



YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997

The Fairview Town Crier

SEPTEMBER 2024 VOL. 28, No. 9

FAIRVIEW, NC

fairviewtowncrier.com



Out & About: Saturday, Along Cane Creek

I walked away from a corn-hole tournament sponsored by the Fairview Business Association last month feeling as though I had just laid my finger on the business pulse of the community.

Real estate is in high demand but inventory is in short supply, I learned from Jenny Brunet of Cool Mountain Realty; short-term rentals have plunged (and not just in Fairview), multiple sources told me. Short-term rental cleaning services are a bit slow, said Blaire Stewart, who runs Big Sister's Sparkling Clean. Fairview's local house-call veterinarian, Jordyn Sthay, said her business was slow, probably because parents were busy getting their kids ready to return to school and enjoying end-of-summer activities.



SMCC's Shirley Nesbitt & Ruth Atkins

As the corn-hole tournament continued, FBA members were displaying their services on a hot summer day at Turgua Brewing on Cane Creek Road. Some members said their businesses were doing well. All Seasons Heating & Cooling said business was strong. With this summer's heat, people are working hard at keeping cool. Doctors Michael Trayford and Henry Zaremba told the *Crier* that they've been working with Mongoose Bicycles at Riveter Bike Park in Mills River. The doctors, who run Apex Brain Centers in Arden, specialize in getting folks back to the activities they love after brain injuries.

I said my good-byes and pulled out of the parking lot in my red truck feeling that I had a sense of some of the challenges that our businesses face here in Fairview, as well as some of the strides FBA members were making.

Elated by seeing so many friends but glad to be out of the blazing sun, I headed to Old Fort Road and the shaded grounds of Spring Mountain Community Center.

SMCC's annual picnic was underway when I pulled into the parking lot on that golden-hued Saturday evening. More than 50 folks, including me, sat at picnic tables with friends and strangers alike. The conversation was convivial, the camaraderie heart-warming.

The center abuts Cane Creek, which is only a sliver of itself being this close to the creek's headwaters at Echo Lake. Here at SMCC, Cane Creek has enough depth and current for the center's annual Duck Derby. Rubber duckies, or more likely

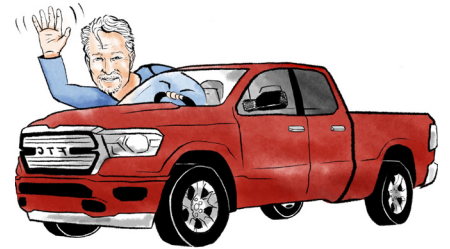
plastic ones, were launched at an imaginary start line in the creek. The first duck that crossed the finish line was proclaimed the winner.

The afternoon at Turgua and the evening at SMCC reminded me about what a community should be: full of folks who celebrate and support one another.

There's no shortage of ways to get involved. Shirley Nesbitt, president of SMCC, said their biggest fundraiser is scheduled for September 30 (see our calendar on page 2 for details about the annual fish fry). Another fun event is Trunk or Treat, when adults pack their automobile trunks with Halloween treats. Costumed kids go from trunk to trunk to load their baskets with goodies.

I left the picnic and headed along curvy Old Fort Road back to Charlotte Highway. The spirit of camaraderie at the FBA meeting, the lovely evening at SMCC, the spread of good food and the warm welcome conspired to say that all was good with the world—or at least with Fairview.

My mood was still elated. It wasn't because of a sugar rush from the homemade cherry cobbler. It had not passed my lips. In fact, I had resisted the



array of sweets at SMCC, including the Honey Bun Cake, which Priscilla Nesbitt baked up to snatch first-prize for best dessert. I wasn't on a sugar high at all. With the sun setting, casting its golden rays through the forests, there was no question that I was on a Fairview high on a day when I simply chose to get out and about in our lovely community.

—Ralph Grizzle



Apex Brain Center's Michael Trayford & Henry Zaremba

- Waste Pro No More: Residents Must Sign Up For New Service -



Fairview residents must sign up by the end of December for Buncombe County's new curbside trash, recycling and yard waste pick-up starting

January 2025. The county discontinued its contract with Waste Pro and will now work with FCC Environmental Services.

New trash and recycling carts will be distributed between October and December as part of the switch. Waste Pro will be picking up its trash and recycling carts, presumably when its contract ends in December.

FCC's basic service will run \$28.65 a month. Premium service will cost \$59 a month. Premium service includes drive-up service as opposed to hauling your trash and recycling carts out to the road. Bear-resistant carts go for an additional \$10 a month.

If you own a bear-resistant trash cart, you may continue to use that. Otherwise, the carts are available for purchase for \$320 or you can lease a cart for \$10 per month. Customers also are allowed two free bags should they have too much trash to fit in their cans. Additional bags picked up are \$3 each. Schedules for trash and recycling pickup days will be distributed in December.

Surprisingly, FCC is headquartered in Spain, with operations in Iberia, the UK, the US, and central and southern Europe. When the *Crier* called the 828 number to sign up for service, we thought we were calling local, but we reached a company representative in Houston.

You can sign up now for the new service at fccenvironmental.com/buncombe-county or by calling 820-7022. If you do go online to sign up, you'll be instructed to enter your phone number for a follow-up call, so you could cut to the chase by calling in. Wait time was less than one minute when we called.

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COMMUNITY CALENDAR

SEPTEMBER 8
ANNUAL MEETING
Cane Creek Cemetery Association
2 pm. The public is invited; please come and bring a friend. If you need to sit down, please bring a folding chair. The financial report for the past months will be read and other important business will be discussed. The association needs some new volunteers. On Grave Yard Rd.

SEPTEMBER 9
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.

SEPTEMBER 12
GRIEFSHARE
Trinity of Fairview
5:30–7:30 pm on Thursdays through December. Help and encouragement after the death of a loved one. Register at trinity-of-fairview.com or call 628-1188. See ad on page 15. 646 Concord Road, Fletcher.

SEPTEMBER 14
RUSTY DOG ARTS & CRAFTS SHOW
9 am–3 pm. See ad on page 28. 379 Old Charlotte Hwy., Fairview.

