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# The Fairview Town Crier

JULY 2024 VOL. 28, No. 7 | FAIRVIEW, NC | fairviewtowncrier.com



## Out & About: Exploring Fairview's Heart, Spirit & Soul

Ralph Grizzle

### Can you ascribe a place with a soul?

As my red truck took me round in Fairview last month, my thoughts were that ours is a community with heart, spirit and soul. You'll see plenty of evidence of that in this issue.

There are folks in Fairview who just want to lend a helping hand. Others dedicate their lives to caring for the needy, like the late and much-missed Jeff Cole, who selflessly helped with Food for Fairview. The *Crier* met folks a lot like Jeff last month.

### Take Root Festival



From rescue dogs to face-paintings to folks who just want to do good in the community, the Take Root Festival celebrated the spirit of the Fairview community.

At the annual Take Root Festival, Kelly White and Jennifer Poore, pictured in the red ABIPA t-shirts (below left), told the *Crier* that they distribute food to anyone in need at the Fairview Library on the first Friday of each month. Their organization's goal is to help African Americans get what they need for "healthier outcomes," Poore told the *Crier*. (For more info, see facebook.com/ABIPA.CARES.)

You'll find strong family values in Fairview and parents who encourage their children to pursue their passions. Jay and Lisa Gurney told us that their son Jack (at top right) would be "so chuffed" if his picture appeared in the *Crier*. At the Kids Maker's Market, Jack was serving up homemade ice cream: \$2 for one "big scoop." Jack muscled up and dug deep for my big scoop of Cookies & Cream, served with a big smile. No doubt that Jack will succeed in business: An hour later, he came to find me. "I'm having a flash sale, \$1 per scoop," he said before sprinting off. How could I resist the young man's charm and a \$1 scoop of homemade ice cream? We hope Jack, and his parents, are happy with his photo. At the Kid's Market, the *Crier* also met Harriet Regan, who makes earrings from collected Barbie doll shoes. She enjoys fashion, her dad Mike told us, and the idea of creating a fashion accessories brand "sort of caught fire in her imagination," during a 6th grade school project. Harriet's entrepreneurial spirit impressed us.

At Turgua Brewing on Cane Creek Road, Rocky the hellbender stole the show. All 22 inches of Rocky wriggled in a small wading pool, making kids squeal with delight as the odd-looking salamander swirled around a pool. Raised from an abandoned egg found in Virginia's Holston River, Rocky will celebrate his 18th birthday this October, thanks in no small part to his caretaker, Lori Williams of the NC Wildlife Resources Commission. Lori asks that folks report hellbender sightings by emailing her at

lori.williams@ncwildlife.org with a photo or video if possible.

Rocky was at Turgua, as was the *Crier's* Doug Norton ("Cane Creek Chronicles"), for the Conserving Cane Creek event advocating for healthy streams within the French Broad River watershed. "It was a nice day to appreciate how lucky we are to have Cane Creek running through the heart of Fairview," said Doug (shown in the picture directly below, far left, with NC Rep. Eric Ager in the center). "The French Broad Partnership's message was that creeks like ours are special places that all come together to form the French Broad River, and when creeks are kept healthy then great rivers will be healthy, too."

Among the speakers for the event was NC Representative Caleb Rudow, who told the *Crier* that he paddle-boarded the French Broad from its headwaters near Rosman all the way to Knoxville to survey the economic and environmental impact of the river. "The river is not only a part of what makes western North Carolina a beautiful place to live; it's also an economic engine for the region," Rudow told the *Crier*. "Protecting the river is a win for our environment and for our economy."

It's really simple to experience the heart, spirit and soul of Fairview. Just get out and about to see for yourself what makes our community so special.

### Kids Maker's Market



Jack Gurney and Harriet Regan were among the many young artists, creators and entrepreneurs participating in the Kids Maker's Market at Root Cause Farm.

### Conserving Cane Creek



Various organizations gathered at Turgua Brewing last month to advocate for healthy streams. Attendees marveled at Rocky the hellbender, going on 18 years old and measuring 22 inches.



## CELEBRATE THE 4TH IN GERTON!

The Upper Hickory Nut Gorge Community Center will once again hold its July 4 celebration. Hot dogs, hamburgers and veggie burgers will be provided by the club, and you bring the sides.

After dinner, there will be bingo and a chance to win money. Each game will have a different cash prize taped to the back of a giant candy bar. Come and enjoy a rousing game of bingo with your neighbors. It's fun when you win and an example of how life goes when you lose!

July 4, 6:30 pm, 4730 Gerton Highway, Gerton

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COMMUNITY CALENDAR

**JULY 4**  
**JULY 4TH COOKOUT**  
**Upper Hickory Nut Gorge**  
**Community Center**  
See front page for full info.

**JULY 5**  
**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.

**JULY 8**  
**ART LEAGUE MEETING**  
**Fairview Area Art League**  
11 am. For more info, email FaArtLeague@  
gmail.com or visit facebook.com/  
fairviewart. Re.Imagine, 15 Spivey Lake  
Dr., Fairview.

**JULY 10**  
**FBA COFFEE MEETUP**  
**Fairview Business Association**  
8:30 –9:30 am. Members and the public  
are welcome. Generational Grounds,  
1464 Cane Creek Rd., Fletcher.

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**

**JULY 13**  
**RUSTY DOG ARTS & CRAFTS SHOW**  
9 am–3 pm. See ad on page 26. 379 Old  
Charlotte Hwy., Fairview.

**JULY 13**  
**YARD SALE AND HOT DOG LUNCH**  
**Reynolds Fire Department Auxiliary**  
8 am–2 pm. To raise money toward the  
renovation of the department’s kitchen. To  
rent a table, contact Marie Haddock at  
335-9999 or marie\_haddock@yahoo.  
com. The cost per table is \$15 or two or  
more \$10 each.

**JULY 13**  
**20TH ANNIVERSARY CELEBRATION**  
**& BARBECUBA**  
**Ecclesia Baptist**  
5–8 pm. A fundraiser featuring Cuban arts  
and crafts for sale, baked goods, BBQ,  
crafts for kids, and live music. 607 Fairview  
Rd., Asheville

**JULY 14**  
**YARD SALE**  
**New Moon Marketplace**  
9 am–3 pm. Vendors and artisans will set  
up in front of the store. Parking permitted  
at Dickie’s Half Price Foods next door.  
For more info, call the store at 222-2289.  
1508 Charlotte Hwy.

**JULY 18**  
**PLANT-BASED COOKING CLASS**  
**Seventh Day Adventist Church**  
6 pm. Summer sandwiches. See ad on  
page 17. 57 Cane Creek Cir., Fairview.

**JULY 27**  
**GOP TOWN HALL**  
Get information and answers to questions,  
and talk to local candidates. For more info,  
call 253-5800 or visit buncombegop.  
com. Cane Creek Community Center, 1370  
Cane Creek Rd., Fletcher.

**JULY 28**  
**MONTHLY MAKERS MARKET**  
**Appalachian Makers Collective**  
11 am–4 pm. A free, family-friendly mar-  
ket. 20+ local artisans, a food truck,  
organic concessions, children’s activities,  
live music, and more. Find info on social  
media @appalachianmakerscollective.

**JULY THROUGH AUGUST**  
**U-PICK BLUEBERRIES**  
**Cloud 9 Farm**  
If the gate is open, the crew is working in  
the field. Go to the Honor System table

and check in. \$15/gallon or \$4/pound  
for smaller amounts. For details, see  
cloud9relaxation.com/berries or call  
628-1758. 137 Bob Barnwell Road,  
Fletcher See story on page 26.

**MONTHLY**  
**VOLUNTEER DAYS**  
**Root Cause Farm**  
Share markets 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.

VACATION BIBLE  
SCHOOL EVENTS

**JULY 14–18**  
**Oak Grove Baptist Church**  
6-8 pm, for 5-12 year olds. A light dinner  
will be served at 5:15. See ad on page  
15 for more info. 1552 Cane Creek Rd.,  
Fletcher.

**JULY 15–18**  
**Fletcher First Baptist Church**  
6:30–9 pm. Classes available from infants  
to adults. Commencement ceremony  
and games, July 19 at 6:30 pm. Din-  
ner provided every night. For more info  
call 687-1031 or visit (and register) at  
fletcherfirstbaptist.com. 5 Cane Creek Rd.,  
Fletcher.

**JULY 15-19**  
**Emma’s Grove Baptist Church**  
6–8:30 pm. From Pre-K to middle school.  
See ad on page 21 for more info. 417  
Emma’s Grove Rd., Fletcher.

**JULY 15-20**  
**Seventh Day Adventist Church**  
9 am–12 pm. From K to 5th grade. See ad  
on page 6. 57 Cane Creek Cir., Fairview.

**IDENTIFICATION STATEMENT** *The Fairview Town Crier* is a 501 (c) (3) company that publishes a monthly community newspaper. Twelve issues per year are delivered free on or about the first of every month to 9,000+ households. Distribution is limited to Fairview, Gerton, and contiguous parts of Reynolds and Fletcher, NC.

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

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

Fire Department  
Thanks Supporters

by Robin Ramsey

Gratitude.....our hearts are filled with  
gratitude for the outpouring of support we  
received during the fundraiser for one of  
our own here at the fire department.  
We held our annual flower and bake sale  
the Saturday before Mother’s Day and gave  
all of the proceeds to Megan Vess, the wife  
of one our battalion chiefs. With your help,  
we were able to raise enough for her to pay  
the insurance deductible. Tyler and Megan  
said, “We are very grateful for this com-  
munity and the support we have received  
during this time.”  
We have so many people to thank. I  
would like to give a shout out to those  
who answered the call and helped ease the  
burden for this young couple.  
**Thank You To...**  
The Staff of Fairview Volunteer Fire Depart-  
ment (Landon Miller and James Domann  
for collecting most of the raffle items);  
Smokey and the Pig for the delicious BBQ;  
numerous bakers for the bake sale items  
(Melanie Kuykendall, Wanda Lytle, Hope  
Dotson and the Support Ops Team); Signs  
for Hope; Baskets by Design – Lois Baurer;  
Fairview Dental; Beth Arrowood; Hickory  
Nut Gap Meats; SylvanSport; Hilltop Ice  
Cream; Salty Goat; Angelo’s Family Restau-  
rant; KD’s One Stop; Daymoon Coffee Bar;  
Trout Lily; Firehouse Subs; Blackbear Pizza;  
Turgua Brewing; Dunkin’ Donuts; The Hot-  
dog King; Whistle Hop Brewing; Troyer’s;  
Fairview Door; 4X4 Country; Cultivated  
Cocktails; The Support Operations Team;  
Blue Ridge Banner Supply; Rust & Found;  
Asheville Bolt & Screw; Fairview Feed and  
Seed; Specialized Fitness & Nutrition; and  
Rhinehart Fire. And as always, thank you to  
First Step Farms for supplying us with the  
beautiful flowers.

