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The Fairview Town Crier

AUGUST 2024 VOL. 28, No. 8 | FAIRVIEW, NC | fairviewtowncrier.com



Out & About: Rolling Along Charlotte Highway

My red truck chose to take me for a ride along Charlotte Highway in July. My first stop was 1611 Charlotte Highway, where Annie Spindler is bringing new life to the old yellow barn-style building that sits across from Fairview Grocery n Gas. Annie's end goal is an assisted-living, long-term care home on a farm. Phase one will operate as a day community center for older adults. You can read more about Annie's Elderflower Care Community on page 30.

Turning right out of Annie's parking lot, passing Flying Cloud Farm and making a left before Charlotte Highway snakes up to the Eastern Continental Divide brought me to Hickory Nut Gap Farm.

On a hot Sunday afternoon, vendors, fiddlers, families and the like came together for the Appalachian Makers Market. Things were busy in the old barn. John Templeton and his fellow strummers and pickers, aptly named The Old Charlotte Highwaymen, played while kids pedaled tricycles on the dance floor.



Annie Spindler



From left, J.G. Martin, Rush (of "Cell Phone Zombies"), Alicia Street and some market goers having fun on the barrel train.

I stopped by to learn about bees and honey from Janet Peterson of Cloud 9 Farm. A small group had gathered at her exhibit. I walked away with a jar of Janet's delicious nectar.

On a picnic table, a sign advertised Anime Caricatures! Color \$10. I was about to walk away when I heard, "I take Venmo, Paypal..." He was only 10 years old, with blond hair that fell below his shoulders and thick blue-rimmed glasses. "I'm having a half-price flash sale," he said. How could I resist?

As he sketched, Rush (yes, that's his name), told me about his life. "I'm kinda famous at my school," he confided. "Oh yeah," I said. "How so?" He told me that he was one of the lead characters in a school play called "Cell Phone Zombies." "I was hit by a bus and turned into a Zombie," he said proudly.

Rush is the son of Alicia Street and James Martin, a young entrepreneurial couple who've made their home in Fairview.

"We started Appalachian Makers Collective as a way to elevate local

makers and bring the community together," Alicia told me. "Shopping local has never been more important. We genuinely love connecting artisans to new audiences and seeing them thrive."

There will be several more events at Hickory Nut Gap Farm this year. See appalachianmakerscollective.com for details and dates.

Rush and I continued to talk as he sketched my caricature. I asked him what he did with all the money he earns. "Buy comic books," he said. "Sometimes I buy one for my dad." How could you not love this kid?

The event was wholesome, family-oriented and just plain fun. Annie and Eric Ager put kids on ponies for rides through the woods. The tricycles on the

dance floor were a big hit. Outside, a few kids boarded a barrel train. I became a little nostalgic for a simpler time in life.

"That'll be \$5," Rush said when he had finished his drawing. I handed him \$10. "Keep it all, Rush," I said.

Heading back to where I began my journey along Charlotte Highway, I glanced at Annie Spindler's yellow barn. She sure has the right idea: Bring folks together, get them outside and into nature, no matter what age. And there's no better place to do that than here in Fairview.

If you've tried to reach me lately, you may have gotten a "call failed" response. We've remedied that with a new number that you may use to call or text me —828-808-4830.

EVENT

SMCC SUMMER PICNIC

August 17, 6–8 pm

807 Old Fort Road, Fairview

At Spring Mountain Community Center's annual picnic, chicken tenders will be furnished, and everyone is asked to bring a side dish or dessert to share with others. Events will include the Ducky Derby for kids. Free and open to the public. Come see old friends and make some new ones!

For more info and to volunteer, email eileen.searcy@yahoo.com.



PARTY IN GERTON! GertonFest XIII will be held at the Upper Hickory Nut Gorge Community Center. Music, food, plants and crafts. For more info, call 625-0264 or email groundedington@gmail.com. 4730 Gerton Highway, Gerton.

BACK TO SCHOOL

August 23

FAIRVIEW ELEMENTARY

Meet the Teacher 8–10 am

August 23

A.C. REYNOLDS MIDDLE

Meet the Teacher 6th grade (10 am–12 pm)
7th and 8th grades (1–3 pm)

August 23

CANE CREEK MIDDLE

Meet the Teacher 10 am–12 pm

August 22

A.C. REYNOLDS HIGH

Freshman Liftoff (8:30 am–12:30 pm)



IMPORTANT
DATES TO
REMEMBER!

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COMMUNITY CALENDAR

AUGUST 2
COMMUNITY ENGAGEMENT MKT.
3–4:30 pm. Buncombe County’s Community Engagement Markets offer free food, medical services, and information about mortgage, rental, and weatherization assistance, as well as other resources directly to those most in need by meeting them in their neighborhoods. At the Fairview Public Library, 1 Taylor Rd., Fairview.

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

AUGUST 10
RUSTY DOG ARTS & CRAFTS SHOW
9 am–3 pm. See ad on page 22. 379 Old Charlotte Hwy., Fairview.

AUGUST 12
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.

AUGUST 15
PLANT-BASED COOKING CLASS
Seventh Day Adventist Church
6 pm. Berry smoothie and more. See ad on page 15. 57 Cane Creek Cir., Fairview.

FOOD PANTRIES

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

AUGUST 17
SMCC ANNUAL PICNIC
Spring Mountain Community Center
6–8 pm. Annual picnic. See front page.

AUGUST 17
CORN HOLE TOURNAMENT
Fairview Business Association
Registration starts at 12 pm. Win a trophy and cash prize. Limited to 16 teams, \$40 per team. For more info, email todd@esco1960.com or call 767-7360. Turgua Brewing, 3131 Cane Creek Rd., Fairview.

AUGUST 27
MONTHLY MAKERS MARKET
Appalachian Makers Collective
11 am–4 pm. A free, family-friendly market. 20+ local artisans, a food truck, organic concessions, children’s activities, live music, and more. Find info on social media @appalachianmakerscollective.

AUGUST 31
GERTONFEST
Upper Hickory Nut Gorge CC
Annual event. See front page.

JULY THROUGH AUGUST
U-PICK BLUEBERRIES
Cloud 9 Farm
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 Rd., Fletcher.

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.

SAVE THE DATE

SEPTEMBER 8
ANNUAL MEETING
Cane Creek Cemetery Association
SEPTEMBER 28
FORUM ON WOMEN’S ISSUES
Buncombe County Democratic Party
With State Sen. Julie Mayfield, State Rep. Lindsey Prather, and a campaign representative for gubernatorial candidate Josh Stein. Turgua Brewing Company. For more details, call 274-4482.

High Speed Internet Expanding In Fairview

Rural and hard-to-reach areas are now getting faster or first-time internet access thanks to several state and county initiatives. The *Crier* visited Fairview Forest, where Asheville-based Skyrunner is wrapping up a 12-mile fiber run.

“People have been overwhelmingly supportive and excited,” said Florian Rumme, Skyrunner’s Project Manager. “Until you see it on their faces, it’s really hard to realize what the impact is on their lives. They can’t help but smile. It’s like you’ve just told them they’ve won \$100,000. Part of that is property values go up. But it also means their grandkids are going to come visit, and that means a lot to them.”

“We’ve been a presence in Fairview for more than 20 years,” said Julia Cunningham, Skyrunner’s business development manager. “This is one of the very first neighborhoods that Skyrunner ever served.”

Cunningham says that Skyrunner can bring fiber to almost any neighborhood in Fairview. “Most of the times an HOA will reach out to us to begin the process,” she said.

The newly installed network will serve more than 200 homes. The project was part of the Buncombe County GREAT (Growing Rural Economies with Access to Technology grant) program. The grant provides funding to companies like Skyrunner to deploy “last-mile” broadband to underserved areas of North Carolina. Skyrunner can be reached at 258-8562 or skyrunner.net.

And More on the Way

In a similar development, the N.C. Department of Information Technology’s (NCDIT) Division of Broadband and Digital Equity recently announced an additional \$112 million in Completing Access to Broadband program projects across North Carolina to connect 25,903 households and businesses in 19 counties to high-speed internet.

In Buncombe County, Bellsouth Telecommunications, LLC (AT&T North Carolina) was selected, and this award will provide high-speed internet access to 967 locations. “With this fiber internet project, it will be life-changing for the people and businesses in the Broad River, Fairview, Candler, and Newfound communities who will now finally have access to high-speed internet,” says District 1 Commissioner Terri Wells.

The proposal map includes areas in SE Buncombe (Broad River), Upper Hominy, and Fairview. “We are pleased that this proposal covered a lot of our eligible locations (40 percent of the county’s 2,394 eligible locations), and staff will next set their sights on more state funding,” says Assistant County Manager Tim Love.



Julia Cunningham and Florian Rumme

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

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

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

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Summer Learning for Kids and Teens

One month left of summer reading! Throughout 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

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 (below): world-class singers, musicians, and storytellers. Ages 5 and up. Financially supported by the Friends of Fairview Library.



UPDATES

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 current work 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

August 3, 17 and 31 at 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 am
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

August 13, 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.

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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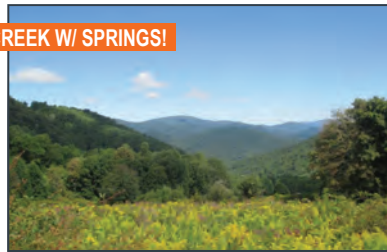
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INVESTMENT PROPERTY



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LAND FOR SALE

To see all our land listings visit coolmountainrealty.com

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2 ACRES CLOSE TO 360 DEGREE VIEWS paved access, gravel driveway to graded home-site, **\$150,000.** Call Karen 828-216-3998.

CHARLOTTE HWY, FAIRVIEW 40 acres, Water, gas, electric, cable, sewer. **\$2,740,000.**

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CHARLOTTE HWY, FAIRVIEW! 10 acres. Off Charlotte Hwy. City water, city sewer. **\$950,000.**

2.9 ACRES, 2 BUILDABLE LOTS driveways roughed in, 1,400sq ft min. **\$75,000.** Call Karen 828-216-3998.

2.93 ACRES —VERY PRIVATE potential for excellent views, lightly wooded lot near end of paved road. **\$55,000.** Call Karen 828-216-3998.

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John Shorter and Brush Creek Chapel Baptist Church

was interested to find David Shorter listed in Bruce Whitaker's 1880 census in the July issue of the *Town Crier*. The census taker noted that he was African-American, as were the McClain neighbors. The household included others, such as 2-year-old Henry, David's grandson. That would have been John Henry Shorter, who was born in 1877 and worked most of his life for the McClures here at Hickory Nut Gap. Elizabeth McClure noted in a December 7, 1916, letter, "We have engaged two such nice coloured people, a man & wife, who together only cost us \$8 a week(!) & who will do all the work about the house & in the garden."

John's grandfather David Shorter was enslaved for most of his life by, we think, the Stevens/Shorter family. On August 29, 1866, he married Esther Gardner after "co-habiting" for 40 years. Enslaved people were not allowed to marry. There was often a "jumping of the broom" ceremony at these joyous and long overdue weddings. In 1880, David was 76 years old, making his birth about 1804. One of their sons was Harrison, who was John Shorter's father. Harrison died in 1915 at 75 years old.

In my book, *We Plow God's Fields*, I wrote: "The black couple, Esther and John Shorter, soon became the heart and soul of Hickory Nut Gap life. Esther died quite

young, but John remarried. His new wife, Mathilda Shorter, a plump young New Orleans girl, took over... John Shorter had grown up in Fairview, and was a highly respected man for his fine character and his working skills. He had a cheerful heart and a fine bushy mustache."

Esther and John worked for two weeks to clean up the old Sherrill's Inn so that the McClures could move in. That momentous day was March 12, 1917. There was a chilly rain that day, and the gravel highway turned to mud. At the foot of the mountain, the "Honeymoon Hudson" bogged down for good, and Jim McClure trudged out to find John Shorter. Cheerful as always, he hitched up his yoke of oxen, drove them to the Hudson, and dragged it up the mountain. What a way to begin life in their new home!

At about this same time, Esther and John bought 24 acres "on the head waters of Shoal Creek" from Ethel Penland. This land is in the vicinity of Fox Road off Upper Brush Creek Road. As the crow flies and the feet walk, this property is one ridge over from Hickory Nut Gap. There must have been enough of a black community there to support a church. In May 1938, P.O. Merrill deeded to John Shorter a quarter-acre lot containing Thompson's Chapel ("a colored church"). It

is interesting that John was the recipient, reinforcing his good reputation and trustworthiness. Also, the church building was already there in 1938, and for how many years we do not know.

Lula Brown remembers the old church. She attended a revival there in 1955, and says the building was small and simple, maybe 30 feet by 30 feet at best. There was no electricity, and the preaching was lit with oil lanterns. For a subsequent revival, they ran electric cords to a nearby house to improve the lighting. She believes that Thompson's Chapel was no longer active by then, and that the black community had moved elsewhere. Indeed, John Shorter passed away on June 16, 1955, and was buried with his first wife at the old Sharon Methodist Church in Fairview.

