ground or forest floor, rooting along the nodes and sending up stems along the ground. Mature plants produce seeds that can be carried by water, spreading the plants along areas next to the bank of a river or stream.

To manage and eventually remove infestations, my crew digs out the vines as much as possible. We've uncovered root balls a foot wide and deep from which many vines spread. The vines are often 12 to 18 inches under the soil, so care should be taken when removing them not to cut

or otherwise disturb roots of trees and beneficial plants. Untreated wounds on a tree are much like untreated wounds on our bodies; they open the vascular system to bacteria and fungus, both of which can make a tree sick and lead to its death.

Not all wisterias are bad, which is good because it is a beautiful plant. American wisteria (*Wisteria frutescens*) doesn't wreak havoc and kill trees. But make sure if you purchase it from a garden center or online that you're purchasing the native plant, not the invasive plant from Asia. It's always best to purchase plants that are native to the area you live.

Paulownia trees can be managed a couple of ways. We've girdled the trees and left them standing in wooded areas. Girdling kills trees because the process removes the bark and cuts into the phloem and cambium layers in a strip around the entire tree. The tree can no longer move nutrients and water, so it dies. Birds of prey like owls and hawks often use dead trees or snags, and woodpeckers will likely use them as well. Insects will feed on the dying or dead tree, and the cycle of beneficial life continues. Paulownia can also be cut down, and any sprouts that pop up subsequently should be cut as well. For help with trees, contact an ISA-certified arborist (isa-arbor.com).

Rarely is mitigating wisteria a "one-and-done" situation; invasive plants are adept at increasing their populations and don't give up easily. When managing any invasive plant, it's important to continue to monitor the areas, dealing with any subsequent growth. The bottom line is that plants need to photosynthesize. Cutting any plant to the ground repeatedly and not allowing it to go to seed is an effective method and is easier for some folks than digging up roots—but it will take longer. Plants vary in terms of how long they take to give up. Most importantly, when you begin to mitigate, don't stop. You have to be as tenacious as the plants in order to eliminate them.

Monitoring your land is important, as invasives are spread from other areas in multiple ways; they don't recognize property lines. It's much easier to eliminate an invasive plant when it pops up rather than dealing with an infestation 10 years later, when plants have gone to seed year after year.



Fairview resident Raven Sterling is the owner of Raven Invasive Plant Management. Visit her site, ravenncc.com.




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Getting Busy

By Walker Overstreet & Mike Spivey



April showers bring May flowers—and also nectar, which is a vital food and source of energy for bees. Honeybees use nectar and pollen to make “bee bread,” which is a main food staple for bees and their larvae. And of course, nectar is a main ingredient in honey production.

The nectar flow occurs at certain times during the day and may be short or long depending on the availability of plants as well as the timing of rain. Bees are keenly aware of the timing of the nectar flow and will communicate this information in order to send out foraging bees when nectar flow is at its peak. In May, the bee colony will be increasing its numbers exponentially and will require a great deal of nectar. If conditions are not right and resources are scarce, the hive can starve. Beekeepers should pay close attention to the amount of bee bread and honey in the hive to ensure they are well stocked should a weak nectar flow provide insufficient resources. While spring rain is needed to make nectar, it can also wash the nectar away if it occurs at the wrong time.

As mentioned in the previous column, all the hard work in the hive is done by female bees. Spring and summer bees are extremely busy, and the girls will live a relatively short life—between two to six

weeks. After hatching, the young bee will immediately set out to clean her own cell. Once the job is done, she will leave a pheromone to tell the queen it's ready to lay another egg. From there, she will move on to a hierarchical series of other housekeeping tasks, such as building wax comb, processing nectar to make honey and bee bread, feeding the queen, carrying out dead bees and guarding the entrance. Toward the end of her life, she will leave the hive and forage for resources. This challenging and dangerous job will be her final task. The long flights are arduous and her wings will become frayed. She can be killed by birds, dragonflies or other insects or she may encounter poisons or other environmental hazards. She will literally work herself to death.

Male bees (or drones) can live up to 30 days and are simply needed for mating with a queen from another hive. They do very little other work. Their numbers also increase in the spring, as this is the

time when mating is most frequent. To mate, drones generally fly to an aerial region known as a “drone congregation area” (DCA). Here, thousands of drones, which may appear like a cloud, will wait for a passing queen that also seeks this location for mating.

Drones will continue to regroup in these same areas for many years even though all drones die out over winter. It remains a mystery how the drones know to regroup in the same area year after year, but it is generally believed that the location is chosen due to specific characteristics, such as an open area for visibility but surrounded by a barrier for shelter. DCAs can be 300 feet in diameter and 100 feet in the air, which in this case, means the drones must remain in flight.

The drones will take multiple flights to the DCA each day, lasting from ten minutes to an hour. Between flights, they will return to the hive to rest, eat and recharge before returning to the DCA. While these mating

areas are in the general vicinity of the hive, a visiting queen will travel from two to five miles to find a DCA far from her own hive to ensure she is not mating with one of her brothers. Drones will be attracted by the scent of the pheromone of a passing queen and use their large eyes to track her. Like other creatures, a drone will compete for the opportunity to mate with the queen, which will last for a few seconds and result in his death. Afterward, the queen will continue to mate with many other drones until she has collected a sufficient quantity of sperm, which she will use to fertilize the eggs she lays for the remainder of her life.

No-Spray Requests

In the April column, we mentioned the harm done to bee populations by pesticides. We would like to include that concerned customers can contact Duke Energy by phone (800-777-9898) to request for their property to be added to the no-spray list. If approved, this will apply to both ground and aerial herbicide applications.

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

Walker Overstreet runs Fairview's Little Jay Bird Farm with his wife and three children.



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Concussions and Gastrointestinal Health

Concussions, often associated with head injuries, can have far-reaching effects beyond the brain itself. Emerging research demonstrates an intricate relationship between concussions and gastrointestinal (GI) dysfunction, highlighting the importance of understanding how disruptions in brain function can influence gut health. In this article, we explore this connection and discuss strategies for promoting healing in both the brain and the gut.

How the Brain Controls GI Function

The brain and the gut are connected via the gut-brain axis, a bidirectional communication pathway involving the nervous system, hormones and the immune system. The brain regulates various GI functions, including motility, secretion and sensitivity, through complex neural circuits. Disruptions in brain function, such as those caused by a concussion, can disrupt this delicate balance and lead to GI disturbances.

GI Issues Caused by Concussions

Research suggests that concussions can lead to a range of GI symptoms, including abdominal pain, nausea, bloating and altered bowel habits. A study published in the Journal of Neurotrauma found that

individuals with a concussion were more likely to report GI symptoms compared to controls, indicating a potential link between brain injury and GI dysfunction. Moreover, animal studies have shown that traumatic brain injury can disrupt gut barrier function and alter the composition of gut microbiota, further exacerbating GI issues.

GI Distress and Mental Health

In addition to physical symptoms, GI distress resulting from a concussion can also contribute to psychological symptoms, such as anxiety, depression and brain fog. Research published in the journal Gut Microbes suggests that alterations in the gut microbiota, known as dysbiosis, may play a role in the development of mood disorders. Furthermore, disruptions in the gut-brain axis can lead to changes in neurotransmitter levels and inflammation, which have been linked to mental health conditions.

Healing the Gut and Brain

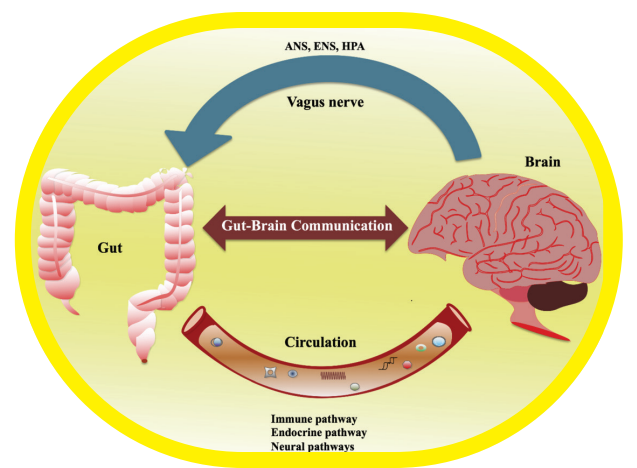
Addressing GI dysfunction following a concussion requires a multifaceted approach that focuses on restoring gut health while supporting brain recovery. Dietary interventions, such as eliminating inflammatory foods and incorporating probiotics and prebiotics, can help

rebalance the gut microbiome and reduce GI symptoms. Additionally, lifestyle modifications, including stress management techniques and adequate sleep, can support overall gut-brain axis function and facilitate healing.

Research published in *Frontiers in Neuroscience* suggests that targeting the gut microbiota holds promise for improving outcomes in concussion patients.

Probiotic supplementation has been shown to attenuate neuroinflammation and cognitive deficits in animal models of traumatic brain injury, highlighting the potential therapeutic benefits of addressing gut dysbiosis. Further clinical studies are needed to explore the efficacy of probiotics and other gut-focused interventions in the context of concussion recovery.

