



YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997

The Fairview Town Crier

JUNE 2024 VOL. 28, No. 6

FAIRVIEW, NC

fairviewtowncrier.com



Fairview Kids Maker's Market

by Ashley Haywood

NEW DATE!
June 9
11 am — 3 pm



As the event organizer and a vendor parent, I had to make the tough call to postpone the Kids Maker's Market due to rain. It was hard to disappoint the kids and families who were prepping—and not everyone could make the new date. However, change can be for the best, and with more time and marketing, we're hoping for an even bigger turnout in June. It would make the more than 30 kid vendors smile big if our community came out to support them on the new date. There will be a few kids turning lemons into lemonade—literally! It would mean the world to them if you stopped by at Root Cause Farm (26 Joe Jenkins Road).



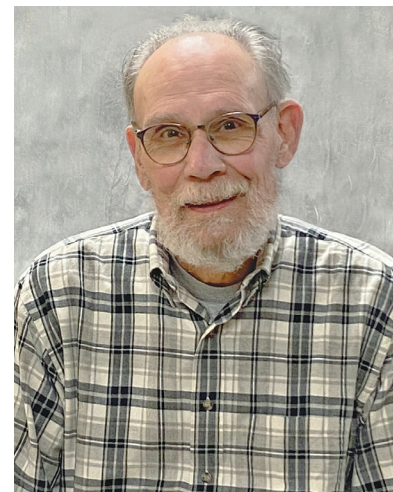
Remembering Jeff Cole

The *Crier* would like to honor the memory of Jeff Cole, who passed away unexpectedly last month.

After retiring to Fairview from the Chicago area, he and his wife Nan became closely connected to our community. Jeff was involved in the Fairview Business Association and was the long-time executive director of Food for Fairview, the local food pantry that does so much to help food-deficient people in our area. In 2019, he and Nan purchased and renovated an old church building on Old Fort Road that now houses Re.Imagine Gallery & Studios.

He definitely left Fairview a better place than he found it. As one of the board members of Food for Fairview said, "He will be missed for his kindness, humor and service to the community."

Memorial contributions in Jeff's name may be made to Food for Fairview at foodforfairview.org or by mail to Food for Fairview, PO Box 2077, Fairview, NC 28730. A celebration of his life will be announced later.



The Crier Goes Global!

The *Crier* is all about what's going on in Fairview, but sometimes folks from Fairview go out into the great big world—and take the *Crier* along with them. The same issue you read might also be in a suitcase in France, Puerto Rico or Spain. Amazing!

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



Ralph Grizzle

"The *Crier* traveled with me to Auvers-sur-Oise, France. It was in this small commune, situated in the northwestern outskirts of Paris, that Vincent Van Gogh lived for a couple of months during 1890 before taking his life at age 37. The post-Impressionist artist is buried

here beside his brother Theo. Auvers-sur-Oise was one of several stops during a seven-day canal cruise by barge through France's Oise valley."



David and Bonnie Gold and Lee and Kirk Raymond

On an April visit to southern Spain, these Fairview friends took a photo in sunny Nerja.

Jim and Lorraine O'Neil

"We had the pleasure of traveling again to Puerto Rico in May. It had been more than seven years since we last visited due to the impact of Hurricane Maria. Some changes were evident right away. Driving to Dorado revealed much more building taking place in San Juan. And, exactly as we remembered it, the iguanas ran along and across the roads in the same way the squirrels do it in Fairview. Our experience was absolutely wonderful. While in the past we've explored numerous island venues, this time we stayed at the resort for the entire week. The beach was again absolutely glamorous and the snorkeling didn't disappoint. No doubt we'll be going back for a longer visit sooner than later with the mantra: 'Have Fairview Town Crier, Will Travel!'"



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COMMUNITY CALENDAR

JUNE 1
HOPE 4 YOU SUMMER BASH
Reynolds Baptist Church
Fish fry, youth and kids activities, music.
Free for all. See ad on page 23.

JUNE 4
WNC PROSTATE SUPPORT GROUP
6:30 pm. Medical professional speakers.
Free. First Baptist Church of Asheville
or Zoom. wncprostate@gmail.com or
419-4565.

JUNE 5
TEACHER RETIREMENT RECEPTION
4-5 pm. To honor four long-time teachers
at Fairview Elementary who are retiring.
See ad on page 11. Fairview Community
Center, next to FES.

JUNE 7
COMMUNITY ENGAGEMENT MKT.
3-4:30 pm. Buncombe County's Commu-
nity 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 Fair-
view Public Library, 1 Taylor Rd., Fairview.

JUNE 8
RUSTY DOG ARTS & CRAFTS SHOW
9 am-3 pm. See ad on page 26. 379 Old
Charlotte Hwy., 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

JUNE 8
CONSERVING CANE CREEK
The French Broad River Partnership
3-6 pm. Learn about Cane Creek's health
and how all can help it get healthier. Free
build-your-own rain barrel workshop, 3-4
pm; space is limited; sign up at forms.gle/
u7n7yTsq9HAFCK49 or call 252-8474.
Meet Rocky the Hellbender from 4-5 pm.
Kid-friendly activities, and meet and greet
with elected officials. Turgua Brewing, 3131
Cane Creek Rd., Fairview.

JUNE 9
FAIRVIEW KIDS MAKER'S MARKET
11 am-3 pm. Rescheduled from May. At
Root Cause Farm (26 Joe Jenkins Rd.). See
front page for more info.

JUNE 9
**VERBAL PURPLE: SURVIVORS
SOUND OFF!**
6-10:30 pm. A domestic violence and
sexual awareness event, organized by
Allison "A.G." Hammond, who lives in the
Fairview area and graduated from ACRHS
in 1986. Food, silent auction, music, and
giveaways. For more info, go to facebook.
com/verbalpurple or email verbalpurple@
gmail.com. 520 Haywood Rd., Asheville.

JUNE 9-12
VACATION BIBLE SCHOOL
Fairview Baptist Church
6 pm dinner; 6:30-8:30 pm. See ad on
page 12. 32 Church Rd., Fairview.

JUNE 12-14
VACATION BIBLE SCHOOL
Calvary Baptist Church
6:30-8:30 pm. Pre-register at facebook.
com/cbcbfairview and click on Upcoming
event or come in person to the church
on June 9 at 3 pm. 33 Jeremiah Blvd.,
Fairview.

JUNE 15
**ARTS ON THE LAWN: ART SALE
AND MEET & GREET**
Fairview Area Art League
11 am - 3 pm
Meet Fairview-based artists and see how
they create their work. See ad on page 12.
Re.Imagine Studio, 15 Spivey Lake Dr.

JUNE 15
GERTON STORY DAY
**Upper Hickory Nut Gap
Community Center**
Do you have a story to tell about Gerton?

Are you curious about those who moved here
before you? Sign up to interview someone or
to be interviewed—or both. To participate or
get more info, call 582-3404 or 773-251-
0347. 4730 Gerton Hwy., Gerton.

JUNE 18
**GERTON COMMUNITY DINNER
AND PROGRAM**
**Upper Hickory Nut Gap
Community Center**
6:30 pm. Mac McAdams and the weather
station. 4730 Gerton Hwy., Gerton.

JUNE 20
PLANT-BASED COOKING CLASS
Seventh Day Adventist Church
6 pm. Summer barbecue. See ad on page
20. 57 Cane Creek Cir., Fairview.

JUNE 21
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 28.
23 Lytle Rd., Fletcher.

JUNE 22
CAR SHOW FUNDRAISER
The Place Fellowship Church
11:30 am. Food, vendors, raffle. Free for
spectators, \$25 entry for cars. See ad on
page 22. 2 Laura Jackson Drive, Fairview
beside Food Lion.

JUNE 22
**FREE LECTURE: CROSS CULTURAL
UNDERSTANDING AND
THE LANDSCAPE**
Conserving Carolina
10:30 am. Presented by Elaine Eisenbraun,
Executive Director of the Nikwasi Initia-
tive, and Juanita Wilson, Eastern Band of
Cherokee Indians. For more info, go to
conservingcarolina.org/calendar. Space
is limited and pre-registration is required.
Laughing Waters Retreat Center, 3259
Gerton Hwy., Gerton.

**MONTHLY
VOLUNTEER DAYS**
Root Cause Farm

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.

The Fairview Town Crier is located at 1185H Charlotte Highway, Fairview, North Carolina 28730; mailing address is PO Box 1862, Fairview, North Carolina 28730. Subscriptions may be purchased for \$35 per year and will be mailed First Class postage on or about the first of each publication month. Visit fairviewtowncrier.com for details or to order online.

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

Submissions: Announcements, community news, upcoming events, 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.

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.

Glenda Nesbitt's
Turning 80!

You are
cordially
invited to drop
in and cele-
brate Glenda
Annette New-
man Nesbitt's
80th birthday
on June 30
at The Place
Fellowship
Church (2 Laura Jackson Road, Fairview)
from 2-5 pm. Spend some time and share
stories of how you met Glenda or your
favorite memories of her. Drinks, cupcakes
and light snacks will be provided by her
daughters, Kimberly Nesbitt Giacobbe and
Christine Nesbitt Lopez.



A Note about
Cane Creek
Cemetery

Bruce Whitaker is asking residents who
have relatives in Cane Creek Cemetery
to not put any fertilizer on the old part of
the cemetery. He says it costs a fortune to
mow it as is, and they will have to spray to
control it if fertilizer is spread. If you have
relatives in the new part, you could put
down fertilizer but would need to mow it
every week yourself.

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

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FLETCHER, NC 28732

OFFICE
(828) 628-9908

**Summer Learning
for Kids and Teens**

There is so much happening at the library this summer. Throughout June, July, and August, kids and teens can pick up a Summer Library activity sheet at any Buncombe County public library! When they complete activities, they will get to pick out a free book.

Summer Events

Summer Library Fest

June 8, 10 am–12 pm
 Summer gets off to a terrific start with Summer Library Fest at East Asheville Library. Crafts, snacks, face painting, live hip-hop music with The Secret Agency and so much more! Wear sunblock—it's outdoors.

Bubble Brigade

June 22 at 2 pm
 Music, foam cannon, and fun. You will get wet. Please dress appropriately. All ages. Did I mention that you will get wet? And of course, wear sunblock. *Financially supported by the Friends of Fairview Library.*

Animals After Dark

June 29 at 2 pm
 Presented by Friends of the Western North Carolina Nature Center. Some animals sleep during the day and are busy at night.

Find out which ones are out at night and what they're doing. Ages 5 and up.

Storytelling

July 12 at 2:30 pm
 With Donna Washington, Storyteller Extraordinaire. A highly animated performer, Washington entertains, educates, and inspires audiences with her vocal gymnastics, expressive face, and deeply felt characterizations that bring folklore and literary tales to life. Ages 5 and up.

Fancy Nancy Gala

July 20 at 2 pm
 This is Fairview Library's 15th year hosting the Fancy Nancy Gala. Come dressed fancy or plain and take part in fancy crafts and activities. Ages 3 and up.

UPDATES

Holiday Closing

June 19, Juneteenth
 Celebrate Juneteenth in the Buncombe County Public Libraries. At Fairview Public Library throughout the month, kids and teens can pick up a Juneteenth activity sheet. Each week in June will have a new and different Juneteenth craft.