In November 1959, Mathilda Shorter (John's widow) deeded over the Thompson Chapel property to three trustees of the newly formed Brush Creek Chapel Baptist Church: Joe Anderson, Cecil Rice, and J.T. Dotson. They continued to meet in the



old church for several years before pulling together the resources to construct a new building. Last Sunday, I attended Sunday School and the church service at Brush Creek Chapel, 65 years after the property transfer. I found a warm and lovely community there, devoted to the gospel of Jesus Christ and the King James Bible.



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

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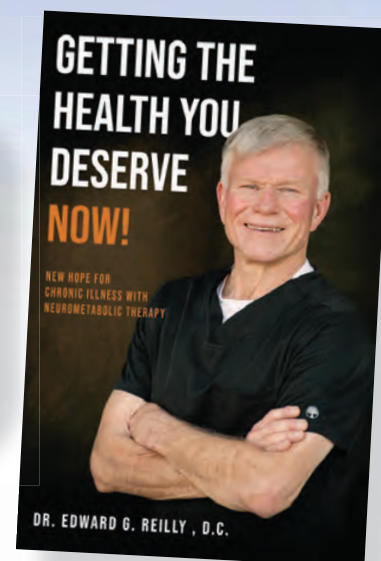
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SOLD

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ACTIVE LISTINGS

Asheville



2 BR | 1 BA | 941 SF

196 Courtland Place
\$457,000 | MLS 4151222

Fairview



3 BR | 3.5 BA | 2,847 SF

142 Churchill Downs Drive
\$650,000 | MLS 4153269

Asheville



2 BR | 2 BA | 1,078 SF

331 Fairview Road
\$375,000 | MLS 4149556

FAIRVIEW REAL ESTATE SALES JUNE 2024

LISTING PRICE	NUMBER SOLD	AVERAGE SALE PRICE	AVERAGE DAYS ON MKT	AVERAGE % LIST-SALE PRICE
UNDER \$300K	1	\$260K	14	100%
\$300K-599K	8	\$498K	15.5	97%
\$600K-899K	5	\$757K	19	97.6%

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

Agent Spotlight MATT LUTZ



“

Matt performs with excellence—he can explain all parts of the home-buying process, he is organized, responsive, and thorough. That’s enough reason to have him represent you, but there’s more. Matt is an excellent listener, offers thoughtful advice, and anticipates next steps to always make you feel ready for whatever arises.

— Aaron and Pearl

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August Brings Fog & Heat, But Fall is Around the Bend

When thinking about August weather each year, the word “muggy” always comes to mind. While “muggy” is not strictly a meteorological term, it generally means it’s unpleasant and humid, making the air feel “sticky and thick.” There is a definite difference in the “feel” between dry and humid air masses.

I usually sound like a broken record in mid to late summer: We talk about morning fog; and, depending on whether the Bermuda High is lurking around, hot days; also scattered afternoon and evening thunderstorms, which were quite scarce the first part of summer; and lastly, always keeping an eye to our south in the Tropics.

A late summer concern during August is fog, which occurs in the morning when the air close to the ground cools overnight and becomes saturated (its relative humidity reaches 100 percent, so the water vapor in the air condenses and creates tiny suspended water droplets—aka, a cloud on the ground). On average, the number of foggy mornings is greater in August than in any other month, with dense fog on about 12 days of the month. This fog usually burns off by 10 am or so on most occasions. By mid to late August, we are already 60 days past

the summer solstice, with the greatest amount of daylight behind us. We’ll lose about two minutes of daylight each day, with sunrise at 6:37 am on the first of the month and 7:01 am on the 31st. Sunset times also show the same trend, with a sunset of 8:35 pm on the 1st and 8:00 pm on the 31st. This simple change allows the air close to the ground to cool a bit more in late summer and become saturated, creating foggy mornings. So we “lose” about an hour of daylight over the course of the month.

A brief word about the heat. We typically get about six days with temperatures at or above 90. We have already had that many days through mid-July. And in some hot summers, we can get more than 20 days at 90 or above. If that happens, it is usually due to the Bermuda High, as noted above.

The important thing to remember with hurricanes is that it’s not as important to predict the number of named storms in advance each year. The whole story of hurricanes is location, location, location. Where are they going to strike? All it takes is one category 3 hurricane or greater to strike a populated area along the Gulf or eastern seaboard to create a multi-billion-dollar disaster. Remember what Beryl did this year to parts of the

southern Caribbean? Since the US coastline is in a favored path of these storms, it is only a question of time when a major hurricane will strike the coast again. Stay tuned for more about hurricanes next month, as the Tropics tend to have their most active time in September.

Quote of the Month
As we begin to think of the fall to come:

“Anyone who thinks fallen leaves are dead has never watched them dancing on a windy day.” —Shira Tamir



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?

A thunderstorm is a rain shower during which you hear thunder. Since thunder comes from lightning, all thunderstorms have lightning. A thunderstorm is classified as “severe” when it contains one or more of the following: hail one inch or greater, winds gusting in excess of 50 knots (57.5 mph), or a tornado. North Carolina experiences about 40 to 50 thunderstorm days per year. About 10 percent of thunderstorms are classified as severe. Worldwide, there are an estimated 16 million thunderstorms each year, and at any given moment, there are roughly 2,000 thunderstorms in progress. There are about 100,000 thunderstorms each year in the US alone. In summer, the steering winds in the mid-levels of the atmosphere are very light. That means that once a thunderstorm develops it will start to rain, and that rain will fall over a small area because the storm is not being pushed in any definite direction by the mid- and upper-level winds. This occurs quite frequently in the summer in the mountains of WNC when we get showers and pop-up thunderstorms.

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Little Gifts

This season seems to be lining up to be a challenging one. I used to tell people I am a glass-two-thirds-full guy, but I must admit that this season has been challenging that notion.

In the photograph accompanying this article, you can see our first dahlia of the season. the first to come from a tuber that we planted in the ground in the spring. Very exciting, until...the day after this photo was taken, my mother noticed that some creature had eaten the roots right out from under the whole plant. Because of our support system, it was still standing, but it was not attached to the ground. So discouraging.

This was our largest dahlia plant of the season, which is also dashing to the hopes. At this point in a typical season, we generally have an overflowing garden with at least 75 to 100 dahlias, many of which are as tall as me (at 6' 2") if not taller. Our season seems to be off to a very rocky start.

If you are a regular reader, then you have heard me use the phrase "long-form learning," which has to do with how so much gardening knowledge can only be acquired through years and years of experience. The lessons learned this year will not be able to be implemented until the next. It is very humbling.

I am searching to see if any of my previous years' lessons may have some bearing on

this season, and at the same time wondering if I am currently in the midst of the newest lesson from mother nature.

Here are a few of my thoughts about why our garden is struggling so. The first, I imagine, will not come as a surprise for many of you.

Where is the rain? In previous years, we have not watered our dahlias, ever, and the garden has thrived. This is a result of another old lesson, from my friend the flower farmer, which was essentially not to water freshly planted tubers. We have not watered our dahlias this year, and I believe that is the main culprit in our lack of growth. My mother, grandmother and I have discussed it, and we are not going to water them. It feels a little like starving them but, ultimately we need to see how everything will play out.

New shade. Our little plot has, in the middle, a relatively young maple tree that appears to have expanded to a point where it is now shading about a third of the land for about a third of the day. Dahlias can tolerate no partial shade. The plants that fall under that shade currently stand at about 12 inches, which is about a third of the size of the rest of the plants in our space.

Critters abound. This year we have seen many more creatures this year than in any years I can recall—fox, raccoon, groundhog, mole, vole, squirrels, a bear and a deer.



Some of these animals may be wreaking some of the havoc that we are encountering.

And so it goes. Our little piece of the world, while green, is not doing any of the things that we normally would expect. My mother and grandmother are both pretty discouraged. But I am still hoping for these little plants to rally in August and September to produce the kinds of flowers that we expecting at this moment in time.

If any of you out there had a little pang of sadness for our fallen plant back at the beginning of this article, let me fill you in on a little experiment that my grandma and I are doing. For the last two years, we have successfully taken dahlia cuttings and rooted them into new plants. We performed a little surgery on the fallen plant and may have turned the said plant into eight identical new plants.

You may also have been wondering at the title of this article and whether or not it was

ever going to connect with any of the actual content. Please allow me to leave you with this. My family is just getting back from four days on the island of Ocracoke. While there, I kept encountering these beautiful little moments of time. The way the sunlight on the water in the harbor sparkled. My son, shoulder to shoulder with me, riding the same wave on our boogie boards. The joy of the wind in your hair cruising on a beach bike. At one point, the beautiful moments accumulated to the point where I recognized them and was grateful for allowing myself to be present in those moments.

After we had unpacked from our trip is when I learned about the attempted murder of our dahlia plant. As my grandma and I cut it apart in the hopes of possibly resurrecting it, she told me to go ahead and cut the flower and take it home. The flower takes a lot of energy from the whole plant and so hopefully it being gone will help promote growth. As I tucked the lone stem into a vase in our kitchen, I realized that I was holding another small gift.

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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Tuesdays Bring Sweet Music by the Creek

A walk just about anywhere along Cane Creek is inevitably brightened by singing birds, those talented musicians of our natural world. Depending on where you go and which day of the week it is, you might also be pleasantly surprised to find creekside music of another sort in Fairview: acoustic musicians in a song circle. In late afternoon every Tuesday, Fairview's Turgua Brewery opens its grounds (or its indoors, in cooler weather) for local musicians to gather and play music together.



Americana

Homespun music has played a key role in Turgua history. Just days after Turgua's opening in March 2020, the COVID pandemic hit and turned everyone's world upside down. How would new businesses ever make it through? Fortunately, Turgua's acres of outdoor fields and shady streambanks provided a rare opportunity for open-air socializing with less risk of becoming ill. Informal music sessions became part of the scene by early summer. Local performers, smarting from the loss of venues for performing or just playing together informally, were delighted to find a low-risk gathering place. Tuesday quickly became a music day. Musicians who played different genres began to find each other and gather for specialty jam sessions or song circles dedicated to particular music styles.



Irish Traditional

Currently, every Tuesday features an open-attendance musicians' gathering from 5:30 to 7 pm or later, with a different musical genre featured each week. All Tuesday sessions are acoustic-only and open to new players who follow that week's musical theme. Each of these four regular sessions has its own unique feel, as described below.



Django Jazz/Swing

Old Time (first Tuesdays): One of the most popular acoustic music styles locally, Old Time is the Appalachian-born traditional roots of American folk, bluegrass and country music. This is typically the "string band" music one hears with square or contra dancing. Old Time is primarily instrumental and usually led by fiddle with support from guitar, banjo, stand-up bass and mandolin, but the mix varies from month to month. Many skilled players come to the Old Time sessions, and the group can sound quite polished, even though a session's participants may never have played together before. The simple melodies and chords of Old Time tunes, along with the easygoing groove of this genre, are very welcoming to newer musicians.

Irish Traditional (second Tuesdays): Much like Old Time, the Irish Traditional sessions also draw from hundreds of years of rich musical history and an extensive library of traditional songs. In addition to fiddle, mandolin, banjo and guitar, the Irish sessions often attract unique instruments such as the concertina, penny whistle, bodhran (an Irish hand-drum), Uilleann pipes (Irish bagpipes) and bouzouki (an eight-stringed guitar-like instrument). There is a strong core of Irish Traditional musicians in the area, and they play with note-for-note precision at these sessions. Once they get playing this group hates to stop, and their appreciative audiences don't want them to. When there's a fifth Tuesday in some months, this is the group that plays.

Americana (third Tuesdays): This is the "everyman's week" for Tuesday music. Just about anything goes, as long as it's acoustically performed—think John Prine,

James Taylor, unplugged old Beatles, Doc Watson, and so on. Several local songwriters also play their own compositions at this session. There are always several guitars, but any given Tuesday may also find fiddle, banjo, mandolin, bass, ukulele, harmonica or other instruments in the mix. This jam operates in "song circle" fashion, where each musician gets a turn calling a song that they play and sing solo or accompanied by anyone who knows it. Everyone applauds everyone's songs, which is nice. The Americana session usually runs way beyond 7 pm, until the fireflies remind us to go home. [Disclosure: I chair the monthly Americana song circle.]

Django Jazz (fourth Tuesdays): This style is the most uncommon and highly specialized of the four themes. Also known as Gypsy Swing music, this genre is named for influential guitarist Django Reinhardt, whose band also featured violinist Stephane Grappelli. The typical swing ensemble includes guitars, violins, mandolins and bass, playing fast-paced versions of swing-era music standards.



Old Time

Often during a song, the musicians will go around the circle and improvise solos. This is not music for beginners, but listeners are often delighted and awed.

If it's Tuesday, any Tuesday, there's bound to be music of some kind happening near Cane Creek. Maybe it's the birds or maybe it's some of our community's local musicians. Why not follow your ears and check it out?

Doug Norton (dougorton99@gmail.com) is a retired watershed ecologist and online science educator who lives in Fairview. Cane Creek Chronicles explores the Cane Creek Watershed.

Note to Readers

Doug is happy to accept nature questions from readers. Maybe you can inspire a future column! You can email him at DougNorton99@gmail.com, or text or call 828-771-6983 and your question will be forwarded to him.