The relationship between concussions and GI dysfunction underscores the interconnectedness of the brain and the gut. By recognizing and addressing GI issues in individuals recovering from



a concussion, healthcare providers can optimize patient outcomes and promote holistic healing. As research continues to unravel the complexities of the gut-brain axis, it is essential to integrate this knowledge into clinical practice to better support the recovery journey of concussion patients.

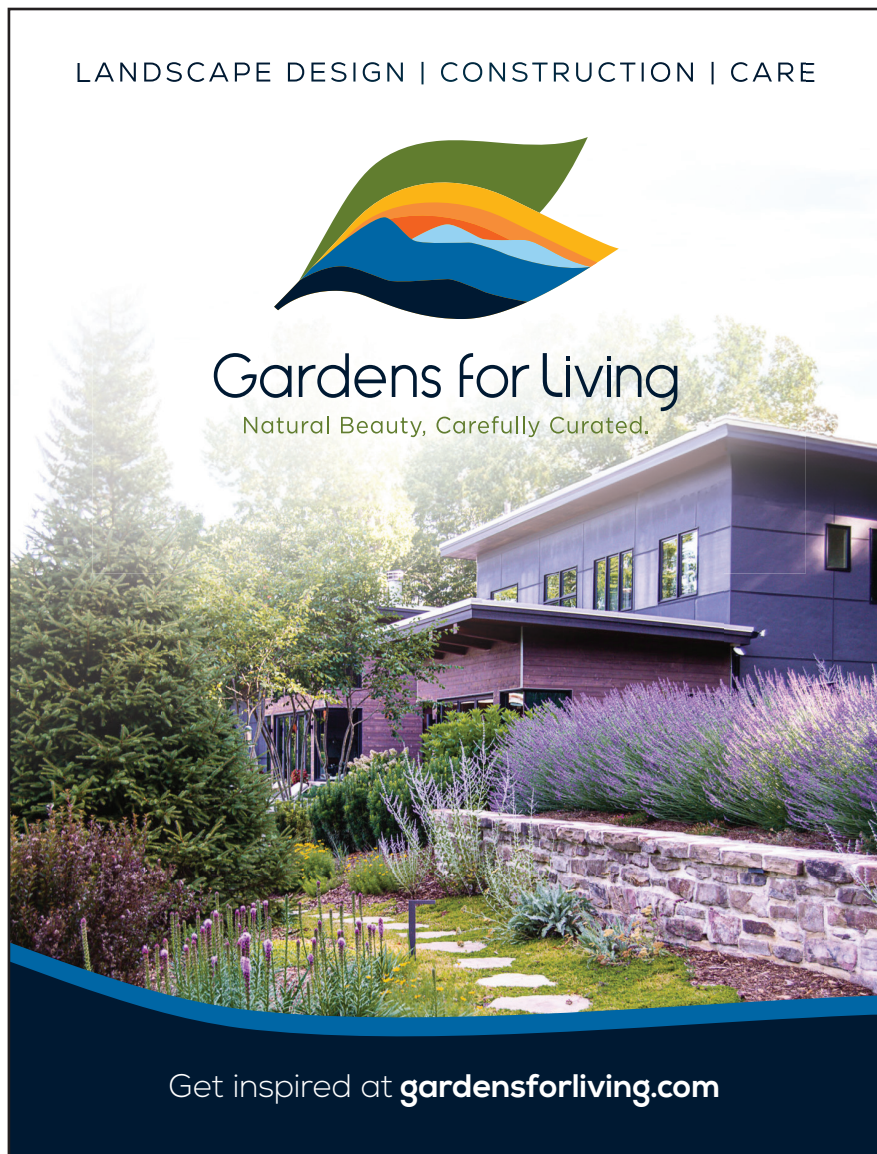


Dr. Henry Zaremba is an associate and lead clinician at APEX Brain Centers. He is a board-certified chiropractic neurologist. Visit ApexBrainCenters.com or call 708-5274.

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Keep Getting Stronger

A recent study in the Journal of the American College of Cardiology found that women and men who participated in strength training exercises had a 19% and 11% reduced risk of death, respectively, compared to those who did not participate in strength training. Women who did strength training just two days a week saw an even greater reduced risk of cardiovascular-related deaths: a 30% reduction vs. 11% for men.

This study highlights the importance of why combining strength-based training with cardiovascular exercise is so beneficial to everyone as they age. To help with this, following are two strength-based exercises that I believe are core movements to make your everyday life easier.

Weight Back Squat

The back squat can be performed by adding weight from a dumbbell, kettlebell or barbell.

- Start in a standing position, legs hip width apart, with 80% of your weight on the heels of your feet.
- Initiate the movement by pushing your hips backward as if you are trying to sit on a chair.
- Do not round the spine; keep it neutral.

- Keep shins as vertical as possible stacked on top of your ankles, not allowing your knees to go over your toes. (This can be limited due to mobility, but can be assisted by elevating the heels slightly by one to two inches.)



- Maintain the width between your knees throughout the movement. Try not to let your knees cave into the midline. If this happens, you should do exercises to increase strength in your inner thighs and stabilizer muscles.

The back squat exercise increases strength in your gluteal (buttocks), quadricep (thigh), hamstring (back of your legs), adductor (inner thigh/groin area), hip flexor, and calf muscles. Being able to proficiently perform this

movement is essential for everyday life. Increasing your lower body strength will enable you to sit, stand and lift and carry objects (such as groceries) more easily; decrease your risk of falls; increase bone density; and increase mobility.

Barbell Deadlift

This can also be performed with dumbbells or kettlebells.

- Start in a standing position with your feet hip width apart, and make sure the ties of your shoelaces are visible beyond the bar when you look down at your feet.
- Hinge at the hips and reach for the bar, placing your hands outside of your legs.
- Bend your knees until your shins contact the bar.
- Pull your shoulder blades down like you are trying to put them in your back pockets.
- Create tension in your arms. Lift your chest (look ahead or slightly up), and back in a neutral position before initiating the movement from the ground.
- Push the floor away with your feet as you pull the bar up. Once the bar is at the knee level, extend your hips into a standing position.
- Initiate the movement back to the ground by hinging at the hips first, then bending the knees.

This is a hip-dominant exercise that strengthens the gluteus, hamstring, back, hip, trapezius and core muscles.

The deadlift is a functional movement essential to increasing the quality and longevity of life for the following reasons: it increases back strength; decreases the risk of a back injury; increases bone density; improves posture and core strength; and provides a full-body workout.



Adding weighted deadlifts to your workout routine will allow you to bend over and pick things up off the ground more easily and with a decreased risk of injury. It also will increase the stability of your legs and back, which will decrease your risk of falls.



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

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Is a Pain in the Butt Sciatica?

There is a condition where the sciatic nerve becomes compressed and pain is felt in the lower part of the back, into the buttock, thigh and back of the leg. It is a fairly common diagnosis and recoverable with effective treatment. But what if the pain into the buttock is not stemming from the sciatic nerve?

The location of the pain is consistent with sciatic nerve entrapment but treatments have not been effective at relieving the pain. Do you decide that nothing is going to help and try to live with the pain? Or do you investigate thoroughly to find the root of the problem? As with many musculoskeletal conditions, appropriately diagnosing the cause of pain and dysfunction is essential in determining the most effective treatments and interventions. Just because pain is felt in the low back and travels into the buttock does not necessarily mean that you have sciatica.

Nerves originate from nerve roots that are connected to the spinal cord. If a nerve becomes pinched or compressed, pain can be felt anywhere along the pathway of that nerve. The dysfunction is not usually at the location of the pain. If pain is felt on the outside or front of the hip, that does not necessarily mean that the hip is the problem. There is a condition called thoracolumbar junction syndrome, which

is a dysfunction located at the junction between the thoracic spine (upper back) and the lumbar spine (lower back). At this location, where the bottom thoracic vertebrae joins the first lumbar vertebrae, several nerves branch off of the spinal cord. One of these nerves is called the superior cluneal nerve, which is a sensory nerve that detects information on the skin along its distribution pathway and sends a signal to the brain. The information collected can be pressure, temperature or abnormal firing that can lead to the interpretation of pain. The area of the body that the superior cluneal nerve supplies is the lower back, buttock, lateral thigh and groin. If there is entrapment of this nerve, pain can be felt anywhere along this area. The location of the pain from superior cluneal nerve entrapment often mimics sciatic nerve entrapment, hip pathology or a disc problem in the spine. Because of this, too often people receive unnecessary and sometimes quite expensive treatment for their pain. Hip surgery, lumbar spine surgery or a series of injections to relieve pressure on the sciatic nerve are performed without much success for pain relief.

Thoracolumbar junction syndrome can be properly diagnosed with a thorough examination of the thoracic and lumbar spine to determine which movements cause

pain, as well as specific locations of pain when palpated. Once a proper diagnosis is established, specific treatments will be effective. Stretching of the hip muscles will not relieve the pain from cluneal nerve entrapment.

Eliminating the dysfunction or restoring normal stabilization and movement at the thoracolumbar junction is the primary objective of treating this syndrome.