SEPTEMBER 19
PLANT-BASED COOKING CLASS
Seventh Day Adventist Church
6 pm. Soup and bread. See ad on page 12. 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 RESTOCK, 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

SEPTEMBER 21
FUNDRAISER FOR WOMEN’S SCHOLARSHIP FUND
Barn Door Ciderworks and P.E.O.
5–8 pm. Barn Door Ciderworks and P.E.O. Chapter M of NC will host a fundraiser for the chapter’s college scholarship fund, A Woman’s Road to Success. Live music, silent auction, arts and craft items for sale, as well as raffle items which will be offered throughout the evening. A portion of the evening’s proceeds from the cidery will be donated to the scholarship fund. This event is open to the public and will happen rain or shine. The taproom will be open from 2–8 pm that day. For more info, call 484-1586 or email katie@barndoorcw.com. 23 Lytle Rd, Fletcher/Fairview.

THROUGH SEPTEMBER 21
FOOD DRIVE
Bring your food donations to support Food For Fairview to the offices of CenterWell Home Health located at 9 Olde Eastwood Village Blvd., Asheville.

SEPTEMBER 24
SUICIDE PREVENTION AND AWARENESS EVENT
AC Reynolds High School
5–6 pm. See article on page 19.

SEPTEMBER 28
FORUM ON WOMEN’S ISSUES
Buncombe County Democratic Party
2–5 pm. Join State Sen. Julie Mayfield, State Rep. Lindsey Prather, and a campaign representative for gubernatorial candidate Josh Stein for a discussion of women’s issues as they pertain to health care, education and more. For further details, call 274-4482. Turgua Brewing Company, 3131 Cane Creek Rd., Fairview.

SEPTEMBER 30
FISH FRY
Spring Mountain Community Club
5–7 pm. Meals will include fried white fish, macaroni and cheese, slaw, hushpuppies and tartar sauce. Price is \$10.00 per plate. Dessert of banana pudding can be purchased for an additional \$3.00. **Reservations are required** and can be scheduled by calling 777-4047. You must make your reservations by September 27.

MONTHLY VOLUNTEER DAYS
Root Cause Farm
Share markets every Tuesday from 3–4:30

Reynolds Grad at Prestigious Naval Academy

The *Crier* managed to catch up with Fairview resident Anita Zavyalova (pictured), which wasn’t easy since the ACRHS grad doesn’t get much time with her cell phone these days. That’s because Anita is knee-deep in a six-week intensive training program at the US Naval Academy (USNA) in Annapolis, MD. She’s one of just 1,200 candidates who made the cut for the Academy’s freshman class, or as they’re called, the “plebes.”

Anita used one of her three permitted phone calls for a text exchange with the *Crier*. “I’ve put in a lot of work toward being able to have the opportunity to attend the Naval Academy,” Anita wrote to us. “And now I want to take this opportunity to become a better person, and a dedicated leader.”

Founded in 1845, the Naval Academy is a four-year service academy that prepares midshipmen morally, mentally and physically to be professional officers. More than 4,400 men and women representing every US state and several countries make up the student body, known as the Brigade of Midshipmen.

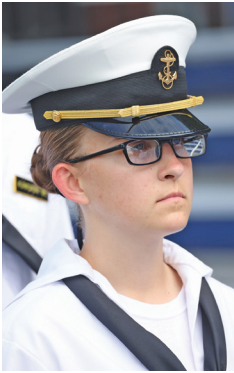
Upon graduation, midshipmen earn a Bachelor of Science in a choice of 26 different subject majors and go on to serve at least five years of service as commissioned officers in the Navy or Marine Corps.

“For me, being at the Naval Academy isn’t just about getting a prestigious education,” Anita wrote. “It is about becoming a strong leader and getting a better sense of who I am as a person and what my purpose is in the Navy.”

Anita’s parents and teachers have been behind her the whole way. “Ever since I first expressed my desire to apply for the USNA, my parents were so excited for me and did everything in their power to help me,” Anita wrote. “During the toughest times, they always reminded me of my goals and always motivated me. Without my mom and my dad’s support, motivation and dedication to my journey, I simply wouldn’t be where I am today.”

Anita also credited her teachers at ACRHS with supporting her, including her home-room teacher Lieutenant Colonel David Wise, a retired US Army officer who heads up the high school’s Junior Reserve Officer Training Corps, and her school counselor Joseph Ainsworth.

Anita seems to be adapting quickly to the Navy lifestyle. “Go Navy!” Anita ended her text with the *Crier*. “Beat Army, sink Air Force!” The *Crier* wishes Anita much success in her career as a naval officer.



Anita and Principal Alexander

pm. Volunteer Days: Sundays 3–5 pm drop-in. Email info@rootcausefarm.org to schedule a group or volunteer at the market. 26 Joe Jenkins Rd., Fairview.

ONGOING
DONATIONS WANTED
Reynolds Fire Dep’t Auxiliary

The auxiliary is seeking donations of new or gently used holiday items for their upcoming holiday market on November 30. Donations will be accepted through November 29. For more info, call 335-9999 or email marie_haddock@yahoo.com. Funds raised will go to support the upgrade of the Reynolds Fire Department kitchen.

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

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

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



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UPDATES

Friends Meeting

September 3, 7 pm
The Friends of Fairview Library will be having their regular meeting in the Library's Meeting Room.

Art On Display

Mixed Media artist Sandra Shelly will have her art on display at the library throughout September and October. Shelly's art is driven by the idea that old, discarded and unwanted things can be refashioned into new art that can tell a story or give a moment of inspiration to the viewer. This has led her to becoming an artist who alters books or uses discarded books as parts of larger pieces. Through the use of collage and paint, the incorporation of ephemera, and other techniques, each finished piece has layers of interest and meaning. Inspiration for Shelly's pieces comes from moments of significance in the past and/or current events.
Visit the library during open hours to see this exhibit.

FOR KIDS

Weekly Story Time

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

Baby Gym

Every Wednesday, 10:30–11:30 am

Babies 4 to 18 months and their caregivers can play in the Community Room.

LEGO Club

Last Friday of every month.

FOR ADULTS

Dancing Into Grace with Katie Barton

September 4, 11, and 18, 4–5:30 pm
Are you feeling the call to reconnect with your body and get moving again? Whether you're rediscovering yourself after an illness, embracing the journey of motherhood, or curious about moving in a new way as you age, we welcome you with open arms.
No dance experience is needed—just bring your inclination to move. This is an invitation to let your thinking mind take a break and let your body dance to the light. We will dance, connect, and rediscover the joy of being in our bodies. Join us on this beautiful journey of movement and connection.

These classes are intended for adults. You can take all three classes or just try one.
Financially supported by the Friends of Fairview Library

Fairview Fiber Arts Club

September 10, 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.