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Dustin Baker: A Fairview Champion

There are not many disabled people in wheelchairs around here,” Dustin Baker, a Fairview resident and National Handcycling Champion, told me. “You know, it’s not like you see someone on the sidewalk in a wheelchair and say, ‘Hey! Want to be friends?’”

Dustin has many friends who use wheelchairs now; but in 2011, things looked a lot different. Then, he was just getting used to the idea that the spinal cord injury he sustained in the Air Force in 2003 was irreversible. For years, he had been seeking effective treatment, but the damage from the injury was too extensive. “I needed friends who understood my situation, but there were no wheelchair meet-up groups around here,” Dustin said with a shrug.

He needed a social outlet, but he also needed exercise. His physical limitations had led to an overall decline in wellness and unwanted weight gain. “But basketball, as far as I knew, was the only wheelchair sport; I couldn’t do that because of my back,” he explained. Fortunately, another veteran told Dustin about handcycling. “I figured I could at least try it,” he said.

Athletes operate handcycles with their upper body, making this a great sport for wheelchair-bound participants. The vehicle is called a handbike, even though it has three wheels, not two. The front wheel is powered by the handles and is part of the steering mechanism; riders attach their bodies to the cycle frame, which sits low to the surface.

Athletes ride from a lying-down position, their heads visible just above the handles. The bikes feature tall caution flags and warning lights so that motor vehicle drivers can spot them easily.

Dustin tried the bike and loved it. “Right away, I was training an hour a day, five days a week,” he said. His dedication made a real difference. In about a year, Dustin lost 130 pounds and got into much better shape. He started looking for races he could join to take his sport to the next level. Once Dustin started competing, he drew the attention of Tom Davis, a handcyclist who had coached

three Paralympic teams. Tom told him, “I see a lot of potential in you, and I would like to start training you.” Dustin accepted his offer. “I started training 1.5 to four hours daily, six days a week,” he said with quiet pride.

Dustin is a big, muscular guy. I’m pretty sure he could crush a can with his pinky finger. So, I was not surprised to hear that he has been dominating his sport. But I had never heard of a paracycling event, so I was curious to know how he found races to join. He explained that paracyclists can usually participate in any official racing event. For example, he learned of a time trial in Alabama and reached out to the organizers about registering.



He told them, “I know this is a race for upright bikes, but I need the experience with competition.” They agreed to let him compete. “I wound up winning my age group,” he said with a modest laugh.

A handcycle, with the right driver, can travel at speeds that might surprise you.

Dustin averages 20 to 22 mph in road races, but under the right conditions he can hit 50 mph and higher. “I got stopped for speeding one time,” he confessed, grinning. “I was at the beach; I didn’t realize it, but I was going 27 in a 20.” Picture it. A uniformed police officer driving an actual automobile turned on blue lights and pulled up behind a guy stretched out on a handbike. Imagine the officer getting out of the car, walking up to Dustin, and looking down at him strapped on his bike. “Yeah, I got off with a warning,” he said, smiling.

Since he began handcycling, Dustin has competed in over 40 marathons: Boston,

Chicago, Myrtle Beach, Houston, Disney World, New York City, and more. He’s participated in the Paralympic Open, the World Cup, and six national championships. “I won the National Championship in my division this year,” Dustin said, clearly proud of this impressive achievement.

This year’s win is even more significant because it comes just three years after a wreck that could have killed Dustin or at least robbed him of any future competitions. “It was three days before my wife, Jody, and I were going to Quebec for the World Cup Competition.” He wanted to get in a recovery ride—not too strenuous, just a good workout in preparation for the upcoming race. “It was lunchtime, and I figured that the traffic wouldn’t be too bad.”

Drivers are not always willing to share the road with cyclists of any type. “It’s a mixed bag,” Dustin explained. “Some will wave or honk in support. Others will ride right beside you, kind of buzzing you. Then there are those who will run you off the road.”

It happened on Cane Creek Road, near the pool. Dustin saw the pickup in his rearview mirror and knew it was too close. “I thought, maybe he will just buzz me,” he said. And that was the last thought he remembers before he was knocked out. The truck hit him and he was thrown, still attached to the bike frame, some 20 yards or more. Parts of his bike were scattered across the road and down the way. “I had five broken ribs—three on the left and two on the right—and a concussion that took more than three months to heal.” Plus, he had lacerations all over his body. Also, handcycles are not cheap: a reliable racing bike costs tens of thousands of dollars. “My bike was totaled,” Dustin said, shaking his head at the loss.

“Sometimes people don’t understand. This is not just a sport for athletes like me. It’s PTSD therapy. We have to focus on our breathing and surroundings. While



we’re riding, we get a little reprieve from the post-traumatic stress,” Dustin told me. Reflecting on the wreck and all it cost him, he recalled, “I really didn’t know if I would ever be able to compete again.”

Dustin missed that year’s World Cup, but soon he was back to his training schedule. “I have an indoor trainer now,” Dustin said. “So, I used that and my trainer bikes; and slowly I got back into racing.” In 2023, less than two years after the wreck, he placed 2nd at the National Championship Pan American Games. This year’s win places him squarely back into the nation’s roster of top competitors.

But racing at this level is not cheap. Athletes must pay for their travel expenses and all their equipment. “I’m not good at hyping myself,” Dustin said. “So I don’t have any corporate sponsors or anything like that.” He does have the unwavering support of his family, though. Jody and their three kids (see photo at left)—Kira, Dustin Jr., and Kierra—often attend his races. “I love racing,” Dustin said. “But Jody and the kids always come first.” Dustin Baker: a family man who happens to be a national champion too.

Dustin has a GoFundMe page and welcomes your support. You can find it at tinyurl.com/dustinbaker.



Rev. Dr. Aileen Mitchell Lawrmore is the pastor of Ecclesia Baptist, which meets at 607 Fairview Rd. She blogs at aileenmitchelllawrmore.com.

Dustin’s advice on interacting with wheelchair users

wannapik.com/vectors/65978



If you see people on adaptive equipment, remember this may be our only way to get around or our only way to exercise. Be kind.

- Talk to us like we are regular people. Don’t assume what we need.
- Look at us like we are regular people. We already feel self-conscious when we go out and then we get these openly pathetic looks.
- Would you pick up someone who was limping?” Probably not, right? So don’t just start pushing a stranger in a wheelchair who hasn’t requested assistance.
- Ask, don’t assume. I can open a door for myself, for example.

Helpful questions:

- Where does your wheelchair fit that you’d be most comfortable?
- What is it you need from me?
- What would make you more comfortable?
- Do you need assistance?

Dr. Elisha Mitchell

Elisha Mitchell was born on August 19, 1793, in Washington, CT. He was the son of Abner and Phoebe Elliot Mitchell and a descendent of Matthew Elliot, an immigrant from Yorkshire, England. Mitchell graduated from and taught at Yale University for a period of time. He was also the principal at Union Hall Academy in Jamaica, Long Island for a period of time. Mitchell was licensed to preach by the Congregationalist Association of New Haven County, Connecticut.

The Rev. Sereno E. Dwight, whose father was chaplain of the US Senate, recommended Elisha Mitchell for a teaching position at UNC–Chapel Hill. Mitchell came to NC in 1818 to teach mathematics and natural philosophy, which at that time included botany, zoology and physical science. Mitchell's old classmate at Yale, Denison Omstead was at Chapel Hill at the same time, teaching chemistry and geology. Omstead decided to return to Yale in 1825, and Mitchell took over for him and taught his classes. Mitchell taught at UNC for the next 32 years.

Elisha Mitchell was ordained by the Presbytery of Orange in Hillsborough. He combined preaching with education and scientific interest the remainder of his life. Mitchell was known as a witty and challenging lecturer at Chapel Hill.

In addition to teaching, he officiated at Chapel Hill services, both on week nights and Sundays. Mitchell also served as bursar and accountant for the university. Mitchell acted in place of university President David Swain when Swain was away from the university. He worked to increase the variety of flowers, shrubs and trees on the college campus.

Governor William Brown appointed Mitchell to survey a turnpike from Raleigh to Asheville. Mitchell reported in 1846 that such a turnpike was necessary to promote trade and travel and to connect the western section of the state. He was a supporter of the temperance movement and society. Mitchell deplored the isolation in which the mountain people lived.

Elisha Mitchell is best known for his measurement of the Black Mountain of the Blue Ridge. He measured the mountain in 1835 and 1838. Mitchell showed it to be the highest mountain peak in the area and proved it to be 250 feet higher than Mount Washington in New Hampshire. In 1855, Thomas Clingman claimed that the mountain known as Clingman's Dome was higher than Black Mountain. Mitchell returned to Black Mountain in 1857 in an attempt to prove Clingman wrong. On June 27, leaving his son and guides

behind, Mitchell started out alone to measure the mountain peak. He got caught in a thunderstorm and fell down a waterfall and drowned in the pool below. Mitchell was first buried in Asheville on July 10, 1857. He was reburied on top of Mount Mitchell, which was named after him on June 16, 1858. The US geological survey upheld Mitchell's measurement of the peak on Black Mountain in 1881/1882 and officially named it Mount Mitchell.

Elisha Mitchell married Maria Sybil North of New London, Connecticut. They had seven children: Mary Phoebe, who married Leland J. Ashe; Ellen Hannah, who married Dr. Joseph Summerelle; Margaret Elliot; Mathew Henry, who died as an infant; Eliza, who married Richard S. Grant; Charles Andrew; and Henry Elliot, who died in infancy.



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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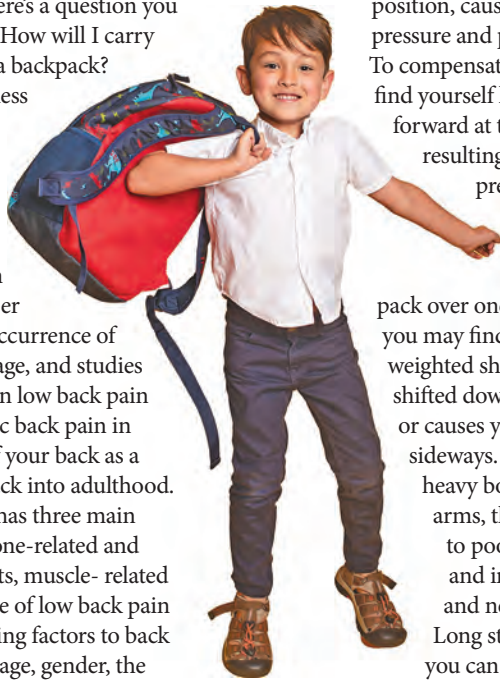
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Backpack Injury Prevention

It's that time again—back to school. This is a time when important questions come into play. What classes to take? What clothes to wear? What sports or activities to try out for? But there's a question you may not have thought of: How will I carry my books? Hand held or a backpack? Too much weight, regardless of how it is carried, can be harmful to your back, neck and posture.

Low back pain in adolescents, ages 10 to 19 years old, has been shown to be prevalent in a number of different studies. The occurrence of back pain increases with age, and studies have shown a link between low back pain in adolescents and chronic back pain in adulthood. Taking care of your back as a teenager can help your back into adulthood. Back pain in adolescents has three main causes: muscle-related, bone-related and disc-related. As with adults, muscle-related is the most common cause of low back pain in adolescents. Contributing factors to back pain in teenagers include age, gender, the seats at school, sitting for long periods of time, working at computers, psychological factors and carrying heavy backpacks or bookbags.

The American Academy of Pediatrics



recommends that backpacks weigh no more than 10% to 20% of an individual's total body weight. With a heavy backpack, the spine is displaced into a backward-bending position, causing abnormal pressure and poor posture. To compensate, you may find yourself leaning forward at the hips, also resulting in increased pressure on the spine. If you carry your backpack over one shoulder, you may find that the weighted shoulder is shifted downward and/or causes you to lean sideways. If you carry heavy books in your arms, this may lead to poor posture and increase back and neck pain. Long story short, you can develop back, shoulder or neck pain from carrying excessive weight in front of you, to the side of you or on your back. Pain and injury may not occur right away but rather develop from weeks, months or years

of improperly carrying books or excessive weight. So, what can be done to decrease the occurrence of backpack-related pain or the risk of developing issues? Follow a few simple guidelines, listed below.

- Carry only the necessary books for a particular class and go to your locker often to switch out books.
- When wearing a backpack, carry it over both shoulders; ensure it rests evenly in the middle of your back.
- Pick up your backpack correctly. Bend at the knees and maintain the natural curve in your low back.

Helpful Exercises

Exercise is also important for maintaining a strong core. Core stabilization exercises correctly strengthen abdominal and back muscles to provide stability to the spine. The following exercises can help decrease your risk of injury.

Bridge

Lying on your back with your knees bent, raise your hips off the floor. Hold for three seconds, then lower to the floor slowly. Increase the challenge by placing your feet together, raising them up onto a stability ball, or raising a single leg off the floor.

Superman

Lie on your stomach with a pillow

underneath your hips. Raise one arm and the opposite leg 4 to 6 inches. Hold for three seconds, then slowly lower. Repeat with your other arm and leg. Increase the challenge by lifting both arms and legs simultaneously.