If typical treatments for hip and groin pain are unsuccessful, an in-depth physical therapy examination can reveal musculoskeletal problems at the thoracolumbar junction. Through appropriate and specific stretching, mobilization, stabilization and strengthening exercises, a patient's hip pain can be relieved without any specific treatments performed directly to the hip.

Thoracolumbar junction syndrome is often misdiagnosed as sciatic nerve entrapment, a herniated lumbar disc or a problem with the hip. If traditional or typical treatments for these diagnoses are unsuccessful at treating your pain, be your own advocate. Seek further assessment from a physical therapist that can determine the root cause of the pain, correct the dysfunction and help reduce or relieve the symptoms.

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

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New Documentary to Chronicle George Masa's Life

The stories and images that shape our understanding of the natural world have made an indelible mark on the landscape and the history of conservation in the mountains of WNC.

Did you know that in the early decades of the 20th century, photographer and Japanese immigrant George Masa trekked the remote corners of the Southern Appalachian mountains, advocating for conservation and public trails? He captured heart-stirring images that motivated and inspired the protection of land we can all enjoy today, including Great Smoky Mountains National Park. However, Masa's contributions to the conservation movement remained shrouded in obscurity for most of the ensuing century.

In 2002, local filmmaker Paul Bonesteel created a documentary, "The Mystery of George Masa," to enlighten the world about Masa's phenomenal photography. Now, Bonesteel Films has embarked on a new documentary that tells the Masa story to a new audience, delving deeper into Masa's untold life story and exploring the fascinating journey he took to create his unique perspective on conservation.

Fairview resident and historian Bruce Johnson was recently interviewed for the film and has been deeply involved in the Masa story since the 1990s, when he



Fairview-based historian Bruce Johnson in front of the Grove Park Inn

conducted research for his history of the Grove Park Inn, which was Masa's first employer in Asheville. Johnson's input compliments a broad cast of storytellers who have fallen under the spell of the curious and talented photographer and his previously mysterious story.

"This is the story of a remarkable photographer who came to the US in 1906 and to the mountains of WNC in 1915, where he left a lasting legacy of photography, trail building, conservation and inspiration in this region," said Bonesteel. "He was a passionate artist and advocate for the Great Smoky Mountains National Park and the Appalachian Trail with his photography; but also, his gumption to blaze trails inspires members of the Carolina Mountain

Club and many others, leaving a legacy that is still active today... Masa was challenged by cultural collisions and scrutiny by powerful forces, but through his talent, personality and perseverance he found personal and professional success."

"The appreciation and use of our natural and scenic resources has never been higher, nor the need for maintenance and conservation more important," added Bonesteel. "Our trails and public lands are the essence of our distinctive quality of life here and originated from the creation and existence of the parks and forests that were the works of passionate people like George Masa. These mountains that [he] worked tirelessly to protect provided him a place to explore, photograph, lead hikes and map

the terrain—but also led him to peace and inspiration. He found friendship with a vast community of people working to preserve the ecology and culture, as well as share and enjoy it. These are important aspects of the work that SAHC is doing. Telling Masa's story, including background on his life in Japan and his experience in America from 1907 until his death in 1933, engages many cultural, historical and social topics from that era and our global society today."

Bonesteel Films is currently in production for the documentary and raising funds for different aspects of production, including in-depth research to uncover Masa's history and the capture of interviews and extensive imagery in the Blue Ridge and Smoky Mountains, as well as essential production in Japan, Seattle and Portland this summer.

"In a broader sense, this film will serve as an important educational and inspirational film for the region, encouraging the understanding of our history and the significance of George Masa, his work and the conservation movement here," said Bonesteel. "Our stories are what make us unique, but we need to know our stories. We need to tell our stories."

For more information about supporting the production of this story, email producer Amy Chase at Amy@bonesteelfilms.com.

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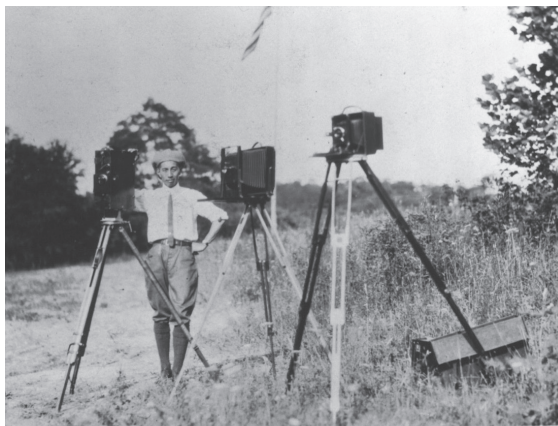
**A Life Reimagined:
The George Masa Story**

The following is adapted from text from Bonesteel Films.

Deep in the Smoky Mountains, a solitary man, loaded down with camera gear and only a little food, pushed a bicycle wheel across the roughest of trails, collecting details and seeking to capture a photo of the beauty that surrounded him. He formed a deep love and connection for the region, dedicating his life to preserving these mountains, half a world away from his home in Japan. This is the man we know as George Masa.

Arriving in Asheville in 1915, he quickly moved from the laundry room at the Grove Park Inn to become a brilliant photographer, using trail exploring, photos and promotional gumption to become a passionate advocate for the region, including the Great Smoky Mountains National Park, and helping to map and make the Appalachian Trail.

At a time when it was almost inconceivable for an immigrant from Japan to attempt to join American society, Masa integrated himself into the highest levels of society during Asheville's "golden age" of the 1920s. He worked for the Vanderbilts of Biltmore Estate. He corresponded with the White House, National Park officials, governors and industrialists like John D. Rockefeller, sharing photos and urging action toward conservation. He



George Masa with his photographic equipment

ran multiple photographic studios while working for several newspapers and national newsreel companies, all while closely keeping the secrets of his past and his true identity.

Masa died in 1933 at 48 years old, leaving behind thousands of photographs and many mysteries. This film will tell the story of how Masa put his service to others and the natural world ahead of personal success, leading him to make an immense contribution to our nation.

Today, when the Appalachian region and the global environment is under intense pressure for clean air, water, sustainable forests and recreational sanctuaries, Masa's story has never been more relevant. His personal passion and commitment to his photography and the

creation of Great Smoky Mountains National Park, the mapping and building of trails, and the preservation of wilderness empowers people today.

Filmmaker Paul Bonesteel was captivated from the moment he first saw a Masa photograph, leading him to make the 2002 documentary, *The Mystery of George Masa*. This led to an interest in Masa's story and work, but his true identity and much of his remarkable story remained unknown, and there seemed little chance of a breakthrough.

Then, in 2007, a small cache of Masa's letters, written in Japanese, were discovered. With these as the key, Bonesteel and writer and researcher Janet McCue launched a comprehensive research effort across the US and Japan with a team of genealogists and historians, finally unraveling mysteries that have been shrouded for 100 years.

The film works backward through narrator and filmmaker Bonesteel's 25-year obsession with the life and work of Masa. But he is not alone. A passionate group of writers, historians, researchers, photographers and naturalists that have also succumbed to Masa's story have expanded the historical and social context

of the film, providing insight into Japanese culture and his immigrant experience.

The film dives deep into the details of Masa's life: from a village in Japan, a complex childhood, and his immigration to the US to his "hidden life" spent in the Pacific Northwest. A dramatic series of events sent him eastward, to his destiny in the mountains of NC. Masa faced personal and professional struggles, including intimidation and scrutiny. Fatefully, he connected with a close friend, the writer Horace Kephart, who influenced Masa to become instrumental in the noble causes they championed together before yet another tragedy. Through it all, Masa was a photographer with a distinctive vision.

His dramatic landscapes, portraits and images of Appalachian culture reveal an artist working with both passion and purpose. Masa's photos, field notes, letters, journals and the newly discovered narrative of his journey from Japan are key archival elements that help tell his story.

Shot on location in the Blue Ridge and Smoky Mountains of NC, as well as Japan, Seattle, Portland and New Orleans, Masa's story is about finding your true clarity of purpose, your true passion, and sometimes even your redemption.

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

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Hilltop Ice Cream's Spencer Hilgeman

Spencer Hilgeman was not your average preschooler. When other kids his age were watching Nickelodeon or Cartoon Network, Spencer clicked over to his favorite channel: The Food Network.

"I loved cooking shows. I still do," Spencer said with a chuckle. "I even watched a Spanish one back then," he smiled, remembering. "I couldn't understand the language, but I watched it anyway." That inherent love of food and flavors comes in handy at Hilltop Ice Cream, which he has owned with his wife, Melissa, since May 2021.

Spencer and Melissa met in WNC but neither grew up here. Melissa is from Michigan; she studied restaurant management at Le Cordon Bleu in Pittsburgh. Her training led to a job at Lioncrest at the Biltmore Estate.

Spencer spent his childhood in Fort Wayne, Indiana, and then moved with his family to Tampa, Florida. After high school, he began the Associates of Business program at North Greenville University. Once he finished that, Spencer enrolled at the Culinary Institute of the Carolinas, a two-year program that trained him to become a chef. In 2012, he moved from Greenville to Asheville and signed on at the Biltmore Estate as a chef working at

Deerpark and Lioncrest. He was later promoted to Executive Chef at the then-new Village Hotel at Biltmore.