SPECIAL EVENT

Birds We Love with Blue Ridge Audubon
September 24, 6:30 pm

Join Blue Ridge Audubon member Tom Tribble for a presentation about birds of WNC. Topics will include the value of birds, food requirements, the importance of native plants, migration, bird identification tips and interesting facts about some of our local birds. The presentation will conclude with pictures and songs of more than two dozen birds found in our region.
Tom Tribble served six years as President and is now an At-Large Director of the Blue Ridge Audubon Chapter, which covers Buncombe, Henderson, Madison and several adjacent counties in WNC.
Financially supported by the Friends of Fairview Library.

Fairview Online Book Club
September 17, 7 pm

The book club will discuss *The Cemetery of Untold Stories* by Julia Alvarez via Zoom.
For information or to register, or to suggest a book for discussing next season, email jaime.mcdowell@buncombecounty.org.
Upcoming books are *Small Mercies* by Dennis Lehane, *And After the Fire* by Lauren Belfer, and *The Seven Year Slip* by Ashley Poston.

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.

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ACTIVE LISTING

Rosie Johnson & Ali Whitman
\$490,000 | MLS ID 4159184

ACTIVE LISTINGS

Asheville



3 BR | 2 BA | 1,300 SF

118 Bellamy Road
\$374,900 | MLS 4163923

Swannanoa



3 BR | 2 BA | 925 SF

308 Melody Circle
\$379,000 | MLS 4154076

Black Mountain



2 BR | 2.5 BA | 1,440 SF

201 Locust Street
\$549,000 | MLS 4165298

FAIRVIEW REAL ESTATE SALES JULY 2024

LISTING PRICE	NUMBER SOLD	AVERAGE SALE PRICE	AVERAGE DAYS ON MKT	AVERAGE % LIST-SALE PRICE
300K-599K	5	\$450K	23.5	98%
\$600K-899K	5	\$777K	71.5	94.5%
\$900K+	1	\$960K	0	107%

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

Agent Spotlight CLAY ARNOLD



“

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— Gerry F.

”

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The McClures Come to Fairview, Part One

Last month's article highlighted John Shorter's hiring on to work at Hickory Nut Gap Farm, and the dreary night when he had to pull Jim and Elizabeth McClure up the mountain to their house with his two oxen. Their "Honeymoon" Hudson had become mired in the mud of the old turnpike road. Perhaps this month we should retell the back story of how that automobile ended up in Fairview with the two newlyweds.

Jim McClure and Elizabeth Cramer were married in Lake Forest, IL, on March 29, 1916. The newspaper account described the ceremony. "The bride wore a simple robe of ivory white satin with garniture of Venetian lace and carried a bouquet of Lilies of the Valley. Mr. and Mrs. McClure left immediately after the wedding for a trip South and probably will be in Lake Forest upon their return, although their plans are rather indefinite."

Soon afterward, Elizabeth wrote to her Irish companion Martha Clarke (nicknamed "Wiggy Wag!!"). "Wiggy darling I'm so very happy, you can't think how dear & good & considerate Jim is to me. At the end of a month I shall be totally spoiled and we are such huge friends Wiggy wag & I somehow feel as though I had been married years & years...It's the real thing Wiggy dear..."

Elizabeth had grown up in a well-to-do

family that had prospered in the early days of Chicago. Her best friend was Jim's sister, Harriet McClure. She was a talented artist, an increasingly acceptable endeavor for the women of her day. She explained to Jim, "And as the Collective Beauty of the world grows, just so the Spirit of God is increasingly revealed." Elizabeth's boarding school (Miss Wheeler's School in Providence, RI) owned a house in Giverny, France, next to Claude Monet's home. One day, she watched as he set up 11 canvasses in different positions in the field next to his garden, and painted in a mad dash manner, going from one easel to the next every 15 minutes as the light changed.

Elizabeth loved France, in large part so she could have access to the great art collections of Europe and enjoy its "influences," as she would say. In 1913, she purchased a little house in the village of Trepied near Etaples-sur-Mer, a noted artistic community of the day. She invited Wiggy to live with her and expected some of her other American artist friends to join her there. But in August of 1914, war reared its ugly head.

"When the news of Germany's ultimatum came we gloomily decided we should probably leave...Saturday morning everything was quiet as usual...We all went bathing...We had a hilarious lunch together at noon...At four o'clock came the sudden

news that the men were to mobilize at once. A trumpeter rode through the streets reading the proclamation & inside two hours the men were leaving for the front."

Eventually, Elizabeth was able to return to Lake Forest. She took on an interesting art project in Chicago, painting nursery rhyme-themed pictures at a day nursery, where working women could leave their children so they could do their jobs. She designed three areas to paint, with the average size being 10 feet by 76 inches, a large space for an artist to fill.

The project was not without controversy. "People have said to me that they think it is practically a waste of time to spend so much time & effort...where they won't really be appreciated.' 'Something else not requiring nearly as much effort would please them just as much' the old wheezes say. It makes me so mad...I'm sure that the 'masses' in America don't get beauty enough. They're just crazy for it & by gum I don't think I'm being foolish or quixotic."

All the while, a rather interesting courtship was brewing in the background of her life with Jim McClure. For his part, he was trying to overcome a breakdown after a hard pastorate in Iron Mountain, MI. Like his father, Jim was an ordained Presbyterian minister and was determined to make a difference in the world. He

wondered, "How can I 'lose my life' to the gospel, and yet remain healthy?"

Elizabeth wrote to Wiggy, "He is better—but he said that he wasn't as much better as he had hoped to be...Older people shake their heads & say 'he ought to leave the ministry & take up something less absorbing & less taxing' but he won't hear of it...At Iron Mountain...he lived in a perfectly crazy sort of way. He had a room in a drummer's hotel & ate there with all sorts of people & he worked like a dog every minute to change social conditions which in a mining town are apt to be pretty bad."

In the end, the courtship was successful, and that might be an article for next month. Elizabeth's parents presented the newlyweds with the Hudson automobile for a wedding present and had it shipped by train to Asheville. There was a vague search for a farm to buy, but mostly plans were left wide open. Elizabeth explains, "I can hardly wait to turn into a gypsy! It's such a joy to be marrying somebody who likes to do haphazard out of the way things! I should hate the idea of a tent, but a bed on the ground is something I've always pined after." Soon enough, the gypsies happened to Fairview, and found their dream home.