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 to see this exhibit.

Summer of Photography

Work from the artists from WNC Photo Group will be on display in the Community Room through August anytime the Community Room is open to the public.

FOR KIDS

Weekly Story Time

Preschool: *Tuesdays, 10:30 am, 3–6 years*
 Toddlers: *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.

Outdoor Storytime

June 22, 10:30 am. Ages 3–6.

LEGO Club

June 28, 3:30 pm

FOR ADULTS

Fairview Fiber Arts Club

June 11, 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.

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

COMMUNITY CONTACTS

PUBLIC SERVICE

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

SCHOOLS

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

COMMUNITY CENTERS

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

POST OFFICES

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

MISCELLANEOUS

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

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Fairview

1356 Charlotte Hwy, Fairview, NC 28730
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 Phone: **828-537-8256**

Biltmore Phone: (828) 412-5330	Black Mountain Phone: (828) 357-9050	Canton Phone: (828) 492-1480
Enka-Candler Phone: (828) 633-6287	Leicester Phone: (828) 412-5120	North Asheville Phone: (828) 785-1412
Weaverville Phone: (828) 484-9415		Waynesville Phone: (828) 246-6566

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Allen Helmick



Susan Lytle



Brent Sandige



Justin Schmidt



Wanda Treadway



Sophia Underwood



Donna Webb

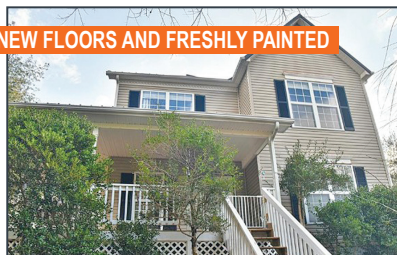


Renee Whitmire

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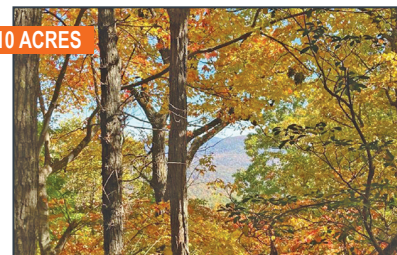
OLD FORT RD, FAIRVIEW! 3BR/2.5BA. Revel in privacy on the porch, offering mountains views. Paved driveway, parking. 1.13 acres, 1,736 sq ft. **\$470,000.**

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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LAND FOR SALE

To see all our land listings visit coolmountainrealty.com

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

4 LOTS — 30 MINS FROM AVL 4 lots ranging from 1+ to 3+ acres. Driveways in, excellent access, views. **\$120,000.**

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Hive Health

By **Walker Overstreet & Mike Spivey**



As spring moves into the warmer days of summer, there will be continued nectar-collection activity by the girls. Honey production can be at its heaviest pace, and additional bee boxes (or “supers”) will probably be needed for honey production. During the honey flow of June, a healthy colony can fill a super in two weeks. Tulip poplar flow will be coming to an end, and the beekeeper will want to remove capped frames of honey and replace them for the upcoming sourwood flow. This way, the different honey varieties can be segregated.

By June, the beekeeper needs to ensure their colonies are healthy with large populations of bees to carry out the work. During this time, the risk of colony loss can be great due to the presence of varroa mites. These parasites pose a great risk to the bee colony because, in addition to feeding on and weakening the bees and their larvae, they are known to be carriers of several debilitating bee viruses.

Mites will wait on many different species of flowers to find a ride back to the hive.

Varroa mites are only able to reproduce on larvae and pupae, causing malformation of emerging bees. In order for the mites to reproduce in the bee larvae, an adult female

varroa mite will enter honey bee brood cells by burying themselves in the brood food provided by worker bees before the cell is capped. Once the brood cell is capped, the female mite goes to work by laying two to five tiny eggs (0.2 to 0.3 mm in diameter). A single unfertilized egg is laid first to produce a male, and subsequent fertilized eggs are laid approximately once each day to produce female mites. After hatching, varroa mites pass through two larval stages before developing into an adult. It takes about 5 to 6 days for male varroa mites to develop and 7 to 8 days for females. For this reason, the mites prefer the cells of male (drone) bees because of the longer brood cycle (26 days). The male varroa mite dies inside the cell shortly afterward, but the daughter varroa mites will continue to lay eggs. Young female varroa mites, along with the original mother varroa mite, emerge from the brood cell with the emerging honey bee. Adult female varroa mites usually live for two months but can overwinter between the sclerites (the hardened plates of the exoskeleton) of adult



honey bees. During warmer months, varroa mite population growth is exponential. Females move around the cells between adult bees and feed on hemolymph (bee blood). In winter, when the brood is not present, the mites can overwinter on the bodies of adult bees through their phoretic (initial) life phase.

Monitoring varroa mites is usually done by taking a sample of nurse bees from the hive (half a cup = 300 bees) and using methods such as powdered sugar roll, alcohol wash or Dawn soap detergent wash to cause the mites to release from the bees. The removed mites are counted, and if more than nine are found, then there is a greater than 3% mite population on the bees. At this threshold, the hive is considered at risk, and the beekeeper must take precautions to prevent significant losses to the colony.

It is important to test for mites frequently. Beekeepers may test once, find no mites and think they are fine, but later discover a large mite population—or “mites bomb”—that can cripple or kill a colony. Mites will wait

on many different species of flowers to find a ride back to the hive. They can also be picked up at communal feeders, so that’s not recommended this time of year. Absconding or swarming bees can also spread mites. A single bee that drifts from a weak colony into another can be enough to start the hive down a bad road.

Honeybees are livestock, and should be cared for as such; feed when needed and treat when needed. There are treatments that use naturally occurring ingredients such as thymol, formic acid and oxalic acid and when used correctly can be successful. It’s important to read all labels and warnings thoroughly, as some have special requirements, such as temperature, amount of brood, or time of year. Certain products can be used with honey supers on the hive, while others may render the honey unfit for human consumption.

June is a great time to watch bees at work, as their numbers can be plentiful. It’s hard to stay out of the apiary in June—it’s so enjoyable to watch the girls at work.

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.

UPCOMING FREE LECTURES



JUNE

- | | |
|-----------------------|-------------------|
| Tues, June 4 | KNEE PAIN |
| Tues, June 11 | NEUROPATHY |
| Thurs, June 20 | SCIATICA |
| Weds, June 26 | LEAKY GUT |



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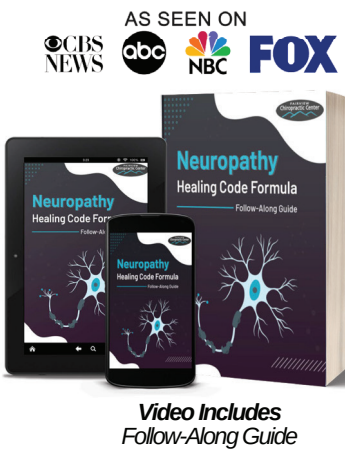
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FEATURED LISTING



Fairview

24 Black Oak Forest Road

Calling all nature lovers to your retro chic mountain home, where convenience meets beauty. Nestled on a 5-acre double lot with a stone-walled stream and winding walking trails, enjoy the seclusion of the forest. This property features a unique layout highlighted by skylights that bathe the space in natural light. The vaulted living room with a gas fireplace flows into the charming eat-in kitchen. The perfect blend of comfort and tranquility for those seeking a retreat from the ordinary.



UNDER CONTRACT

Sara McGee & Bob Rhein
\$525,000 | MLS ID 4129791

ACTIVE LISTINGS

Swannanoa



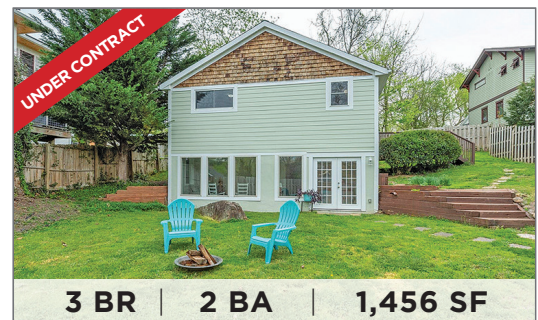
55 Outlook Circle
\$499,000 | MLS 4137945

Black Mountain



1186 Old US 70 Highway W
\$1,899,000 | MLS 4123599

Asheville



33 Madison Street
\$620,000 | MLS 4130249

FAIRVIEW REAL ESTATE SALES

APRIL 2024

LISTING PRICE	NUMBER SOLD	AVERAGE SALE PRICE	AVERAGE DAYS ON MKT	AVERAGE % LIST-SALE PRICE
\$300-599K	3	\$471K	126	97.5%
\$600K-899K	5	\$734K	67	100%
\$900K+	2	\$1.8M	6.5	93%

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

Agent Spotlight AMELIAH DAVIDSON



“Ameliah is everything you could ever wish for in a real estate professional. She was extremely knowledgeable and helpful to my wife and me as we sold some property for the first time. She was simply awesome, and we recommend her to everyone. We would give her 6 stars if it were available.

— Tony H.

”

CONTACT AMELIAH TODAY!

828-777-7072 | ameliah@greybeardrealty.com

Longer Days Are Coming

Where did the term “hurricane” originate? The English word “hurricane” comes from the Taino (the indigenous people of the Caribbean and Florida) word “Huracán,” which was the name of the Carib Indian god of evil.

Their “Huracán” was derived from the Mayan god of wind, storm and fire—“Huracán.” When the Spanish explorers passed through the Caribbean, they picked it up and it turned into “huracán,” which remains the Spanish word for hurricane today. By the 16th century, the word was modified once again to the current variant.

Turning again to the tropics, the long-term average number of tropical storms or hurricanes that form each year in the Atlantic Ocean basin is about 14, of which seven become hurricanes. The all-important questions are: Are they going to hit the US—and where?

While we can have a fairly decent forecast to predict the number of named storms, predicting track and intensity is still a short-range forecast activity. Hurricanes are slow-moving, long-term events. Computer models that predict the intensity and forecast tracks are updated several times a day using conventional weather and

satellite data. As a storm gets closer to the US coast, hurricane hunters fly missions into the storms to gather detailed meteorological data that helps feed computer models that guide National Weather Service meteorologists and hurricane forecasters at the National Hurricane Center in Florida. The formation and tracks of tropical storms and hurricanes favor different parts of the Atlantic basin on a seasonal basis. In this month’s column, we will look at favored areas and historical storm tracks in June.

Hurricane Bonnie was the most recent hurricane to make a June landfall in the US, in 1986. It struck the upper Texas coast as a Category 1 and produced moderate damage from Port Arthur, Texas, to southwest Louisiana. Agnes (1972), Alma (1966) and Audrey (1957) are the other three June US hurricane landfalls since 1950. June accounts for 6% of named storms, 4% of hurricanes and only 1% of major hurricanes (Category 3 or higher).

Looking at the weather close to home, the daily high temperature in June increases from 78 to 82 and rarely falls below 49 or exceeds 88. The daily low temperature increases from 58 to 63 and rarely falls below 49 or exceeds 67. June’s cloud cover is fairly consistent, with 47% of the time experiencing overcast or

mostly cloudy conditions.

A wet day is one with at least 0.04 inches of rain. In Asheville, the chance of a wet day increases over the course of June, starting the month at 42% and ending at 47%. The average rainfall for the month, around 4 to 5 inches, is highly dependent on summer thunderstorm activity.