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# Summer Learning for Kids and Teens

Throughout 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

### Storytelling

July 12 at 2:30 pm  
With Donna Washington, Storyteller Extraordinaire. A highly animated performer, Washington entertains, educates, and inspires audiences and brings 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.

### Timmy and Susana Abell

August 23 at 2 pm  
They have performed all over the country but call NC home. Don't miss these local gems: world-class singers, musicians, and storytellers. Ages 5 and up. Financially supported by the Friends of Fairview Library.

## UPDATES

### Friends Meeting

July 2, 7 pm  
The Friends of Fairview Library will hold their regular meeting.

### Holiday Closing

July 4

### Art On Display

Sandblasting artist Mary Kautz will have her art on display at the library through the end of August. Kautz is a graduate of Florida State with degrees in Craft Design and Library Science. Her work currently is primarily sandblasting on old farmhouse windows and up-cycling containers. Smaller pieces are framed in stained glass by her partner, Lyssa Cross.

### 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

### Outdoor Storytime

July 6, 10:30 am. Ages 3-6.

### 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.

## LEGO Club

Last Friday of every month

## FOR ADULTS

### Fairview Fiber Arts Club

July 9, 6:30-8 pm  
A gathering of those who enjoy knitting, crocheting, or other fiber crafts, and hanging out. This is not an instructional group, but newcomers are most welcome.

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

Thursdays, 3:30-5 pm  
Mindfulness is paying attention in the present moment, on purpose, without judgment, as if our life depends on it. This series offers skills and tools for cultivating well-being by strengthening awareness of body, mind and emotions. Dress comfortably and bring a towel or yoga mat. A limited number of yoga mats are available for those that need one. These classes are financially supported by the Friends of Fairview Library.

Jaime McDowell is the head librarian at Fairview Public Library. She can be reached at [jaime.mcdowell@buncombecounty.org](mailto: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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**JUNE 12<sup>TH</sup>, JULY 10<sup>TH</sup>, & AUGUST 14<sup>TH</sup>**  
**10:00 AM - 12:00 PM**  
**FAIRVIEW COMMUNITY CENTER**

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SOLD

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

## ACTIVE LISTINGS

### Asheville



2 BR | 2 BA | 1,185 SF

206 Abbey Circle  
\$335,000 | MLS 4125115

### Black Mountain



3 BR | 2.5 BA | 1,433 SF

25 Cotton Creek Circle  
\$704,900 | MLS 4130764

### Asheville



3 BR | 2 BA | 1,456 SF

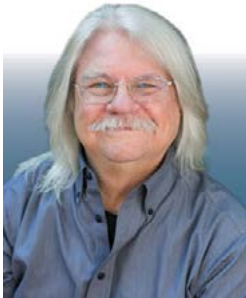
33 Madison Street  
\$599,900 | MLS 4130249

## FAIRVIEW REAL ESTATE SALES MAY 2024

LISTING PRICE	NUMBER SOLD	AVERAGE SALE PRICE	AVERAGE DAYS ON MKT	AVERAGE % LIST-SALE PRICE
UNDER \$300K	2	\$160K	3.5	90
\$300K-599K	5	\$414K	19.5	100.5
\$600K-899K	2	\$765K	16	99
\$900K+	3	\$2M	10.5	101.5

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

## Agent Spotlight TOM LASLEY



“

Fantastic experience working with Tom! He was so easy to work with, very knowledgeable, and responsive. I would definitely work with him again if the opportunity arises.

— Amy E.

”

CONTACT TOM TODAY!  
828-564-6884 | tom@greybeardrealty.com



# Full Buzz

By **Walker Overstreet & Mike Spivey**



It's mid-summer, and our bees are healthy and very active. June mite treatments proved beneficial. On a recent inspection of one of my hives, it looked as if it had swarmed while I was away on vacation. The next day, a neighbor called me about a bundle of bees in her pear tree. It turned out to be a swarm from my hive, which I easily captured and set up in a new hive box. With five colonies in my small apiary, I called Walker, who was glad to give the swarm a good home among the 30 or so hives he maintains.

This is the time when bees are working their hardest. On hot days, it's common to see them "bearding," or accumulating in large numbers in front of the hive in a beard-like shape. They do this to regulate the hive's internal temperature. They will also fan the nectar and honey with their wings to bring it to the optimal moisture level (between 16% and 18%) and then cap it with wax to prevent further evaporation.

We will begin removing full supers or individual frames with capped honey, which is better left in the hive because honey with excessive moisture can ferment. However, if you time it correctly and have a refractometer to measure the moisture level, you can pull uncapped honey that remains at the correct moisture content. We will supplement additional supers and/or

frames as needed (spun/wet frames from the previous flow work great). The sourwood flow will commence soon, and we want to segregate this tasty honey.

For now, there is still food out there. Oak leaf hydrangeas, chestnut, magnolia and sourwood trees and other native plants were in full bloom at the time of writing this article. In addition to their beauty, these native plants often provide a significant amount of pollen and nectar for bees and aren't seeded with dangerous insecticides.

In the April edition, we wrote about the importance of bees to our food supply and the harm caused by pesticides. We recently received a letter from the Natural Resources Defense Council (NRDC), which stated that bees and other pollinators are dying off in droves, with potential long-term impacts to global ecosystem health and food security. According to the NRDC, scientists are now pointing to a highly toxic and widely used family of pesticides known as neonicotinoids ("neonics" for short) as a primary culprit.

These pesticides can be harmful to humans, bees and other wildlife. Some neonics are nearly 5,000 to 10,000 times

more toxic to bees than DDT. Typically, neonics are coated on seeds before they are planted, which infuses every part of the plant as it grows. Almost all of the chemicals eventually leach into the environment.

Practically all agricultural corn and around a third of soybeans planted in the US in 2013 were coated with neonics. Off-the-shelf garden products and flea and tick products can also contain neonics. The chemicals can remain active for years, poisoning the soil or polluting rivers and streams, even contaminating drinking water. Bees and other pollinators pick up these chemicals when they visit flowers. These chemicals bind to insect nerve cells, causing them to become overstimulated, which can lead to uncontrollable shaking or twitching, paralysis and death. Even at nonlethal doses, neonics can weaken critical functions.

Canada and the European Union have already restricted the use of neonics, but they remain the most popular insecticide class in the US. Farmers must like them, but a review by Cornell University found that neonic-coated seeds for

major crops provide "no overall net income benefit" to farmers.

Many states have passed laws for the use of neonics. In 2021, the NC House introduced a bill restricting the use of neonics. John Ager, the former state House representative for the Fairview area, was a primary sponsor of The Pollinator Protection Act, but it was never voted on. More recently, Eric Ager, the current representative, now is the primary sponsor, but it still has not received a vote.

Regardless of the impact these pesticides have on bees and our food source in general, the Environmental Protection Agency (EPA) has once again postponed its long-overdue review of neonic pesticides. We feel like the NRDC and other organizations need our help to apply pressure on the EPA to defend our bees and our environment in general. To see a list of common home and garden products containing neonics, go to [tinyurl.com/56px496x](https://tinyurl.com/56px496x).

Image of Bees bearding by Christine Henske. <https://creativecommons.org/licenses/by-nc-nd/2.0/>.

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.



# Welcome to GERTON



A playcation for people and their pups

## Laughing Waters Mountain Venue



# Healthy Habits, Happy Kids

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- Make your own salad, soup, or bread.
- Be amazed by the Creator's care and design for your body.

**KID'S  
HEALTH  
SCHOOL**

**A Free V.B.S.**

**Ages: K to 5<sup>th</sup> Grade**

**Dates: July 15 – 20 (Mon– Sat)**

Time: 9:00AM-12:00PM

Place: Fairview Adventist Church

57 Cane Creek Circle, Fairview, NC

**Call to register (828) 577-5822.**



**SCAN  
for more info.**



# The 1916 Storm and This Summer's Forecast

Last Month's Question of the Month had a picture of the Historical Asheville "Great Flood." Read below for more information on that historic weather disaster.

That flood happened in the summer of 1916. Two tropical storms converged on the mountains in tandem that summer—one from the Gulf in June followed by another from the Atlantic in July—and the water that thundered in its wake wasn't just high. It carved away the ground under mountain railroad passes, leaving tracks looking like trapeze rigs hanging 20 to 60 feet in the air. Dams breached. Eighty people died. The French Broad River, usually about 380 feet wide, stretched 1,300 feet across. It crested at 21 feet, some 17 feet above flood stage. Though the rain had stopped on the morning of July 16, 1916, people were surprised by the speed and volume of rising floodwaters. The July hurricane dumped as much as 15 to 22 inches of rain in 24 hours in some areas. At the time, it was the greatest 24-hour precipitation total ever recorded in the US. Many people resorted to climbing into and clinging to trees during the deluge. Some saw friends and family members slip away when they couldn't hold on any longer.

In the Atlantic basin, July has accounted for 7% of the Atlantic's tropical storms since 1851. That pales in comparison to the percentage of named storms that have formed in the busiest months of hurricane season: August (22%), September (35%) and October (21%), according to data from NOAA's Hurricane Research Division. Put another way, about one named storm has formed in July each year, on average. We'll keep track of the progress through this year's hurricane season.

During the summer months, our precipitation tends to be spotty and directly related to where the showers and thundershowers pop up daily. This changes from day to day and week to week, depending on the particular upper air pattern. There are days in which most of the thunderstorms are concentrated near the I-26 corridor and other days when thunderstorms occur on either side of Highway 74. It is very difficult to pinpoint where these storms will form.

It is much easier to predict a case of whether there will be no rain, a thunderstorm or a shower because sometimes the atmosphere gets "capped". This is when a ridge of high pressure builds and inhibits the daily buildup of thunderstorms. If this happens frequently during the summer, it can lead to hot temperatures and heat

waves often associated with rain-free stretches lasting one to two weeks and local drought conditions.

Looking at the temperatures for the summer, the average number of days with temperatures of 90 or higher in the Asheville area is seven days in any given summer. We have had some years with zero days. The year with the most 90-degree days was 1952, with 32 days. While it can get hot here over the summer briefly, there is a good deal of the US that really sizzles.

In terms of precipitation, for most of the next three months (July, August and the first part of September), the forecast for

most days could be "partly sunny and warm with a 40% chance of an afternoon or evening thunderstorm." On a fair amount of those days, you would be right. What does the phrase "a 40% chance of rain or a thunderstorm" really mean? We covered that in full detail back in July 2015. You can read that online at [fairview-towncrier.com/archives-new](http://fairview-towncrier.com/archives-new).