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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News Flash: Meteorological Summer Is Over

As mentioned in previous articles, meteorological summer doesn't exactly follow the equinox. A feature of September weather is the "end" of summer. Meteorological summer—defined as the three warmest months of the year: June, July, and August—has already ended. The amount of solar radiation, hence the length of day, starts at 12 hours 54 minutes on the first of September and is down to 11 hours 50 minutes by month's end, a decrease of an hour or so of daylight. The temperatures show a marked decrease as well. Normal high and low temperatures start at 80 for a high and 60 for a low and

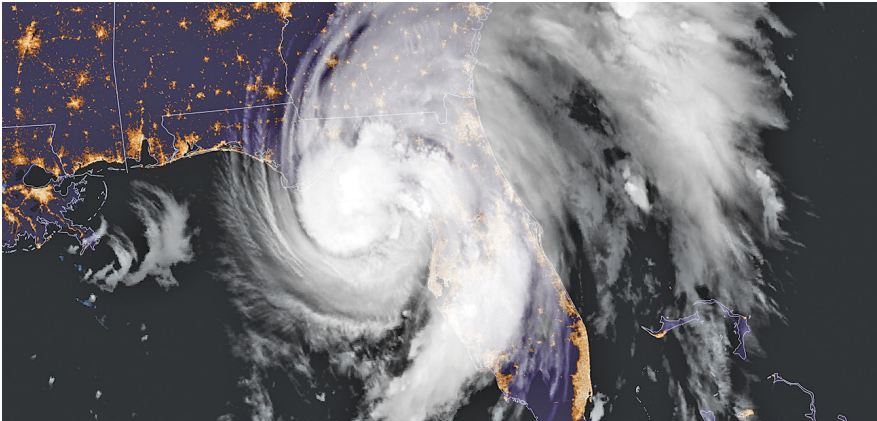
drop almost 10 degrees on average, to 72 for a high and 50 for a low. It isn't unusual to have a couple of nights drop into the 40s for lows by the end of September, all due to the decreasing amount of solar radiation received. Looking at the temperature data at the Asheville airport for the summer season, as of mid-August, we've had 10 days with a high temperature of 90 or better, with most of those days occurring in July. So it has been quite hot, with temperatures running on average close to three degrees above normal. After an early summer of no rain and

parched lawns in June and early July, the heavens opened up and some gullywashers came to town. The faucet turned on again, with most places picking up between seven to 10 inches of rain in July. Most lawns are looking pretty good right now due to the frequent showers and thunderstorms we had in mid-summer. September is historically the time with the most hurricane activity in the Atlantic Ocean basin. We just missed the heavy rain with Tropical Storm Debby in August. That storm dumped only a tenth of an inch of rain west of the airport to a half an inch in east Fairview. Some of the heavy rain bands dumped over four inches of rain in eastern Rutherford County. Usually, the peak of the hurricane season occurs this month, which corresponds with low wind shear and

the warmest sea surface temperatures, producing an average of four tropical storms a year—of which two become hurricanes. The month also has the highest probability of a hurricane making landfall, which happens every two out of three years. Keep your eyes on the tropics for the next couple of months. NOAA updated their Hurricane Outlook in August. See the update at tinyurl.com/weathertc824. You can also follow storms in real time at the National Hurricane Center site (nhc.noaa.gov).



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



NOAA satellite image of Hurricane Debby at landfall near the town of Steinhatchee, FL, at 7 am on August 5.



QUESTION of the MONTH

Based on the data from the Asheville airport, which month has the greatest temperature difference between its historical recorded record daily high and low temperatures for the month? Conversely, which month has the smallest difference between its record daily high and low temperatures?

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THE FAIRVIEW TOWN CRIER September 2024 | 7

A Report from the Field

I am writing this report for you all the way back in the middle of the month of August. You may recall that our garden had been in a worrisome state. There were concerns about whether there would be flowers at all. Lack of rain seemed to have stunted all of our plants, and we were trying to decide whether or not to water to aid this situation.

During a normal year, we very rarely water any of our plants except for seedlings or potted plants. We decided that we were not going to water and let nature take its course. And what a beautiful course it took. We went from no rain at all to more rain than we may have wanted. Daily rain for a couple of weeks has served to create a dramatic transformation, and now our dahlias, as well as everything else, have taken off.

Once again, I am struck by the wonder of nature. My grandmother, who was a gardener long before I was born, is equally surprised. She said she's never seen

anything like it. What I have found most interesting is how resilient the natural world can be. With that in mind, I would like to update you on an experiment that my grandmother and I have conducted over the course of the summer.

You may recall that at the beginning of the summer, we took some cuttings from the new growth that was coming up on our hydrangea. We made sure that we had four leaves and four to seven inches of stem. We applied a root hormone to where the plant had been cut and stuck them into cups of perlite. Roothormone is a chemical derived from plants that stimulates the plant into growing roots. In our case, it was a powder that we got at Home Depot.

Pearlite, if you aren't familiar, is a highly porous stone ground into pieces that are about the size of Rice Krispies. Pearlite is a great way to give new, highly fragile plants an opportunity for the most success. Pearlite is able to simultaneously provide the water the new



growth needs while also allowing aeration so that the baby roots can breathe.

We have been encouraged over the weeks because all of our cuttings have continued to look healthy. My grandmother is largely responsible for this, as she kept them on her porch and tended to them every day. The porch was a good location for this because they could receive sunlight but not be overwhelmed by the heat. Additionally, they were protected from most animals and any heavy rain or wind, which can sometimes damage plants.

This week, my grandmother decided to see how things had been progressing by gently tipping the cuttings out of their cups of perlite to see if there were any roots. We were both pleasantly surprised to learn that they had become nearly root-bound from so much



growth. They were happily transplanted into larger, 10-inch pots so they could continue to expand. We have already made plans for where we will plant them next season.

As a celebration of the beauty of the season, we have decided to close out this article with a photographic essay from our garden. I hope that your summer is wrapping up as beautifully as ours is.



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).

Wilderness Muse: New Creative Space On Cane Creek Road

What’s happening at the renovated car wash turned plant shop at Cane Creek Station? It will soon open as Wilderness Muse, a new community space that is home to 30 hyperlocal artisans and craftspeople. Founder and local artist Leigh Shultis (pictured) told the *Crier*: “We’re creating a place for local artists to find deeper ties with their community and each other.”

Wilderness will host a variety of creative workshops, co-working opportunities and business/personal development courses (in person & online). The space aims to bring together makers, entrepreneurs and the creatively curious to build a vibrant local community. “We’re also redefining the consignment model for local artisans by offering support not only in-person but also virtual sales opportunities,” Shultis said.