The dew point also starts to creep up, and we can start to get some uncomfortable, muggy days. When dew point temperatures climb into the mid to upper 60s, most people start to feel it.

On June 20, the longest day of the year, the sun rises at 6:14 am and sets 14 hours, 34 minutes, 8 seconds later at 8:49 pm. Compare that to December 21, the shortest day of the year, when the sun rises at 7:36 am and sets 9 hours, 45 minutes and 55 seconds later at 5:21 am.



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



QUESTION of the MONTH

When was this “Great Flood” picture taken?
Find out in July’s Weather Wonder!



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A Gallery of Night Beauty

In writing about the great outdoors of the Cane Creek watershed, there are times when I'm tempted to write less and just let a larger gallery of beautiful photographs speak for themselves. This is one of those times.

This month's column is about the largest and most spectacular night fliers of our local insect world, several moth species known collectively as the Giant Silkmoths of the Saturniid family. Some are substantially larger, and in my opinion just as beautiful, as the showiest butterflies of daytime. It is not surprising that many people have never seen one up close in good lighting, as they are active late at night. A fly-by in the darkness is often mistaken for an owl or bat. Most of us only get a look at these large moths in the morning after they were attracted to an outdoor light. It's often unforgettable. The best months for an encounter are May, June and July—it's prime time now!

These local representatives of the Saturniid family share many characteristics. All of them begin life as tiny eggs typically laid a few at a time on tree leaves. The caterpillar stage can last 60 days or more, during which it grows hundreds of times larger. Despite being essentially "eating machines," these caterpillars are in such small numbers on such large trees that they rarely if ever harm their food supply. At their maximum size, the caterpillar spins a cocoon (some create a cell underground) within which a nondescript brown pupa transforms gradually to an adult moth. The pupa stage is the only

life stage equipped to survive the winter. Some moths may hatch in midsummer and procreate another generation, which then passes the winter as a cocoon or underground pupa.

It's most important to note that they are all harmless. No, no, they don't eat your clothes! That damage is only done by tiny pest moths or beetles, not these lovely creatures. In fact, all of the moths shown here do not eat at all in the adult (moth) stage, surviving on food eaten while a caterpillar. The adult moth lives about two weeks at best, but the entire life cycle (egg, caterpillar, pupa, moth) can take up to a year.

You may find a cocoon during winter and be tempted to take it home. Beware: this can be disastrous unless you follow two life-or-death rules. First, do not keep a cocoon in the warmth of your house or it will emerge in winter; and you cannot release the moth in the wild. Second, never keep a cocoon in a jar or other small container. The moth must have room to expand its wings to full size while hanging off the bottom of the cocoon. If possible, leave the cocoon outdoors where it will be rained on and check on it daily as the weather gets warm.

I've written a few details specific to each of these moths below each photo. Enjoy the night gallery.

Note to readers: Doug is happy to accept nature questions from readers. Maybe you can inspire a future column! You can email him at dougnorton99@gmail.com, or text or call 828-771-6983 and your question will be forwarded to him.



Figure 1: The Imperial moth will feed on pines and oaks in the caterpillar stage. Unlike most moths, it makes a cell underground instead of a cocoon. The moths hatch in midsummer, when their colors are great camouflage among early fallen yellow leaves.



Figure 2: The Cecropia moth is the largest moth in our area, and measures nearly 7 inches from tip to tip. The caterpillars feed on wild cherry and make a huge cocoon. These moths have become rare, so please do not harm them or their cocoons if found.

Figure 3: The Luna moth's graceful shape is one-of-a-kind. Luna caterpillars grow up eating walnut or hickory leaves. The pink curved lines along each tail indicate that this moth hatched from an overwintered cocoon; summer-hatched moths have a yellow line there.

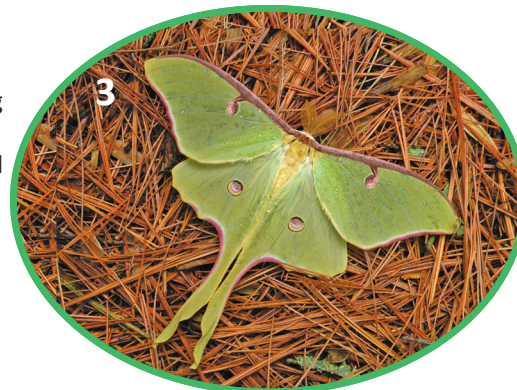


Figure 4: The Royal Walnut moth is another of the largest local moths, feeding as a caterpillar on walnut or hickory leaves. Its caterpillar, the renowned but harmless 'Hickory Horned Devil,' pupates below ground to survive the winter and emerges as a moth in early summer.



Figure 5: The Io moth's eyespots are a defensive design that scares away predators. Its caterpillars, protected also by stinging hairs, accept a variety of plants as food and live most of their lives in small groups.



Figure 6: At about a two-inch wingspan, the Rosy Maple moth is the smallest local Saturniid moth. Despite looking like a delicious dish of sherbert, the moths live only off stored nutrition from maple leaves eaten as caterpillars.

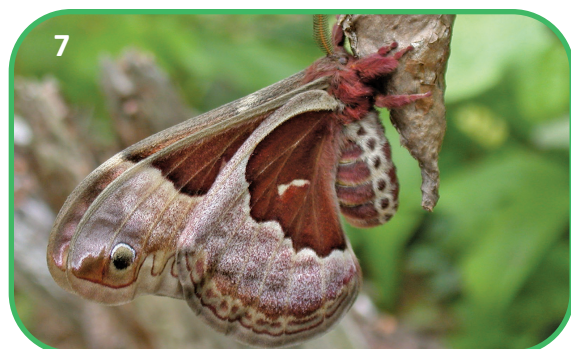


Figure 7: The Promethea moth, a medium-sized Saturniid found along creeks and wet woods, prefers Spicebush as a caterpillar foodplant. Their cocoons hang like ornaments from Spicebush twigs.



Figure 8: Tuliptree moths feed on Tulip Poplars as caterpillars, and can be fairly common in our area. They have a few broods per year and can be found from April through August.

Putting Some Positivity—and Dahlias—into the World

I had the very good fortune of receiving a gift of dahlia tubers from someone two weeks ago. Ninety-six tubers, to be precise. It's kind of a sweet story, so I hope you might indulge me for a moment while I share it here, as I think it is a wonderful example of the power of flowers and a little kindness.

Last year, I received an email from a reader of this column inquiring about flowers for their son's wedding. I let them know that, though my garden is pretty small, I did think that I could share some flowers with her for their special day. After having her out to see what we had, we set a date; and in the week leading up to her pick, I didn't cut any flowers so that she might have as many as possible.

On the chosen date, I was out of town, so my mother and grandmother met them to see if they could help in their flower collecting. The reader brought along her mother, who through conversations with my mom, shared that she has quite an extensive dahlia garden at her place in Canada. She asked if we might be interested in having some of her tubers, to which we responded, "Yes, please!" Before they left with a few buckets for the wedding,

they gave my mother a small sum for the flowers and a contact for a future gift of tubers next spring.

About a month ago, I received a text asking if I was still interested. I was. I went out to pick up this most generous gift and learned very quickly the deep knowledge that our benefactor held. Here are two tips that I took away simply by paying attention and asking a few questions:



© Copyright Andrew Curtis

When cutting apart your tubers, it is helpful for the plant if you dip the freshly cut end of the tuber into cinnamon. It is an antifungal that will protect the exposed inside of the tuber from harmful fungus and molds.

A hori-hori knife is a Japanese tool that is wonderful for many aspects of gardening,

such as cutting apart root balls and planting.

Mary then shared 96 beautifully labeled tubers that she had overwintered at her home just south of Cane Creek.

Many of you know that in the past seasons, we have planted hundreds of tubers in our small plot, and if you have been following along, you also know that each of those tubers multiplies over the season into five to 15 more tubers. So you might be asking yourself, as my mother and grandmother did, what will we be doing with so many tubers?

Here is what I think. First, I love tinkering in so many aspects of my life. This grand dahlia adventure that I have been on for six or seven years has grown and shifted in so many ways but ultimately has been an ongoing experiment. We started with about 20 tubers and now we have hundreds. Mary's tubers will serve to expand the varieties of tubers that we have available, and I can't wait to see what these flowers will look like. Remember: they're all different.

Second, Mary freely gave us this most generous gift (probably worth a couple hundred dollars), and I love being able to do that myself. In the same way that I felt compelled to rescue tiny Japanese maple seedlings several weeks ago with the full intention of giving those away at some

point in the future, I will certainly give away some dahlia tubers this year. And when the new tubers multiply at the end of this season, we'll have that many more to give away next year.

I guess what I am trying to say is that I have been actively putting some positivity out into the world. That positivity reached one of you, dear readers, and resulted in my connection with Mary, which brought some of her positivity into our life. It's kind of a beautiful cycle—similar to the cyclical nature of the very plant that started it all.

I invite you to plant a dahlia, and if you stayed with me to the end of this column, I invite you to send me an email (etannotrab@gmail.com) if you would like to have one or several of our dahlia tubers for your garden. Let's put some joy out into our little part of the world. Thanks again to Mary for sharing her love of dahlias.



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](https://www.instagram.com/etannotrab)).

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Bladder Pain in Cats

If you've noticed your cat getting in the litter box frequently to urinate or straining to urinate, your cat is likely experiencing bladder pain. Another symptom of bladder pain in cats is blood in the urine, which cat owners are able to observe, since painful cats often choose to urinate in strange places like bathtubs, floors and bedding.

Bladder pain in cats can result from various causes, including infections, bladder stones and an inflammatory condition known as feline interstitial cystitis (FIC). Cats with any of these conditions will show similar signs of pain, so it is important to take your cat to the vet for a diagnosis.

To determine the cause of your cat's bladder pain, your vet will start by testing your cat's urine. This involves chemical testing as well as microscopic evaluation. Your vet may also want to perform a urine culture to test for infection and/or take an X-ray to look for bladder stones. Because a cat's age and lifestyle can provide important clues to their diagnosis, it may not be necessary for your vet to run all these tests on your cat.

For young to middle-aged cats, FIC is the most common cause of bladder pain. FIC is a condition characterized by inflammation of the bladder lining.



Dr. Klesius's cats: Snowy, Oliver, and Chip.

Although the exact cause is unknown, genetics and environment are thought to play a role. Studies have shown that cats with FIC have abnormalities in the cells and nerves that line their bladders, as well as increased sensitivity to stress. Fortunately, episodes of FIC generally last only about a week, and while there

is no one treatment, your vet can offer treatment and advice to help reduce the severity and frequency of these episodes.

When a cat is diagnosed with FIC, the treatment plan typically involves a combination of medical management and environmental modifications. Medical management may include the use of pain relievers, as well as dietary modifications, such as increasing water intake and feeding a prescription diet. Some cats may also benefit from medications that help to reduce stress.

Environmental modifications may include changing the litter box more frequently, adding litter boxes, increasing playtime and the use of feline pheromones to reduce stress.

Since cats with FIC often live exclusively indoors, creating a more enriching home environment to reduce stress and anxiety is often recommended. The Ohio State College of Veterinary Medicine has a wonderful website, indoorpet.osu.edu, dedicated to helping owners understand their cats. This site provides lots of useful advice on how owners can avoid stressors and provide an enriched indoor environment.