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



## QUESTION of the MONTH

**What is a severe thunderstorm, and how many usually occur during the summertime?**

Find out in July's Weather Wonder!



Patrick Dirden

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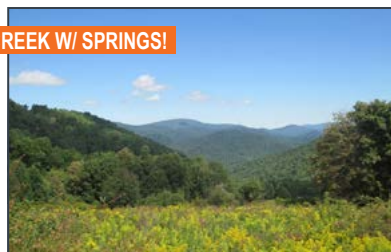
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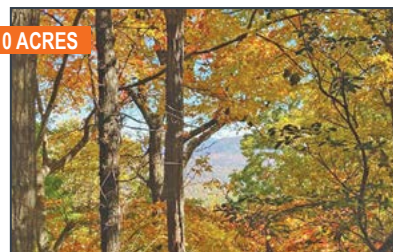
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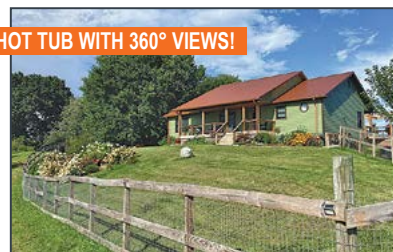
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# Hurry Up and Wait

There are a few times across the seasons when the garden can feel like a frenzy—when you pour yourself into a solid day or two of preparation and work to give everything the best opportunity for success.

Right now is a down time. Of course, weeds can forever occupy any gardener, but we are currently in a state of watching and waiting. Watching a garden grow is a hidden delight of mine.

For some years, my wife would laugh at me. I would arrive home from work and before coming into the house I would walk out to the plot and survey the earth. This was, for some time, a favorite activity for my youngest son too. I continue to be in awe of the fact that from something as small as a seed a plant can grow as big as me in the span of several months.

I love to see a new sprout just emerging from the dirt, to count them and then follow their progress. I love seeing the birds and insects and even the bunnies begin to interact with the space. I love knowing what will come and how the space will fill with life and abundance.

We have had a wonderful response from many of you to my invitation to come out and get some dahlias. At present, I believe that we've given away around 50. In one of the emails I received, the writer

expressed some concern at not having started anything and feeling like it was too late. To them and all of you I would say this: It's not too late! If you've been on the fence about growing, there is still plenty of time for you to have your own flowers, and I hope you will.

### A Status Report & Suggestions

All of our dahlias are currently in the ground and appear to be doing very well. It is important to know that because there are so many different varieties of dahlias you may find all different sizes and growth rates.

Something new that we have done this year, which we started late last year, is to use a system of mesh as a support structure for the growing plants. In the past, we set stakes around groups that were tightly planted and then wrapped around the groups with nylon twine. We would often have to stake individual plants that had gone off and done their own thing.

The mesh is large, about 4 feet wide with 4-inch squares. It comes in a roll that allows you to make it as long as you want. We've run spans that are about 20 feet long. Staking it at the corner, we stretch the mesh over the whole area and lower it until it is about 18 inches off the ground. The plants will grow right up through this grid as though it isn't there, and then each



My son, Noble, showing how tall our biggest dahlia plant is. He's 9.

individual plant will have a minimally invasive support structure. As they grow taller, we'll add another layer of mesh. It's a wonderful system, and I expect it will save us a good deal of time not having to try and stake individual plants.

Our hydrangeas are thriving this year,

and I am getting ready to try something new, which is to make soft wood cuttings of our plants to grow new ones. I saw something about it on Instagram and then found a great YouTube video in which a person showed me exactly how to do it.

If you are interested in dipping your toe into the world of growing flowers, here are two that can get you going without too much fuss: zinnia and coneflower. Both are really easy to grow and maintain and are excellent self-seeders, which means that they will come back next year of their own volition. You can also collect their seeds at the end of the season if you want to have more control over where they'll appear the next year.

I hope that you are enjoying the early days of summer and that you are able to find some time to be present in some green space.



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

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# Peggy Sales Whisnant

remember that cabinet right there,” Peggy Sales Whisnant said, pointing to the Hoosier cabinet in her living room. She was just 3 years old back in 1939 when her family made the move from the two-room cabin in the meadow to the house that her father built log by log across the way.

“It was on the back of the truck and the doors kept opening,” she recalled, a soft chuckle punctuating the memory. “Uncle Bill kept having to close them.” The Hoosier cabinet—its doors shut tight—stands proudly in Peggy’s home in Reynolds.

“Uncle Bill was only a few years ahead of me in school,” she said. “He was a star football player at Oakley.” Peggy and her late brother, Bud Sales, both graduated from Oakley School, which housed grades 1 through 12 back in the day. “I was a cheerleader, so I got to cheer for my Uncle Bill!” Peggy’s youthful laugh brings a twinkle to her bright-blue eyes.

After graduating from Oakley in 1954, Peggy enrolled in Mission Hospital’s nursing school, which she completed in 1957; and in 1958 she got married. “I kept working, though,” she said, tilting her head toward me and leaning in. “I really liked being a nurse.”

Her marriage gave her the opportunity to live in lots of different parts of the



Peggy and her Hoosier cabinet

South. “It was good that I had nurse’s training because I could get a job anywhere,” Peggy said. She recalled one of those times when they had just moved to Lufkin, TX. “Lufkin Memorial Hospital,” she said with a note of wistfulness. “I loved

that hospital.” It was a good fit for her from the very start. “I met the supervisor—her name was Dorothea Penn—and she wanted to put me to work the next day.” Peggy dropped her hands to her lap and laughed. “I said, ‘No! I’ve got to wash my uniform and polish my shoes.’” She started a day or so later.

Nursing in the late 1950s and early 60s had its difficulties. Peggy shared an experience from working in a segregated hospital in Monticello, GA.

“I was taking care of Black people and would address them as Mr. or Mrs.” she said. “And Miss Smarty Pants Supervisor called me into her office and said”—Peggy scrunched her nose, tightened her lips, and squinted her

eyes, quoting the woman in a mimicking tone— “We don’t call them Mr. and Mrs.” Now Peggy’s eyes widened and her jaw set. “I said, ‘Oh yes, we do. I’ve been trained to call them that and that’s what I will call them.’” She shook her head and continued. “She didn’t like that! I left. I didn’t go back.”

Unfortunately, that was not the last of that type of thing. “There was a young Black man who had been stabbed while participating in a freedom march,” Peggy said. “When he came in, the doctor stitched up the wound, but then refused to follow through with treatment,” she said. Disgust tugged at her lip for just a second before admiration took over. “I was impressed with the Black man for what he was doing, so I took care of him. I even took the stitches out when the time came.”

Peggy did not always get to work in hospitals, though. “In Mount Ida, AR, they didn’t have a hospital, so I just helped the local doctor. That was when we were giving out the polio vaccine.” The vaccination method had recently changed from an injection. “It was a liquid, you see, and we would put a few drops on the cube.” Peggy laughed, remembering, “I had to tell the children, ‘Now just take one!’ That was a whole lot better than the shot.”

In time, Peggy’s first marriage dissolved, and her Reynolds roots called her home. By then, her daughter Vicki had gone on to college; her son Michael, 8 years younger than his sister, was still at home. “We moved in with Buddy and [his wife] Aretha,” Peggy said. “And waited for my house to get finished.” At her father’s suggestion, Peggy worked out a deal with a family friend. She would give him land and he would give her labor.

It’s been less than a year since her brother passed away, and it’s clear the wound is still fresh. “You know, Buddy helped organize the Reynolds Fire Department,” she said, pride and grief all mixed together. “He was fire chief for over

40 years. Then Richard became chief.” At the mention of Bud’s son, Peggy’s nephew, quick tears jump to her eyes and threaten my own. Richard Sales died in a tragic car accident in April 2018 at just 52 years old.

“I’d been to church and Aretha called. She said, ‘Come over right now.’” Her brother’s house is just across Highway 74 from hers. “I got over there, and Buddy was in the garage. He looked up at me and said, ‘My son is dead.’ I couldn’t believe it.” No one could. “Richard was such a good person,” Peggy said. “He was my nephew, but he was also a great friend of mine.” Silence settled over both of us, and then Peggy added, “I miss him.” We all do.

When Peggy moved back to Reynolds, she went to work at the Black Mountain Resident Center for Youth. There, she was the lead nurse and taught first aid and CPR to the staff. “That’s where I met JD,” Peggy said, of her husband JD Whisnant. “I met him in the lunch line in the cafeteria.” JD worked nearby but would go over to the Center for lunch. “We just hit it off,” she said. “And we’ve been married for 23 years now.” JD walked through the room about that time. “That’s right—23 years,” he confirmed with a smile.




Peggy in her nursing days

While Peggy has lived in the Reynolds community for most of her life, she is not one to pine for days gone by. “We have more people here now. We’ve got restaurants and grocery stores, doctors’ offices and schools—two elementary schools, a high school, and a middle school!” Peggy paused, quiet, then shook her head decisively. “No, I can’t think of one thing I would change about this place. I love it. It’s home.” Since retirement, Peggy has taken care of plants at Sales Farm and Greenhouse.




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



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1880 Fairview Census, Part Four

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 (\*).