Shultis saw a need for reliable support for the maker community and launched a podcast, “The Maker’s Moment,” on Spotify and major streaming platforms in October 2023. But she wanted more and



found it at 1538 Cane Creek Road. “Two years ago, I laughed and said I wanted to quit my job to take over this building,” Shultis said. “I used to go to yoga here every Tuesday. Sometimes this space was the only thing that kept me going during a very dark period of my life. I drove past it every day since then, telling myself stories [about] why it couldn’t happen. Then I got fed up with myself after a hot, rainy market experience, admitted I am ready to bring my vision to existence and picked up the phone.” Next came the waiting. “I thought the deal flopped,” she said. “I let go, laughed at myself and shared the lessons. Then

I got the text and call.” Landlords Jonathan Wall and Scott Shealy with Citizen’s Fuel were thrilled with her idea and were “absolutely critical in making this dream a reality,” Shultis said. “They went above and beyond to help make the space successful.” Wilderness Muse officially opens September 9 at noon. The Grand Opening Party & Ribbon Cutting Ceremony is slated for September 21, with a complimentary grazing table, experience stations, meet and greet with vendors, and a ribbon cutting at 4 pm. To learn more, email wildernessmusecreative@gmail.com or find them on Facebook or Instagram @wildernessmuse.

things that we’ve made for ourselves for years, where we just kind of perfected the recipe,” Micah told the *Crier*. Munchy’s will be open from 7 am so that locals can pick up a quick breakfast and close at 2 pm, Monday through Thursday.



Sonic Activity

You’ve likely seen the work being done at the old Sonic on Charlotte Highway. We’ll have an update about that in our October issue.

New Food Truck

You may have noticed a new food truck at the Citgo station on Charlotte Highway. Munchy’s is the creation of Micah Logan and his partner Phyllis (pictured). On the menu are freshly prepared items such as a the Kickin Chicken Wrap, Munchy’s Cheesesteak, a Breakfast Burrito and much more. “Some of our top-selling items are the



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Folkwear's Molly Hamilton

Every once and awhile, I'll see something in a movie and think, 'Yep! That's one of our patterns!'” Molly Hamilton said with confidence. “Of course, costume makers buy our patterns and then riff from there,” she admitted. “So, I cannot always identify them in films or TV shows.”

But, if garments do not vary much from their original designs, Molly can name the pattern without a moment's thought. Are you thinking she must have a limited inventory? Think again.

“We have over 100 patterns in print plus digital downloads,” Molly said. “And you can recognize each one on sight?” I asked, doubtful.

Molly paused, as if mentally flipping through Folkwear's catalog, then nodded and replied matter-of-factly, “Yes. Yes, I can.”

According to its website, Molly's company, Folkwear, “provides sewing patterns that are based on authentic

vintage and folk garments from around the world.” The shop is currently located in the River Arts District, but was housed next door to the Fairview Town Crier office through last month.

“The business has moved out of Fairview,” Molly said. “But I still live here!” Molly, raised in eastern NC,

married into Fairview. She has four children with her husband, William (1976–2021). Her oldest, a graduate of A.C. Reynolds High (ACRHS), is a college sophomore at UNC-Wilmington and her youngest is in the 7th grade at Cane Creek Middle. Her other two, a freshman and a senior, are at ACRHS.

“I made my kids' clothes when they were little,” she said.

“And a lot of my own things too.” Molly's grandmother gets the credit for teaching her to sew.



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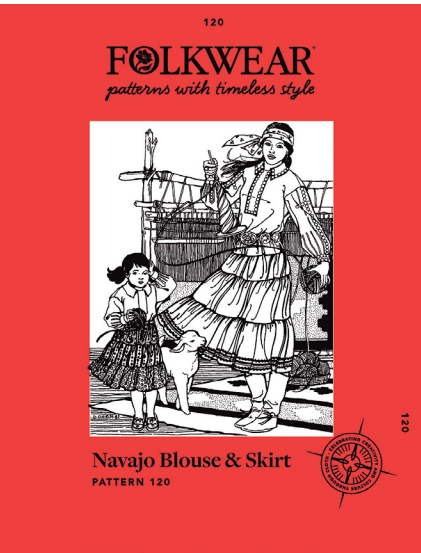
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“I made clothes for my dolls and Barbies,” she said. “But my grandmother was an excellent seamstress and a perfectionist, so I didn't try making my own clothes until I was in college.” Molly completed her bachelor's at UNC-Chapel Hill and her Master's in Crop Science at NCSU.

“I met the former owner of Folkwear at a lecture in Asheville. She was ready to retire and sell the business to someone younger who had the energy to keep it going,” Molly said. “I thought, ‘I could do that.’” When she bought Folkwear, Molly's youngest son had started school, and she was ready for a new challenge. “I am mainly a science and math person, but I'm also creative,” Molly explained. “Plus, there is a lot of math in pattern making. A lot.”

Folkwear has been around a long time. Founded in the 1970s, the company has been sold and resold, but it has maintained a reputation for consistent quality. In the world of sewing patterns for vintage and folk clothing, Folkwear is known as the best there is. “In this circle,” Molly said gesturing toward boxes of patterns and bolts of fabric, “we're pretty famous.”

Plus, some famous people have worn costumes from Folkwear's patterns. “Robert Duvall's wife was a friend of an earlier owner,” Molly said. Costume makers for Lonesome Dove, a 1989 mini-series set in the 1870s and starring Duvall, used patterns by Folkwear. More recently, the movie Collette, a biopic starring Keira Knightly, featured designs that closely resembled the kind of patterns Folkwear sells. “Oh, and Fast and Furious 9,” Molly said with a quick laugh. “Something was set in Scotland in that one and they needed one of our patterns.”



Costume designers for theater, television and film, aren't Folkwear's only customers, though. There are other markets too. Historical sites that employ costumed guides shop Folkwear's catalog and so do people who are just interested in making something unique. “Our sales to that group went way up during Covid,” Molly said. “People were at home and needed something to do to keep busy. They wanted to learn something new, or to take on a big project.”



Molly Hamilton

But Molly's favorite buyers are a group of people you may not suspect. Her eyes grew bright as she explained. “Immigrants and other people who want to get in touch with their family's culture appreciate us.” With so many patterns from all over the world, Folkwear meets the need for culturally appropriate clothing. “In their home countries or cultures, people can go to tailors or stores and buy these garments. Here, their best option is to make them.”