Plank

Lie on your stomach and push up onto your forearms and toes so that your body forms a straight line. Hold this position by tightening your abdominal and back muscles. Ensure that your bottom does not rise up into the air. Hold for 30 to 60 seconds. Increase the challenge by lifting one leg.



Photograph of Plank by Tyler Read

Be sure to work at a level that does not cause back pain. Perform five to 10 repetitions of each exercise three times per week.

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

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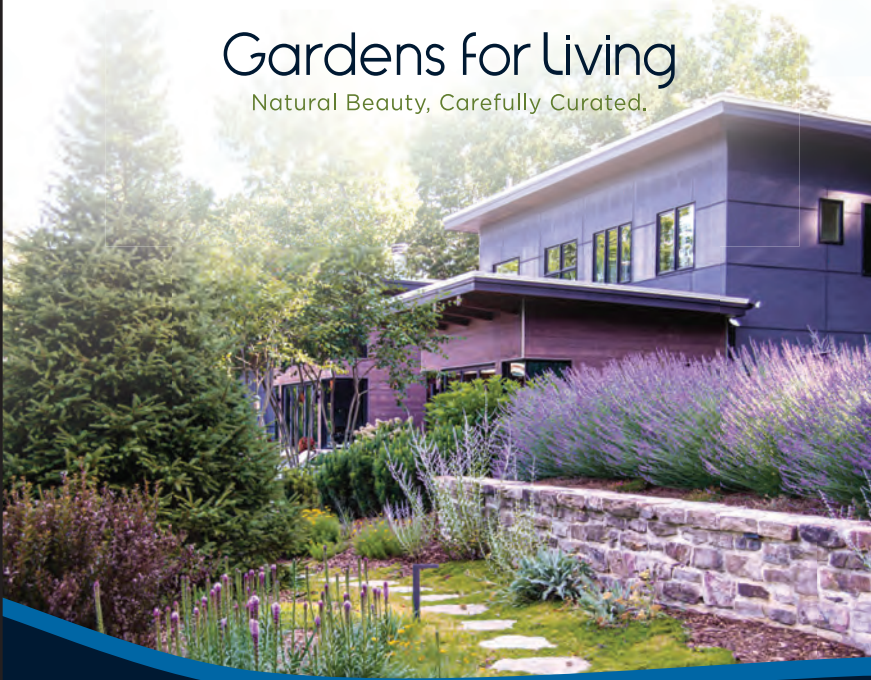
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Loneliness and the Brain

In our fast-paced, digitally connected world, loneliness has emerged as a significant public health concern. Despite the illusion of constant connectivity through social media and other digital platforms, many individuals feel increasingly isolated.

Recent research has illuminated the profound effects of loneliness on the brain, underscoring the importance of addressing this issue not just for mental well-being but for overall health.

Chronic loneliness triggers a state of hypervigilance, where the brain is on constant alert for social threats. This heightened state of alertness can lead to increased stress levels as the brain releases more cortisol, a stress hormone. Prolonged exposure to high cortisol levels can impair cognitive function, reduce memory capacity, and increase the risk of mental health disorders, such as depression and anxiety.

Studies have shown that lonely individuals often exhibit increased activity in the brain's default mode network (DMN), a group of brain regions associated with self-referential thoughts and mind-wandering. While the DMN is essential for self-reflection and daydreaming, excessive activity in this network can lead to negative thought patterns, which are commonly observed in depression and anxiety disorders. Thus,

loneliness not only predisposes individuals to these conditions but also exacerbates their symptoms, creating a vicious cycle.

Research also indicates that social isolation and loneliness are associated with accelerated cognitive decline in older adults. One study found that lonely individuals are at a higher risk of developing neurodegenerative diseases such as Alzheimer's.

Chronic loneliness can lead to structural changes in the brain, particularly in areas involved in learning and memory. For instance, reduced hippocampal volume has been observed in lonely individuals, which correlates with poor memory performance and an increased risk of cognitive impairments. Additionally, loneliness can diminish the brain's capacity to form new neural connections, which is essential for learning and memory.

Moreover, loneliness can influence the production of brain-derived neurotrophic factor (BDNF), a protein crucial for the survival and growth of neurons. Lower levels of BDNF have been linked to cognitive decline and an increased risk of dementia. Therefore, the structural and functional changes induced by loneliness can accelerate brain aging and increase the vulnerability to cognitive disorders.

Several strategies can help mitigate the adverse effects of loneliness on the brain.

Building and Maintaining Social Connections: Cultivating strong, meaningful relationships is one of the most effective ways to combat loneliness. Regular social interactions can stimulate the brain, promote neuroplasticity, and reduce the risk of mental health issues. Participating in group activities, joining clubs, or volunteering can provide opportunities to meet new people and form lasting connections.



Engaging in Physical Activity: Regular exercise has been shown to have a positive impact on mental health and cognitive function. Physical activity can reduce stress, improve mood, and enhance cognitive performance. Activities such as walking, yoga, and dancing can be both social and beneficial for brain health.

Practicing Mindfulness and Meditation: Mindfulness practices, such as meditation, can help reduce feelings of loneliness by promoting a sense of presence and connection. These practices can also lower

stress levels, improve emotional regulation, and enhance overall mental well-being.

Seeking Professional Help: For individuals struggling with chronic loneliness, seeking professional help from a therapist or counselor can be beneficial. Cognitive-behavioral therapy (CBT) and other therapeutic approaches can help address negative thought patterns and develop coping strategies.

Utilizing Technology Wisely: While excessive use of social media can exacerbate loneliness, technology can also be a valuable tool for staying connected. Video calls, online support groups, and virtual events can provide social interaction and support, especially for those who are physically isolated.

In conclusion, loneliness is a significant issue that affects the brain in profound ways, impacting mental health and accelerating brain aging. By understanding the mechanisms through which loneliness affects the brain and implementing strategies to combat its effects, individuals can enhance their overall well-being and cognitive health.



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

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Harvest Time

By **Walker Overstreet & Mike Spivey**



It's August, and that means it's finally time for the honey harvest. The process is a lot of work; it's messy, the boxes filled with honey are heavy (between 40 and 60 pounds), but it's rewarding.

Before harvesting, it's important that the honey has the correct moisture content. Honey that has been capped by the bees has the perfect moisture content and will last a long time. In fact, unspoiled honey has been found in ancient Egyptian tombs. But uncapped honey may not have been dried to the correct moisture content by the bees (between 16% and 18%). We use a device called a refractometer to test the honey moisture content. If too moist, we use a dehumidifier in an enclosed space to lower the moisture content. A full super will generally yield about 2 to 2.5 gallons of honey.

Honey is best stored at room temperature and kept in a dry environment to minimize crystallization. It should not be refrigerated. Heating honey rapidly to above 98.6° will cause it to lose its health and medical benefits. It's also not recommended to freeze honey because it can cause changes to its texture and taste due to the freezer's humidity.

Honey should be served with a wooden, plastic or stainless steel utensil. Scooping it with a metal spoon is ok, but never store

or leave honey exposed to metal for a long period of time as the metal will corrode from the honey's acidity.

We recommend buying raw (unprocessed) honey from local supplies rather than commercial producers. Commercial producers will often pasteurize honey by heating it to at least 158° in order to remove possible impurities and to kill yeast that could ultimately ferment the honey. Heating it to this temperature will also make it runnier to facilitate packaging and bottling. However, as mentioned, this will also damage the honey and reduce its nutritional properties.

We usually remove the honey supers after the sourwood bloom has finished. Goldenrod and aster will be the final blooms of the season. Honey from the latter is generally less desirable. Aster produces honey with a mild flavor, while honey from goldenrod is dark and strong. We'll let the bees keep the honey from these plants as an over-winter resource. The presence of goldenrod and aster pollen

and nectar in the hive will also trigger the queen to start producing winter bees.

We will carefully inspect the hives to ensure they are not honey-bound. Should the hive be overly full with honey, the queen may not have sufficient room to continue laying eggs, which she needs to make winter bees.

Insufficient room in the hive can even cause the colony to swarm, which would be a tragedy, as the departing bees won't be able to get established in time for winter and the remaining colony may not have sufficient numbers for the work that lies ahead.

Lastly, we'll continue to make mite checks and apply treatments as needed to keep our colonies healthy. Once the goldenrod and aster blooms are finished, we expect a period when there will be no available nectar or pollen. At this point, the bees will become louder, easily agitated and defensive. Winter is coming, and the colony's survival will depend on how prepared they are for the cold days ahead.



We still have plenty of summer ahead of us, though, with many days outside with family and friends.

Mike Spivey is a retired tax consultant living in Fairview who now keeps bees for enjoyment. Walker Overstreet runs Fairview's Little Jaybird Farm with his wife and three children.

Here's a favorite coleslaw recipe that uses honey.

- 1/3 cup olive oil
- 1/2 cup mayonnaise
- 1/4 cup apple cider vinegar
- 1/3 cup onion
- 1 garlic clove (minced)
- 3 tablespoons honey
- 1/2 teaspoon dried dill
- Salt and pepper to taste
- 4 c cabbage, chopped/shredded

Mix all ingredients for the dressing and pour over the cabbage. Use as much dressing as you see fit. Any extra dressing keeps in the refrigerator for about one week.



Any hit to the head should be taken seriously

If your child is experiencing any of the following symptoms, immediate action is necessary:

- Headache or pressure in the head
- Nausea or vomiting
- Dizziness
- Blurry vision or light sensitivity
- Brain fog or confusion

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In addition to being delicious, honey has sometimes been described as the perfect food. It's loaded with vitamins and other nutrients. While it's largely composed of simple sugars (fructose and glucose), it also contains amino acids that come from bee pollen. Minerals in honey will vary by the type of honey (or the plants from which it was derived), but will generally include contain zinc, magnesium and potassium. Honey contains vitamins A, B1, B2, B3, B5, B6, B8, B9, C, D and K. While a teaspoon or so of honey won't meet your daily requirements for these vitamins and minerals, consuming honey each day can be a healthy habit. (Despite the general belief that consuming local honey can help develop immunities to seasonal allergies, there is no scientific evidence to support this claim.)

HONEY'S HEALTH BENEFITS

Antibacterial: Because it has a low pH (between 3.4 and 3.6), honey helps the body fight against free radicals that can build up in cells and cause damage to other molecules, such as DNA, lipids and proteins.

Anti-inflammatory: Honey can help ease pain and inflammation. It's good for healing burns and wounds when applied directly to the skin.

Antioxidant: As a dietary supplement, honey can boost the immune system.

Antiviral: Honey helps to fight infection caused by viruses.

Dietary supplement: Honey facilitates the metabolism of food and promotes digestive system activity when combined with lemon juice, cinnamon or other natural products. It can also relieve stomach pain and constipation.

Infant health: Honey may help young children with teething and can even improve memory and regulate blood sugar. NOTE: Honey should not be given to children under the age of 1, as it can cause a rare but serious gastrointestinal condition.

Moisturizing: Honey helps to moisturize skin and hair and can also reduce wrinkles and fine lines.

Sleep and stress aid: Consuming honey can improve sleep, relieve stress and reduce fatigue.

Sore throat relief: Because of its antibacterial and antihistamine qualities, honey can relieve pain from a sore throat or cold.

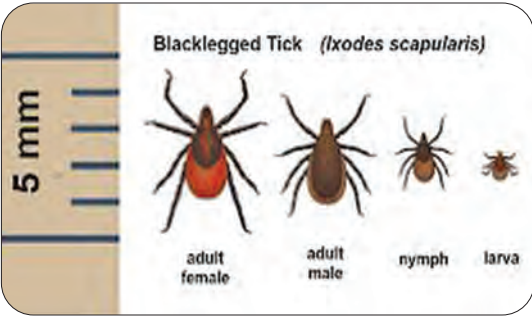
Too Many Ticks to Count

The last time I wrote an article about Lyme disease, it was winter and we were still seeing the occasional tick, which seemed unusual. Now, it's July and the tick count is higher than I have ever seen it before. My clients are finding ticks by the dozen on their dogs, and finding ticks on myself after working in the garden is not an unusual occurrence. Last winter was warm, and this summer is one of the hottest on record. WNC has become a tick's paradise. With this weather, we are seeing more and more tick-borne diseases, with Lyme disease being one of the most common and the only one preventable by vaccination.

Lyme disease is caused by the bacteria *Borrelia burgdorferi* and is spread by a deer tick named *Ixodes scapularis*. *Ixodes scapularis* is also called a blacklegged tick and is one of several types of ticks routinely found in this area. Once the tick bites, it can take 24 to 48 hours to transmit the disease. Nymphs, an immature stage of the tick, are generally less than 2 mm wide and difficult to see to remove them quickly, so they are typically the ticks that spread the disease. Adult ticks can also transmit the disease, but as they are the size of

sesame seeds, it is easier to find them to remove them. Common symptoms in dogs include fever, lameness, enlarged lymph nodes, lethargy and decreased appetite. Left untreated, it is possible for chronic polyarthritis, uveitis, and renal failure to follow. Dogs rarely get the characteristic bull's eye rash that is common in people.