A serious condition that can result from FIC in male cats is urethral blockage. The urethra is the tube that carries

urine from the bladder to the outside of the body. This tube can become blocked when mucus caused by bladder inflammation combines with crystals in the urine to form a plug.

Symptoms of a urinary blockage can mimic those of simple FIC but are generally more severe. Blocked cats will strain in the litter box, producing very little or no urine. Blocked cats may vocalize while trying to urinate, stop eating, vomit and become lethargic. If you notice these symptoms, it's crucial to take your cat to a veterinarian immediately for diagnosis and treatment.

In conclusion, FIC is a painful bladder condition in cats. Symptoms generally last about a week, and for many cats, periodically recur. Fortunately, with the right treatment and management, cat owners can significantly reduce the severity and frequency of these episodes, improving their cat's overall well-being.



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

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1880 Fairview Census, Part Three

- 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 (*).
95. Vest (Vess), Jasper, 35; Mary, 31 (SC); Margaret, 13; Theodore, 11; Cibba, 9; Robert, 6; Eliza, 4; Henry, 2; Mary E., 11 months old; Dempsy Sumner, 75.

96. Lankford, Columbus, 43; Rachel Harper, 38 (born In Fairview); Mary E., 11; Rhoda A., 10; James, 7; Susan, 5; Nathan, 1.

97. Vehorn, Henry, 21; Eliza, 20; William, 6 months old.

98. Bass, George, 32; Nancy, 28; John, 8; Susan, 4; Alice, 3; Rutledge, 9 months; Margaret Casey (pronounced Keezy), 84.

99. Whitaker, Henry, 69; Margaret Jerusha Harper Whitaker, 73 (daughter of Lot Harper).

100. Williams, Mary (Whitaker); Samuel, 25; Rhoda, 21; Julia, 19; John, 17; Sherman, 16; Sidney, 13; Lola Whitt, 11.

101. Sherrell, John; Margaret, 20; Mary E., 3; Norah, 4 months.

102. Garren, Jesse, 51; Mariam, 48; William, 17.
103. Garren, Eli, 26; Lucilla (Williams), 24.

104. Frady, James, 61; Nancy (Clements), 40.

105. Wright, Robert, 38; Nancy (Hedrick), 35; R. Henry, 18; Rose, 16; John, 13; George, 11; Merritt, 8; Lillia, 6; Josephine, 1; George, 70, and Mary, 65 (parents of Robert).

106. Pinkerton, James, 69; Nancy (Garren), 73; Hannah Pinkerton Clements (daughter), 30; David, 19 (nephew); Mary, 24 (niece).

107. Reece, Leonard, 30; Malinda, 40; Kimsey, 21; Callaway, 18; James, 17; Freeman, 16; Sherman, 14; Addie, 11.

108. Bass, James, 26; Emiline, 24; Amanda, 8; Rebecca, 6.

109. Thompson*, Samuel, 34 (SC); Mariah, 28; Wallace, 8; Samuel, 6; Emma, 2.

110. Shitle, Ekey, 38; Elizabeth, 34; Alonzo, 14; Hettogion, 11; Jeremiah, 9; Dovie, 6; Martin, 4; Amanda, 2.

111. Weaver, William, 33; Eliza, 43; Thomas, 16; Clitus, 13; Robert, 12; Pinkney, 9.

112. Wheeling, James, 48; Mary, 50; May, 70 (mother of James, born in SC), King Elison, 18 (farm hand); Lafayette Nesbitt, 34; Christina Nesbitt, 34; Eliza, 11; Benjamin, 9; Hannah, 7; Elizabeth, 1.

113. Denton, John, 36; Emma, 23; William, 2.
114. Reed, Francis, 21; Matilda (McBrayer), 23.

115. McBrayer Elizabeth Fortune, 67; Mary, 34; Lucy, 29; Fletcher, 24.

116. Wright, Frank, 51; Malinda (Plemmons), 49; Sarah J., 21; William, 20; Erwin, 16; Susan, 12; Ruben, 9; Erwin, 16; Thomas Trantham, 17 (nephew).

117. Wright, John, 26; Nancy (Redmon), 28; Robert, 6; Riley, 4; Isabella; Newton, 2 months old.

118. Simmons, M.f, 48.

119. Ingle, James, 21; Lou, 21.

120. Treadway, Edward, 27; Demia Ingle, 25; Emma, 9; Willie J., 7; David, 5; Martha, 4; Nancy, 2; Walter, 4 months.

121. Jarrett, Otto, 19; Martha, 18.

122. Miller, Joseph, 56; Eliza C., 23, Jesse, 29; Thomas, 27; Marcus, 20; Charlotte, 16; Harriett, 17. William, 15.

123. McDowell*, Caine, 38; Rachel, 37; Salina, 16; Anna, 14.

124. Jenkins, Henry, 38; Amanda (Whitaker), 38; Augustus (Gus), 15; Rebecca, 8; Sarah (Whitaker) Jenkins, 80 (mother of Henry).

125. Condrey*, Clayborn, 38; Rachel, 37; Salina, 16; Anna, 14.

126. Pinkerton, Alfred, 46; Martha (Edmundson), 45; James, 19; John, 12;
- Dollie Whitlock, 17 (servant).

127. Whitaker, Jesse, 33; Martha (Garren, born in GA), 30; Elizabeth, 13, William, 4; Samuel, 1.

128. McDonnel, Eliza 56; Harvey, 19.

129. Good, James, 35 (SC); Mary (Pinkerton); Martha, 4; Hannah, 1.

130. Robertson*, Alfred, 50; Safronia, 40; James, 15; Mary, 9; William, 7.

131. Guffey, Thomas, 39; Margaret Chatham Guffey, 33; John, 10; Samuel, 7; Laura, 4.

132. Chatham, Lou (Lucretia), 59; Benjamin, 20.

133. Melton, William, 24. Dovey, 22; Charles, 6 months old; John Melton, 20 (brother of William).

134. Hunford, James 48; Elizabeth, 35; Edward, 18; Robert, 13, Minnie, 10; Thomas, 8; Henry, 5; Carl, 2.

135. Lynch, George, 29; Myra, 30; James, 3; Julia Whitesides*, 9 (servant); Manerva David, 16 (cook); George Toms* 22; (laborer).

136. Ownsby, Dicy Garren, 40; Minyard, 19; Marion, 17.

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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THE FAIRVIEW TOWN CRIER June 2024 | 11

Cranial Facial Release Technique

Cranial facial release (CFR) is an advanced endonasal, “balloon assisted” cranial adjustment technique that is used in the treatment of various neurological and structural disorders. CFR works to restore proper function to the nervous system and proper balance to the body structure.

It is important to realize that cranial motion is not one movement; it is more of an expansion and relaxation type of movement, with each cranial bone having its own specific direction of motion. This “cranial respiratory motion” works in direct conjunction with “sacral respiratory motion” and is the key mechanism by which cerebral spinal fluid is produced and circulated throughout the brain and spinal cord. Simply stated, the bones should be able to expand and contract, which is essential to normal brain function.

To work properly, the bones in the head must “pivot” properly off a bone called the sphenoid. It sits at the base of the skull, in the middle of the head, and balances the movements of all the bones in the head. Additionally, the sphenoid acts like a gyroscope so that the skull and brain can keep balanced in gravity. If this movement is compromised, such as sustaining a blow to the head, the brain

may not function properly because the skull bones are “locked up.” Many symptoms can be directly related to the amount of pressure on your brain, such as chronic sinusitis, chronic migraines, dizziness, TMJ dysfunction and balance problems.

How CFR Can Help

CFR can help improve overall health in addition to the following specific symptoms:

- Reducing the intensity and frequency of headaches, head pressure, and migraines.
- Alleviating vascular headaches and reducing the intensity of migraines.
- Improving nerve symptoms such as tingling, numbness or radiating pain.
- Relaxing the muscles involved in spasms, promoting better muscle function and reducing discomfort.
- Decreasing neck pain and stiffness, as well as shoulder pain.
- Improving sleep quality for those with low energy, fibromyalgia and chronic fatigue.

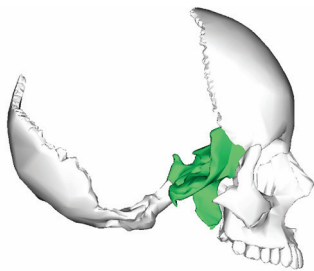
The CFR technique is performed by inserting tiny finger cots into each of the six sinus passages in the nose and then expanding the balloons with a hand pump. This releases adhesions in the sinus airways, increases air flow and reduces cranial pressure, which may improve the brain’s ability to coordinate function. It is a quick procedure

and feels similar to the sensation of jumping into a swimming pool and having water shoot up your nose. It isn’t exactly painful, but it’s not the most comfortable sensation either. But it only lasts 2 to 3 seconds.

This technique is not for everyone. There are some contraindications, including individuals on blood thinners, those with hemophilia, aneurisms, recent nasal fracture, severe cranial osteoporosis or choanal atresia (congenital narrowing of the back of the nasal cavity), and emotionally unstable individuals.

A typical session involves a physical examination of your head by palpation of the movable joints of the head and jaw joints, followed by an assessment of neck and eye movements. The first session takes about an hour, and each additional session takes about 30 minutes. Each client is different, but individuals usually notice a difference after six sessions. Insurance does not typically cover the procedure, but a superbill can be given to submit to the insurance company.

The majority of people who come in for CFR treatment are often last-resort patients who have gone through the gamut of conventional medical procedures without success and are looking for a different approach to care. They need cost-effective alternatives for breathing disorders, sinusitis, snoring, sleep apnea, deviated



Side view of the sphenoid bone in the skull.
© The Database Center for Life Science

septum, migraine headaches, vertigo, facial pain (trigeminal neuralgia), facial paralysis (Bell’s Palsy), TMJ disorder, post-concussion syndrome, seizures, neurological disorders, and more. CFR has also been used successfully in the treatment of infants with craniometaphyseal dysplasia (infantile skull deformities) and hydrocephalus.

There are very few health practitioners that are certified in the CFR technique. Prior to having CFR performed, ensure that the health professional is certified.



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

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Alternative Alzheimer's Treatments

A recent TV commercial featured a daughter's struggle with her mother's dementia. She said, "When my mom got Alzheimer's." No one just gets Alzheimer's. It can take decades to slowly go through the first stages of the disease. During that time, some doctors will attribute your decline simply to aging. Meanwhile, your condition is steadily worsening. It starts with subjective cognitive decline, in which the person knows he or she has a problem but family members don't. This leads to mild cognitive impairment, when family members notice. In the end stages, the person no longer realizes they have problems and it may be too late for help.

Alzheimer's disease, a neurodegenerative disorder characterized by progressive cognitive decline and memory loss, has long eluded effective treatment. More than 2,000 single-drug trials have failed. However, an older study by Dr. Dale Bredesen may bring new hope to those affected. He theorizes that there are likely 36 factors and eight codes of his MEND (Metabolic Enhancement for NeuroDegeneration) protocol.

Dr. Bredesen's study, from 2014, documented remarkable improvements in patients with early to moderate Alzheimer's disease. The study included 10 patients who followed a multifaceted therapeutic program.