One of the more popular patterns in the last year has been #101, the Gaza Dress. It includes a pattern to make a thobe, or traditional Palestinian dress, along with embroidery designs to embellish the outfit in the traditional fashion. “A lot of Palestinian women make this simple dress and add the intricate embroidery,” Molly mused. “It's part of their culture: making something beautiful. Often, our customers are young women learning a new cultural skill.”

“Sorry to interrupt,” said Cindy Clarke, a Folkwear employee, as she stepped over to join the conversation. “But I just have to tell this story.”

“I gave my allergist the pattern for the Vietnamese Ao Dai,” Cindy said. That pattern comes with directions for both the tunic top and the Ao Dai full-legged pants. “When I returned for a follow-up appointment, the doctor could not stop expressing gratitude. The outfit just harkens back to home,” Cindy nodded, looking over to Molly who was clearly in agreement.

Molly beamed. “I love that. Relating to customers—especially those who are connecting with culture—that's my favorite thing about this business.”

You can find Folkwear online at folkwear.com or visit the brick and mortar shop located at 240 Clingman Avenue Extension in Asheville.



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

Alternate Phone Keyboards

A large part of the Web is not in English, and luckily, most web browsers have built-in translation tools. You may have found these by accident, as most browsers either just translate the text automatically (Chrome, for example) or will ask you (Edge and Firefox.) Safari users have to notice what looks like two speech bubbles on the right side of the URL where you can click and translate. Try olympics.com/fr/paris-2024 in your preferred browser to see how this works.

Both Android and iOS smartphones allow you to use alternate keyboards. Examples include SwiftKey from Microsoft, Gboard from Google, and—an interesting one—Typewise, which uses hexagonal-shaped keys that purportedly help you type faster. Grammarly users should try out their smartphone keyboard to access their writing suggestions.

Consumer Reports recently reported results from their study of people-search sites and how ineffective name removal services can be. The takeaway is that it is more effective to manually get yourself off each people-search site than to pay any of the automated services they tested.

A reminder: Make accounts for others on your computer so you can more safely share your device, especially if it is for those younger visitors who can't seem to resist touching any computer. This can even be done on Android devices, if they are running Android 9.0 or newer. Apple iPad/iPhone users are still out of luck, as there is no support for multiple users.

Mac users sometimes forget to actually close apps. Just as in Windows 11, it is hard to see the little indicator on the Dock indicating that an app is still open. By using MagicQuit (magicquit.com), you can set how long apps in the background will stay open before they are automatically closed, unless you have unsaved documents or files open in a particular app.

What do roadway.report/beta and mygrandcanyonpark.com/park/history/grand-canyon-death-map have in common? They are examples of data mapping or GIS (Geographic Information Systems), which lets you explore different layers of map or geographical data. You may have used GIS if you have looked up Buncombe County property information at gis.buncombecounty.org/buncomap.



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

What Does “Organic” Really Mean?

Navigating the world of skincare can be overwhelming, especially with so many products claiming to be “organic.” But what does organic really mean, and how can you ensure you’re choosing truly organic skincare products?



When a product is labeled organic, it means it is made from ingredients that are grown and processed without synthetic pesticides, herbicides or genetically modified organisms. A formulator should use ingredients listed as Organic, Ecocert or COSMOS Organic. These listings guarantee that at least 95% of the ingredients are organic and that the entire production process adheres to rigorous organic standards.

Reading skincare labels can be tricky, but it's essential. Start by checking the ingredient list. Ingredients are listed in order of concentration, so those at the top are the most abundant. Watch out for synthetic chemicals, parabens, sulfates and artificial fragrances. It's worth noting that some organic ingredients might have scientific names that sound like chemicals but are in fact derived from natural sources. For instance, tocopherol is simply vitamin E, and ascorbic acid is vitamin C.

Choosing organic skincare products ensures you are using items free from harmful chemicals and rich in natural nutrients. This not only benefits your skin but also supports environmentally sustainable practices. Being an informed consumer helps you make the best choices for your health and the planet.



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

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Why Is Exercise So Important as Women Age?

As women age, maintaining an active lifestyle becomes increasingly important for promoting health and well-being. Exercise, when performed three times a week, plays a crucial role in addressing the physical and mental challenges that come with aging.

Aging is associated with a natural decline in muscle mass and strength, which can lead to decreased mobility and a higher risk of falls and injuries. Regular strength training exercises can counteract muscle loss, improving functional ability and supporting independence. Weight-bearing activities such as walking, resistance training and yoga help maintain muscle strength and endurance. With strength training, women can increase muscle mass, which helps maintain a higher resting metabolic rate. This increase in metabolism can help reduce the risk of obesity.

Women have a higher risk of developing osteoporosis, particularly after menopause, due to a decrease in estrogen levels. This hormonal change accelerates bone loss, increasing the risk of fractures. Exercise, especially weight-bearing and resistance exercises, strengthens bones by stimulating bone-forming cells, reducing the risk of osteoporosis and fractures. Activities such as walking, dancing and lifting weights are particularly effective in maintaining bone density. The importance of bone health extends beyond the risk of fractures. Healthy bones support a woman's posture and balance, as does regular exercise. Activities like tai chi and yoga are excellent for improving balance, flexibility and strength.

Osteoporosis and osteopenia are both conditions related to bone density. Osteopenia is a condition in which bone mineral density is lower than normal but not low enough to be classified as osteoporosis. Individuals with osteopenia have a moderate risk of fractures, particularly when combined with other risk factors such as age, gender or family history. Osteoporosis is a more severe condition in which bones have become so weak and brittle that they are more susceptible to fractures, even with minimal trauma or stress. Individuals with osteoporosis have a high risk of fractures, particularly in the hip, spine and wrist.

Heart disease is a leading cause of death among women, and the risk increases with age. Regular aerobic exercise, such as walking, cycling or swimming, strengthens the heart and improves circulation. Exercise helps lower blood pressure, improves cholesterol levels and reduces the risk of developing cardiovascular diseases.

As metabolism slows with age, women are

more prone to weight gain, particularly around the abdomen. Regular exercise helps manage weight by burning calories and preserving lean muscle mass. A combination of aerobic and strength training exercises is most effective for weight management. Maintaining a healthy weight reduces the risk of chronic diseases such as diabetes, heart disease and certain cancers. And weight management can have positive effects on self-esteem and mental health.