137. Ashworth, Rufus, 31; Martha, 37; Mary, 9; Ida, 6; Edward, 5; William, 4; Jane 2.  
138. Merrell, William, 33; Naomi Ashworth, 39; Samuel Pinkney, 8; Victoria, 6; Mary 2; Eller McAbee, 50 (SC).  
139. Solesby, Jefferson, 28; Ellen, 23; Margaret, 4. Robert, 2; Jobe, 50 (father of Jefferson).  
140. Grant, Henry, 36; Susan (Merrell), 49.  
141. Grant, Elizabeth, 54; Alvira, 50 (sister); William, 19 (nephew).  
142. Whitaker, Joshua, 82; Margaret (Ashworth), 76; Marcus, 32 son.  
143. Base (Bass) Green, 30; Nancy Plemmons, 24; John, 4; Susan, 1; Matilda Plemmons, 43 (mother of Nancy).  
144. Bradley\*, Jeff, 45; Lou, 42; George, 18; William, 16; Mary, 10; Henry, 8; Robert, 5; Cornelia, 3; Amanda, 1.  
145. Ashworth, Johnson, 62; Mary (Merrell), 60; Alexander, 26; Joseph, 18; Sidney, 16; Benjamin, 13; Jane Collins, 25 (cook), Joseph Rice\*, 17 (farmhand).  
146. Lynch\*, William, 20; Callie, 20; Augustus, 1.  
147. Rickman, Elizabeth, 53; Rhoda, 41 (sister of Elizabeth); Mooney,

- Jonathan, 40; Barbara, 40; James, 12; Mary, 11; Robert, 9; Martin, 7; Martha, 3; Charlie, 1; Minta Spark, 18 (servant, with parents born in SC).  
148. Whitlock, Nancy, 35; Joseph, 14; William, 12; Laura, 10; David, 6; Burton, 1.  
149. Freeman, Jerome, 31; Elizabeth (Ashworth), 29; Lory, 10; Grace, 9; John, 7; Robert, 5; Brankly 2; Norah, 1.  
150. Edmonson\*, Alfred, 41; Jane, 35; Samuel, 16; Henrietta, 14; Emma, 13; Annie, 10; Philetus, 8; Amelia, 5; Rhoda Fenner, 20.  
151. Toms, James, 76 (father born in England); Manerva, 59; (father born in England); James, 76; Lillie Dotson, 15 (cook).  
152. Moore, John, 32 (SC); Caldonia, 33 (SC); Samuel, 13 (SC); Avon, 11; Deller, 7; Lilia, 5; Louis, 3; Fred, 4 months.  
153. Suttles, John, 39; Catherine, 40; James, 13; Dora, 9; John, 7; Obern, 6; William, 4; Erwin, 2.  
154. Freeman, Isaac, 55; Sarah, 50; Jane, 13; Zilphia, 10.  
155. Locksman, Monrow, 40; Eliza, 40; Jacob, 10; Washington, 9; Jane, 7; Jesse, 5; Celia, 3; Martha, 1.  
156. Sherrill, Elizabeth, 60; Susan, 32; Cebirim, 25; Margaret, 20; James, 23; Mary, 20; William, 18.  
157. Penland, George, 42; Sarah, 44 (SC); Elizabeth, 12; Nancy, 8; John, 5; James, 3.  
158. Lanning, Sarah, 50; Mariam Whitaker, 45 (sister).

159. Shorters\*, David, 76; Easter, 70; Harris, 40; Charles, 13; Adolphus, 12; Laura, 6 (granddaughter); Henry, 2 (grandson); Caldonia, 6 (granddaughter); William, 35.  
160. McClain\*, William, 50; Charlotte, 50; Francis, 14m; William, 5; Ellen (granddaughter).  
161. Grant, James, 42; Martha (Pinkerton), 31; Henry, 19; Marion, 14; Alice, 12; Sarah, 10; Robert, 6. Nancy, 1.  
162. Grant, Sarah Whitaker, 68; Nancy Grant, 32 (daughter).  
163. Casey, Manerva, 42.  
164. Lytle\*, Henry, 48; Delsey, 45; Marcus, 18; Pinkney, 14; Adeline, 12; Leana, 9; Margaret, 7; William, 5; Amos, 3.  
165. Williams, Sarah, 50; William, 19; Zebulon, 17.  
166. Williams, Jesse R., 30; Mary, 22 (GA); Jesse 2f; Walter born April 1880; Samuel Goddan, 16 (farmhand).  
167. Reed, Pinkney, 26; Elizabeth, 23.  
168. Williams, Rebecca, 37; Marion, 13; Benjamin, 8; Osborn, 8; Sarah, 4; Agnes, 1.  
169. Dalton, Harrigan, 51; Catherine, 45; George 29; Calvin 27; Beeman 24; Adolphus, 22; William 20; Neslay, 18.  
170. Reed, Henry, 55; Susan, 55; Marion, 23; Rebecca, 22; Joseph, 20; William, 18; Martha, 15; Amanda, 13.  
171. Merrell, John, 63; Jane, 46. Martha, 17; Nancy, 16; Joseph, 14; Benjamin, 12; Celia, 10; Louvena, 8; John, 6; Ella May, 4.  
172. Rymmer, Mary, 72.  
173. Williams, Andy, 50; Mary, 40; Fannie, 21; Addie, 19; Martha, 17; Kirk, 14;

- Columbus, 12; Sallie, 10; Susan, 8; Mildred, 6; Anderson, 4; Abraham, 3; Mariam, 1.  
174. Williams, Jesse, 66; Sarah, 50.  
175. Williams, Millie, 20.  
176. Tow, Samuel, 30; Alvina, 30; Lou, 5; Emeline, 3; Agnes, 1.  
177. Sumney, Thomas 25; Eliza, 18.  
178. Patton, Frank, 53; Rosella, 32; Rhoda, 15; Ida Sumney, 8 (servant).  
179. Bright, Tobias, (SC); Jane, 27; Benjamin, 12; Joseph, 10; James, 8; Anna, 6; Ida, 3; Laura, 1.  
180. Nann, Charles, 31; Mary J., 32; Lueila, 10; Guilford, 9; Elihu, 7; Martha, 5; Hetrogen, 1.  
181. Lynch\*, Joseph, 40; Sarah, 40; Easter, 15; James, 11; George, 7. Grace, 5; William, 2.  
182. Cooper, Robert, 47; Keziah, 47; Narcissus Spark (daughter), 19; Erastus Owensby, 27.  
183. Westmoreland, Margaret, 74; Rachel, 34; Margaret Sparks, 15 (granddaughter).  
184. Owens, George, 50 (TN); Edith, 47 (sister, TN); Nancy, 25; Alexander, 9; William, 7; Jeff David, born April 1880.

This is the final part of this series.

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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# Consistency Is Key

Most people fail to achieve their goals. Typically, this is due to unrealistic expectations that were set to begin with—and a lack of consistency. Now that the pressure from the new year is off, let's create sustainable habits to help you jump start your health and fitness journey.

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

Make a new habit "attractive" by rewarding yourself afterward. For instance, I want to watch a TV show but, instead of bingeing the series, I get to watch an episode once I have completed my workout for that day.

The easier you make a habit, the more likely you will be consistent in creating it. Friction stops you from completing tasks. Find ways that decrease barriers for you in order to create healthy lifestyle changes. Pack your gym clothes the night before you go to the gym so they are ready

before leaving the house. Or choose a workout environment that is convenient (i.e., on the way to/from your home).

We live in a world of instant gratification. However, you didn't end up where you are right now overnight, and achieving new goals won't happen overnight either. Creating a reward system will create positive reinforcement as you're making it through your workouts. The more you incorporate fitness into your life, the more comfortable it will feel.

You don't have to belong to a gym to start adding extra movement to your days. Here are easy things you can start doing today:

- Use half of your lunch break for a walk.
- Set a timer every hour to get up and walk around your house or office.
- Take the stairs at work or park farther away.
- Walk to your mailbox instead of driving.
- Every time you pass your dining table, add some squats to your routine. Choose a hard-surface chair and sit and stand up without using your hands. If this is too hard, start with just two repetitions and add one or two repetitions each week.

Consistency is the key to creating any new behavior. Find ways to create good behavior changes that are sustainable and consistent. You have the power to choose which habits stick. Start by creating a list of new behaviors you wish to implement and

a list of behaviors you'd like to eliminate. Create friction for the habits you want to eliminate and plan for those you wish to add to your routine. After a couple of weeks, the new behaviors will be easier and the old ones will fade away.

Chip away at your goals one day or week at a time. Create short-term, attainable goals. And be sure to celebrate your successes along the way while also acknowledging that your health and fitness journey is not a linear process. You will have days you don't feel like showing up, but those are the days that showing up is the most important thing you can do.

Regardless of how or where you choose

to add exercise to your routine, having a great support system will help keep you accountable but will also make the journey more fun. People love community, so find one—whether that is walking with your neighbors, meeting up with friends at a park or joining a local gym.



*Kristie Scott is the owner of Specialized Fitness, which offers a variety of personal, community and online training classes with a trained nutritional coach. [specializedfitnessnutrition.com](http://specializedfitnessnutrition.com). 767-2632. 19 Kristie Scott Lane, Fairview.*

## AN AT-HOME WORKOUT

Complete four rounds of each of the following exercises.

- **10 body weight squats**—Use a chair to sit and stand.
- **5 push-ups**—Use a kitchen counter to make it easier.
- **10 alternating knee to elbow touches**—This works standing or sitting.
- **5 jumping jacks**—If jumping is too hard, step out with each leg instead.

**Note:** These exercises are examples of what you can do. There are ways to safely modify each one. If you have any mobility or joint issues, please stop by a local gym or physical therapy office to find out about a safe range of motion for you.



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# The Hidden Power of Hydration

With summer quickly approaching, it's the perfect moment to explore an often-overlooked secret to maintaining your health: hydration. You might think staying hydrated is just about quenching thirst, but it's a cornerstone of overall well-being, especially during the warmer months. While drinking water is essential, there's another element that can supercharge your hydration game and offer even more benefits: electrolytes.

So, what exactly are electrolytes? Think of them as tiny powerhouses in your body. These minerals—when dissolved in water—conduct electricity, enabling them to play crucial roles in a variety of bodily functions. Here's a breakdown of the key players and how they support your health:

- **Sodium:** Vital for muscle and nerve function, fluid balance, and blood pressure regulation. It helps your cells maintain the right balance of fluids inside and outside their walls.
- **Potassium:** Essential for heart health, muscle function and fluid regulation. It ensures that your heart beats properly and helps your muscles contract smoothly.
- **Calcium:** Critical for bone health, muscle contractions and nerve signaling. Calcium is also essential for blood clotting and maintaining strong teeth.
- **Magnesium:** Important for muscle and

nerve function, blood pressure control and bone health. It also plays a role in over 300 biochemical reactions in the body, including energy production.

- **Chloride:** Teams up with sodium to maintain fluid balance. Chloride also aids in digestion by helping produce stomach acid.

**Hydration and maintaining electrolyte balance is not just for athletes—it's for everyone who wants to live a healthier, more vibrant life.**

Electrolytes help maintain fluid balance within your cells, ensuring that your muscles contract properly and your nerves send the right signals. Without the right balance of electrolytes, your body can't perform these critical functions efficiently.

**Hydration and Weight Loss: A Dynamic Duo**  
As we age, maintaining a healthy weight becomes increasingly important. Hydration is your best friend in this journey. It boosts metabolic efficiency and aids digestion—both crucial for weight loss. Drinking water about 30 minutes before meals can help curb appetite and enhance nutrient absorption.

Proper hydration allows your body to burn calories more efficiently and flush out waste, helping you feel full and preventing overeating. Try aiming for around 64 ounces of water a day for optimal hydration.