The good news is that we have multiple ways to prevent Lyme disease in dogs, including tick preventatives, vaccination and vigilance in watching for ticks.



The most important tool we have to prevent Lyme disease is year-round use of flea and tick preventions. I am a big proponent of the oral flea and tick medications that can be given once a month or once every three months,

depending on the product. There are also safe and efficacious topical medications and medicated collars. Non-prescription flea and tick preventatives vary in degree of safety and efficacy. A good way to make sure you have the right product is to ask your vet for a recommendation. All of these medications require a tick to bite before it dies, but most of them should kill the tick before it can infect your dog. A good preventative not only helps protect against Lyme disease but also against the other diseases spread by ticks and fleas.

The second tool we have to protect dogs against Lyme is vaccination. If your dog has never been vaccinated, a series of two vaccines separated by three weeks will be needed to allow your dog's immune system to achieve the appropriate response. After that, this vaccine needs an annual booster to maintain protective levels of immunity. Even if your dog has tested positive for exposure to Lyme disease or been treated for Lyme disease, vaccination is still recommended, as the immunity generated by vaccination is better protection than the immunity generated by natural infections.

The third tool we have to help is vigilance in avoiding tick bites in the first place. Checking your dog thoroughly on a daily basis to remove attached ticks and avoiding areas where the tick population



Adult female Blacklegged Tick

is heavy can significantly decrease the risk of illness.

As our summers get warmer and our winters get milder, ticks will continue to flourish here. The spread of disease is only going to become more common. Lyme can be a debilitating infection for dogs, as it can be for people, so please take a moment and make sure your pets have a high-quality tick preventative to use year-round and talk to your vet about vaccines for your dogs. Enjoy the summer and our beautiful mountains, but keep a close eye on yourselves and your pets for the ticks that may try to hitchhike home with you.

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

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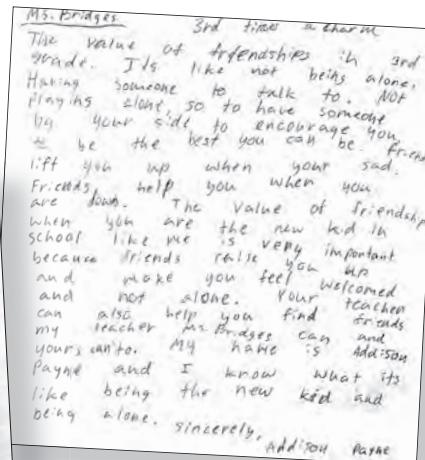
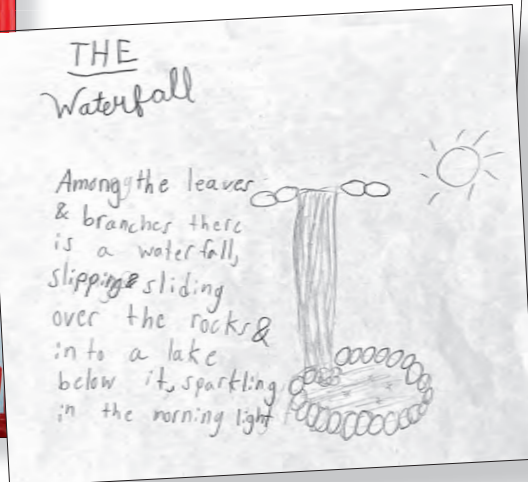
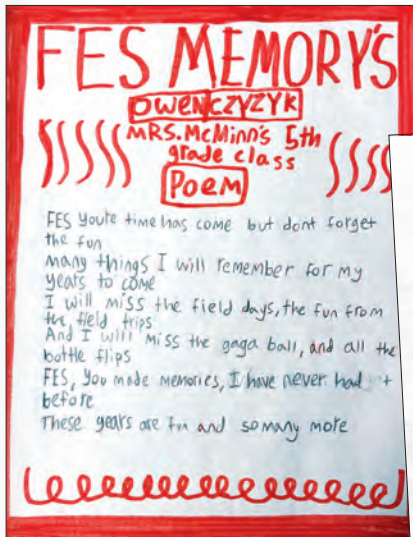
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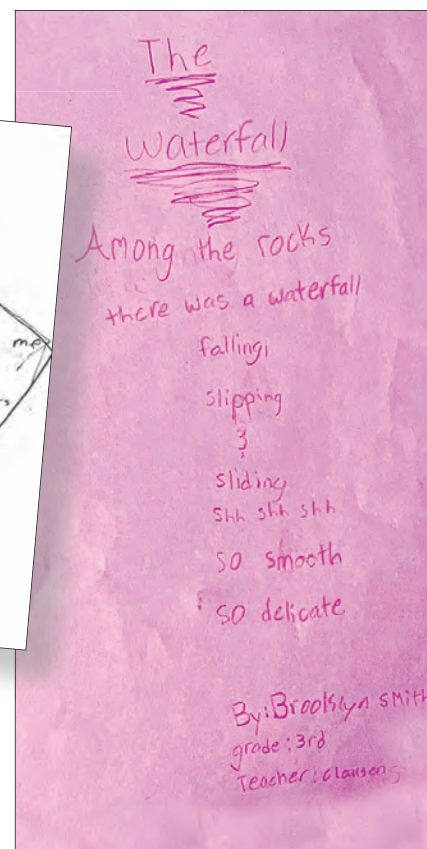
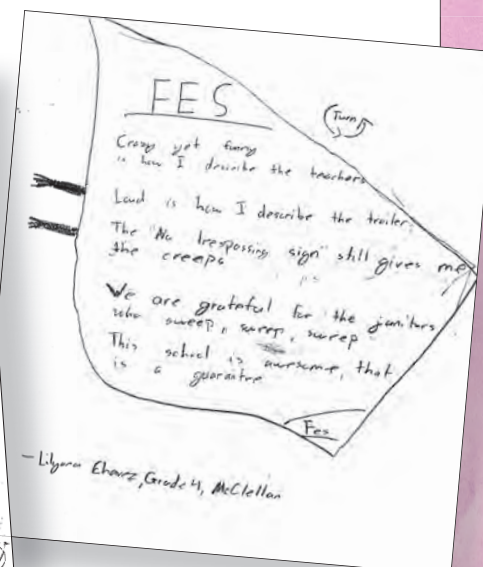
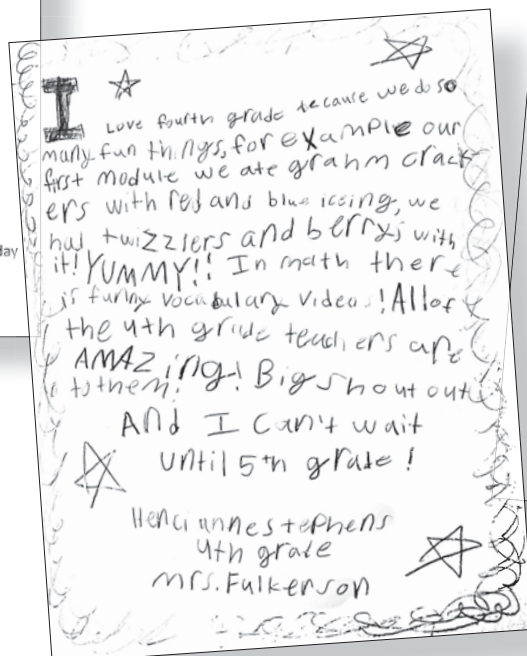
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Quinn Gottman
3rd grade
Mrs. Lowery

SUNRISE

Beautiful light shining down on me
Going through the great oak tree
Pink, purple, orange, and red
The golden sunlight touched my head
The owl hooted and hid away
For it did not like the day
The night passed away and the day arose
I heard the calls of the crows
I said goodbye to the night and hello to the day
I was happy for now it was time to play
And not sleep away



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Back to School Reminders for FES

Fairview Elementary (FES) will host a Meet the Teacher event on August 23, from 8 am to 10 am. Families will be welcomed in at the school gym's entrance and will then be directed to their student's classroom. After visiting with the teacher and looking around the classroom, families will be invited to the school's cafeteria, where they can learn about things like bus routes, parent involvement opportunities, after school clubs and more. The PTA will also have FES Cardinal spirit gear for sale for cash or check only.

FES will happily welcome students back for the first day of school on August 26. Since student safety is of utmost importance, here are a few reminders to help keep everyone safe, as well as a few pointers to help make the school year successful.

Car Riders' Line. All cars will both enter and exit at the stop light. Cars will travel up Oak Hill Drive, continue past the bus drop-off area, and then circle around the school building on the road marked "Student Drop Off." They will continue behind the community center and then turn left to travel the perimeter of the parking lot to enter the front drop-off/pick-up area. Once approaching the unloading area, cars will merge into one lane. Please be courteous to fellow parents. All students will need to exit and enter cars from the passenger side. After students are dropped off or picked up, cars will then turn right past the drop-off/pick-up area and follow the same route, circling the school building back to Oak Hill Drive to exit at the stop light.

Anyone who must walk into the building while the car riders' line is moving is required to use the crosswalk to the right of the flagpole. There should be no pedestrians navigating their way through the moving carline. Morning sun can sometimes make it difficult to see clearly, and we want to make sure everyone stays safe.

In the afternoons, anyone picking up a student in the car riders' line must have a current school-issued sign with their student's name clearly displayed in their car's front window. New signs are issued every year, so signs from previous years cannot be used. Anyone without a sign will be asked to park and enter the building to pick up their student and will be required to show proper identification.

Please also remember that all Buncombe County School campuses are tobacco free. No smoking of any type, including vaping, is allowed in the car riders' line, in parking lots, at ball fields, etc., with no exception.

School Times. The school day at Fairview Elementary will begin promptly at 7:55 am. This is when all students should be at their desk prepared to start their day. Students dropped off at or after 7:30 am will be

permitted to go straight to class. Students who arrive prior to 7:30 am will be held in the cafeteria or other communal area until the bell rings at 7:30 am. No student can be dropped off before 7:15 am. School dismisses at 2:30 pm; however, buses start loading at 2:15 pm. If you need to pick up your student early, please plan to do so no later than 2 pm to not interfere with dismissal procedures. All students must be picked up from campus by 3 pm. On scheduled early dismissal days, school will dismiss at 12:30 pm. Students who ride a bus will arrive home two hours early, and all car riders must be picked up by 1 pm.

Late Drop-Off. Any student who is dropped off after 7:55 am must be walked into the building and checked in at the front office by an adult. Students will be issued a tardy slip and then sent to class. If a student is late due to a medical appointment and an excuse note is given to someone at the front office, the tardy will be excused.

Early Pick-Up. Any student who needs to be picked up early must be checked out by an adult at the front office. That adult must be on the list parents/guardians complete at the beginning of the school year that indicates who may pick up that student. The adult picking up the student will be required to show a state-issued ID before the student is dismissed. Students who leave school early for a medical appointment should bring an excuse note when they return to school so that their time away from school is excused. Again, any student who must be picked up early should be picked up by 2 pm to help avoid confusion during the dismissal process.

Unexcused Absences, Tardies, and Early Dismissals. It is especially important for students to be in school during school hours. If a student has an excessive number of absences, tardies or early dismissals, their family will be contacted by a school social worker to help determine what can be done to make sure that student is in school.

Bus Riders. All bus riders must be met by a responsible party at the bus stop unless there is a note on file at the front office stating that student may be let off without supervision and that FES is released from all liability per the parent's request.

Transportation Changes. No transportation changes may be made over the phone, by fax or by email. If a student needs to go home some way other than their usual procedure, a dated and signed note indicating the change should be sent in with the student for their teacher. The only other option for changing transportation is for the parent/guardian to come to school and write a note. An ID is required to make transportation changes at the front office.

After-School Care. The YMCA offers an after-school

program at FES until 6 pm. For more information, please contact the YMCA business center at 210-2273 or check the YMCA website at ymcawnc.org/childcare. Asheville Sun Soo Martial Arts and Camp Good News also offer after-school care options.

Child Nutrition.

All FES students will receive a healthy breakfast and lunch at no cost this year. Parents may choose to add money to their student's lunch account for extra items like chips and ice cream. Money can be added online k12paymentcenter.com.

Nut-Free School. Due to many student and staff allergies, some severe, FES is a nut-free school. This includes all nuts, not just peanuts. No nut products should be sent to school for snack or lunch.



Students working together in Mrs. Gortney's 2nd grade class last fall.

School Celebrations. No flower deliveries or any balloons are allowed at school. Only store-bought treats are allowed; nothing homemade can be shared with classmates. If someone wishes to send in treats for a class, it is best to check with the classroom teacher to make sure no other treats or special scheduling is planned for that day.

Classroom Supplies. Lists of necessary school supplies for each grade level are available on the school's website. Some teachers may request additional items throughout the school year. If you believe your child will be unable to carry in supplies by themselves, please plan to bring those supplies to the Meet the Teacher event.

Daily Needs. It is important that students remember their backpacks, lunches, snacks and water bottles every day. It can be difficult to get these items to students once school starts, so it is ideal they come prepared.