Exercise can help to alleviate symptoms of depression and anxiety, which can become more prevalent with age. Physical activity releases endorphins, the body's natural mood enhancers. Moreover, exercise has been shown to improve cognitive function, memory and attention. Engaging in regular physical activity can provide a sense of accomplishment and purpose. Social aspects of exercise, such as participating in group classes or community sports, can provide additional mental health benefits.

Many women experience sleep disturbances as they age. Exercise has been shown to improve sleep quality, helping women fall asleep faster and enjoy deeper, more restorative sleep. Better sleep contributes to improved mood, cognitive function and physical health. Engaging in physical activity earlier in the day can help regulate the body's natural sleep-wake cycle. However, it's important to avoid vigorous exercise close to bedtime, as it may have the opposite effect and make falling asleep more difficult.

Aging can lead to decreased flexibility and joint stiffness, impacting mobility and increasing the risk of injury. Stretching exercises, yoga and Pilates improve flexibility and joint health, reducing discomfort and enhancing range of motion. These activities also promote balance and coordination, reducing the risk of falls. Maintaining flexibility is essential for performing everyday activities, such as reaching, bending and walking.

Participating in group exercise classes or walking clubs provides opportunities for social interaction, which is important for emotional well-being. Exercise groups and classes often foster a sense of community and support, encouraging women to stay motivated and engaged.

For women looking to start or maintain an exercise routine, it is important to choose activities they enjoy and can sustain over the long term, making exercise a fulfilling and rewarding part of daily life.



Allison Fender is the owner of Unified Therapies, located at 145 Charlotte Hwy, Ste 40, Avl. She has a Doctorate of Science in Physical Therapy with a concentration in Neurology. Learn more at unifiedtherapies.com or 414-2368.



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Gut Health and Mitochondria

In recent years, scientists have been discovering how closely our gut health is linked to chronic diseases. The saying “you are what you eat” might be truer than we ever imagined. A growing body of research suggests that problems in the gut might be at the root of many chronic illnesses, with connections to the health of our mitochondria—the tiny powerhouses in our cells. In our practice, we have found that neurodegenerative conditions such as dementia, Parkinson’s and neuropathy all seem to have a connection and require gut repair protocols.

Our gut is home to trillions of microorganisms, known collectively as the gut microbiota. These bacteria play a crucial role in our health by helping us digest food, absorb nutrients and protect against harmful bacteria. However, when the balance of these microorganisms is disrupted—a condition known as dysbiosis—our health can suffer.

One key way this happens is through the production of short-chain fatty acids (SCFAs), such as butyrate, acetate and propionate, by beneficial gut bacteria. These SCFAs are not just waste products; they are essential for the health of our cells, particularly the cells lining our intestines. Butyrate, for example, is a major energy source for the cells in our colon and has anti-inflammatory properties. This process

of energy production happens inside the mitochondria, meaning that when our gut health is poor, our mitochondria can’t function properly.

Mitochondria are tiny structures inside our cells that convert the food we eat into energy. They are often referred to as the “powerhouses” of the cell. However, they also help control cell growth and death, manage stress responses and regulate the production of reactive oxygen species (ROS), which can cause damage if not properly managed.

In addition to diet and exercise, managing stress is crucial.

When our mitochondria are healthy, our cells function well. But when they are damaged or not working properly, it can lead to a host of problems. Mitochondrial dysfunction has been linked to many chronic illnesses, including diabetes, heart disease and even neurodegenerative diseases like Alzheimer’s.

One major factor that can damage mitochondria is oxidative stress, which occurs when there is an imbalance between the production of ROS and the body’s ability to detoxify them. Oxidative stress is often a result of poor diet, lack of exercise and exposure to toxins—factors that also contribute to gut dysbiosis.

So how does a troubled gut lead to mitochondrial dysfunction? It starts with inflammation. When the gut is unhealthy, it can become inflamed. This inflammation can spread throughout the body, affecting various organs and systems, including the mitochondria.

Inflammation in the gut often leads to an increase in harmful bacteria and a decrease in beneficial bacteria, which further disrupts the production of SCFAs. Without enough SCFAs, the cells in our gut can’t function properly, leading to a “leaky gut.” This means that harmful substances that should stay in the gut can pass into the bloodstream, triggering an immune response and more inflammation.

This chronic inflammation can damage mitochondria by increasing oxidative stress and disrupting their normal function. When mitochondria are damaged, they produce less energy and more ROS, which can further damage cells and contribute to chronic diseases.

Understanding the connection between gut health and mitochondrial function offers new ways to treat and prevent chronic illnesses. One of the most effective ways to improve both gut health and mitochondrial function is through diet. Eating a diet rich in fiber, fruits and vegetables helps promote the growth of beneficial gut bacteria, which in turn produce more SCFAs.

Exercise is another powerful tool. Regular physical activity has been shown to improve

mitochondrial function and reduce oxidative stress. It also helps maintain a healthy balance of gut bacteria, reducing inflammation and promoting overall health.

In addition to diet and exercise, managing stress is crucial. Chronic stress can disrupt gut health and increase oxidative stress, leading to mitochondrial dysfunction. Practices like mindfulness, meditation and adequate sleep can help manage stress levels and protect both gut and mitochondrial health.

Our understanding of chronic illness is evolving, and the connection between gut health and mitochondrial function is a key piece of the puzzle. By taking care of our gut through a healthy diet, regular exercise and stress management, we can protect our mitochondria and reduce the risk of chronic disease. In our practice, we recommend high-quality digestive enzymes at each meal (with hydrochloric acid HCL), 100B unit probiotics daily, and 500 to 1000 mg glutamine per day.

As research continues, it’s becoming clear that the path to good health starts in the gut, with benefits that extend all the way to our cells’ powerhouses.



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



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Everything You Need to Know About Voting in the 2024 General Election in Buncombe County



The voting period for the general election will be here before you know it! Election Day is November 5, but early voting starts sooner.

DATES AND DEADLINES

September 6: Absentee ballots in the mail
October 11: Voter Registration Deadline (5 pm)
October 17: In-person Early Voting begins (same-day registration available)
October 29: Absentee ballot request deadline (5 pm)
November 2: In-person early voting ends (3 pm)
November 5: Election Day (6:30 am–7:30 pm) and absentee ballot return deadline (7:30 pm)

SAMPLE BALLOTS & VOTING LOCATIONS

To look up your sample ballot, along with your precinct, voting location and other details, visit the State Board of Elections voter lookup tool at vt.ncsbe.gov/RegLkup.