**When Dropping Weight**  
One of the most sustainable and healthy ways to lose weight is by reducing simple carbohydrates and embracing proteins and healthy fats as our primary energy sources. As your body adapts to this new diet, it undergoes several beneficial changes. One major shift is that your kidneys become more efficient at flushing out toxins and reducing inflammation. While this is fantastic news, it also means that you may lose important electrolytes and sodium along with the toxins. To keep feeling your best and avoid an electrolyte imbalance, it's crucial to replenish these essential minerals.

Common indicators that you may be experiencing an electrolyte imbalance include muscle cramps, headaches, low energy and constipation. If these symptoms arise, increase your intake of electrolytes and you may quickly get back to feeling amazing and full of energy.

**Smart Ways to Boost Electrolytes**  
To maximize the benefits of hydration, consider incorporating electrolytes into your routine. You can add electrolytes to your

water to enhance hydration and replenish lost minerals. However, be cautious of drinks on the market that contain added sugars and artificial ingredients. These can negate the benefits of hydration and add unnecessary calories to your diet.

Instead, opt for high-quality electrolyte supplements that can keep you hydrated and energized without the added junk. Use electrolyte supplements two to three times a day, especially during the hotter months when you sweat more and lose sodium.

Hydration and maintaining electrolyte balance is not just for athletes—it's for everyone who wants to live a healthier, more vibrant life. By taking charge of your hydration today, you'll enjoy improved health, a better mood and effective weight management. So, as you enjoy the sunshine and outdoor activities this summer, keep a bottle of water and your favorite electrolyte supplement close at hand. Here's to a well-hydrated, healthier you!



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

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# SLOW TRAVEL FRANCE BY BARGE

When I am not wearing the Crier’s editor’s cap, I’m wearing a sailor’s cap. That’s because for more than three decades I’ve specialized in writing about cruises. I tired of the big ships and began to focus on small ships operating on the European rivers and, then, even smaller vessels that putter along the French canals. These vessels are known as luxury hotel barges. They carry up to 22 guests on seven-day sailings. For the past 10 years, I’ve hosted groups on barge trips, including a group from WNC this past May. We traveled from Paris up the Oise river at just the right pace. You can read more about my adventures at [rivercruiseadvisor.com](http://rivercruiseadvisor.com) and [avidcruiser.com](http://avidcruiser.com).



Docked in Auvers-sur-Oise, where Van Gogh was laid to rest alongside his brother Theo. The beauty of barging is that you’re always moored just steps away from a village center.



On Burgundy’s Canal du Centre just before lunch. Tables were being prepared for dining outdoors on a beautiful spring day.



Dining on the barges rivals dining at Michelin-starred restaurants, without the hefty payout. Produce and meat are often purchased in villages along the canals and prepared by the barge’s chef.



The barges move at such a slow pace that you can step off at a lock to walk or cycle alongside the canal, stepping back on board at a lock along the canal. Bikes are on board for those who want to cycle.



From Paris, we cruised the Oise canal, over-nighting before our next-morning departure within view of the Eiffel Tower. Our trip began with a night cruise through Paris before setting off the next morning to the countryside and lovely villages along the way.



Our chef, Pascal, who learned the culinary arts from his grandmother. Pascal created culinary masterpieces in a galley that was so small he could barely turn around.



One of the more popular itineraries is in the Alsace region, where there is no shortage of beautiful vistas and attractions.



Ending two weeks of barging Burgundy. For many of us, seven days of barging is not enough. It’s possible to combine itineraries in regions such as Burgundy for two full weeks of traveling France at just the right pace.



## The Beauty of Growing Older

Aging is both an honor and a privilege. The condition of our skin reflects the care we have given ourselves or the lack thereof. Let this serve as a gentle reminder to practice kindness towards yourself. Your skin accompanies you throughout life's journey—nurture it with love and celebrate the radiance you uncover, not just today, but 5, 10, and 20+ glorious years into the future! Here are some kind steps to gentle aging:

*The skin  
YOU'RE IN*  
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**Step 1:** Cleanse your face every night before bed. This crucial step removes dust, dirt, atmospheric toxins, and sweat.

**Step 2:** Exfoliate two to three times per week. This process removes dead skin cells, allowing nourishing products to better penetrate and rejuvenate your skin.

**Step 3:** Mask. After exfoliating two to three times per week, use a mask suited to your specific skin type for optimal benefits.

**Step 4:** Nourish and hydrate your skin with luxurious water-based and/or oil serums while freshly cleaned and/or exfoliated and still damp. This is when your skin is still warm and most receptive.

**Step 5:** Moisturize to protect. Complete your ritual by massaging a nourishing and hydrating cream into your face, neck, and décolleté to protect your skin.

Caring for your skin gently and regularly as you age is a beautiful way to honor the journey of life. Embrace the privilege of aging by nurturing your skin with love and kindness, celebrating each year with a radiant, healthy glow.



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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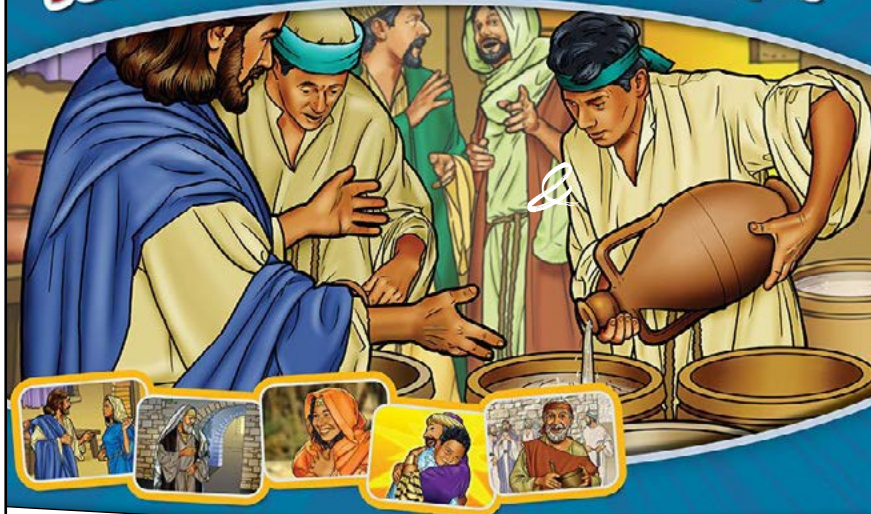


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# An Old Barn, Vintage Home and Farm Land Have a New Life... But What Happened to Those Donkeys?

By Sandie Rhodes

**On the corner of Charlotte Highway and Fox Lane** in “downtown” Fairview, there once lived a most interesting older couple and their beloved donkeys. So interesting, in fact, that the *Crier* ran a full-page article on them in our February 2014 issue (see box on facing page).

The original donkeys were named Ty (Cobb) and Pete (Rose), as a tribute to the McCracken’s love of baseball. After Pete passed suddenly, the question on everyone’s mind was, “What happened to the other donkey?” That led to a front-page photo in the *Crier* explaining about Pete and the new little girl, Casey (Stengel), that came to keep Ty company. All was right with Fairview again.

You see, these donkeys were an actual fixture for everyone who drove that part of Charlotte Highway. They represented a rural, beautiful way of life that was slowly disappearing as one drove down the road. And that is why after the McCrackens both passed and the property had a “For Sale” sign up, the *Crier* kept getting calls, emails and texts asking... “But what about the donkeys?” After folks started noticing lots of stuff happening on that beloved old field, we did a bit of sleuthing and got in touch with the new owner—who is just as warm and loving as the McCrackens were

and shares their love of the old house, barn and property. Introducing Courtney Stephens, in her own words:

This July will mark two years from the purchase of the historic Dr. Cireo McAfee McCracken House, where the famous Fairview donkeys once lived. Prior to my purchasing the property, the donkeys were rehomed to Avery Creek



Courtney Stephens and her kids in front of the house

adjacent to Pisgah National Forest. They are living a good life with horses to keep them company.

Julian McCracken’s father was the first country doctor in Fairview, practicing for 45 years. Dr. McCracken built the American Foursquare style home in 1924 using trees from the property. In 1995, the home was listed on the National Register of Historic Places.

As with all things in life, this beautiful home is a work in progress. Replacing all of the original electric and plumbing was a big undertaking, with knob-and-tube wiring and plaster walls. Using antique reproduction push button light switches, vintage hardware and a very patient contractor that learned plaster repair, I was able to keep the character of the home. The biggest labor of love was removing layers of linoleum floors, nails and rot to uncover the original heart pine floors in desperate need of repair.

Julien’s children came to visit




The donkey barn now features gift items.

us, reminisce and see the updates a few months ago. They are such a wonderful family. I was able to hear stories about the different trees their parents planted and what plants Julien would grow. I am so thankful for their trust in me to preserve and love this special family home.

This property has become a wonderful home base for my business, Sow the Magic, and the best canvas for my love of gardening. The small red barn where the donkeys once lived has

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become a self-serve farm stand. It's been revamped with antique architectural accents, vintage windows and the original crystal chandelier from the farm house. After almost two decades in the gift industry, I am finally able to blend my two loves—special gift items and gardening, with both celebrating the magic of Mother Nature.

Sow the Magic offers handmade bath and body products, garden and seed

gifts, rare plants, local honey and other gift items. To stop by and see the revamped donkey barn yourself, travel east on Charlotte Highway past the post office, turn left on Fox Run Drive and then make a quick left on Lady Luck Lane. You can go to [sowthemagic.com](http://sowthemagic.com) to learn more about the company.

Sandie Rhodes is the chairperson of the Fairview Town Crier's board.



Fairview's Favorite Donkey Gets a New Friend

## All about the Donkeys

The donkeys at the McCracken house have been featured in the pages of the *Crier* a few times over the years. You can find those articles at the links below. At left, from 2016, at [tinyurl.com/ycdfuw2m](http://tinyurl.com/ycdfuw2m). And below, from 2014, at [tinyurl.com/2x79bfp8](http://tinyurl.com/2x79bfp8).





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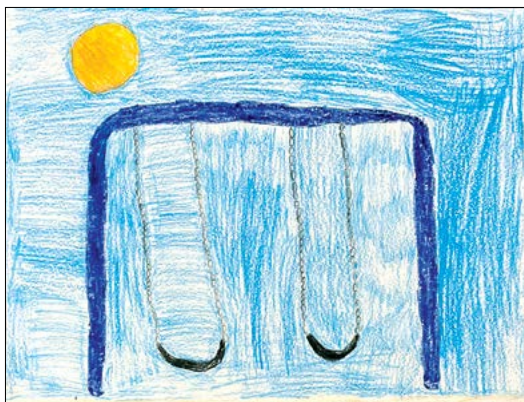
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## FROM THE STUDENTS OF FAIRVIEW ELEMENTARY SCHOOL

We have more art to share from the talented students at FES! In order to run as many of these as possible, we weren't able to make space to identify all the artists (and their teachers). And we received stories and poems, as well, which we will publish next month.