Dress Code. Students are expected to dress appropriately for school and choose clothing that is not distracting in an educational environment. Shorts and skirts must be at least fingertip length; midriffs and chests must always be covered; no hats, hoods, bandanas or sunglasses should be worn inside the building except on

designated days announced by school staff; clothing should not display images of weapon or promote drugs, alcohol, tobacco or any inappropriate activity; and no shoes with wheels are allowed.

Personal Property. Students should not bring personal items such as cameras, electronic watches or other electronic devices to school. Students who must bring cell phones or other ways to communicate with parents at after-school activities off campus must keep these devices in their backpack and have them turned off for the entirety of the school day. This includes time on the school bus both in the morning and afternoon. Additionally, the school is not responsible should personal items be misplaced.

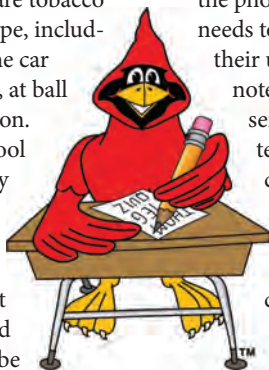
Communication. All calls relaying valuable information will be sent out each Sunday evening. Information from these calls is also sent to parents by email and posted on the school's Facebook page. Important information will also be sent home by teachers each Friday, or as needed. If you feel you are not receiving this information, please call the school at 628-2732. Be sure to monitor the school's website at fes.buncombeschools.org and the school's Facebook page at [facebook.com/FairviewElementary](https://www.facebook.com/FairviewElementary) for important news and announcements.

Parent Portal. All families are encouraged to access the Parent Portal provided by Buncombe County Schools to view grades, attendance and more. You may access the PowerSchool Parent Portal at portal.buncombeschools.org. Parent Portals will not be available until the first day of school. If you need help setting up an account, please email the school's Data Manager at kenya.hoffart@bcsemail.org.

Volunteers. There are many opportunities for parents to volunteer in the school building throughout the year. All volunteers must complete a Buncombe County Schools Volunteer Application online at appgarden6.app-garden.com/VolTrackNC110.nsf.

Privacy. If you prefer your student is not photographed for inclusion on the school website, Facebook posts and yearbook, please let your student's teacher know as soon as possible. Please note that if you choose to exclude your student from one media, you exclude them from all media. For example, you cannot request for your student to be included in the yearbook but not on Facebook.

If there are any questions about these or other school policies, a copy of the school's parent/student handbook can be found on the school's website under the Parents tab. Questions can also be directed to any of the front office staff at 628-2732. The staff at Fairview Elementary eagerly awaits their students' return and is looking forward to a safe and happy school year. Go Cardinals!



PARENTING POINTS TO PONDER
Why Is Play So Important?

Children and adolescents thrive when immersed in the “real world” vs. a screen-based world. The more they interact face-to-face with other people, the sharper their social/emotional skills become. In this kind of setting, they can empathize, problem-solve, and learn the art of negotiation and compromise.

“Play is the work of the child.” It allows them to communicate and connect with others. Play helps them learn to regulate their own emotions and build healthy relationships, which are important “real life” skills they will need as adults. In sports, they learn self-discipline when their coach teaches them the rules and models what respect and team spirit looks like.

When adolescents are part of a club, they experience accountability and leadership, which are linked to self-discipline and breed confidence. Encourage your children to get involved in activities such as music, drama, or visual art, which helps them develop resilience, patience and also fosters a growth mindset.

Play is a great stress reliever. Your kid’s focus shifts to the present moment, and they aren’t worried about the past or the future. Show your kids that adults need play, too!

When you enter into their world of play, the mere act of laughing and enjoyment strengthens their relationship and builds trust with you.

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

ACRHS Band Looking for Support

The ongoing success of the ACRHS band program is a testament to the power of community support and sponsorships. The program is looking for sponsors to help them continue to provide growth opportunities for the students. \$70 sponsors one student for one month.

The band also needs help in finding a machine to pull band equipment during their Cedar Cliffs Classic Tournament of Bands on October 12. If you or someone you know is able to loan the band one or more side-by-sides (or tractors) for the day, it would be appreciated and very helpful.

To get more info on how you can contribute to the success of the band program, you can email acreynoldsbandbpa@gmail.com or visit tinyurl.com/ms8nyfph.

FES DADS CLUB

Meet the Dads: Chris Rominger

Chris and his wife Sarah have two children: Maeva (5) and Evander (2). Chris works in Human Resources with AdventHealth. And when he’s not working, he enjoys spending time traveling and going on outdoor adventures with his family.



Chris and Maeva

Chris became involved with the FES Dad’s Club this year after attending a Daybreak with Dads event to read to his daughter’s kindergarten class. Chris loves how easy the club makes it for dads to participate and be involved through such meaningful events. The annual Daddy/Daughter Dance is currently his favorite event (the photo at left is from this year’s dance) and he looks forward to participating with the club in years to come.

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

- **AUGUST 16 Kindergarten Popsicle Party**
Come enjoy popsicles from 11 am until noon at the school after the conclusion of Kindergarten Camp.
- **SEPTEMBER 6 Pizza Party**
All dads and kids are invited to a pizza party from 5:30–7:30 pm on the big playground. This is a great opportunity for dads to connect and talk about plans for the upcoming school year while the kids get to enjoy some pizza and play.

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Facing the Future

I understand why another teen who knows exactly what they want to do would be excited for college, and why some teens are very ready for freedoms that come with being out of the house. But I don't know what I want to do and am perfectly content with being home with my family.

However, with my junior year right around the corner, test prep, AP classes, recruiting and college conversations are starting to ramp up. I have to begin answering questions about my future when I really have nothing on

have to go to to do it; and their path is— seemingly—flawlessly laid out before them. But ultimately a lot of them will end up changing their plan sometime in college, with the rest of us figuring it out alongside them.

I do have some ideas of what I am interested in. I love the idea of self-employment, passive income, real estate, flexible hours, etc. I've been leaning toward business-focused degrees. When I look ahead at careers, I want to both manage my own time while also doing something I love. I tend to think of it in a very "one and done" way, hoping I'll find a lifestyle dream of baking, exploring, etc., all while building passive income streams. I have to remember that it's not so simple—maybe it looks more like running a bakery—very time consuming—and doing something else on the side to work toward financial independence. It could be a combination of a bunch of things or simply not a linear path!

There are seemingly endless variables and contributing factors when it comes to making college and career-based decisions. The regular questions I ask myself include: Where do I go to college?" "What classes do I take to prepare?" "What majors am I interested

in?" "What do I want to do for a career?" But all I can really ask—and it's really a prayer— is: "Where do you want me, God, doing what, serving who, sharing your name where?"

When I look ahead at careers, I want to both manage my own time while also doing something I love.

While it might seem like this makes my decision-making easier, it's so much harder. I still want the clear-cut, one-way, fast-lane answer that doesn't really exist. I'm looking at what I want—financial flexibility, certainty, predictability, etc.—while simultaneously seeking out what God wants. I am sorting through all of it, and learning that sometimes these two "plans" go hand in hand, while other times I have to give up one for the other. This is a whole other mental process aside from the day-in-day-out life of high school and college decisions.

I recognize my desire for comfort, stability, certainty and freedom. However, rather than asking, "How can I eventually achieve my 'white picket fence'

life?," I want to ask: "What does it mean to reject the normal, step outside of comfort zones, and live a life for Christ rather than comfort?" I have a few great role models in my life who model such trust in God and live out their faith so well in the way they treat people around them.

College, or perhaps the future as a whole, remains one of the biggest mountains in my life. These decisions, thoughts and spirals are emotional, physical and mental battles. Most of them are internal—overthinking, overreacting, over-expecting, amping myself up, worrying myself to tears—and the rabbit hole continues. My biggest comfort through it all is knowing that God moves mountains and walks alongside me through the highs and lows of life. Just that alone, while not an answer or a clear-cut path, brings an indescribable peace that destroys my anxiety and gives me courage to tackle what comes next, strength to meet things head-on, and a genuine joy for life and all that is ahead of me.

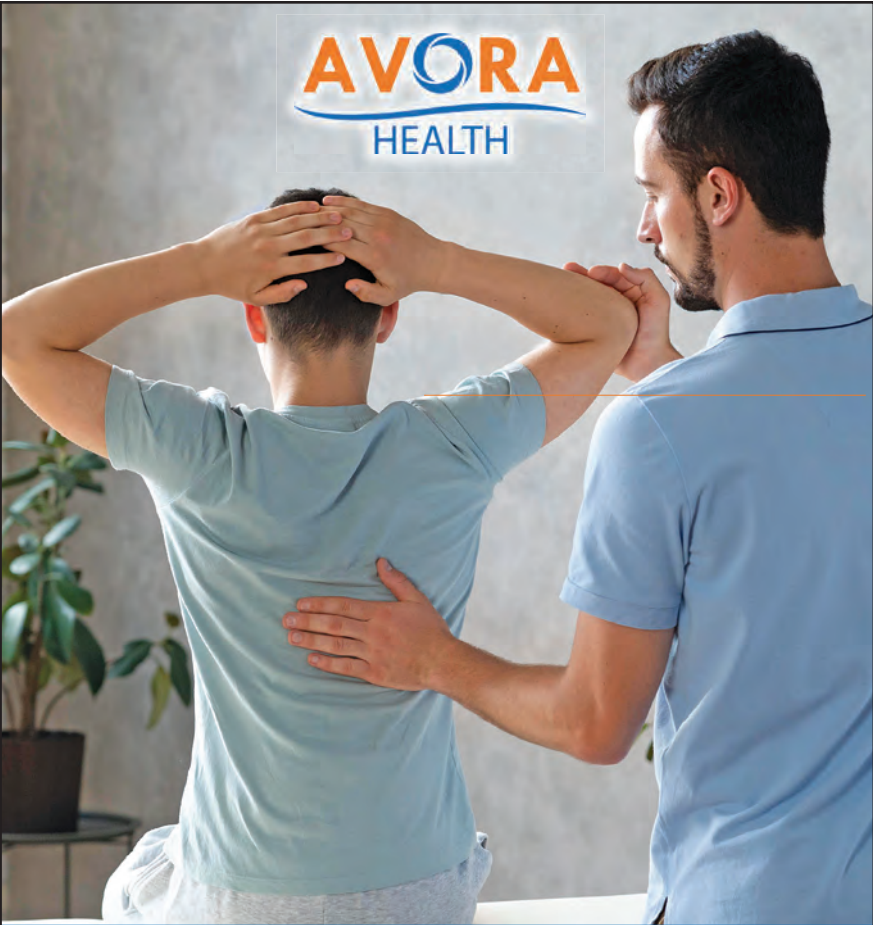
Ansley Fuchs lives in Fairview with her parents and three siblings and is a rising junior at Asheville Christian Academy.



Ansley Fuchs
TEEN PERSPECTIVE

my "college list" other than a small-ish Christian school a day's drive from home. Not only is the task of narrowing down schools daunting, it's personally dreadful and unexciting and the whole process is an internal, emotional fight.

It's easy to think I am the only person who wrestles with these uncertainties. But I have to remember that most of my peers are in a similar situation. Yes, I know high schoolers who know exactly what they want to do, the college they



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First Day Is Fast Approaching at CCMS

By Norm Bossert

It's almost hard to believe that shelves in the stores are already filling up with school supplies. I'm certain that the sale of notebooks, pencils, paper, earphones, crayons and whatever else one can imagine represents an economic impact that the folks at box stores calculate carefully every year. Merchants love the start of the new school year. (Please note that Cane Creek Middle School parents can find supply lists on the school website.) School is a huge investment that ripples into lunch box sales, backpacks, school outfits and other sundry items.

Investments, though, come in "other" forms. Having been an educator for more than 50 years from kindergarten through high school, I've seen the real investment. You can see it, too. One need only be a fly on the wall on the first day of school as car doors open and the parade of 5-year-olds and their parents nervously enter the school for the first of many times. Scary—you bet!

As an illustration of this, this summer two of my grandkids visited. One day during their two-week visit, we went to Sliding Rock Recreation Center. My grandkids loved it. While there, I stood watch over the sliding people. Eventually

a man with a little blonde-haired boy on his hip approached the sit-down area. The boy screamed "No!" over and over. He kicked and screamed. The dad wrapped his arms around the child and—screaming or not—down they went. A few minutes later, it was the boy's turn again. He ran past the line of people waiting ahead of him. His father struggled to keep up, apologizing for his son's apparent lack of decorum. Strangers cheered as the little guy went sliding down alone with a smile on his face. They cheered for this courageous boy, and he reveled in the moment, never to be afraid of the slide down Sliding Rock again.

To some extent, some of your rising 6th grade students will have that funny tummy moment—but they won't tell you because they are no longer first-day kindergartners.

I've got a secret to share. On that first day, your child's teachers (and administrators) have that funny tummy moment, too. Even the most veteran teachers will wonder what kind of cards they have been dealt. What your children don't know is that teachers began preparing for day one on the day they decided to dedicate their lives to helping young people grow to become fully engaged citizens. That is what it is all about, isn't

it? We all have a role to play in making our communities work.