"Melissa and I met when we were both at Lioncrest," Spencer told me as we chatted in the seating area outside Hilltop. By that time, his parents had moved to Fletcher, and he had purchased a home in Fairview. "After we started dating, we'd come here for ice cream," Spencer said, gesturing to the shop behind him. "Did you know this is one of only three shops in the area who sell homemade ice cream?" I did not.

Spencer liked the ice cream at Hilltop so much, he wanted to add it to the menu at Biltmore's restaurants. "I asked Barb if she would sell her ice cream to me wholesale." Fairview resident Barbara Borgerson, Hilltop's previous owner, quickly agreed. "And I guess that's how it started," Spencer recalled. "I asked her if she would be interested in a partnership or some other business arrangement."

Already, Barb had been thinking of making some changes. She saw in Melissa and Spencer the kind of people she could trust to maintain Hilltop's good reputation. "We were honored," Spencer said, a faint blush on his cheeks. "She told us she was interested in selling it, but only to us." He nodded, obviously grateful for the gift

of Barb's trust. "That means a lot to both of us."

Spencer and Melissa have grown the business considerably since purchasing it, a fact that's even more impressive knowing that when they took it over, we were still held tightly in the grip of the Covid pandemic. "From June to December 2021, we tripled the previous year's gross income. Since then, we've grown about 20% every year." Spencer said locals play a big part in that success. "The Fairview community really supports its businesses."

Spencer and I had been talking awhile when it was time for Hilltop to open for business. It was 1 pm on a Monday; I figured we would not be interrupted at least until school got out. Yeah, that's not what happened. Customers were waiting in the parking lot when Spencer flipped the sign to "open."

"What can I get started for you today?" Spencer asked from the service window. Customers order all kinds of things—but the most popular order? Vanilla or chocolate in a cup. "I sell twice as much vanilla and chocolate than I do the other flavors," Spencer said.

Hilltop has 31 flavors of homemade ice cream, made by hand, by a chef whose resumé includes three Biltmore restaurants. And it's vanilla and chocolate that people want? Baffling.

Spencer laughed at my response and said, "My favorite is coffee Oreos; want to try it?" I don't really like coffee ice cream, but I'm not one to turn down a free taste either. He handed it over.

"Oh my goodness!" I said, the creamy confection not yet melted in my mouth. "This is amazing! What in the world?"

"I make each batch myself and test every single one," Spencer said. "I feel like that is my expertise: mixing just the right flavors and add-ins to make our ice cream extraordinary."

"The Andy's Mint Chip is Melissa's favorite," Spencer said, as he dipped up a taste for me. "It's on the menu because of her." It's also one of my favorites, and Hilltop's did not disappoint. Peppermint, not spearmint, and the exact right mix of mint to cream: absolute perfection.

"Try the Apple Brown Bettie," he said, "It's named after my grandmother Bettie Hilgeman. She passed away awhile back; we named this one in her memory." Wow!



Melissa, Finn and Spencer

Think of the flavor of an award-winning apple pie, topped with homemade vanilla ice cream—that's Hilltop's Apple Brown Bettie. Scrumptious. "We get our apples from Stepp's Orchard in Hendersonville," Spencer said with obvious pride.

He scooped up another taste. "My father-in-law named this one Bear Tracks. It's our double chocolate with lots of stuff added to it: wafer bars, cashews, butter-scotch chips and chocolate chips." Lemon Blueberry Cheesecake is another popular choice. "We get the blueberry jam from Imladris Farms here in Fairview," Spencer said handing me a spoon. "Oh, and the Honey Lavender. We buy the honey from a lavender farm, Elf Leaf, in Landrum, SC."

Honey Lavender is a holdover from Barb's years, just as the Cherry Goat Cheese is. "That's a flavor popular with other ice cream companies; ours is Barb's take on that recipe," Spencer explained.

All that, and y'all are ordering vanilla or chocolate? Okay, but at least get one of their homemade brownies to go with it. "Melissa makes the brownies," Spencer clarified. "But I love to bake too. I started baking when I was really young." Spencer smiled, nostalgic. "Cooking has just always come really easily to me." He walked over to the window as another customer approached. "Hi there! What can I get started for you?"



Rev. Dr. Aileen Mitchell Lawrimore is the pastor of Ecclesia Baptist, which meets at 607 Fairview Rd. She blogs at aileenmitchell-lawrimore.com.



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Today Learn to See

Some of you may be aware that I am a middle school art teacher. Above my whiteboard in my classroom, I have a small sign that reads “Today Learn to See.” At the beginning of each school year, I talk with each of my classes about what it means. I talk about how many people think they already know what it means to see but most don’t. Sit with that for a moment. What does it mean to truly see?

You may be asking yourself: How does this connect to gardening? Well, something has changed for me since I have become more serious about tending to a small plot of earth. I look more closely than I used to. I notice things about the soil and what grows where. I notice how the path of the sun changes across the sky with the different seasons. I see more, much more than I used to.

This season, as spring has come along, the grass in my front yard has been slow growing. It hasn’t really needed cutting. What we could not have anticipated is, because of this, over a hundred Japanese maple seedlings have had an opportunity to take root.

Because we were able to see all of these tiny sprouting maples, from seeds that fell from our tree in the fall, we have now collected over 140. Some of these we will keep for ourselves, but most are going to



The author’s son, Oliver, with Japanese maple trees.

be part of a fundraiser for a greenhouse at my school.

Most of the time, people move through the world in a kind of passive looking mode. Looking, but not truly seeing. What I would like to invite you to do is consider adjusting this to an active seeing mode.

Springtime in Fairview continues to offer a wonderful opportunity for you

to explore this idea. This season, I have noticed, more than ever before, how beautifully colorful spring is in our mountains. I believe that it rivals fall. Purples, pinks, reds and even vibrant light greens. These colors and more are working their way up the sides of the mountains as the temperature warms its way up the elevation.

Last weekend, we went out to Craggy

Gardens on the Blue Ridge Parkway, and color has yet to make it there. Translation: Spring is still coming. You still have the opportunity to go out in an active seeing mode and see the beauty. I hope you will, and I would love to see a photograph of what you have seen. It may even become the subject of my next piece of art.

Dahlia Updates

The first batch of seeds that we planted (100 seeds) had three sprouts. Dahlia seeds can be very particular, but my grandmother and I decided that our soil had gone bad. (It had sat in a plastic bag since last spring, and we think the fertilizer in it had spoiled.) We planted 100 more in new potting soil, and I am happy to report that we currently have just over 40 sprouts. One takeaway I have from this: Can you imagine being as tenacious as a plant?



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



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FES Dads Club Founder Leaves Legacy

The Crier loves to feature locals who lead efforts to bring people together. Brian Fuchs, the founder of the FES Dads Club, is certainly such a person. His children at FES are moving on to other schools, so he is stepping away from the Club and the school. His presence will be greatly missed. His friends, family and Club members pay honor to him.

"In the family-famous words of Brian Fuchs, "I promise memories—not necessarily good ones, but memories." In the 10 years of the Dad's Club existence, we have made so many incredible memories, and none of which are bad, just incredibly unexpected. There aren't enough words to give proper credit to how incredible and fun being at my dad's side through these past years has been. I have loved being a part of every event, watching the core group of guys form at the heart of the club, and being a part of the incredible service to our community. Some of the best memories were made in homes as we prepared dozens of pounds of ziti, built buddy benches, or assembled standing desks. Or at FES, where we've served teachers, held events at the playground for dads and kids, or served pancake breakfasts. However, my favorite event is the daddy-daughter dance. From running wild on the first dance to running the craft table and making decorations for the most recent ones, I've had the unique perspective of experiencing the fun and then getting to be a part of the service. With that, I have slowly realized all the hard work, planning and time my dad has put into the Dad's Club. I am so grateful for my dad and his dedication to the Fairview community and always being present in my brother's and my school and in our lives. I couldn't ask for a better dad or better memories from FES Dad's Club.

I love you so much, Dad. Thank you for all the work you've done for our family and our community. You never did anything for credit and never expected a "thank you." You have constantly shown me God's heart of service, and I'm such a better person by watching you. Love you!"

—Ansley Fuchs



Brian, with his youngest kids, hosting a Dads Club event at FES in 2021.

"Brian is one of those people who will be there whenever you need him. Of course, he's going to talk you into working a dance and make you think it was your idea. Honestly, he's one of the best people to be around. He lifts you up and helps you find a way to shine."

—Zeke Englert, former Dads Club member and secretary



Brian and Ansley in 2019 at a Dads Club daddy-daughter dance.

"Brian, your leadership has been an inspiration, and the Dads Club legacy will continue to shine brightly. Thank you for pushing us FES Dads to get involved and make a difference in the community. We appreciate you!"

—Monroe Naimark, Dads Club member



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"Thank you for creating a group of gentlemen of the community who come from such different backgrounds and walks of life but all share a common goal of wanting to be involved in their kids' education. I remember the first "Doughnuts with Dad" in the gym many years ago and have enjoyed watching these kids mature into middle and high schoolers. I'm so glad all of your ideas kept this group running for so long."