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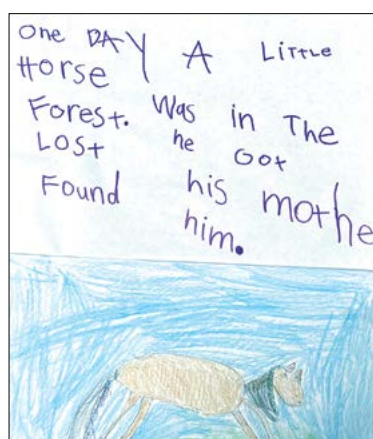


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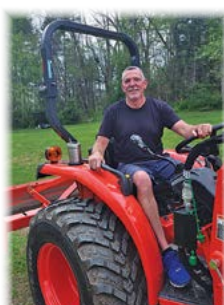
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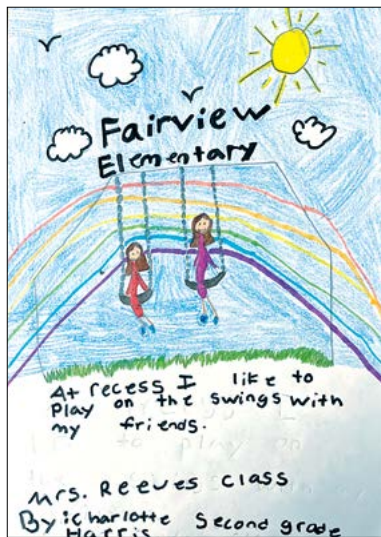
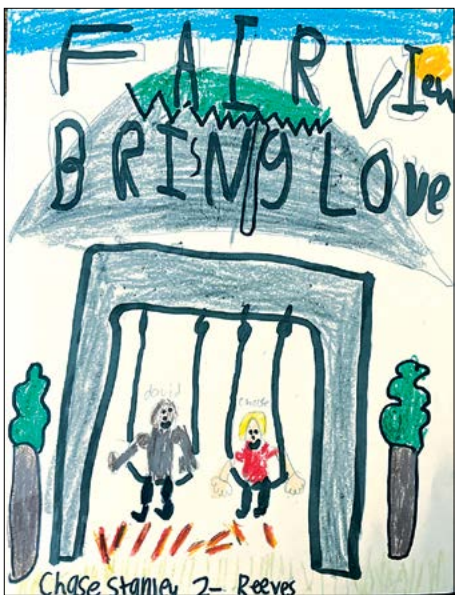
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# Staying Positive at CCMS

By Norm Bossert

In the agrarian society of the 19th century, schools, more or less, functioned on calendars that made it possible for children to work the fields with their parents. A typical family consisted of 4.5 kids. (What happened to the other 0.5?) Families were larger for several reasons, and one was economic. Big families meant free labor. Farmers needed their kids to seed, care for and harvest their crops.

Later on, as the Industrial Revolution began to take over the labor landscape, our calendars began to adjust. Desks were lined up in straight rows and bells announced the start and end of the workday, just like at a factory. Today, many school systems run that same agrarian calendar. Most still move the students with bells from break to break.

In some ways, the schools of today are very much like the schools of yesterday. In other ways, they are dramatically different. For example, you won't see "Run Spot, Run . . . See Spot Run." Science and research have paved the way to more insightful and targeted instruction. Computers have pushed aside typewriters, encyclopedias and textbooks. The questions many parents ask are punctuated with comments such as, "I can't help my child with that new math stuff they bring home. What about the times

tables? Why doesn't my fifth grader know their math facts?"

If you are a parent or grandparent, you probably do what most of our aging folks do. (Save the aging jokes: I'm 73.) You probably shudder and worry about the future. Well, if you are connected in some way to Cane Creek Middle, read on. Here at Cane Creek, we try our best to teach our middle schoolers the Cane Creek Way—respect and kindness. Like any school, we have some students with special challenges. They might be academic or behavioral challenges, but they remind us how important it is to teach the Cane Creek Way.

In a nutshell, we work to teach kindness and respect. During my 50 years as an educator, I've been in a lot of schools. I had never been in one before where students greet you kindly—"Good morning Mr. Bossert." Students will rush to open a door for one another, as well as the adults who hang out in the hallways and at the car rider line. Students will stop and speak with you about things that matter to them.

Now, I am not naïve. As I wrote earlier, we have some students who have a lot to learn about the Cane Creek Way. I also know that "yes, sir" or "yes, ma'am" don't start at school. They start at home. And when a middle schooler doesn't learn respect or kindness from the adults and students at

school, we administrators will enlist the help of families. We do that because the staff at Cane Creek knows the power of teamwork and communication. Together, we can help prepare our children for a world where kindness and respect is even more important than math, reading or writing.

Is school different today than it was in 1875? Of course! After all, the whole world is different. At Cane Creek, we want every child to feel safe, welcome and wanted. What can be more important?

I still love driving to school every day. I love watching our shared kids grow. I love watching our kids chatting with their teachers. I love the sound of their laughter. For me, the summer will fly by, and we'll all be together again. I can't wait.

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

## Middle Schoolers Create Magazine

The Cane Creek Magazine is the first student-created publication at CCMS and one of few by middle schoolers in North Carolina. It features student-made art, poetry, short-stories, photography and articles. The design of both the print and online version also were created by the students.

You can visit the website at [ccmsmagazine.umso.co](http://ccmsmagazine.umso.co).



### ACRHS STUDENT OF THE MONTH Paige Marino

Although it is summer, Paige is a student worthy of recognition! Nominated by Mr. Barnhouse, he said that Paige is blessed with a wonderful voice that helped her obtain honors choir for the state, Governor's School, and acceptance to Duke University. She is the director of the choir program at the school and her academics are above par. She pushes herself to take honors, AP classes and college courses—she currently has 21 college credits before graduating high school. She tries to help everyone to the best of her ability. Paige is a stellar student, scholar, musician and person.

All winners receive a special mug from the Crier. Congrats, Paige!





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Android devices have a Find My Device network being rolled out to help find your misplaced devices. You need at least Android 9.0, released in the fall of 2018, and you need to log into google.com/android/find or install the Google Find My Device app from the Google Play store.

AI is now embedded in Google and many other search engines, but at least with Google you can drop your search back into the old web-text-only search results you may prefer. After you do your search at google.com, on the results page find and click on the three vertical dots or "More." Click on

"Web" to find older-style results. Once you are at the web results, you can continue using the search box above the results to start new web (non-AI interpreted) searches.

Using different profiles in your web browser can help keep your work and personal life separate—bookmarks, privacy settings, passwords and preferred tabs to keep open. Different browsers handle the making and use of profiles in different way. Use your favorite search engine to find more specific how-to's.

Google Street View can blur your house, but the process is a one-way street. If there is something about your house or the car's license plate in front that you don't want on Google Street View, you can ask them to blur it. But, once blurred, they won't or can't undo it. So, be careful about requesting it, and make sure it is your house you are blurring. Pull up your house in Street View and click on the three vertical dots to see if you can report a problem. There is no promise of when they will get to it.



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

**Sarchasm (n):**  
The gulf between the author of sarcastic wit and the person who doesn't get it.

**My neighbor gave me a new roof for free. He said it was on the house.**  
\*\*\*

**A pirate walks into a bar wearing a paper-towel hat. The bartender asks, "What's with the paper-towel hat?" The pirate says, "Arr, there be a Bounty on me head."**  
\*\*\*

**Guys say the darndest things.**  
**He: I think you're right.**  
**She: I didn't say anything yet.**  
**He: I'm just trying to save time.**  
\*\*\*

**What did the buffalo say when his son left?**  
**"Bison!"**  
\*\*\*

**There are three types of people in the world: Those who can count and those who can't.**

**It's inappropriate to make a "dad joke" if you are not a dad.**  
**It's a faux pa.**  
**"Anybody who tells you money can't buy happiness never had any."**  
— Samuel L. Jackson  
\*\*\*

**Q: Where is the only place where today comes before yesterday?**  
**A: The dictionary.**  
\*\*\*

**"To apologize: to lay the foundation for a future offense."**  
— Ambrose Bierce

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.

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19 Kristie Scott Lane, Fairview behind KD's gas & Trout Lily



Former Crier Writer’s New Book



Monte’ Hill, who was a long-time Fairview resident and authored the “Folk Wisdom” column in the *Crier*, has published a historical novel called *Catbird Winter* that is set in the Hickory Nut Gorge area during World War I. Although she lives in Arizona now, Hill (below) is traveling back to the area for book signings: Hi-Wire Brewery in the River Arts District, July 16, 6–8 pm; and Chimney Rock Brewing, July 18, 6–8 pm. Those breweries are also releasing a collaboration beer (called Catbird in the Rye) to coincide with the release of the book, which can be found on Amazon.



The “Other” Doctor Returns to WNC

Back in 2022, the *Crier* ran a story about a new book from Dr. Benjamin Gilmer, from the MAHEC clinic on Cane Creek Road. The book, *The Other Dr. Gilmer: Two Men, a Murder, and an Unlikely Fight for Justice*, told the story of Benjamin discovering that he had taken the place of another Dr. Gilmer—Vince—a beloved local doctor who was convicted of murder in 2004. Benjamin won a pardon for Vince, due to his being diagnosed with Huntington’s disease, a serious neurological disorder. The process to release Vince to a secured medical facility took two years, but he’s been released and is back home in WNC.



Photo: Erin Brethauer (Benjamin); Andre Teague/ Bristol Herald Courier/ Associated Press

On the Road



Natalya and John (aka Zoe & Cloyd) traveled to Westport, Co. Mayo, Ireland in June to perform at the Westport Folk & Bluegrass Festival. The photo was taken in front of their Bed & Breakfast! We’d love to share your travel photos! Take the *Crier* with you and send your best shots to (email) [ralph@fairviewtowncrier.com](mailto:ralph@fairviewtowncrier.com) or (text) 828-338-8133.

Be Aware: Insurance Scam Alert

NC’s Insurance Commissioner Mike Causey is cautioning residents to be on the lookout for door-to-door salesmen posing as agents with the NC Department of Insurance (NCDOI) who seek to sell fake insurance to unsuspecting consumers. Some scammers may present a business card with a logo of the department on it. Agents with the department’s Criminal Investigations Division have been informed of at least two recent instances of this type of activity and are currently

investigating the complaints. This is the fourth time since 2020 that there have been reports of NCDOI imposter agents acting as salesmen. Similarly, if a representative shows up claiming to be from Medicare and asking for your Social Security number, this is another sign of a scam. If anyone has information regarding imposters posing as NCDOI representatives, you can report it by calling 919-807-6840 or 888-680-7684.