The MEND protocol is a holistic and

personalized approach. It encompasses various lifestyle and dietary changes, supplements and other interventions aimed at addressing the underlying causes of Alzheimer's. Following are the key components:

Dietary Changes: A ketogenic diet, high in healthy fats, moderate in protein and low in carbohydrates, aims to optimize brain function by providing ketones as an alternative energy source to glucose.

Nutritional Supplements: A variety of supplements to address deficiencies and support brain health, including vitamins B1, B6, B12, D3, and E, omega-3 fatty acids, coenzyme Q10, and magnesium. These help reduce inflammation, protect neurons, and enhance mitochondrial function.

Hormonal Optimization: Hormonal imbalances can significantly impact brain function. The protocol optimizes levels of thyroid hormone, cortisol and sex hormones (estrogen, progesterone, and testosterone).

Sleep Better: Patients are encouraged to maintain a regular sleep schedule, create a restful environment, and address sleep apnea or other sleep disorders if present.

Exercise and Brain Stimulation: Regular physical exercise, particularly aerobic, is a core component. Exercise promotes the formation of new neurons and improves blood flow to the brain. Cognitive exercises and activities that challenge the brain are also

recommended to enhance neuroplasticity.

Stress Management: Chronic stress can contribute to cognitive decline. The protocol includes stress-reduction techniques such as mindfulness, meditation and yoga.

Detoxification: The removal of toxins and heavy metals from the body is another critical aspect. Bredesen recommends detoxification methods like sauna therapy and specific supplements.

Oral and Gut Health: Periodontal disease and gut dysbiosis (bacteria out of balance) can contribute to systemic inflammation. As two common dental infections (streptococcus mutans and porphyromonas gingivalis) are now known to contribute to dementia, the protocol urges good oral hygiene.

The patients in Bredesen's study reported significant improvements in memory, language and cognitive function. One notable case involved a 67-year-old woman who had to stop working due to her cognitive decline. After following the protocol, she was able to return to her job.

I believe that Bredesen's innovative approach marked a significant shift in how we understand and address this condition. By focusing on a personalized, multi-dimensional treatment plan that targets the various underlying factors contributing to cognitive decline, his protocol offers a beacon of hope.

In addition to the Bredesen protocol,

there are other therapies that I believe can improve many of the issues resulting from dementia and Alzheimer's.

Photobiomodulation (PBM) involves the use of near-infrared light to stimulate cellular function. Research indicates that PBM may enhance cognitive performance by improving mitochondrial function, reducing inflammation and promoting neurogenesis.

Pulsed electromagnetic field (PEMF) therapy uses electromagnetic fields to improve cellular health and function. Studies have shown that PEMF therapy may enhance memory and cognitive function by increasing cerebral blood flow and promoting neuroplasticity.

Neurofeedback involves real-time monitoring and regulation of brain activity to enhance cognitive function. By training individuals to modify their brainwave patterns, it may improve memory, attention, and overall cognitive performance.

If you or a loved one is suffering from cognitive decline, you should consider finding a physician who is experienced in this approach to improving cognitive health.



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

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—Carolyn T., August 2023



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—Thomas B., February 2023



Windows 10 Security Updates

Using your computer's desktop efficiently is mostly a matter of thinking how you would use a real desk. Likely you keep your current work on the desk and do something similar with folders for current projects on your computer's desktop. With your real desk, you probably put away things you no longer need, and on your computer, you would drag files to your Documents folder. If there are items that you are not sure where to file yet, put them in a temporary folder on the Desktop, something called "items to review and throw away." Things that you no longer need in real life likely go in the trash, and you should do that on your computer as well.

The Windows 11 ads seem to have finally come to Windows 10. And, reportedly there is not a button to stop showing the "ad" that lets you know that the end of Windows 10 is coming (still over a year away.) If your Windows 10 PC is still working fine and meeting all your needs, hold off on buying a replacement and just ignore those ads. Extend your use of that computer until the last possible day.

If you just closed all the tabs when you accidentally closed your browser, what should you do? Reopen your browser and use ctrl-shift-t (Windows) or

command-shift-t (macOS) and all your tabs will likely reopen. If this shortcut to reopen existing tabs doesn't work, find out how to enable "Continue where you left off" in Chrome and Edge or "Open previous windows and tabs" in Firefox.

If your iPhone or iPad is stolen, there is a scam you should be aware of. Sometime after you have gotten a new phone, you might start getting texts from a stranger saying they bought your stolen iPhone and now have access to all your stuff on that phone. They helpfully talk you through how to remove the iPhone from your Apple account so that you can erase it. At that point, you have reset the phone in a way that they can sell it and activate it with another Apple ID. When you remove that stolen iPhone from the Find My service provided by Apple, you make it possible for someone else to register that phone with Apple. Sometimes that is what you want to do—but not when the phone was stolen.



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

Your Friend's Skincare Advice

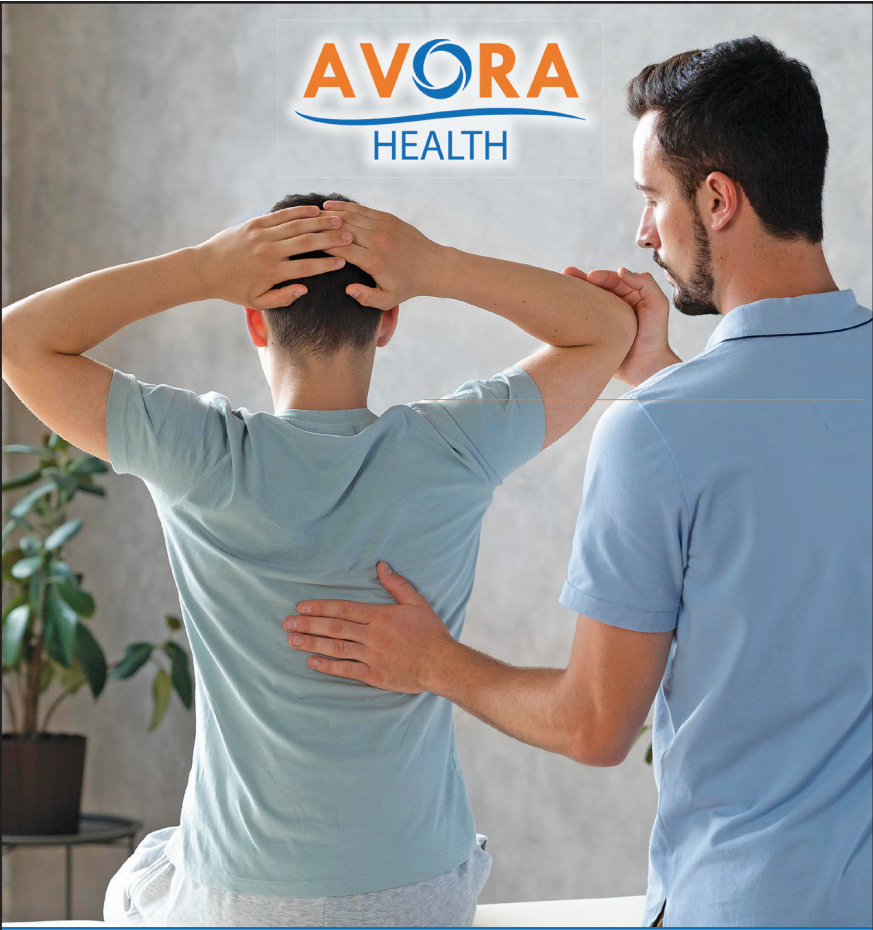

Everyone's skin is unique, and what works for one person's skin type, concerns and preferences may not work for another. Your friend may be addressing different skincare concerns than you are. For example, they may be focused on anti-aging, while you're dealing with acne or hyperpigmentation.



- Allergies and Sensitivities:** You may have allergies or sensitivities to ingredients that your friend doesn't have.
- Incomplete Information:** Your friend may not have the same level of knowledge or expertise as a skincare professional.
- Product Overload:** Following your friend's recommendations without considering your own skin's needs could lead to an overload of products or a skincare routine that's too complex for your skin to handle. This could potentially do more harm than good.
- Lack of Follow-up:** Your friend may not be able to provide ongoing support or guidance as you incorporate new products into your skincare routine. A skincare professional, on the other hand, can monitor your progress, answer your questions, and make adjustments to your routine as needed.
- Even if you have similar skin types and concerns, it would be best to consult with a skincare professional before making any significant changes to your skincare routine. They can provide personalized recommendations based on a thorough assessment of your skin and help you achieve your skincare goals safely and effectively.



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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Fifty Years of Conservation

This month, the Southern Appalachian Highlands Conservancy (SAHC) turns 50!

The local nonprofit land trust was formed by a small group of dedicated hikers and scientists in Tennessee who championed rerouting a portion of the Appalachian Trail across the scenic Highlands of Roan in the 1960s.

Recognizing the ecological and aesthetic importance of the rugged landscape, they formed the Roan Mountain Preservation Committee of the Appalachian Trail Conference, and then in 1974 founded the nonprofit Southern Appalachian Highlands Conservancy. They worked diligently to permanently protect land and views surrounding the narrow footpath of the Appalachian National Scenic Trail. In the 1980s, SAHC's early successes involved large land additions to Pisgah National Forest across the Roan Massif. In the following decades—and still today—SAHC worked with the US Forest Service to add public lands to both Cherokee and Pisgah National Forests, the two national forests that adjoin atop the crest of the Roan Highlands.

In the early 1990s, SAHC expanded conservation efforts across the spine of the

Southern Appalachians, extending across the mountains in NC to the edge of the Great Smoky Mountains National Park.

In 1993, SAHC completed its first conservation easement project at Hemphill Bald on Cataloochee Ranch, a beautiful view enjoyed by hikers on the national park's Hemphill Bald Trail. At that time, conservation easements were a fairly new



tool in the conservation toolbox. They enable landowners to retain their land while voluntarily extinguishing development rights in perpetuity to permanently protect conservation values of the land for future generations—such as soils for farming, clean water sources, undeveloped habitat areas and scenic vistas. SAHC completed a series of conservation easement projects with municipalities across WNC in the

early 2000s and 2010s, protecting municipal watershed land owned by the towns of Waynesville, Canton, Woodfin, Weaverville and Marshall.

In the area close to Fairview, SAHC began working in the Swannanoa Mountains in 1999, preserving 170 acres through conservation easements in Wilson Cove on land owned by members of the Moser family, who have a long legacy of caring for the mountains and forests of WNC. This was followed by a 65-acre conservation easement on Flattop Mountain.

In 2005, recognizing that the pace of development around WNC was rapidly depleting available farmland, SAHC launched a Farmland Protection Program to help protect farmland so that communities can continue to enjoy locally grown food—now, and for generations to come.

Between 2008 to 2016, conservation easements protected over 160 acres of agricultural land at Hickory Nut Gap Farm and the Fairview Bottomlands (where Flying Cloud Farm operates). Scenic forest and undeveloped open space surrounding the Drovers Road Scenic Byway (US 74) between Fairview and Gerton continued to be preserved with a series of conservation easements between 2003 to 2020, including Little Pisgah Mountain and the meadow atop Blue Ridge Pastures. A portion of Camby Mountain was preserved by a conservation easement in 2014.