—Eric Manley, Dads Club member and treasurer



Brian and other dads prepping for a pasta fundraiser for one of the dads in 2023.

"My 2nd grader brought home a Daybreak with Dads event flyer and asked, 'Dad, why are we not going to these?' So we went, and I could immediately see how passionate Brian is about this mission to bring the FES community of dads and kids together. Since I enjoyed the event, I signed up to participate in the next planning meeting, where I started to get to know Brian. Fast-forward six years

later, and the friendship that I have with him and his family is one I deeply cherish. The FES community has greatly benefited from what the Dads Club, with Brian's leadership, has been able to give back to the school. But the greatest impact of the club is the relationships the dads and kids build through participating in these events. The passion and love Brian shows toward the Fairview community and school is inspiring, and this community is very fortunate to have him. And I am very blessed to be able to call him my friend."

—Bob Allen, former Dads Club member and past president

Parenting Teens Is not Easy

In a recent coaching session with some parents, one said, "Communicating better with my teen is tough. I must think before reacting because I want to keep building a stronger relationship." I responded: "If you didn't think it was tough, I would be concerned. Genuine change takes time and intention. Every. Single. Day. The more uncomfortable we feel, the better we are doing. So be encouraged!"

Positive discipline expert Jane Nelson, ED.D., shares a perspective for parents of teens who want long-term solutions to their challenges. You know you're in a short-term "fix-it" mentality if you are asking these questions: How do I make my teen "mind" me? How do I make my teen understand "no"? How do I get my teen to listen to me? How do I make this problem go away?

Questions you should be asking to achieve a long-term parenting "kind/firm" mentality include the following: How do I help my teen become capable? How do I get into my teen's world and support them as they grow? How do I help my teen feel belonging and significance? How do I help my teen learn problem-solving skills and to identify their feelings? How do I begin to honor that my teen may have different ideas about what is best for them?

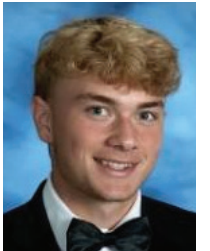
Christi Hurd, M.A., NBCT, who retired from CCMS, is certified through the Parent Coaching Institute. See hurdhuddleparentsupport.com for more info.



STUDENT OF THE MONTH James Black

James was nominated by Mr. Gladys and Ms. Briggs, and he is a true child of Fairview. He plays multiple sports, has captained multiple sports teams, and maintains a strong academic record. He is a model student-athlete and ambassador for our school. He brings humor and kindness to his classes. His parents both attended Reynolds High School and own small businesses in Fairview. We look forward to seeing what the future holds for James! We congratulate James for being a great example of an ACR Rocket!

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Fond Farewells from FES

By Kenya Hoffart

The end of every school year brings a lot of excitement. Teachers, students, and their families celebrate achievements, plan exciting summer adventures, and look ahead to what the next school year will bring. As this school year closes and the staff and students at Fairview Elementary (FES) proudly celebrate another great year, they will also be preparing to say goodbye to three very special and valuable educators: Mrs. Jennifer James, Mrs. Karen Pugh, and Mrs. Ginger Lynch.

Jennifer James has taught at FES for 17 years and has been an educator in Buncombe County for 29 years. She has taught kindergarten and second through fifth grades. She enjoys forming relationships with her students and celebrating the highs and lows of their year together. Mrs. James believes students deserve a teacher who will commit 100% to being the best they can for their students, and she has strived to do just that for her students year after year. Mrs. James will miss the entire faculty, the parents, the community, and

of course, the kids. She will also miss the second grade team of teachers, who have become her best friends. Jennifer Gortney, who has worked alongside her for many years, said, "Mrs. James has been the one always working behind the scenes, keeping us all organized and on track. She has always had a way of connecting with her students and making them feel important and know they are a valuable part of her class." She added, "Mrs. James has

helped us all become better teachers and has left a lasting mark at Fairview Elementary. She will forever be missed."

Karen Pugh has also taught for 29 years and has dedicated her entire career to FES. She agrees that the relationships she has developed with her students and families have been most gratifying for her and adds that she believes teaching is the hardest but most rewarding job. She also said FES has the best staff, community and administration anywhere. She will miss the people she has worked with, the students she has taught, and the families who have loved them. Joann Hamrick, who has worked with her in the first grade for several years, said, "A good teacher can be described as confident, organized, hardworking and professional. Karen Pugh has all these traits and more." She added, "She is loving and kind, an excellent teacher and coworker, and she will be missed more than I can say."

Both Mrs. James and Mrs. Pugh plan to continue working with students in our community, even after retirement.

Ginger Lynch has worked at FES for 30 years. She has assisted in the media center and in first, second, and third grade classrooms. She has also served as a bus driver. Mrs. Lynch said the most rewarding thing about being in a classroom is watching a child grow, learn and mature throughout the year. As a bus driver, Mrs. Lynch loves the relationships she builds with students and their families. Mrs. Lynch loves the

sense of community the staff at Fairview Elementary has created, and how much they care for and support each other. After retirement, she plans to spend more time with her mother and her grandkids, travel, work in her yard, and enjoy lots of good books. Cristy Brunner, a parent of a student who is in Mrs. Lynch's classroom and also rides her bus, said, "Mrs. Lynch goes above and beyond for all the students at FES, every day." She added, "She is dedicated, determined and dependable, and she has made a big difference in the lives of many. It has been a privilege to know Mrs. Lynch and she will never be forgotten."

These three remarkable ladies have shaped the minds and hearts of many students throughout the years. They have faced budget cuts, pandemics and more, and have never lost focus on what mattered most—the students.

Fairview Elementary is lucky to be the place these dynamic educators have called home for so many years and will always consider them friends. Mrs. James, Mrs. Pugh, and Mrs. Lynch, you will be missed. Thank you for all you have done to make a difference in this world, in our community and in our hearts.

Kenya Hoffart is a staff member and PTA Communications Chair at Fairview Elementary School.



(L-R): Jennifer James, Ginger Lynch and Karen Pugh

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The Benefits of After-school Activities

By Norm Bossert

In September 1968, I was a senior at East Meadow High School. My GPA at that time was a 2.17. To help you get the full academic picture, you should know that I had taken Algebra 1 twice, Algebra 2 twice, French 1 twice and French 2 twice. Did I forget to mention geometry? Yes, I also took that twice. My combined score on the Scholastic Aptitude Test (SAT) was 868. My school counselor called me in to discuss my future. He was a rotund, salt-and-pepper, high-and-tight fellow named Mr. Fabrizio. I remembered that he smiled easily and laughed without provocation. Our conversation went a bit like this.

Mr. Fabrizio: So, Norman, what are your plans for after high school?

Norm: I'm going to go to college.

Mr. Fabrizio: (laughter) No, really. What are your plans?

Norm: I'm going to go to college.

Mr. Fabrizio: Oh, Norman (frowning). Don't waste your parent's money. Surely you have some sort of practical plan?

Norm: But I'm not trained to do anything.

Mr. Fabrizio: Have you thought of the Army?

Norm: (silence) But there is a war going on. I could get hurt or even killed.

Mr. Fabrizio: Nah...you needn't worry. Most people come home OK.

When I got home that afternoon, my mother asked me about the meeting. I told her that he told me to purchase a college Blue Book (a comprehensive guide of institutions of higher learning) and pick out some schools of interest. I got the book, flipped the pages and stuck my finger in the book. My first choice was Vassar—an all-women's school.

After thinking about the experience of one guy at a school for women, I moved on to another choice: Old Dominion College in Norfolk, Virginia. I sent for an application, filled it out, and waited. Within days, I had been accepted. I started in pre-med, which was a big mistake. I survived my first semester—barely. After changing majors and studying for four years, I became a Special Education teacher. Fifty years later, I am still an educator. Was it a good career choice? Yes! (Pre-med, not so much.)

What kept me in both undergraduate and graduate school wasn't a love of learning. It

was the social stuff. I became very active in the school theater. My first drama teacher was Ruth Houk. I started in drama because her brother Ralph was the manager of the New York Yankees—I am still a fan!—and there was a rumor that she would get kids free tickets to games. (It was just a rumor.) It was theater that kept me wanting to pass my classes. It was my theater family that made me show up every day. It was the circle of friends I developed that made me love school in spite of poor grades.



Where is this long tale taking us? I ask you to support the things that happen after the school bell rings at the end of the day. Band, chorus, orchestra, football, baseball, lacrosse, Spanish club, etc. Lots of students show up every day because these extra-curricular activities draw them in. Participation requires decent grades. Many students work hard for those grades because they want to participate in their after-school activities. For some of our kids, the most important

learning happens after that last bell.

After-school activities teach responsibility, character, teamwork, loyalty and other traits we all find admirable. For some of our kids, they become the foundation of life-long friendships. But then, you probably know all this already. If your child is unhappy at school, press them to find an extracurricular activity. Chances are they'll look forward to seeing their teammates. And, slowly, they'll start to look forward to getting to school, and they'll choose to work their way through academics. I would also say that students don't all develop at the same rate. Some kids don't blossom in 5th grade, or 8th grade, or even in their freshman year of a two- or four-year college. But when they find something they love, they'll bloom.