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# Avoid These Estate Planning Mistakes

By the time you reach retirement age, you may have accumulated a 401(k), IRA and other investment accounts, along with insurance policies and physical properties. You'll use some of these assets to support your retirement, but the rest may end up in your estate—which is why an estate plan is so important.

So, to leave a legacy for your family and those philanthropic groups you support, you need a comprehensive estate plan—and you need to avoid making mistakes. Here are some of the most common ones:

- Procrastinating—Estate planning, and its implications about our mortality, may not be a pleasant topic to think about. Yet, putting off your estate plans can be risky. If you were to pass away or become incapacitated without doing any estate planning, the results could be costly for your loved ones. One possible consequence: If you haven't at least created a basic, simple will, the courts could decide how to divide and distribute your assets, and they may do so in a way you wouldn't want.
- Not updating wills and other documents—Drafting a will and other legal documents, such as a living trust, is an important step in your estate planning. But you shouldn't just create these arrangements and forget about them. Changes in your life and among your loved ones—deaths, divorce, remarriage,

- new children and more—may result in the need for you to update your estate plans, so it's a good idea to review them periodically.
- Not updating beneficiaries—Similar to updating your will to reflect changes in your life and family situation, you may also need to update the beneficiaries listed on your financial accounts and insurance policies. These designations carry a lot of weight and can even supersede instructions in your will, so you'll need to make sure they are current and accurate.
- Not properly titling assets in a trust—Depending on your situation, you may benefit from establishing a living trust, which may allow your estate to avoid the time-consuming and expensive process of probate. A living trust also helps give you control over how, and when, you want your assets distributed. However, you need to retitle your assets in the name of the trust for the trust to be effective.
- Not choosing the right executor—An executor carries out your wishes based on the instructions you've given in your will or trust documents. But fulfilling an executor's duties is not as simple as, say, following a recipe for a basic meal. Consequently, while you might just want to pick a close family member as executor, you need to be sure this person is competent, good with details and won't be overwhelmed by the

financial and legal issues involved in settling an estate. If your initial choice doesn't have these skills, you may need to find a responsible person outside the family.

Finally, here's one more mistake: going it alone. Estate planning is not a do-it-yourself activity. To help ensure your estate plan addresses all the issues involved, you'll need to work with a legal advisor, and possibly your tax and financial professionals, too.

Devoting the necessary time and effort can help you avoid many of the mistakes that

threaten the effectiveness of estate plans—and the fewer mistakes you make, the better off your beneficiaries can be.



This article was written by Edward Jones for use by your local Edward Jones Financial Advisor, Stephen Herbert. Contact 628-1546 or [stephen.herbert@edward-jones.com](mailto:stephen.herbert@edward-jones.com).

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PRICE RANGE	NUMBER OF SALES	\$ AVG PRICE	DOM
100-199K	1	105,000	7
200-299K	1	215,000	1
300-399K	1	370,000	16
400-499K	4	458,550	23
800-899K	1	879,900	29
1M-1.99M	1	1,825,000	3
2M-2.99M	2	2,192,500	17.5
<b>HOMES LISTED: 8</b>	<b>HOMES SOLD: 11</b>	<b>LAND LISTED: 6</b>	<b>LAND SOLD: 2</b>
Max \$1,750,000	Max \$2,385,000	Max \$284,900	Max \$325,000
Min \$312,500	Min \$105,000	Min \$59,995	Min \$250,000
Avg \$770,750	Avg \$874,009	Avg \$135,815	Avg \$287,500

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# Celebrating our Graduating Class of 2024

Early summer brings excitement for our recent graduates and their families as they begin their next journey to college, careers or military service. Many folks don't know that there are 11 high school programs in Buncombe County Schools (BCS) designed to best support the diverse needs and interests of our students. Many of our Fairview-area students attend BCS high school programs other than A.C. Reynolds High—such as Nesbitt Discovery Academy, Early College or the newly established Center for Career Innovation, to name a few. I was excited to participate in the ACRHS graduation ceremonies, and I want to congratulate all of the class of 2024 graduates in our community.

### Celebrating Educators

The end of this school year also marked the retirement of four beloved Fairview Elementary School (FES) teachers: Ms. Spruill, Ms. James, Ms. Pugh, and Ms. Lynch. Across their remarkable careers at FES, they served and supported our students in so many ways. Beyond teaching across multiple grades and subjects as needed, they also served as bus drivers, after-school club organizers, school improvement team representatives, and just all-around amazing student advocates. We will miss these four educators at FES

and wish them a happy retirement. The Fairview community should also be very proud of Ms. Burleson for her call to step into school administration. Through her graduate program, she will be serving as an intern assistant principal at Weaverville Elementary next year. Ms. Burleson's positivity and supportive presence at FES will be missed by everyone, but we are proud of her professional endeavors in public education. Congratulations to all these great teachers, and thank you for leaving such a positive legacy in our Fairview community.

### Summer Resources for Students

Though school is out for the summer break, BCS is full of activities for students. Through our Career Technical Education (CTE) department, BCS is offering multiple free summer camps across the county. Cane Creek Middle School is hosting the Career Quest Camp from July 29 through August 1. This camp gives students an opportunity to participate in fun activities highlighting various career paths, such as environmental science, forensics, aviation, construction and many more. Also, ACRHS will be hosting a free Agriculture Day on July 11. This camp will immerse students in a hands-on experience blending agriculture, horticulture and natural



resources management. With the addition of a new Natural Resources program and Masonry pathway at ACRHS, the options for students to gain meaningful skills in our CTE program are truly impressive. You can call the school directly to get more information about the camps and CTE programs during the school year.

Big Improvements for Rocket Drive BCS is on a multi-year journey to improve the safety and security of our school campuses. You may have already noticed improvements at our school entrances, which now have a "double vestibule" design to better allow staff to control who comes into the school. One needed improvement has been the approach to ACRHS on Rocket Drive. Over the past few years, our facilities department has worked with the NC Department of Transportation to plan these safety upgrades. This summer, Rocket Drive will be closed to all traffic and you will have to access the school from Reynolds School Road while the work is being completed. The major improvements will include a

new sidewalk from the school building along Rocket Drive down to the stoplight on Highway 74. There will also be a gated guard shack constructed just past "Rocket Island." Once school is back in session, during the school week and during regular school hours, Rocket Drive will be closed with the guard shack gate lowered. Visitors will need to check-in before entering. Outside of regular school hours, the gates will be open for folks needing to travel Rocket Drive. I am grateful for the many years of work and collaboration to get this important safety and security project accomplished. The safety and well-being of our students is the top priority of BCS, and we will continuously improve our facilities and operations to ensure our students have a safe and positive learning experience in all of our schools.

I hope all of our Buncombe County School families and students have a fun and relaxing summer break.



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

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# Local Businesses Thrilled with Community Support

James “J.” Garland told the *Crier* that the community came forward to offer help when he and his wife Renata were opening **Rooted in Wine**. “Some people asked if they could help us dig holes for the plants,” J. said. “One guy left a box of wine glasses on our doorstep. He said he was moving away and thought we could use them. We’re very lucky to have landed in Fairview, and the community seems happy to have us here.”

Rooted in Wine, located on Charlotte Highway beside Sky Mountain Pizza, has extended its weekend hours until 8 pm. Look for events, including one featuring local artist Olga Dorenko, whose artwork adorns Rooted in Wine’s signage, as well as tea and imported olive oil tastings presented by J.’s English-Italian wife Renata. Check [rootedinwine.com](http://rootedinwine.com) for details to be posted soon.

Down the road a bit, **New Moon Marketplace** celebrates its one-year anniversary under new ownership. Renee Deaton told the *Crier* that her shop now features 40 vendors and 10 local artisans. She’ll be hosting a yard sale on July 14 from 9 am until 3 pm, with vendors set up in the store parking lot. Parking is permitted at Dickie’s next door. “The community has been wonderful,” Renee told the *Crier*. “They

carried me through the winter months. They’ve been amazing, responding well to the changes.”

Kevin and Angie Lahue said they too have been pleasantly surprised by local support of their businesses, **Generational Grounds Coffee Truck** and **Beloved Spa**, both on Cane Creek Road. When the school year begins, the coffee truck will open at 7:30 am to caffeinate parents dropping their kids off at school. Current hours are Wednesdays through Fridays 8 am until 3 pm and Saturdays 9 am until 1 pm. “We see our place as a community gathering spot,” Angie told the *Crier*. Craft and farmer’s markets are tentatively being planned for next year. On July 10, the Fairview Business Association will meet there from 8:30 am to 9:30 am.

Days before the *Crier* went to press, Janet Peterson’s **Cloud 9 Farm** kicked off its U-Pick Blueberry season, which runs through August. The *Crier* was there on opening day to pluck a pint of plump blueberries. Janet took over the 200-acre farm when her father passed away at age 91. Cloud 9 is a little piece of paradise, located off Bob Barnwell Road. If you’d like to pluck a pint yourself, look for the “U-Pick Blueberries” sign. Paypal, Venmo and cash accepted.



Rooted in Wine’s James (“J.”) and Renata Garland and their dog Blu



Angie Lahue of Beloved Spa



Renee Deaton of New Moon Marketplace



Janet Peterson of Cloud 9

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Meet a Member: Brea Gratia

What brought you to Fairview?

I've long been passionate about mountainous regions. In 1994, while working as an esthetician in Houston, I had a client who, along with two others, recommended Asheville as a place that could support my facial treatment business. I was looking for an area with a population of affluent individuals who regularly indulge in spa services.

Based on their recommendations, I started bringing my twin daughters to Camp Illahee for summer camp every year. In 1999, we purchased the Leader Building downtown. After later divorcing, I bought my first house in Fairview as a vacation home for myself, but felt bad that it would sit empty most of the time. My realtor suggested that I turn the house into a vacation rental; so I did.

How did you get started?

I've been self-employed for the majority of my career. Initially, I opened a modeling school, and from there I obtained my license as an esthetician and began offering facial treatments. My facial business steadily grew, and before long, I had established a full-service day spa.

How do you help your clients?

My expertise in treating acne began in 1980 when I developed a deep understanding of the skin's pores and how they function.

I also gained proficiency in helping clients combat the signs of aging. I've established myself as an expert esthetician in both of these important skincare domains.

What's on your bucket list?

I've been traveling to some wonderful places with my husband in the last five years or so. I'm thinking I still have some amazing travels in front of me, perhaps to destinations like Spain, Croatia, Australia, New Zealand, Switzerland, and/or Thailand.