All of these projects have been made possible through the deep commitment of landowners, generous philanthropic contributions, grant funds and stalwart partners—and the ongoing support of SAHC members, many of whom live in Fairview. SAHC also owns nature preserves at Strawberry Gap and Stony Point, and partnered with neighboring land trust Conserving Carolina in the creation of the Strawberry Gap Trail. In total, SAHC has protected over 700 acres in the Fairview vicinity.

“We are blessed to live in a region with such incredible natural beauty and resources, and deeply fortunate that committed landowners, generous supporters, and funding from federal, state, and county sources make it possible to protect the land for future generations,” says SAHC Executive Director Carl Silverstein.

One of SAHC's most exciting recent projects is the new, 7,500-acre South Yellow Mountain Preserve. It straddles the border of Avery and Mitchell counties and supports numerous threatened and endangered plant and animal species. It includes extensive boulder fields, rich coves, old growth forests, more than 10 waterfalls, over 100 miles of pristine streams and a system of rare heath-balds. You are invited to get a glimpse of the preserve, and other places that showcase SAHC's 50 years of conservation during the June Jamboree on June 15. Info and registration at Appalachian.org.

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The Fairview Town Cardinal!

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

To capture a few student memories before that change takes

place, we asked the students at Fairview Elementary School—from kindergarten to fifth grade—to draw about their lives.

Thanks, as always, to Kenya Hoffart and Amy Spedden at FES for keeping the *Crier* so well connected to what's going on at the school.

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

Bus 99

Douglas Sellers, 5th Grade, Mrs. Barnhouse



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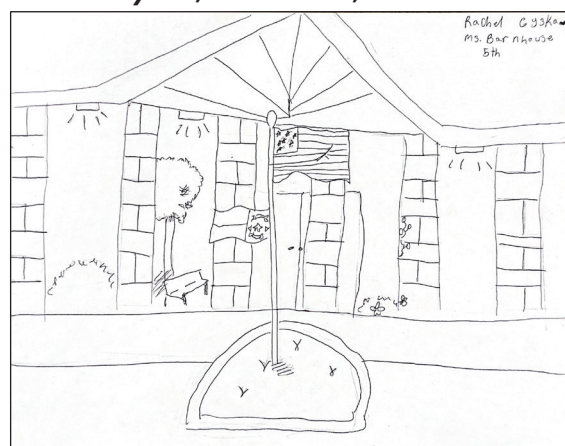


FES is Great

Alexander Banks, 4th Grade, Mrs. McClellan



Rachel Gyska, 5th Grade, Mrs. Barnhouse



The Ambassadors Raising the Flag

Annalise Kindy, 5th Grade,
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Buff Freddy

Shehryar Mir, 3rd Grade,
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The Monkey Bars

Bristol Whiteman, 4th Grade, Mrs. Holtzclaw



The Gaga Ball Pit

Lance Golden, 4th Grade, Mrs. Holtzclaw



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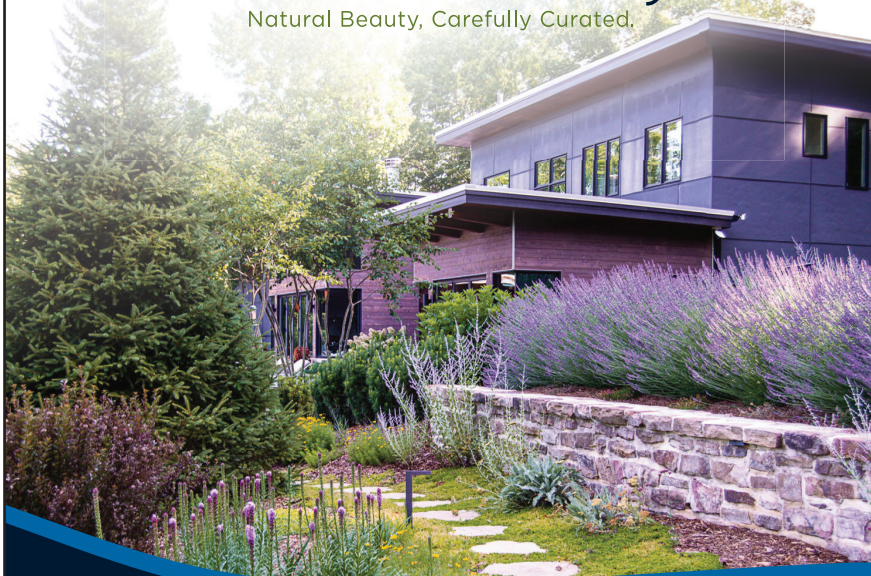
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FES ABC'S

Every grade at FES has small Launch Pad reading groups. The kindergarten group made up of Ava, Conor, Eamon, Evelyn, Fynn, Kelbey, Kha'nye, Knox, Maeva, Mia and Oliver were encouraged to think up one word for each letter of the alphabet that describes their lives.

- A** – AT FES we think & learn!

B – BEST BEHAVIOR

C – We are CARDINALS

D – DID our best!

E – EXTRA recess for our EFFORT

F – We have FUN with our FRIENDS!

G – Kiss is our GUINEA Pig mascot & we will always remember little Ruthie

H – Teachers are HELPING our brains grow

I – INTEGRITY IS IMPORTANT

J – Learning and Dancing to JACK Hartman ABC videos

K – We are KIND to our friends in KINDERGARTEN

L – We LIKE LOLLIPOPS!
- M** – We love our MOMS

N – We're learning NEW things & being NICE to each other

O – OCEANS, OCTOPUS & OAK Trees oh my!

P – We love PIRATES arrgghhh

Qu – QUIET in the hallways

U – Moving UP UP UP to 1st grade and beyond

V – VOTE for our favorite animals

W – WHEEEEEEEEEEE! WE have fun in Kindergarten

X – X-TRA PE & X-TRA ART

Y – YAY for 1st Grade...Here we come! YAY for YELLOW HALL

Z – Z for our wonderful ZOO field trip!

The Cane Creek Way: Lacrosse?

By Norm Bossert

When I was a sophomore in high school, I wanted to play basketball, but I didn't make the team. I wanted to play football, but after getting thrown down, tackled and run nearly to death, I thought better of it. In the fall of that year, my school was auditioning students for a play called UTBU (Unhealthy to be Unpleasant.) Nobody wanted one of the roles—a young man's role, a very small role—Eugene. I was a nerdy-looking kid—big black glasses and a big nose. So, I was invited to take on the role. I had only five or six lines, as I remember, but there was a fringe benefit. Eugene had a romantic interest with a female character, and we were required to kiss—not just a peck on the cheek but rather a “romantic” kiss. I wasn't talented at the art of kissing, so we had to do a lot of rehearsing, all in the presence of our director. One time, because I wasn't good at focusing either, my female counterpart was blowing a bubble when I turned, puckered and made ready to rehearse, only to get a face full of gum.

So, where am I going with this? As you may imagine, I decided I liked theater. I stayed in school, finished high school and went on to college. What else could I do? Theater was the key for me.

But just like at my school, there are many

different options to explore at CCMS, including a new one that is making history. Our school now has the first middle school lacrosse team in the Buncombe County School system. And speaking of firsts, our lacrosse team just won their first game. Under the leadership of Coach Hollingsworth, the Lacrosse Club at CCMS has brought 14 students together and a stalwart group of parent supporters as well. They are all enthusiastic and hopeful that lacrosse will grow countywide.

Lacrosse has an interesting and ancient history. It was played by Indigenous people hundreds of years ago. And today, it's widely enjoyed from middle school to college—and there's even a professional league. It offers scholarship opportunities at the post-secondary level.

Like with all sports here at CCMS, our students can learn great values. Leadership, teamwork, communication, loyalty, situational awareness and—dare I say it?—having fun. Lacrosse can fill an important spot in a student's life, keeping them in school and growing academically.

So keep your eye on lacrosse at CCMS. It's old, but new to us.

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



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FES DADS CLUB
Meet the Dads: Aaron Richard

Aaron Richard moved to Fairview in 1993 and grew up exploring the beautiful mountains and rivers in the area. He graduated from Appalachian State, earning two degrees in Business Administration. Soon after high school, he met his wife, Katie, and they are looking forward to celebrating their 17th wedding anniversary this year. They have two children: Luca, who is 9 years old and in 4th grade at Fairview Elementary, and Isabella, who is 18 years old and graduating from A.C. Reynolds this year. Aaron works in video production and focuses on serving non-profits, along with collaborating with his wife's photography company.

He loves being a small part of the big impact the Dads Club makes in the community. His favorite element about the Club is being surrounded by others who deeply care about their kids and community. He would like to express his gratitude to the Dads Club, saying "Thank you for caring about our community, teachers, and kids on such a deep level. The dedication people have to create lasting memories and impact in our kids' lives is inspiring."

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



The Richard Family. Photo by Katie Richard Photography

JUNE 1 Bus Wash

From 9–11 am at the FES parking lot. Bring your buckets, brushes, sponges, etc. All FES dads & kids are welcome to join in giving back to our amazing bus drivers as we clean their buses for the end of the year.

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Great parents are constantly looking for win-win solutions. They never want to win at the child's expense. Modeling cooperation, mutual problem-solving and flexibility helps them avoid power struggles and possible feelings of inadequacy in their children of any age. Sticking to agreements and valuing commitments are key.

Let's consider some practical suggestions while communicating to play this out.

Seek to understand your child's thoughts and feelings by being curious. "Tell me more" shows them you are sincerely interested.

Repeat what you heard and ask them if it's correct. "I heard you say you were embarrassed during soccer practice. Is that right? What happened?" Children listen to you after they feel listened to.

Offer empathy as your first response to show that you're on the same team. "Oh no. This is not going to work out well." Or "That must be really hard."

When you are triggered, take the time you need to regain your calmness and perspective. Instead of thinking "They're giving me a hard time," realize that "they must be having a hard time."

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

ACRHS STUDENT OF THE MONTH Mina Harvey

Nominated by Mr. Rhodes, who stated that Mina is intelligent and a wonderful communicator. In class discussions, she offers meaningful and intellectual thoughts. She excels as an artist, and that sensibility not only comes through in her art class but also in Rhodes's English class and has resulted in truly beautiful and original work. "Mina has added a great deal to the library during the library science class, creating beautiful displays and adding unique ideas to engage patrons," said Mr. Rhodes. "She is well read and helps other students find books that will interest them. Mina is a person who is considerate and discerning in her interactions with peers and staff." All winners receive a special mug from the Crier. Congrats, Mina!





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How Fostering Shaped Me

I am different from other teens in more ways than simply preferences and opinions. I feel like one of the biggest differences is that I was a foster sister for nine years.

As I grew up, I had different “siblings” for a week or two here and there as we welcomed kids into our home. All I remember was being a big sister to someone under the age of 4 for nine years. And that was all that mattered.

We would have family meetings before taking in kids and talk about sacrifices that would have to be made and all the other



Ansley Fuchs
TEEN PERSPECTIVE

things that come with bringing a new child home. My brother Landyn and I never had any hesitations in agreeing to welcome another kid into our home. My biggest concern came with twins we fostered. I got really car sick as a kid, so my only question was, “Would I have to sit in the veryyyy back?” Even then, I was willing to do so until they left or could buckle themselves. Fast-forward eight years, and I have my middle-row seat back and two incredible, crazy adopted twin brothers.