Spring can be a tough time for many students. End-of-year academic demands can seem daunting. Though school and academics may be enough for many kids, the after-school stuff can be like a magnet. Some kids really begin to blossom because they chose to do after-school activities. Wrap your arms around those activities. If your work and lifestyle permit, get involved too. You won't regret doing so.

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

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Stalemate (n):
A leading cause of divorce.

I swallowed a dictionary. It gave me thesaurus throat I've ever had.

Someone just called my phone, sneezed and then hung up. I'm getting sick and tired of these cold calls.

I tried to be a tailor, but just wasn't suited for it. Mainly because it was a so-so job.

Mental pabulum.

Rabbits jump, and they live for 8 years.

Dogs run, and they live for 15 years.

Turtles do nothing, and they live for 150 years.

Lesson learned.

A man who was outside in the rain without an umbrella or hat didn't get a single hair on his head wet. Why?

He was bald.

"All you need is love. But a little chocolate now and then doesn't hurt."

— Charles M. Schulz

"Those people who think they know everything are a great annoyance to those of us who do."

— Isaac Asimov

Thanks, Cynthia Greenfield, for this riddle:

What can you hold in your right hand, but never in your left hand?

Your left hand.



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.



Kevin and Angie Lahue

The *Crier* was saddened to see Red Star Kitchen, in the Citgo station across from the TE plant, close its doors. Owner Elias Leising posted news of the closing on Red Star's Facebook page: "We have loved being a part of the Fairview food community and getting to know all of y'all." Thank you for serving us Elias.

As one door closed, three opened—all on Cane Creek Road. The first two are products of the husband-wife duo Kevin and Angie Lahue. They operate Beloved Spa at 1462 Cane Creek Road, and next door to the spa, Generational Grounds, which Kevin describes as a "coffee-smoothie truck." Kevin's focus is on organic fruit smoothies, organic coffee and espresso

drinks. "I'm partnering with local suppliers that share the same vision for healthier organic products," Kevin told us on a recent visit. He sources from Appalachai, Dynamite Coffee, Matcha Nude, Appalachian Divinita and The Crunchy Baker. Next door, Beloved Spa offers therapeutic massage and body treatments.

At Cane Creek Station, Wize Guys will open for dinner on Thursdays, Fridays and Saturdays. Owner Ghazi Elrehayel, a Jordanian who has lived in WNC for more than two decades, said local residents have asked for evening dining options. His menu will be take-out only, with pizzas baked in stone ovens, pastas with his signature sauces, salads and more.



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—Carolyn T., August 2023



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—Thomas B., February 2023

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PEOPLE & COMMUNITY

Last month, we ran a short article about Julia Prida, a Cuban native who moved to Fairview from Miami and was looking for others Cubans to befriend. A reader in Arden saw the story and connected Julia with Clara Prado, who lives in Hendersonville. And it turns out Clara's mom was born in the same town that Julia is from. Julia's daughter, Annie Haberkorn, said, "Thanks to the Fairview Town Crier, we now have a new friend in WNC." We love it!



(L-R) Clara Prado, Ana Vago (another Cuban who lives in Hendersonville) and Julia Prida. They are the "three amigas."

Helpful Insurance Tips

Builders' risk insurance protects your investment during the construction or renovation process, covering materials, fixtures and equipment against physical loss or damage from various causes. This insurance is often required to comply with loans and contracts, but people often forget until it's too late. Consumers, builders or contractors can purchase the coverage for construction projects, including ground-up builds, renovations and even installation of specific fixtures like cabinets and flooring. Purchasing

before you begin is always advisable because the policy can protect you from a wide range of possible claims, including theft (excluding tools), vandalism, fire, lightning, property damage, materials in transit and more from day one. When constructing a custom home, builders' risk insurance protects you from unforeseen setbacks.



Joanne Winkler is the owner of ESCO Insurance Agency. 231-6577 or esco1960.com.



DR. ASHLEY LUCAS

Maintaining Weight Loss

After reaching your desired weight, the journey to maintaining a healthy lifestyle continues beyond the scale. One strategy often overlooked but crucial for long-term success is "reverse dieting," which involves gradually increasing your calorie intake while strategically adjusting macronutrient ratios to support weight maintenance or muscle gain.

The benefits of reverse dieting are many. It allows for increased food intake while still supporting weight management goals. By enhancing feelings of satiety and fullness, it reduces the likelihood of overeating. Moreover, reverse dieting boosts energy levels and the metabolic rate, facilitating fat loss and weight maintenance. It also helps regulate hunger hormones, promoting better appetite control, and supports normalized digestion and overall well-being.

To start reverse dieting, figure out the macronutrient ratios that are right for your optimal body weight at your baseline energy intake. Then, gradually increase your calorie intake by 50 to 100 a day, ensuring that the majority of these additional calories come from protein. Aim for 0.8 to 1 gram of protein per pound at your optimal weight. Lastly, stop reverse dieting when your weight stabilizes, but remember to weigh yourself only once a week, on the same day and at the same time, to accurately track your progress.

Incorporating reverse dieting into your routine post-weight loss can help you sustain your achievements while enjoying a more flexible and satisfying diet.



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

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Be Careful When Naming Beneficiaries

You might not have thought much about beneficiary designations—but they can play a big role in your estate planning.

When you purchase insurance policies and open investment accounts, such as your IRA, you'll be asked to name a beneficiary, and, in some cases, more than one. This might seem easy, especially if you have a spouse and children, but if you experience a major life event, such as a divorce or a death in the family, you may need to make some changes—because beneficiary designations carry a lot of weight under the law.

In fact, these designations can supersede the instructions you may have written in your will or living trust, so everyone in your family should know who is expected to get which assets. One significant benefit of having proper beneficiary designations in place is that they may enable beneficiaries to avoid the time-consuming — and possibly expensive—probate process.

The beneficiary issue can become complex because not everyone reacts the same way to events such as divorce—some people want their ex-spouses to still receive assets while others don't. Furthermore, not all the states have the same rules about how beneficiary designations are treated after a divorce. And some financial assets are treated differently than others.

Here's the big picture: If you've named your spouse as a beneficiary of an IRA, bank or brokerage account, insurance policy, will or trust, this beneficiary designation will automatically be revoked upon divorce in about half the states. So, if you still want your ex-spouse to get these assets, you will need to name them as a non-spouse beneficiary after the divorce. But if you've named your spouse as beneficiary for a 401(k) plan or pension, the designation will remain intact until and unless you change it, regardless of where you live.

However, in community property states, couples are generally required to split equally all assets they acquired during their marriage. When couples divorce, the community property laws require they split their assets 50/50, but only those assets they obtained while they lived in that state. If you were to stay in the same community property state throughout your marriage and divorce, the ownership issue is generally straightforward, but if you were to move to or from one of these states, it might change the joint ownership picture.

Thus far, we've only talked about beneficiary designation issues surrounding divorce. But if an ex-spouse—or any beneficiary—passes away, the assets will generally pass to a contingent beneficiary—which

is why it's important that you name one at the same time you designate the primary beneficiary. Also, it may be appropriate to name a special needs trust as beneficiary for a family member who has special needs or becomes disabled. If this individual were to be the direct beneficiary, any assets passing directly into their hands could affect their eligibility for certain programs.

You may need to work with a legal professional to sort out beneficiary designation issues and the rules that apply

in your state. But you may also want to do a beneficiary review with your financial advisor whenever you experience a major life event, such as a marriage, divorce or the addition of a new child. Your investments, retirement accounts and life insurance proceeds are valuable assets—and you want them to go where you intended.



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

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PRICE RANGE	NUMBER OF SALES	\$ AVG PRICE	DOM
200-299,999	1	215,000	9
300-399,999	2	345,000	127
400-499,999	3	453,804	64
500-599,999	2	527,500	2
600-699,999	2	620,500	83
700-799,99	1	700,000	8
900-999,999	1	936,500	4
1.5M-2M	2	1,165,000	4

HOMES LISTED: 7	HOMES SOLD: 14	LAND LISTED: 8	LAND SOLD: 1
Max \$2,475,000	Max \$1,180,000	Max \$995,000	Max \$259,000
Min \$540,000	Min \$215,000	Min \$55,000	Min —
Avg \$1,270,000	Avg \$925,172	Avg \$433,125	Avg —

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End of Year in Sight

May signals the last 30 days of our instructional school year across Buncombe County Schools (BCS). The final day of school will be June 10, which is designated as an early dismissal day. This is a very busy time of year for our high school students preparing for final exams, and senior graduation. You may not know that there are 11 high school programs in BCS, designed to best support the diverse needs of our students. Therefore, we have 11 distinct graduation ceremonies coming up during the second week of June. In advance, I want to congratulate all of our graduates in the class of 2024.

Celebrating the Arts and the PTA

Spring is the time of year when our schools are filled with presentations of theater, music and art. The BCS K-8 Art Show is currently on display at the Asheville Mall through May 4. This annual art show kicked off in April with an opening reception honoring our amazing art teachers and students. There are hundreds of pieces of art work selected from each school across our county and it is truly impressive to see such artistic talent from our student community.