You can read more about Brea's story at [gratiabotanica.com/about](http://gratiabotanica.com/about).



In last month's issue, we mistakenly identified this photo as being taken in Beloved Spa. It is in fact at Gratia Botanica.

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



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# Flowers on the Menu, Part 1

Summertime is in full swing, and these days—between the rain and the long, quiet days of summer’s blissful bounty—life is very good in these beautiful mountains. After a swim in my favorite pristine lake, I happened upon a wondrous sight in our driveway—a mama black bear and three rambunctious cubs were pulling down branches from one of our apple trees. So, I watched them play, climbing the peach and pear trees like fat little black fluff balls. They wrestled together and played tag while mama wandered over to the woodland border and began munching wild daylilies, which I did not know was on their widely varied palette. I stayed safely in my car and watched the pure joy of the cubs frolicking in the field and having a good time in the summer sun.

Summer is a time of harvest and abundance, and there are many wild edible flowers to enjoy in your meals, as a trail nibble or as a colorful but tasty garnish. Years ago, our neighbor Mary gave us a few milkweed starts (*Asclepius tuberosa*), and they have multiplied ten-fold along the roadside gardens that we planted many years ago to bring beauty to the community. Milkweed was one of the first wild edible plants that I discovered, as their young pods can be steamed like broccoli.

But even better, their round balls of flowers are like concentrated honey balls, sweetening the air and tempting the bees.

These days, milkweed is often planted for monarch butterflies, which have been dropping in numbers. I read that the flowers could be dipped in batter and frittered and served with a little maple syrup, and it’s true. It was absolutely scrumptious, but as several friends pointed out, most things that are frittered with maple syrup taste pretty good. These days I leave almost all of the flowers for the butterflies, but I will snatch a few for treats as a seasonal delight.



Daylily - photograph by Alan Muscat

Wild daylilies (*Hemerocallis fulva*) are also in incredible abundance every year along the roads, meadows and fields and even in the midst of the woods where

there’s enough light for them to grow. They are a wonderful flower to be used, as you can’t get anything more abundant than day-lilies, and they’re a beautiful radiant orange color. The flowers can be chopped up raw in salads or stuffed with herbs and goat cheese and sautéed like squash blossoms. The young tender buds are a great substitute for string beans when steamed, and early shoots are delicious in early spring, but the flowers are really spectacular.

Also growing in abundance in our gardens and throughout the mountain meadows is beebalm, or wild bergamot (*Monarda didyma*). The brilliant red flowers can be pulled apart and tossed onto salads or used as a wonderful adornment to your meal, bringing color and beauty to your plate. While hiking, I like to pluck a few flowers, as I love the taste of the nectar along with that little hint of spice (almost like oregano, but that flavor is much more strongly present in the leaves). Beebalm is in the mint family and is prolific in the mountains. Dry the whole flower head and the leaves to make a wonderful tea.

Over the years, we’ve cultivated hundreds of hardy begonias, which have now gone feral. Every year, they put out an abundance of red, pink and salmon flowers; they have a distinct, tart lemon flavor and are a beautiful addition to salads.



Milkweed with a Monarch from Shutterstock

Last but not least are Hosta flowers. In a recent salad I made, I put two handfuls of fresh nectar-infused flowers, a few of my remaining orange daylilies chopped up, a handful of salmon-red begonia flowers, and a couple of bergamot flowers. What a gorgeous addition these wild edibles made to our evening salad! I sautéed bacon and onions and added a bag of wild violet greens, lamb quarters, dandelion leaves and chickweed with a couple daylily petals on top.

Every day, I try to eat at least one wild thing, as its part of a communion ritual for me, bringing that energy from the good earth into my body and making my heart sing with joy and delight. The good earth is so generous to us, and I’m grateful to feel so deeply connected to the land that we live in here in WNC.



Contact Roger at [rogerklinger@charter.net](mailto:rogerklinger@charter.net).



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# Oh, for the Love of Horses

by Joy Redfield Kwapien

**I was once told, “You either love ‘em or you’re ambivalent to them.”**

I’ve never heard the word “hate” used around horses. They have been called the world’s most beautiful animal. Their movement in a gallop or canter is pure power and grace.

In the beginning, they were wild and feral. 3.5 million years ago, DNA and fossil remains found them not in the Siberian steppes alone but in Idaho. Then, early people learned how to tame the horse and riding astride became faster and more powerful. From that use or misuse of power, cultures and countries were conquered by people and horses pulling weapons and warriors. Then came horse masters, men who respected and loved their horses. And there were women, too, including Lucille Mulhall, Cheryl White, Annie Oakley—and, in Fairview, Annie Ager.

I claim to be a horsewoman, although my great love and respect for horses outweighs at times my expertise with the reins. My earliest memories of horses were of my Montana-born father putting me in the saddle on old Molly. My tiny legs not long enough to command. Just tugging the reins and clicking my tongue.

As life is often lived with compromise, circumstances did not allow proximity to four-legged friends for many decades.

Until I happened upon Annie Ager. The first true horsewoman I had met in a long, long time.

Around 20 years ago, our family moved



**Horses drinking at Project Hickory Nut Gap**

to a farm in northern Orange county in NC from my home state of Alabama. On a farm near ours lived Annie’s niece, Elizabeth Hamilton Bahnson, who grew up in Fairview. It didn’t take long after hearing about Hickory Nut Gap apples for me to make the three-hour trip. Susie Hamilton, Annie’s sister and Elizabeth’s mother, stretched her brown, weathered hands into the bins, picking her best apples for us.

Susie didn’t have manicured, shiny nails. That would belie the truth of a woman with a love for farming. She had hands that reminded me of a John

O’Donohue poem.

After moving a year or so ago to the majesty of these mountains and searching for apples last fall, I came upon a more delicious find. Annie with her horses, near the Hickory Nut Gap farm store. Children were lined up to meet the moving majesty of the horse.

I learned from Annie that her parents had horses and also a lot of land to explore. Annie said that her mother rode often and included her in those early adventures. Coming upon a critter was not uncommon while trail riding. Or suddenly cantering over a hill and spotting an ancient spreading oak that appeared to be climbing toward the cumulus. Time can eclipse into stillness when you sit on the bare back of a favorite horse. If only parents knew how a good horse can be a grand babysitter. So Annie, among her siblings, kept that eternal love of the horse.

Annie’s mother sent her to the Biltmore riding stables when she was young for more formal horse lessons and proximity to Jane Bingham. Annie admired Jane for her calmness around these large animals. There is an art to encouraging confidence in young people while they maneuver horses and learn new skills. I gathered when talking with Annie that Jane’s balance of firmness, humor and praise made a lasting impression.

Later, Annie and her sister Susie ran a successful horse camp. Susie offered

art, pottery and drama. Annie corralled horses and kids. I can just see the campers acting in a play on the back of their horses. With the help of many hands, the camp is still in operation today.

**My earliest memories of horses were of my Montana-born father putting me in the saddle on old Molly.**

As a teenager, the Fairview family patriarch, James G. K. McClure, ran away from home and headed to Texas. There, horses and cows outnumbered humans. So he rode. And probably ached and then rode again; learning life’s lessons on the back of a horse. Before leaving Texas, he became well known as a horse trainer.

There is so much talent in this historic Fairview family. No crown or jewels do any of them wear, just a dedication to helping neighbors and honoring honesty. I find that my visits to Fairview broaden my exposure to other people and places.

Of course, horsewoman to horsewoman, I’ll always see Annie Ager with a bright horseshoe halo.

*Joy Redfield Kwapien lives in east Fletcher, close enough to feel at home in the Hickory Nut Gap area.*

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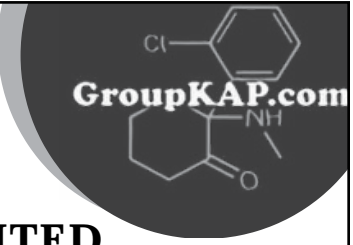
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## What Is IRMAA?

IRMAA is something you need to be aware of if you're on Medicare and have had a significant change in income. Had an unexpected (or expected) windfall recently? IRMAA may be on the horizon for you. Income-Related Monthly Adjustment Amount is an income-based surcharge on top of your regular premiums that can come as a real shock if you're not prepared, and it doesn't rear its head until two years later. I should know—it happened to me!

A few years ago, I sold a house to my daughter and thought nothing else about it. A couple of years later I turned 65, signed up for Medicare, and was blindsided by a letter from the IRS stating that my Part B and D premiums were going to be much higher than I expected. It appeared that the modest capital gain from the house sale two years earlier had put my income over the IRMAA threshold. Fortunately, IRMAA is reassessed every year, so it disappeared the following year as my income returned to below the threshold. The threshold is now also indexed to inflation, which can raise it above a person's income eligibility for IRMAA.

The Modified Adjusted Gross Income (MAGI) on your annual tax return is used to determine if IRMAA applies to you. The IRS uses the most recent tax

information that it can get. Generally, the information is from two years prior to the year for which the premium is being determined, but not more than three years. For example, you would qualify for IRMAA in 2024 if your MAGI from your 2022 tax returns meets the 2024 income thresholds (\$103,000 for beneficiaries who file individual tax returns and \$206,000 for those who file joint tax returns), according to the Centers for Medicare & Medicaid. Visit Medicare.gov or CMS.gov to view thresholds and premiums for other filers.

The IRMAA assessments do not pertain to Medicare Supplement policies. It may impact Medicare Advantage plans, however. As with all Advantage plans, the Part B premium must be paid. A person with an Advantage plan who qualifies for IRMAA must pay the following: the Part B premium plus the IRMAA fee, the IRMAA on the Part D portion of the plan (if it has prescription drug coverage), and the plan premium, if any. IRMAA is paid directly to Social Security and not to the insurance company.



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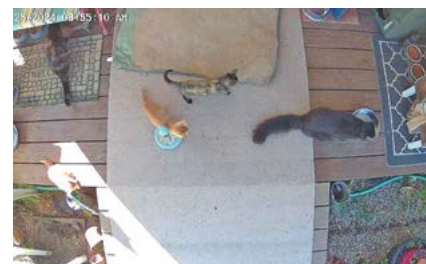
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## A Cat and Kittens

One of our readers had an adult cat show up at her home around Upper Brush Creek Road near Charlotte Highway. Do you know this kitty? And soon after the cat showed up, four kittens followed. They are about 2.5 months old and all need homes. If you have any info or want the cat or any of the kittens, call or text our office number (628-2211) or email office@fairviewtowncrier.com to be connected to the reader.



The kittens feeding (above and right) with the adult (left). They kittens are skittish, so it was hard to get good photos.







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