Fostering was my normal. So much so that I never experienced most family “normals”. I never stayed with grandparents while my parents were in the hospital with a new baby or watched them bring a new sibling home. I came home to new toddlers playing with my toys and witnessed strangers dropping off kids. I didn’t meet my new brothers in the comfort of my home; I met two sick little boys in a Chick-Fil-A. I didn’t celebrate with family and friends over a gender reveal, taking pictures with blue or pink powder everywhere. Instead, we gathered at the courthouse and took pictures with the judge as we celebrated the addition of the twins to our family.

Additionally, I don’t remember thinking it was weird that my parents went to court on a regular basis, and I don’t remember people’s responses—positive or negative—to finding out we were foster parents.

I cried hysterical tears saying goodbye to kids I was a sister to and joyfully welcomed new ones in need of someone to love them. I didn’t realize weekly doctor visits were only necessary because of how sick the twins were. And social workers visited on a weekly basis. I was never (accurately) told, “Oh, you have the same eyes as your brother.” Instead, I giggle when people are shocked to find out that



Ansley with her dad and brothers.

all three of my brothers are adopted. And I gaze in awe at what my family calls the humor of God when my baby and toddler pictures look just like my brother Bowen.

Fostering was my normal. So much so that I never experienced most family “normals.”

I was a little kid, and social workers, doctors and court dates were simply normal. I had nothing else to compare my life to. I was a sister just like my friends were; my siblings just changed from time to time. I am “Sissy A,” just as much as I am “sis” to my brothers or “Ansley” to everyone else. It is my life, my childhood—and I am so grateful for it.

We still keep in touch with one boy who we fostered for a few years. He still calls

me “Sissy A”, and—as many times as I’ve told him this isn’t what the term means—he calls Landyn his “half brother.” We don’t see him a ton, but he is my little brother at heart, and always will be.

I never knew how much energy, time and effort fostering took from my parents. I didn’t know the toil of court dates, food stamps, medical needs and more. All I knew was that my job was to love the

kids we had, no matter how long we had them, and help my parents out.

Every member of my family has a very different type of story. But that is part of the beauty of the Fuchs. My parents have always compared my brothers’ adoptions to the wonderful story of Christ and our adoption into His family. While things didn’t go as planned when I was born, God worked that “disaster” into an incredible family, for which I am so grateful.

Fostering shaped a large part of who I am, and the brothers God has given me challenge me in many ways that make me grow. I am so thankful for my “abnormal” family construction, and I wouldn’t have wanted it any other way.

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



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The GPS blurted out, "You have
reached your final destination."

I used to be a baker, but I
couldn't make enough dough.

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

— Isaac Asimov

Q: What time is it when an
elephant sits on a fence?

A: Time to fix the fence.

"Get your facts first, then you can
distort them as you please."

—Mark Twain

Q: What can you catch, but not
throw?

A: A cold.

Woman says to her husband,
"Darling, tell me those three magic
words."

Husband answers, "It's my fault."

Woman continues, "Not that, the
important ones."

Husband replies, "You are right."



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

"Glad" to Find Nearby Market

By Diane Fincher

I have been traveling to Fairview
for 25 years to visit my daughter, but
two years ago I decided to move here.
Since living in Fairview, I have enjoyed
the local vibe of the community. As a
retiree, I have been able to explore much
of the area, hiking to waterfalls, exploring
the Blue Ridge Parkway, and visiting
local farms and farm markets. One of my
favorite places is Gladheart Farm Fest
Market in east Asheville.

On Sundays, I usually take the short,
15-minute drive there. Sometimes I take
my hound dog, Blue, and he enjoys it
almost as much as I do.

First, I get lunch. Gladheart Farm has a
woodfired pizza oven, and I especially
like the Asian Chicken Pizza, although
there are endless choices, all made with
ingredients grown on the farm. You can
order gluten-free and cow-dairy-free
because Gladheart makes its own goat
cheese, and they also offer vegan cheese.
Another lunch option is vegan sushi.

While I am eating my pizza and
enjoying a freshly made fruit mat  , I
listen to a local band such as the Boys
from Buncombe, Rudy's Review, or Holler
and Crow.

After lunch, I do my grocery shopping
for the week. The Gladheart stand has
fresh organic produce, homemade
breads, pies, goat cheese and green

juices. I visit Natalie, the owner of Myco
Rhizing (which is located in Fairview),
who has fresh lion's mane, oyster and
shiitake mushrooms. Another vendor has
everything chocolate, including choco-
late-covered dates, cookies, trail snacks
or dog treats that contain hemp and
CBD-infused oil. (Blue loves these.) On
the other side of the market you can pick
up steaks, shrimp, scallops, cheese and
sauces, vegan sushi or organic kimchi.
Or local honey, local coffee or herbal tea
produced on the farm.

As a retiree, I have been able
to explore much of the area.

After I finish my grocery shopping, I
treat myself to some health and wellness.
Last week, I picked up a raw honey and
rose organic sugar scrub that was formu-
lated just for me. My granddaughter was
treated to a complimentary acupuncture
session, which she really enjoyed. Usually
she helps her mom sell mushrooms or
plays fiddle with one of the bands.

Gladheart Market is an educational
opportunity for adults and children
alike. Vendors are happy to share their
knowledge of plants, mushrooms, healing,
natural skin care, or how bees make honey.
Or you can take a farm tour and visit the
farm's goats. I just like to linger and take in
the atmosphere. Meet new people. Inhale
fresh air. I think it's a healthy and pleasant
alternative to traditional shopping.

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Your Liver Is Your Ally

In the journey toward better health and weight management, the liver plays a pivotal role. This vital organ is not just a silent bystander; it's an active participant in detoxification, metabolism and nutrient storage. For those looking to shed weight, a healthy liver is crucial, as it helps to regulate fat metabolism and maintain blood sugar levels, preventing insulin resistance—a common precursor to obesity.

Supporting your liver starts with **a nutritious diet**. Opt for whole foods that enhance liver function and avoid overburdening it. Lean proteins such as chicken and fish help repair liver cells, while fruits and vegetables rich in antioxidants protect from damage. For instance, blueberries and cranberries provide anthocyanins—antioxidants that have been shown to reduce liver damage.

Drinking adequate water not only supports the liver's function of detoxifying but also helps maintain a healthy metabolism. Coupled with regular physical activity, which boosts liver function and aids in maintaining a healthy weight, you're setting a solid foundation for liver health and overall vitality.

To go the extra mile, there are several natural remedies renowned for their liver-supporting properties. The following herbs can be used in either supplement form or made into a delicious tea. **Dandelion root** helps the liver eliminate toxins more efficiently. **Milk thistle** (with its main ingredient, silymarin) is an antioxidant that protects the liver by promoting the growth of new liver cells. **Nettle** supports liver detoxification and provides powerful anti-inflammatory properties.



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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Financial Tips For Widows and Widowers

Losing a spouse is one of the most painful experiences anyone can have. Unfortunately, widows and widowers have to deal with more than just the emotional trauma—they also must consider a range of financial issues. If you’ve recently been widowed, what financial moves should you consider?

For starters, don’t rush into any major decisions. If you’re still in the grieving process, you are unlikely to be in the best shape to make significant choices affecting your finances and your life.

But once you feel ready to look at your situation objectively and make appropriate choices, consider the following steps:

- Review your finances. Look at your entire financial picture—your assets, investments, debts and income. If you and your spouse had communicated well about your finances, and you shared decisions, you hopefully won’t encounter any big surprises. But if your spouse was the partner who mostly handled financial matters, you may need to get up to speed quickly on what you have and what you owe. And if your spouse had provided a large amount of your household income, you will also need to determine what changes you may need to make to your lifestyle.
- Address insurance issues. If you will receive a death benefit from your spouse’s

insurance policy, what will you do with the money? It may prove helpful in funding your own retirement or meeting other financial goals. But you’ll also want to be clear about what other beneficiaries, such as your children, might receive. And while you’re looking at insurance, you also might want to look at your own policies—do you need to change beneficiaries?

- Review your Social Security options. If you are at least 60 and you were married at least nine months, you may be entitled to Social Security survivor benefits. (If you remarry before age 60, you typically cannot receive survivor benefits, but you can reinstate them if this subsequent marriage ends.) The amount of your survivor’s benefits depends on your age and the age of your deceased spouse. You can’t claim your deceased spouse’s benefits along with your own retirement benefits, so if you qualify for survivor and retirement benefits, you’ll receive the larger amount. Depending on your situation, you might come out ahead by delaying your retirement benefits, giving them the chance to grow, while you accept survivor benefits. For more details on receiving Social Security benefits, visit the Social Security Administration’s website at www.ssa.gov.
- Review your estate plans. The death of a

spouse can certainly affect your family’s estate plans. So, it’s a good idea to review these plans to see what changes, if any, need to be made. When conducting this review, you’ll benefit from working with an estate-planning professional.

Finally, keep in mind that you don’t have to go it alone during this difficult time. If you’re already working with a financial professional, they can help. If you aren’t currently working with one, now might be the time to start. By looking at your finances and your family situation holistically, a financial professional can

provide guidance that can help ease the stress you are naturally feeling. Few events are as sad as losing a spouse. But when you feel ready, start taking the steps necessary to continue forward on your life’s journey.



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

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300-399,999	2	371,345	53
500-599,999	1	570,500	199
600-699,999	3	629,600	29
800-899,999	2	837,500	104
1M-1.3M	1	1,225,000	8
2M-2.2M	1	2,200,000	5
HOMES LISTED: 11	HOMES SOLD: 10	LAND LISTED: 11	LAND SOLD: 5
Max \$7,500,000	Max \$2,200,000	Max \$6,500,000	Max \$126,000
Min \$460,000	Min \$347,690	Min \$95,000	Min \$25,000
Avg \$830,119	Avg \$830,119	Avg \$1,281,454	Avg \$81,200

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Back Down in Raleigh for the “Short” Session

I am writing here toward the end of May from Raleigh, where the short session of the NC General Assembly (GA) has been underway since the last week of April. While the weather has been heating up back home, it's a lot hotter down here in the middle of the state. The activity in the legislature has taken its cue from the humid weather and has been rather slow to get cranked up.

Though we've been meeting for the last four weeks, the reality is that we haven't actually passed a lot of bills or even voted on many. This is my first short session, so maybe this is the way it always is and things will speed up rapidly as we approach the end of the session.

The legislature's most important job during the short session is to pass an update to the two-year budget that we passed last year based on updates to the amount of revenue that has been collected. The GA's Fiscal Research Division and the Office of State Budget and Management work with the Governor together each year to establish a consensus revenue forecast and then revise it as more data comes in. This year, the consensus revenue forecast as of May 10 is \$987 million above the forecast that we used for the 2023-24 budget during last year's session. While this is a good thing and shows that the

forecasts used last year were conservative and that there is money to spend on priorities that have emerged since the budget passed in the fall, the reality is that revenue next year and in the ensuing years is very likely to be flat due to cuts in revenue sources that were passed last year. In a growing economy and with normal inflation, this is going to be a real problem in the years ahead because we are not going to be able to keep up with the rising costs brought on by inflation and the rapid growth in our state.