I want to congratulate all of the students and staff who participated in

the A.C. Reynolds High production of "Beauty and the Beast" in April. Student musicians from the band and orchestra did a masterful job performing the score. There were incredible choral arrangements performed by the school chorus. The art department built an impressive and dynamic stage setting. Our student actors were flawless with their dramatic and comedic stage performance.

Lastly, I want to acknowledge the hard work and dedication of our school PTAs during this time of year. The FES-PTA once again hosted the incredible Spring Fest to support the Fairview school community. ACRHS-PTSA organized the first annual Bud Sales Memorial "Reynolds Rocket 5K", which was a great success. The CCMS-PTA is hosting their second annual school community Movie Night on May 31. All of these community events take a great deal of planning, collaboration and hard work from PTA volunteers and staff. In the midst of these special events, our PTAs are also hosting various teacher appreciation events, planning for new leadership, and budgeting for the next school year.

School Board Electoral Re-Districting Update

At our March board meeting, the Board of Education approved the new electoral

districts that will be effective for the November 2024 election. The new electoral districts, mandated by the NC General Assembly last fall, do not change school attendance zones and therefore do not change where your student goes to school. However, they will change how you are represented on the Board of Education (BOE). Historically, the seven-member non-partisan board consisted of members representing each of the six high school attendance zones, plus one at-large member. BOE representatives were required to live in the high school attendance zone they represented but were elected at-large by all eligible voters who lived within the entire BCS boundary county-wide. Because election law required the new electoral districts to be equal in population, the six new generic districts do not align to the current high school attendance zones. Thus, each district will no longer contain all of the elementary and middle schools that feed into each of the six high schools, and many of the elementary school communities will have split representation. The BOE representative district formally known as "Reynolds District" is now "District 3." Because our district is one of the most populous districts, we were dealt the biggest change out of all the districts. Across all options provided by the demographer and legal team, between 25% to 27% of the former Reynolds district population will be required to shift into neighboring District 2,


formerly referred to as the "Owen District." After two rounds of public comment and hundreds of survey responses, the board voted to select the option that re-located the fewest number of families, known as Option C. This will split the families in the Fairview Elementary School zone in half: the east side of Highway 74 will be represented by District 2 and the west side of US 74 by District 3. This option also relocates all of the Bell Elementary School zone into District 2.

The new maps have been sent to the Buncombe County BOE to be formalized prior to the July filing deadline for school board candidates in the 2024 election. I have argued against this re-districting for the last year. I believe it to be a very expensive, taxpayer-funded political initiative that will not materially improve outcomes for our students. Nevertheless, I am proud that our current board handled the process with integrity and supported the option that affected the fewest families possible. The board of elections will post the final maps in the coming months for you to reference during the upcoming election.



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

or call/text 828-222-4874.



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1880 Fairview Census, Part Two

All listed below were born in North Carolina unless otherwise noted by a state's postal abbreviation in parentheses. An "m" or "f" following an age denotes male or female. Families or individuals who were Black are noted with an asterisk (*).

59. Tweed, Thomas; 33 (TN); Allie, 25; Andy Garren, 20 (hired hand).
60. Nix, Erwin, 23; Harriett, 25.
61. Nix, Martha, 50; M.C., 25m; Cal, 18; John, 16; David Sizemore, 8 (grandson); Etta, 7 (granddaughter).
62. Young, Thomas, 47; Martha, 43; Marcus, 20; John, 18; Sarah, 14; Wade, 12; Lou, 10; Fannie, 8; Zack, 7; Harriet, 5; Zebulon, 2.
63. Freeman, Marion 29; Lura A., 29; Ella, 3; Louisa, 2; Mamie, 1 month. L. Huntley*, 14 (servant).
64. Ross, Gordan (or Jordan), 64; Susan, 20; Eada Williams, 90.
65. Freeman, Robert, 50; Julia, 41; Catherine, 19; Alonzo, 12; Adaline, 7.
66. Williams, George, 39; Emma, 37; William, 14; Marcus, 12.
67. Young, John, 42; Mary, 50; Marion, 16; Frank, 14.
68. Merrell, Samuel, 61; Eliza, 52; David L., 29; Laura A., 25.
69. Clayton, Robert 30; Nancy E., 25; Annie, 3; Helen, 1; Eliza, 60 (mother of Robert); Rosa Young, 21 (boarder); Addie, 14 (sister of Robert).
70. Clayton*, Dick; Silvia, 40; Jane, 21; Henry, 20; Joseph, 15; Samuel, 12; Emma, 10; John, 8; Maggie, 4; Clara Ripley, 70 (mother of Dick).
71. Morgan, Joseph, 34 (teacher); Mary, 27; Charles, 3.
72. Young, Samuel, 40 (or 43); Adaline, 37; William, 16; Joseph, 13; John, 9; Thomas, 7; Mary, 2.
73. Whitaker, Edwin, 51 (millwright); Matilda, 30 (wife); William, 12; Eleanor, 10; Thomas, 8; James, 6; Joseph, 3; Saphronia Summey*, 30 (cook); Ellen Summey*, 3; Rufus King*, 51.
74. Garren, Riley, 56; Elizabeth, 52; Elizabeth, 23; Martha, 21; Jefferson, 19; James, R., 11; Ida Case (niece); Myra Toms*, 12 (servant).
75. Young, Rebecca, 73; Jane, 50 (daughter); Malinda, 35; Susan Wheeling, 16 (cook).
76. Patton, Ladson, 33; Catherine, 38; George, 12; Nancy, 9; Malinda, 7; Lot, 5; Isabella, 2; Matthew, one month old. Robert Brank, 63; Mary E., 47; Mary, 25; Rachel, 22; Albert, 20; Edmond, 18; James, 16; Carrie, 13; Rosa, 10.
77. Brady, Buckner, 54 (SC); Mary, 44 (TN); Priscilla, 25 (TN).
78. Redmon, Peter, 51; Nancy, 51; Elizabeth, 27; Thomas, 28; Harriet, 25; Ruth, 22; Mary, 14; Benjamin, 9; Joseph, 7; William Trantham, 19 (farm hand).
78. (this number was used twice).
McBayer, Joseph, 24; Manerva (née Wright); James, 3.
79. Smart, Thomas, 50; Mary, 44; John, 18; Milton, 14; Leander, 9; Hardy, 4; Joseph, 1; Mariah, 68 (mother of Thomas); Elizabeth Cross, (adopted).
80. Spivey, Benjamin, 55; Elizabeth, 44; Clarisa, 13; Gaston, 11; Bradley, 9.
81. Yearwood (or Earwood), Thomas, 62 (SC); Elizabeth, 63; Thomas, 30; John, 26 (TN); Mary, 24; Violet, 18; Christina Reca, 40 (daughter-in-law); Charles, 18 (grandson); James Mahathay, 17.
82. Yearwood (or Earwood), Albertus, 38; Martha, 38 (TN); Elizabeth, 14; John, 11; Thomas, 9; Mary, 8; Sarah, 5; William, 3; Robert 1.
83. Yearwood (or Earwood), Riley, 28 (TN); Elizabeth (née Lanning); Hester, 1.
84. Sales, Julius; Henrietta, 27; George, 9; Lougenia, 7; Duff, 4; P. (f), 2.
85. Trantham, James, 49 (mill hand); Hannah (née Wright), 49; Susan, 20; Mary, 19; Martha and Amanda, 18 (twins); Miles and Malinda, 16 (twins); John and Elizabeth, 14 (twins); Joseph, 12; Mary, 8.
86. Williams, Jones (or Jonas), 25; Mary, 50; Benjamin, 23; Andy, 13; Milly, 11.
87. Williams, John 25; Lou, 17; Benjamin, 10 months old.
88. Young*, Joseph (black) 27; Chainey, 23; Frank, 7; John, 4; Dicy, 2 months old; Charlotte (mother of Joseph), age not given; Merritt 15 (brother of Joseph).
89. Reed, Mary, 65; Rebecca, 40 (servant); Sarah, 25; Joseph, 19.
90. Lankford, Newton, 40; Catherine (née Harper); Jojm, 7; Nancy, 5.
91. Casey (pronounced "Keezzy"), Henry, 66; Dicy, 65; Dock Searcy, 20 (farm hand); Julius Walton, 30 (farm hand).
92. Earwood, Joshua, 34; Sarah, 36; William, 12; James, 10; Shelia, 8; Nancy, 6; Mary, 5; John, 3; Charlie born April 1880; Henry Henderson*, 33 (farm hand).
93. Sinclair, John, 31; Myra, 33; Henrietta, 9; Martha, 7; Amanda, 7; Margaret, 4; Nancy, 3; James, born November 1879.
94. Mitchell, John C., 34; Margaret Whitaker Mitchell, 35; Emery, 10; Augustus, 9; George, 7; Ellen, 4; Benjamin, born February 1880.

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).



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Meet a Member: Blake Viands

What brought you to Fairview?