I will never forget the day I decided to become a teacher. I had been hired to be an assistant counselor at a camp for profoundly handicapped people. I had no idea what I had gotten myself into. I was supposed to have a head counselor, a fellow named Nick. But he never showed up! The bottom line is, after spending a summer with my 14-to-21-year-old campers, I knew where I needed to spend the rest of my life. I dropped my pre-med program (much to my mother's chagrin) and registered as an education major.

Well, here I am, starting my 51st year as an educator. For many teachers, every first day is a bit of a well-choreographed mystery. For those of you starting at Cane Creek Middle (CCMS), you are entering school on its silver anniversary. Returning for his 25th year at Cane Creek is our very special educator, Todd Robertson. Together with this veteran educator, our entire staff will be honoring a quarter-century of excellence. And it all begins with you parents trusting us as your car doors open and buses unload.

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



Helpful Insurance Tips

General liability insurance is crucial coverage for small businesses. It protects your company from claims of bodily injury or property damage caused by your business operations. If a customer is injured on your premises or your services cause damage, general liability insurance will cover the resulting legal fees and payouts. This can safeguard your small business assets from potentially devastating lawsuits. The coverage applies to third-party claims, so it doesn't protect your own employees. You'll need workers' compensation for that. While the specific limits vary, most policies provide \$1 million in coverage per occurrence and a \$2 million aggregate limit. Contracts often require general liability insurance and can give customers peace of mind when working with your small business. It's an essential protection for all small companies.

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

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THE MAGIC LIFESAVER

WHAT YOU'LL NEED

A roll of Lifesavers (or any candy with a hole in the center), a handkerchief, Elmer's glue, and a length of string or thin rope.

PREPARATION

Before you start, carefully break a piece of the candy into two pieces. Then glue the pieces back together with a bit of Elmer's glue and give it time to dry. Make sure that this prepared candy is the first one placed into the roll, so it is the one you put on the string. And hide a piece of unbroken candy in your hand.



Photograph of lifesaver by Stuart Rankin. Adapted from original. License: <https://creativecommons.org/licenses/by-nc/2.0/>

PERFORMANCE

Thread the prepared Lifesaver onto the string. Drape a handkerchief over the string, hiding the candy. Have other people hold both ends of the string. When you reach under the handkerchief, secretly have an extra piece of unbroken candy hidden in your hand. (The best way to hide it is to not look at it. People look where you look.) Quietly break the prepared candy on the string, and let it fall into your sleeve or hide it in your hand. Then, bring out the unbroken piece of candy, holding it in your fingertips. Let everyone look at the candy and the string. While they are looking at the candy, place both of your hands into your pockets, dropping the broken pieces. It is best to put both your hands in your pockets, because if you put one hand in your pocket, it will look like you're dropping something inside.

magic!

Greg Phillips is a professional speaker, magician and comedian. Contact him via email at Greg@GregPhillipsMagic.com or visit MountainMagicAcademy.com.



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On the Road



Barrie Nelson and Michelle Morris recently traveled to Tokyo and brought the Crier along. "This is us [at left] in front of some sake barrels on the approach to the Meiji Jingu (a Shinto shrine)," said Michelle. "These barrels are decorative, but full of spiritual significance. The Meiji Jingu is incredibly beautiful... and is also home to a magical iris garden and Kiyomasa's Well." They also visited the iconic Shibuya Crossing in Tokyo (above). Arigato to Barrie and Michelle!



The Crier enjoyed a trip to Hawaii with Kirk and Lee Raymond and Bob and Jan Pignataro. They are shown above at La'ie Point, North Shore Oahu. Aloha!

Amy Lunsford sent us photos from her family's road trip to Texas and Louisiana. They were able "to cross two more states off our list, as our family has a goal of traveling to all 50 states by the time Jacob and Jonathan graduate," said Amy. "When we road trip, we like to visit Roadside America attractions to add a little fun to the trip. There is an Eiffel Tower in Paris, Texas complete with a cowboy hat!" Thanks, partners!



We'd love to share your travel photos! Take the Crier with you and send your best shots to (email) ralph@fairviewtowncrier.com or (text) 828-808-4830.

Conquering Cravings

Changing your diet can be challenging when cravings and old behavior patterns crop up. Understanding and managing these cravings is crucial for reaching your goal.

The first step is distinguishing between true hunger and cravings. True hunger is indicated by sensations in the stomach, maybe accompanied by rumbling. If these sensations are located elsewhere, or none at all, it's likely a craving.

Physical cravings often result from dietary changes. For example,

when carbs and sugars are reduced, the body may crave them. This may occur until the body adjusts to healthy fats and proteins. Additionally, thirst can sometimes be mistaken for hunger, so drinking water may alleviate the sensation.

Mental cravings are typically triggered by external factors such as visual stimuli, social settings or emotional responses. When a craving hits, assess whether it's true hunger. If not, redirect your focus. Engage in alternative activities such as taking a walk, journaling or meditation, or even just taking five deep breaths.

Social and environmental triggers can present significant challenges. In social settings, consider suggesting alternative activi-

ties. Communicate your dietary needs and ask for support. For environmental triggers, modify your surroundings by removing the trigger or change your routine to avoid temptations.

Regularly revisiting your "why" is vital. Your "why" represents the underlying motivation for your weight loss and health goals. Ensure it is deeply meaningful. This constant reminder can aid in overcoming cravings.



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

SMCC Gives Stream Update

In our May issue, we told readers about planned work to restore around 800 feet of Cane Creek that flows through the property of Spring Mountain Community Center (SMCC).

The plan includes removing current debris, placing rock and "wood toe" along banks, and replanting with fibrous-rooted native plants.

Ruth Atkins from SMCC told us that, as with most projects that include governmental input, there have been delays. The expected date for construction is now sometime this fall.

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





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How Should You Respond to Market Cycles?

The movement of the financial markets can seem mysterious—and yet, if we look back over long periods, we can see definite patterns that consistently repeat themselves. As an investor, how should you respond to these market cycles?

To begin with, it's useful to know something about the nature of a market cycle and its connection to the business or economic cycle, which describes the fluctuations of the economy between periods of growth and contraction. Issues such as employment, consumer spending, interest rates and inflation can determine the stage of the business cycle. On the other hand, the market cycle refers to what's happening in the financial markets—that is, the performance of all the different types of investments.

The market cycle often anticipates the business cycle. In other words, the stock market may peak, or hit bottom, before the business cycle does the same. That's partially because the financial markets are always looking ahead. If they foresee an event that could boost the business cycle and help the economy, such as the Federal Reserve lowering interest rates, they may become more "bullish" on stocks, thus driving the market up. Conversely, if the markets think the business cycle will slow down and the economy will contract, they may project a decline in corporate earnings and become more "bearish" on stocks, leading to a market drop.

Once you're familiar with the nature of market cycles, you won't be surprised when they occur. But does that mean you should base your investment strategy on these cycles?

Some people do. If they believe the market cycle is moving through a downward phase, they may try to cut their perceived losses by selling stocks—even those with strong fundamentals and good prospects—and buying lower-risk investments. While these "safer" investments may offer more price stability and a greater degree of preservation of principal, they also won't provide much in the way of growth potential. And you'll need this growth capacity to help reach your long-term goals, including a comfortable retirement.

On the other hand, when investors think the market cycle is moving upward, they may keep investing in stocks that have become overpriced. In extreme cases, unwarranted investor enthusiasm can lead to events such as the dotcom bubble, which led to a sharp market decline from 2000 through 2002.

Rather than trying to "time" the market,

you may well be better off by looking past its cycles and following a long-term, "all-weather" strategy that's appropriate for your goals, risk tolerance, time horizon and need for liquidity. And it's also a good idea to build a diversified portfolio containing U.S. and foreign stocks, mutual funds, corporate bonds, U.S. Treasury securities and other investments. While diversification can't protect against all losses, it can help protect you from market volatility that might primarily affect just one asset class.

Market cycles often draw a lot of attention,

and they are relevant to investors in the sense that they can explain what's happening in the markets. Yet, when it comes to investing, it's best not to think of cycles but rather of a long journey—one that, when traveled carefully, can lead to the destinations you seek.



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

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400-499K	4	444,500	20
500-599K	4	551,225	9
600-699K	1	650,000	15
700-799K	2	782,000	29.5
800-899K	2	840,000	12
HOMES LISTED: 11	HOMES SOLD: 14	LAND LISTED: 4	LAND SOLD: 6
Max \$3,795,000	Max \$860,000	Max \$195,000	Max \$246,500
Min \$259,900	Min \$260,000	Min \$79,000	Min \$32,000
Avg \$917,391	Avg \$581,207	Avg \$586,000	Avg \$135,000

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The Legislative Session Sputters to a Close

I hope everyone in the Fairview Community is having a wonderful summer despite the heat. While I often complain on hot days here in the mountains, my trips to Raleigh make me incredibly thankful to live in our beautiful part of the world. On my last trip back from Raleigh on a hot afternoon, I paid close attention to the thermometer reading on the way home—the outside temperature dropped from 95 in Raleigh down to 90 in Marion and then all the way down to 82 by the time I got to the top of Mine Hole Gap into Fairview. We are indeed blessed here in Fairview.

The legislative session in Raleigh wrapped up on June 27, and the last week saw a flurry of bills passing through the chamber, although we did not accomplish our primary job of passing an adjustment to the second year of the two-year budget that was passed in 2023. This was driven primarily by the fact that the Republican majority in both the NC House and the NC Senate could not come to an agreement on a bill. It was surprising to me that the Republicans, with super majorities in both houses, weren't able to come together to address important priorities in the state. Apparently, the major sticking point was that the House Republicans wanted to provide an additional 1% pay raise for

state employees, but Senate Republicans would not pass a budget with that raise in it. In the end, the House and Senate leadership decided to bring the session to a close without a budget adjustment, though they left the door open to some meetings of the legislature through the rest of the year if they do come to some sort of agreement. We did pass a small “mini budget” to fund child care compensation grants through September 2024, which will prevent the closure of many child care facilities in the near term, though it really just kicked the can down the road a little further.

As mentioned, there was a flurry of legislation that passed through both chambers. On a good note, in my opinion, we passed the 2024 Farm Act unanimously through both chambers for the first time in a long time. On some occasions, this annual piece of legislation can include environmental provisions that make it difficult for me to vote for, but this year's version avoided that pitfall. I worked hard with Republican legislators to include some small tweaks to improve it as it went through the Agriculture Committee, and in the end every single member of the House voted in favor of it. The 2024 Farm Act did a number of things, including clarifying that horse

boarding is an agricultural enterprise, establishing a prescribed burning cost share program, and providing tax incentives for farmland preservation, wildlife conservation and military buffers. It was an example of good legislation that will help regular people in our state.

I voted against the override of three of the governor's vetoes, but the legislature passed veto overrides for HB 198, HB 834, and HB 237 anyway. Among numerous changes to Department of Transportation rules, HB 198 allows billboard owners to drastically increase the area around their billboards where they can cut down trees and eliminates the prohibition on cutting down Redbud trees. HB 834 was a bill that significantly weakened the “Raise the Age” bill passed in 2020 and means that many more juveniles will be automatically transferred to adult court without even a probable cause hearing in the juvenile system. HB 237, known as the “Mask Bill,” threatens criminal charges for people who choose to wear a mask to protect their health. It also changed our election laws in the middle of an election year to allow people from out of state to send lots of money to candidates in NC without any transparency. This last provision was snuck into the bill in a conference committee at the last second. It was never seen

in a committee and is a prime example of fairly regular efforts to sneak provisions into bills without a thorough vetting.

One more interesting bill passed by the legislature in the final weeks was a constitutional amendment provision that you'll likely see on the ballot this November. It is a fairly simple provision to change the NC Constitution to say that only US citizens can vote in our elections. I believe that the NC and federal constitution are already pretty explicit on this question and non-citizens have never been able to vote in NC, but maybe there is some political advantage to someone to putting this on the ballot in November. In any case, I think that we should ensure only citizens are able to vote as we have always done.

I hope everyone has a wonderful rest of the summer. I know mine will be a lot nicer without the weekly trips down to Raleigh. I look forward to seeing many of you around our community and am always open to questions at eric.ager@ncleg.gov.



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

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Google Translate, OneDrive, Airdash

Google Translate recently announced that it is supporting another 110 languages, assisted by the magic of AI. Many of these are languages from Africa, bringing the number of languages supported to 243. With Google Translate on your smartphone, it's like having Star Trek's Universal Translator in your pocket. Explore more at translate.google.com.

Apple Account

Sometimes name changes can make sense but still confuse people. When Apple releases their new iPhone iOS in the fall, we will have to get used to Apple ID being renamed Apple Account. Yes, it makes a lot of sense, but all the previous help articles and years of learning are tossed out the window. I wish they had done this years ago when it was already confusing that the apps for Music, Podcasts, Apple TV, Apple News, iCloud and more all used the same Apple ID or Apple account.

OneDrive Backups

Is Microsoft trying to get more money from new Windows 11 setups? They are setting OneDrive to automatically back up to their OneDrive cloud without asking the user anymore. This syncs files folders like Desktop Pictures, Documents, Music, and Videos, which is fine if you already have the 1 TB of storage space you get with a Microsoft 365 subscription. But you may find warnings popping up about running out of OneDrive space soon after setting up your new PC.