So now that there is more money to spend, the hard part starts. While \$987 million seems like a massive number, I promise you that it can go pretty quickly. The debate that has already begun and which will continue for the rest of the session is about what priorities should receive this funding. Governor Cooper's budget, which was presented in May, actually shifts money from some programs like the taxpayer-funded private school vouchers and prioritizes NC's public schools, child care and early education, the state's talented and skilled workforce, supercharging the economy, and protecting natural resources. Specific funding in the governor's budget includes a 5 percent pay raise and \$400 million in retention bonuses for state workers, an 8.5 percent

raise for teachers, \$745 million for child care and early childhood education, and \$100 million to help communities clean their water from pollutants like PFAS. It looks like the Republican majority in the GA will have different priorities. Their top priority seems to be spending \$500 million on increased funding for taxpayer-funded private school vouchers and significant funding for local infrastructure projects.

In my view, the top priority for spending should be \$300 million for child care stabilization grants to fill the hole in funding coming this summer due to the end of Covid-19 money provided by the federal government. Without this expenditure, it is estimated that the state will lose 90,000 child care spots as providers fold up their operations. This outcome would be a disaster for young families, who will be lucky to find child care for their kids and even if they do will pay significantly higher rates for that care. It will also hamstring our economy, as parents would be forced to drop out of the workforce in order to care for their kids. I am also convinced that we need to invest in our public schools like Fairview Elementary, Cane Creek Middle, Reynolds Middle, and Reynolds High School. Finally, I am a firm supporter of an increase in pay for our state employees, whose wages have

not kept up with inflation, resulting in an almost 25 percent vacancy rate in our state government. These investments are critical to ensuring that our thriving economy continues to thrive well into the future. A well-trained, healthy workforce has been the secret to our success, and if we don't continue to invest in early childhood education and our public schools, I don't believe our businesses will have the workforce available to succeed in the next 10 to 20 years.

I am certain that there will be a great deal of back and forth in the coming months as the legislature works toward a final budget. The “short” session is scheduled to wrap up by the end of June, but with the way things have been going so far, it looks like we'll be lucky to wrap up by August. I look forward to hearing from all of you who have thoughts and ideas on the budget or just want to know what's going on. Feel free to contact me at eric.ager@ncleg.gov and I'll work hard to get back to you as quickly as I can.



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



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In April, FBA members met at Gratia Botanica, 4 Olde Eastwood Village. Owner Brea Gratia's passion for creating formulas in her lab for age-defying skin care was inspiring. She gave out samples and invited us to come back for a more personal consultation. Plus, she has a collection of fun gifts to shop for.

And last month, 15 FBA members all requesting coffee and specialty drinks at the same time didn't slow down Kevin Lahue at Generational Grounds, where he literally whipped out the lattes and chai teas. He said the challenging thing is to get people to try new things like his Chaga Chunk tea and Blueberry Hill Smoothie. Honestly, there we're so many choices it was hard to choose. You'll notice the big sign out front of 1462 Cane Creek Road pointing to the parking lot where the coffee truck is. We all agreed that we would make meeting over coffee a regular thing.

Beloved Body Spa is decorated in tans, greens and gold and has soft music playing. Hannah Felperin says that cupping has become quite popular to increase blood flow to muscles. Owner Angie Lahue says the Elderberry Hydrating Body Wrap is a seasonal special. Locally made gifts such as body butter and earrings are also available.

The Fairview Business Association continues to be the best way to meet like-minded business people in the community. With Fairview being so spread out, this organization provides an easy way to gather. This year, we are holding meet-ups once a quarter. Our next gathering will be on August 17 at Turgua Brewing. A corn hole tournament has been promised. Details in the next issue and, of course, the public is invited.



Above: FBA members sampled the goods at Gratia Botanica in April.

All photos at right: In May, FBA members had a morning coffee meetup at Generational Grounds off Cane Creek Road. Then, they walked next door to tour Beloved Body Spa.



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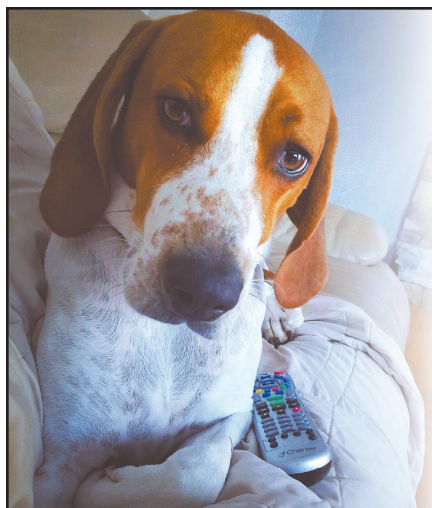


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Wild Clover

Do you remember the old English folk song popularized in the 1940s, “Roll Me Over”?

*Well, this is number one,
And the fun has just begun,
Roll me over, lay me down, and do it again.
Roll me over in the clover...*

It's a sweet song about romance and summertime bliss, which seems to be creeping toward us as fast as the clover is spreading in our pastures. We have had such a gorgeous spring season here in these mountains. We have had no late frost, which is amazing, and the rabbits seem to be multiplying and hanging out all day into the evening, nibbling happily on all the clover. People always ask me, “Don't the rabbits destroy the gardens and eat all your beautiful greens?” The answer is no. I planted two pounds of white clover amid the grass, and that keeps them very happy and satiated, as clover is one of their favorite foods.

It is also a treasured plant in my own life, both the common white low growing clover and the taller wild red clover, which is mildly sweet and makes a great addition to teas. Many moons ago, when I first began my adventures into the world of wild edible plants, I decided to make all my Christmas gifts by creating wild herbal tea mixtures for friends

and family. I gathered bags of wild red bergamot in the mountains and dried flats of red clover blossoms, which turn a honey gold when dried well. The clover has a mild, brown sugar-like quality that makes a great addition to bergamot or mint tea; and it is loaded with vitamins and minerals.

Red clover (*Trifolium pratense*) appears during mid-spring in yards and pastures after its cousin, white clover (*Trifolium repens*), has already bloomed. Foliage of both clovers has three leaflets, except for the lucky anomaly of the four-leaf clover. Clover is a member of the pea family “Fabaceae.”

A key feature of clover is a beautiful, whitish crescent shape on each leaflet. White clover's crescent is thinner and rounder than the more defined, pointy, arrow-type shape appearing on red clover. Red clover blossoms are a pinkish-purple color that fades to white at the center, while white clover is white with a magenta center. Red clover also grows much taller than white clover and has larger, more elongated leaflets. Both clovers are medicinal and edible.

Young clover leaves can be eaten raw or are best cooked as a potherb. The young leaves should be harvested before the plant comes into flower and can be used in salads. They can also be used as a vegetable, cooked like spinach. Flowers and

seedpods can be dried, ground into powder and used as flour or sprinkled on cooked foods such as boiled rice. The young flowers can also be used in salads.

Red clover appears to offer many health benefits. High in natural protective antioxidants and anti-inflammatory compounds—and pleasant in flavor—red clover is good for general health and makes a tasty beverage. Instead of buying red clover tea in a store, just harvest a little from your lawn. Dry it on some newspaper for a few days, and you have red clover herbal tea—ready to go.

Red clover is a blood thinner. This is due to the concentration of coumarin found in the blossoms. For cases of thrombosis and other conditions in which thick blood obstructs vessels, red clover tea may be beneficial. However, for those who are taking blood-thinning medications or

having surgery, adding red clover to the mix can be a bad idea.

Red clover has also been used for years to alleviate discomfort from menopause, as clover possesses phytoestrogen, a plant-based estrogen that has proven to be beneficial for increasing fertility.

Clover is a common joy to have in our lives. For decades, I have always been on the lookout for four-leaf clovers, and over time have found hundreds of them, which I make into wallet cards for friends who might be in need of a little good luck. My car's license plate has been “YES4LF” for the last 20 years, in honor of my relationship with four-leaf clovers.

All clovers are beautiful, and a ditty I sing to them goes as follows:

I love the Three as they make me smile with Glee.

I welcome the Four, a living symbol of abundance, grace, magic and more.

May our late spring and summer days be filled with sweet aromas, gentle peace, and an abundance of wild clovers to delight the senses.



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Dig Into June: Gardening Glows and Festival Flows

As June ushers in the warmth of summer in WNC, it's the perfect time to nurture your garden and engage with the local community through vibrant outdoor activities. Gardening in this region can be immensely rewarding, given the unique climate and rich soil. Whether you are a novice gardener or have a green thumb, here are some tips and tricks to make your garden flourish this June.

Mind the Weather: June in WNC can be unpredictable, with sudden rainfalls or shifts in temperature. Keep an eye on the local weather forecasts to protect your plants from any abrupt weather changes. To retain moisture during hot days, use mulch such as straw or decomposing leaves.

Plant Warm-Season Crops: Now is the time to plant crops such as tomatoes, peppers, cucumbers and squash. These thrive in the heat of summer and will produce abundantly if planted in early late May or early June. Ensure they are placed in areas that receive full sunlight for most of the day.

Pest Management: With the rise in temperature, pests can become a significant issue. Natural remedies such as neem oil or insecticidal soaps can be effective against pests like aphids and spider mites.

Regular inspections of your plants can prevent large infestations and save your garden from potential damage.

Watering Wisely: Watering in the early morning or late evening will reduce evaporation and allow water to seep deeper into the soil, reaching the roots effectively. Avoid overhead watering to minimize the risk of leaf diseases and focus on the base of the plant.



Pruning and Deadheading: Keep your flowers looking their best by regularly

pruning and deadheading. This not only encourages new growth but also enhances the aesthetic appeal of your garden. Deadheading spent blooms will promote continuous flowering, which is the summer garden dream.

Take Root Festival

While you are busy tending to your garden, don't forget to mark your calendar for the Take Root Festival at Root Cause Farm (26 Joe Jenkins Road) on June 22 from 3–7 pm. This event is not only the nonprofit's largest fundraiser of the year; it's a celebration of community, local businesses and summer fun.


The festival offers a fantastic opportunity for community members to come together and support a noble cause. Root Cause Farm is dedicated to addressing food insecurity by providing fresh, sustainable produce to the local community as well as providing weekly on-farm education. The festival serves as a crucial fundraiser to support these initiatives throughout the year.

At the festival, you can enjoy live musical performances from local bluegrass band The Current Residents and the local classic rock band Vintage. While those toes are tapping, you can sip on freshly poured beer from Whistle

Hop or sip on some Buchi kombucha or one of Devil's Foot's newest cocktail blends. The kids (and kids at heart) will have a blast eating ice cream from Hilltop Ice Cream, bouncing in three different bouncy houses provided by Fairview's own Rush2Fun Inflatables, going down the slip n' slide, creating garden crafts, making bouquets and looking for treasure during the garden scavenger hunt. Of course, it wouldn't be a festival without face painting and fairy hair, too! All this fun will of course rack up an appetite, so indulge in some delicious food from Smokin' Onion food truck while you hang out.

By attending the Take Root Festival, you are not only having a great time but also contributing to a vital community resource that makes a real difference. Entry is donation-based, though every \$10 you donate will earn you a raffle ticket to put toward your choice of raffle items. Every ticket sold contributes directly to Root Cause Farm's mission of sustainable community nourishment. It's the perfect way to celebrate the start of summer in WNC.

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



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