I have lived in Fairview my entire life. I went to Fairview Elementary, Cane Creek Middle, and A.C. Reynolds High. In fact, the only time when I have not lived in Fairview is when I went to Appalachian State. I currently live with my wife on family land in a house that my great-grandfather built.



Blake and his wife

What got you started in your own business?

Before I started my own business, I worked at a machine shop. I really enjoyed the work, but I have always had a passion for helping individuals with their finances. I got into the financial services industry with Thrivent Financial to follow my passion, build long-term relationships, and help people handle their money wisely.

been curious what it would be like to be a barista, or in the food industry, or to work at a farm. I want to experience what these jobs would be like just for the experience and not the paycheck.

What are your hobbies/passions?

My wife and I love to spend time outdoors. We love to listen to good music and cook over a fire in our backyard. We have chickens and a small garden. We would like to get more animals and begin raising our own livestock. I also enjoy weightlifting and playing basketball.

How do you help your clients?

My team and I at Thrivent Financial take a holistic approach to financial services. We help serve our clients by providing advice, insurance, annuities, investments, banking and generosity programs. We are also a non-profit organization, so our profits go back into the community. Thrivent has been able to give back over \$200 million since it was founded.

What's on your bucket list?

I would like to be able to work a few different jobs when I retire. I have always

If you are a member of the FBA and would like to be featured, please get in touch with the editor, Ralph Grizzle. You can find his contact info on page 31.

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Magic Morel Mushrooms

Appalachian spring is one of the great wonders of the world. Red-buds, wild cherries and dogwoods have been blooming in profusion, along with snow-white blood root flowers, newly unfurling trilliums and drifts of brilliant daffodils.

In the lower elevations, the tulip trees are beginning to show the first signs of that luminous new growth as their radiant, green baby leaves unfurl. New tulip tree leaves and the arrival of the magical mayapples on the forest floor are two of the more ancient and reliable parts of our mountain folklore that points to one of the great joys of spring: foretelling the presence of morel mushrooms. Of course, many factors co-exist, such as soil and air temperatures; nearby tree species like ash, apple, elm and poplar; rainfall—and a great deal of mystery.

For 40 years, I have hunted morels every spring, and it is always a magical quest. Morels are world famous for their unique, rich and earthy flavors. By late March, I began intentionally crisscrossing familiar ridges, looking for these nearly invisible mushrooms. In the first week of April, after many delightful hikes, I finally found my first gray morel growing underneath a large elm tree with ash nearby. And now that I have found a few, a switch has flipped on in

my psyche and morels are always hovering in my consciousness as I am driving around, looking at habitat or hiking.

Morels, which are in the genus *Morchella*, are one of the most easily identifiable mushrooms. And although no mushroom ID is foolproof, especially for the novice, these distinctive fungi are characterized by their spongy caps, each one composed of a network of honeycomb-like ridges with pits and a hollow inside. Controversy exists among specialists as to the different species, but the most common morels in the Southeast are the early gray or black morels, followed by the larger yellow morels.

Most years, morels appear from late March throughout April and into May. The only potentially confusing mushroom is the false morel, which has a more brainy, wrinkled texture with a reddish-brown color. The easiest way to tell them apart is to cut them open, as false morels have a cottony substance inside whereas true morels are always hollow.

True morels have many local names. My favorite, which I learned from farmers in Virginia, is “merkles”—as if they are a miracle. This folk name arises from Kentucky folklore in a story of how a mountain family was saved from starvation by eating morels. Other fun names include muggins, molly



moochers and dry land fish, the latter being a reference to their shape. Sliced lengthwise, they do resemble a fish. In Virginia, I knew mountain families that ceased all normal activities in spring and hunted morels as part of their livelihood, as these mushrooms are prized by gourmet chefs. This spring, morels were seen in Asheville at a high-end market for \$50 a pound and were most likely imported from the Northwest.

Mushroom hunters are notoriously secretive about their favorite “morel patches,” and I am no exception. Last year, I must have clocked 48 hours of hiking ridgetops, steep valleys and gullies and maybe found a pound of these beautiful delicacies. But some years back, I found up to nine pounds in a day. When abundant, I often dry them, as their flavor intensifies; however, the first morels of the season are prepared with a little butter, salt, pepper and garlic. They are ambrosia to me!

I also love to pair them with grilled

asparagus or chicken. One key caution to utilizing morels—in fact, almost all mushrooms—is to never eat them raw. Almost all wild mushrooms must be cooked thoroughly. Morels contain a toxin called “hydrazine” that breaks down completely when cooked. Some people have experienced moderate gastrointestinal distress and sickness when eating cooked morels paired with alcohol at dinner, and since food allergies are

highly variable it is a good idea to try new foods in small amounts.

Hunting morels is one of the greatest joys I have ever known while living in the Blue Ridge Mountains, and it connects me to an ancient tradition that I love deeply. How much better can life get than spending a day being nourished so deeply by nature’s beauty and grace, only to come home with a small sack of morels and have a good friends over for dinner. What a great free gift it is to be enjoying this spring tradition of succulent, savory and delicious wild mushrooms, served at the table of life, all of which is provided to us as a sacred gift from our blessed mother earth.



Contact Roger at rogerklinger@charter.net.

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Windows 10 Security Updates

Users of Windows 10 who want to continue receiving security updates beyond October 2025 (the official end-of-life for Windows 10) now know what Microsoft will charge. Per machine, the first year will cost \$61, the second year will be twice as much, and the third and final year will cost twice as much again—or \$244 per computer. Right now, these are the business user prices. This time, unlike with Windows 7, they will offer home users this security option, but pricing has not yet been announced.

Users of Adobe products who hate paying a monthly service charge might want to look at Canva again. Although Canva is an online graphic design platform, the company recently acquired Affinity, a creative suite that includes a photo editor, professional page layout software, and a vector-based graphics software application. Affinity works across Macs, iPads and PCs. Canva is promising to maintain Affinity's use of perpetual licensing, indicating they won't switch to the subscription only model that Adobe uses.

If you are a fan of passphrases rather than passwords, you might want to try the insult passphrase generator at cheswick.com/insult. The randomness is probably not great, but they are amusing and way better than using your pet's name.

Microsoft Office "renters" who don't like the annual subscription model but want to update their software will be able to purchase Office 2024 as a standalone online, once it is released "later this year." There will also be a Mac version, and it will receive five years of support and security updates. If you want software that will let you work with Word and Excel files but don't want to pay Microsoft, install LibreOffice from LibreOffice.org. It's an office suite that works with many file formats and preserves the older look of what I call the classic Word and Excel. The big missing feature is collaborative editing. If you need that feature, turn to Microsoft or look at CollaboraOffice.com.

If you are playing or working with GPT but would love free access to GPT 4 or the newer Turbo, Microsoft's CoPilot Free will get you in. You have to choose either Creative or Precise modes to have CoPilot use GPT 4 Turbo. With Turbo mode, you can craft a rather long question or prompt. The longest question you can ask is about 500,000 words.



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

Demystifying Everyday Skincare

As a former esthetician and lifetime skincare enthusiast, I've seen firsthand the confusion and misinformation that often surrounds achieving a beautiful, radiant complexion. The truth is, obtaining healthy skin doesn't have to be complicated; it just takes a little know-how and consistency.

The skin YOU'RE IN
Brea Gratia

One important step is regular, gentle exfoliation. I recommend using a natural scrub or enzymatic treatment two to three times per week to slough away dead skin cells and keep pores clear. This helps reveal the fresh, healthy skin cells underneath, allowing your serums to better penetrate and nourish the complexion. Without proper exfoliation, product actives can have a harder time being absorbed, diminishing their overall efficacy.

Another essential element is daily hydration. Look for serums and moisturizers containing nourishing botanicals, antioxidant-rich oils and hydrating ingredients. Active ingredients work together to deeply moisturize, calm inflammation and support the skin's natural barrier function. It's important to note that many major skincare lines add only minimal amounts of these transformative actives, just enough to make label claims, rather than formulating with optimal concentrations. When shopping for serums and creams, be sure you choose products that prioritize potent botanical extracts over cheap filler ingredients.

A simple routine gets amazing results when used consistently. Focus on cleansing, exfoliating, treating and moisturizing consistently, and you'll be well on your way to a healthy, radiant complexion.



With 46 years as an esthetician and the founder of the first day spa in Texas, Brea Gratia excels in acne and aging skin expertise, offering sought-after solutions. She is the owner of Gratia Botanica, 4 Olde Eastwood Village Blvd., Asheville. 333-5345.

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There’s now relief for diabetics who take insulin. Medicare drug plans can’t charge more than \$35 for a one-month supply of Part D-covered insulin, and you don’t have to pay a deductible either. This savings even applies to those who use a Medicare Part B durable medical equipment benefit-covered insulin pump. Also, lower coinsurance amounts may be available for certain drugs and biologicals covered by Part B if their prices have increased higher than the rate of inflation; specific drugs and potential savings change every quarter. For people who reach the catastrophic coverage stage of their Part D plan, there will be no copays or coinsurance costs for the remainder of the year. And, starting in 2025, Part D out-of-pocket costs will be capped at \$2,000.

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

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