Default Apple Photo File Settings

iPhones save photos as HEIC, Apple's propriety photo format, which can complicate life for non-Apple users

when they get such photos. If you receive such a photo in Windows, Microsoft will allow you to open and convert said photo to JPG Photos (you will need to install the free "HEIF Image Extensions" from the Microsoft Store). There are plenty of online converters (such as cloudconvert.com/heic-to-jpg) that will work, too. Apple users can change their phone's Camera > Formats setting to "most compatible," and then others won't have to jump through hoops to convert your photos.

Sharing Files

When you live in a household of mixed Apples, PCs and Androids, sharing files and visuals between devices feels nearly impossible. Airdash (airdash-project.web.app) is an app that makes it easier to share files in a mixed environment without cost, and they are directly shared between those devices.

Have Some Fun

Need to play some? Liquid Layers (grantkot.com/ll) is like playing with one of those tilt-and-shake liquid boxes. Labyrinth Locator (labyrinthlocator.org) lists real-world labyrinths (but not our own local The Labyrinth Center). And Strolly (nilcoalescing.com/apps/strolly) helps you create random walks of different lengths when you visit new places.



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

Local MMA Teen Plays Big Roles

Braden Cermak and his twin brother Mannix celebrated their 17th birthdays on July 26. You may know the names of the twins who live off of Old Fort Road. That's because they rank as Mixed Martial Arts (MMA) champions who've racked up a number of awards.

This past spring, Braden (pictured below) added television star to his resume when he appeared on *All-Round Champion* season 6. Known as a "soft-hearted warrior," Braden used both his athletic skills and his ability to connect with all kinds of people in this journey.

"I am a very proud mom," his mother Athena told the *Crier*. "I feel God has blessed us, and I tell Braden and his siblings they need to give back and share those blessings." She said that Braden gives back by feeding the needy and teaching others jiu-jitsu.

On the TV show, young future Olympian athletes compete as partners in sports dominated by pairs or duos. The athletes showcase the power of collaboration and the importance of trust and unity. They overcome adversity and display sportsmanship to prove they are the All-Round Champion. You can watch Braden in action on the free BYUtv app.



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Blaine Greenfield hosts BLAINESWORLD, a
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Music to the Teeth

Here's a riddle for you: What wild edible is called "music to the teeth" in Malaysia, sells for approximately \$20 dollars, and is a multi-million-dollar wild crafted crop around the world but is especially prized in China, Japan and most of the Orient?

Most Americans hate them, are repulsed by them, avoid them at all costs—which might not be a bad idea as they have a nasty poison that can be stronger than cobra venom and really hurts for a while, and some species are deadly.

Wasps? Snakes? Stinging nettles, Mutant squids? None of the above, but most people have experienced them at one time in their lives, as their sting is rather unforgettable and they truly are a troublesome pest to humans in the summer months. These are not a mountain wild edible but exist in most oceans and are abundant in places like the Chesapeake Bay where I lived many moons ago, as well as up and down the Atlantic coasts.

The wild edible I am speaking of is the nasty but beautiful jellyfish. You cannot eat them raw unless you are a squid, as they have to be processed for about a week, and only you can be the judge as to whether or not you think it's worth the effort. Taste, like scent, is in the mouth of the beholder, and many things that we find delicious and common in the US might be met with revulsion in other cultures. So, a delicacy is relative. One thing I have learned over the years is to try something once before passing judgment, as you never know; you might be surprised and find something absolutely delicious to add to your personal menu of earthly delights.

When in Scotland, locals raved over haggis and blood pudding, so I tried it at breakfast once—and only once—and my Scottish friends were delighted that I found it rather gross, as that meant more for them. But I'm glad I tried it. I was hesitant at first to eat roasted rattlesnake but thought it was delicious. The same held true for possum, as I was well aware that it had been eaten throughout Appalachia and other parts of the world, but it had absolutely zero appeal to me. Maybe it was due to the fact that I had trapped a number of them when trying to catch groundhogs. I like them as a critter, but they just seemed too much like giant rats, and as a result were relegated to my "if I was starving" list. In Madison County many years ago, I helped host a wild foods event for an international caterers' association, and the stellar chef who prepared our meal served a mystery

"wild barbecue on ramp-infused crackers with morels." It was delicious and exquisite, and then we all found out the barbecue was a possum the chef had caught raiding her henhouse. She had fed it milk and corn for two weeks before working her magic. Lesson learned.

Back to jellyfish...I had heard they were edible, but they were on the same list as possum. However, many moons ago, at a Chinese restaurant, I asked my friend Gary, "What is the weirdest thing on the menu that we might try?" We both immediately settled on the same item: "crispy jellyfish." We ordered a side of dumplings as a plan B, just in case.

A little platter came with tiny, pretty cubes of yellowish, clear jellyfish pieces with a flower in the center. We both took a bite and I asked for his review. He said, "Two-week-old, stale chewy Jello." I tried one more spoonful and decided to go for the dumplings, as it just was not my cup of tea either. But I am glad I tried it.

There are three kinds of jellyfish that are edible on the east coast, and one of the common ones is called "cannonball jellyfish." None of the edible varieties have tentacles. They must be caught fresh, put in a saline brine solution for three days with alum, taken out and fattened, then put in another brine solution for three to four days, removed and dried.

I've since discovered that they are best served with a good sauce, and had that happened years ago, it might be on my yum list. You can decide for yourself.



Our friends' daughter said she thought jellyfish were disgusting. So, as a prank, we served one up from Edisto Island Beach at our cook out.



Contact Roger at rogerklinger@charter.net.



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Harvesting Joy

Welcome to the wild world of summer gardening, where the only thing growing faster than your plants is your collection of mosquito bites and sunburns. My hope for all of us is that in this drunken heat—in the constant rush of summer growth in a culture that tells us to move, move, move—that there is a moment as the sun relents when we can breathe in the magic of these hazy summer days. When we can find a moment to pause at the end of a long day at the edge of the garden, while the sky turns purple, to see the swallows dive and swoop. I want that fate for all of us, the space to freefall into the quiet peace of a garden.

As a garden enthusiast, I am supposed to tell you useful gardening tips, such as considering drip irrigation to reduce disease pressure or using mulch to retain moisture, but there is something about this delirious part of summer speckled with swimming holes and juicy tomatoes, something that tells me that practicality is out the window. If anything is in the window, it's a peach pie, cooling. As I assess the garden, I can barely walk in the pathways due to the flowers collapsing under the weight of their blooms. They remind me of what I already know: August is the time to submit to the overcoming weight

of a bloom so beautiful it makes you rest.

This month I am tucking away my gripes about the squash bugs to watch the pumpkin tendrils curl, their tender fingers groping for soft warm soil, not so unlike myself. This month I am walking around Root Cause Farm like it's a victory lap. This dream, of a farm grown by the people for the people, that sometimes felt so impossible, is alive. There are thousands of volunteers who come to clip the zinnias, plant the kale, dig the potatoes. I see a playhouse built by Boy Scouts, infrastructure won through hard-pressed grant writing, row after row of garden beds dug by hand, each by a different group of hard-working volunteers. I see the edges, the parts where the weeds have grown above my head, but even there in the weeds are the herbalists, harvesting amaranth for medicine and salads.

If you ever dreamed of a place to participate, to contribute, to convene, to submit, this farm is here for you. If you ever dreamed of eating like a queen in an economy where many of us can barely make ends meet, this farm is doing that too. Every Tuesday from 3-4:30 pm, Root Cause Farm hosts The Share Market in collaboration with Bounty & Soul, where folks from all over the area come to fill up their bags with farm fresh produce. Held

weekly, this vibrant market is a haven for those seeking nutritious, organically grown fruits and vegetables without the burden of cost.

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This program is not just about distributing food; it's about fostering a community spirit, promoting health and reducing food insecurity. Many people who come are at first in disbelief: "This is free?!" I hear it over and over again. Yes, it is free! Some folks who are able to afford the produce and want to support the farm do make donations, and that is

absolutely welcome as well. Other local gardeners bring their own excess produce to distribute.

The Share Market embodies the spirit of giving and sustainability, making fresh, healthy food accessible to all. If you know someone who could benefit from this offering, please share it with them. We are already bustling with an average of 60 households per week, but we have the capacity to double that number. The market is about feeding our community, but it's also a gathering place for children's activities, conversations, long strolls through flower beds, and extended play dates on the playground. It's a chance to take in the swallows diving and swooping among the vining squash tendrils.

This August, remember to plant your fall crops, prune your tomatoes and feed your neighbors. Then, as we soak up the overwhelming beauty of the summer garden, or curse the cabbage moths, or a little bit of both, let's also make like the asters and rest our beautiful selves in the pathways that carve the space between the fruit and the labor.

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


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What got you started with the Elderflower Community?

I volunteered in elder communities and loved connecting with them and listening to their stories. When my grandmother was in a nursing home, I cried when I visited because of how bored and sad all the residents seemed. I realized that watching children play or just being outside, listening to the birds, and feeling the sun on their skin would have improved their mental and physical health. Elders should be the most honored and respected members of our community. Ageism is an epidemic in our country, and I believe that elders should feel like a part of our society rather than feel lonely and isolated, which is often the case when they are home alone or in a facility.

How do you feel your work helps/benefits people and the community?

Elders who need support often want to

age in place at home. While this is an excellent option, it tends to leave them bored and lonely, living in social isolation. In addition, family caregivers sometimes feel spread very thin and already having to balance work and children, etc. We offer a home-away-from-home where elders feel inspired, independent and enriched. We find what brings joy and a sense of purpose to their lives. Maybe it's engaging in activities such as growing herbs and vegetables, watching children play and doing art, taking care of animals. Social connection, good nutrition, time in nature, feeling inspired and doing things we love and enjoy increase life expectancy and quality of life in our later years.

What are your hobbies and/or passions?

I love good food, time in nature, playing the piano, traveling internationally (when I'm not busy starting a nonprofit!) and spending time with my husband and two daughters.

You can learn more about Elderflower and support the 501(c)(3) nonprofit at elderflowercommunity.org.

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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Using Beard Oil

Beard oil is an essential grooming product for men who want to maintain a healthy, stylish beard. Here's why it should be a staple in your grooming routine:

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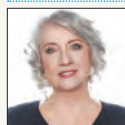
Reduces itch and irritation: Growing a beard can often lead to itchiness and irritation. Beard oil soothes the skin and reduces these uncomfortable sensations, especially during the early stages of beard growth.

Promotes healthy beard growth: Quality beard oil contains organic and natural ingredients that nourish the hair follicles, promoting healthier and stronger beard growth. It can help prevent split ends and breakage, allowing you to grow a fuller, thicker beard.

Tames and styles: Beard oil helps in taming unruly beard hair, giving it a well-groomed appearance. It adds a natural shine and helps in achieving a polished look without the greasy feel.

Pleasant fragrance: Many beard oils come with subtle, masculine scents that can replace or complement your regular cologne, providing a pleasant aroma throughout the day.

Incorporating beard oil into your daily routine not only enhances the health and appearance of your beard but also ensures that you look and feel your best.



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FEATURED LISTINGS



CANDLER! 3 BR, 3 bath well built house on .77 acre lot, 2 car gar in bsmt + add'l garage/shop, screened front porch, rear deck, firepit, HOME WARRANTY, MLS#4131809, **\$719,000!**



BLACK MOUNTAIN! 4 BR/2 BA home on 1.72 acres, primary bedroom on main level, finished room upstairs w/tons of potential, 2 car gar, HOME WARRANTY, MLS#412262, **\$650,000!**



MARION! 3 BR, 2 bath home on 2.63 acres in Pleasant Gardens area, Primary bedroom on main level, office & bonus room, 2 car-gar, covered front porch, MLS#4062487, **\$430,000!**



ARDEN! Brookwood! 3 BR/2 BA house on .65 acre wooded lot, den & family room, att. garage, fixer-upper, convenient location, near Glen Arden Elementary, MLS# 4133223, **\$346,000!**



CANTON! 8.02 acres with direct river access to East Fork Pigeon River, includes updated 3 BR cottage & Country Store -needs work, mountain & river views, MLS#4122677, **\$365,000!**



MARS HILL! House & 2 story detached garage/shop- perfect for small business or hobby, well maintained and conveniently located 3 BR home - all on one level, MLS#4067001, **\$335,000!**

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RESULTS

38 Folsom Dr.....Pending in 4 days	39 Tampa Ave.....Pending in 1 day
234 Brickton VillagePending in 1 day	131 Vinewood Circle.....Pending in 7 days
37 Beechwood Rd.....Pending in 2 days	4 Cub Rd.....Pending in 4 days
87 Huntington Drive.....Pending in 10 days	51 Florian Lane.....Pending in 6 days
1445 Newstock Rd.....Pending in 2 days	44 Pharis Place.....Pending in 8 days
103 Cimarron Drive.....Pending in 4 days	61 & 63 Salem Ave.....Pending in 1 day
93 Stafford Court.....Pending in 4 days	894 Weston Rd #3.....Pending in 11 days
2 First Street.....Pending in 1 day	38 Cloverfield Rd.....Pending in 4 days

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