THREE WAYS TO VOTE IN NC

1. Early Voting

October 17 to November 2, Monday–Friday from 8 am–7:30 pm; October 19, 26, and 27 from 10 am–3 pm; and November 2, from 8 am–3 pm. You may vote at any one of 14

locations throughout Buncombe County. During Early Voting, be sure to check the wait map on the county board of election's website to see how many people are in line at a location near you.

2. Absentee ballots by mail

The deadline to submit an Absentee Ballot Request Form is October 29 at 5 pm. Absentee ballots will be mailed out beginning September 6.

Note: the deadline to return completed domestic absentee ballots is now 7:30 pm on Election Day, which is November 5.

Any NC registered voter who is eligible for the election may request, receive and vote an absentee ballot by mail. No special circumstance or reason is needed. Registered voters in NC must request an absentee ballot with an official NC Absentee Ballot Request Form. There are two ways to access and submit the form:

- online at <https://votebyemail.ncsbe.gov/app/home> OR on paper; print the online NC Absentee Ballot Request Form at <https://tinyurl.com/ncabsentballot>. A Spanish request form is also available.

If you don't have a printer, you may complete an absentee ballot request form at the Election Services office at 59 Woodfin Place, Asheville or call 250-4200 and one will be mailed to you.

Active-duty military, their family members, and US citizens living abroad should visit fvap.gov. If you have questions about that process, you may call 250-4200 or visit buncombecounty.org/vote.

You may return the request in one of the following ways:

- Mail it to: P.O. Box 7468, Asheville, NC 28802 OR hand deliver it to: 59 Woodfin Place, Asheville, NC 28801

Note: The Absentee Ballot Request Form may not be emailed or faxed. Request forms that are hand delivered to the office must be returned only by the voter or the voter's near relative or legal guardian; or if you are not the voter or the voter's near relative or legal guardian, the voter requested your assistance returning their ballot due to disability.

Returning an Absentee Ballot

The deadline to return the completed absentee ballot is November 5 at 7:30 pm. Voters are encouraged to return the ballot as early as possible. In addition, voters will now be required to provide a copy of an acceptable photo ID when they return an absentee ballot. Specific instructions are provided in the return envelope. You may return your ballot in one of the following ways:

- By mail to: P.O. Box 7468, Asheville, NC, 28802. Ballots must be received by November 5 at 7:30 pm.
- At any Early Voting site: During the Early Voting period, but not at a voting location on Election Day. Voters will be directed to the Early Voting Help Desk to return an absentee ballot.
- In person: 59 Woodfin Place, Monday–Friday, from 8 am–5 pm. Absentee ballots may only be returned by the voter or the voter's near relative or legal guardian; or if you are not the voter or the voter's near relative or legal guardian, the voter requested your assistance returning their ballot due to disability.

You can track the status of your mail-in ballot, from start to finish, at northcarolina.ballottrax.net/voter.

3. General Election Day, November 5

On November 5, polls are open from 6:30 am–7:30 pm. If you are in line by 7:30 pm, you will have the opportunity to vote.

Make sure you know your assigned voting location if you are casting a ballot on Election Day.

Remember: During Early Voting, anyone can vote at any Early Voting location, but on Election Day you must vote at your assigned location.

WHAT'S NEW?

Voter ID: You are now required to present photo identification when you go to the polls.

Acceptable Photo IDs for Voting

Any of the following that is unexpired, or expired for one year or less:

- NC driver's license
- State ID from the NCDMV (also called "non-operator ID")
- Driver's license or non-driver ID from

another state, District of Columbia, or U.S. territory (only if voter registered in NC within 90 days of the election)

- U.S. Passport or U.S. Passport card
- NC voter photo ID card issued by a county board of elections
- College or university student ID approved by the State Board of Elections
- State or local government or charter school employee ID approved by the State Board of Elections

Note: A voter 65 or older may use an expired form of acceptable ID if the ID was unexpired on their 65th birthday.

Any of the following, regardless of whether the ID contains an expiration/issuance date:

- Military or veterans ID card (with photo) issued by the U.S. government
 - Tribal enrollment card (with photo) issued by a tribe recognized by the State of NC or the federal government
 - ID card (with photo) issued by an agency of the U.S. government or the State of NC for a public assistance program
- (Note: Although this is an acceptable form of ID under NC law, the State Board is not aware of any such ID in circulation that contains a photo. All IDs for voting are required to have a photo.)*

Don't Have an ID?

Registered voters who do not have an acceptable identification card for voting in Buncombe County have two options to get a free ID:

- The Buncombe County Board of Elections office at 59 Woodfin Place. No special documents are needed. Voters will provide their name, date of birth, and the last four digits of their Social Security number, and have their photo taken. You may also register to vote at that time if needed.
- A local NC DMV office.

CURBSIDE VOTING

Curbside voting is available for those who are unable to go inside the voting location due to age or disability. Pull up to the curbside voting sign and an election official will assist you. Curbside voting is available during Early Voting and on Election Day at all voting locations. Anyone voting curbside will also be asked to provide an acceptable photo ID.

This information is taken directly from the Buncombe County Board of Elections. For more info, call 250-4200 or visit buncombecounty.org/vote.

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GROUNDHOG

FUN FACTS

- Groundhogs are excellent swimmers and are related to squirrels.
- They have two coats of hair that gives them a distinctive “frosted” appearance.
- Groundhogs dig extensive burrows, sometimes over 60 feet long, which are used for hibernating in the winter, sleeping, and nurseries, as well as a safe retreat when danger is present. There are usually two or more entrances.
- The largest Groundhog Day celebration is held in Punxsultawney, Pennsylvania, the home of its famous resident groundhog, Punxsultawney Phil.
- One of their most common nicknames, “woodchuck,” has nothing to do with wood. It’s thought to be a corruption of the Native American words wejack, woodshaw or woodchoock.

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



Lee James Pantas



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Bee Prepared

By Walker Overstreet & Mike Spivey



Summer is almost over, and the weather will soon be much cooler. So, it's time to start prepping the beeyard for winter.

By September, not much is left for the bees except for goldenrod and aster flowers, and when they are finished, the bees will be in a dearth, or time when food source is scarce. Bees are especially defensive at this time. Mike's wife sometimes complains that the girls are trying to chase her away from her garden, which is adjacent to the apiary.

They are twitchy because they know the colony's survival is dependent on having ample food stocks to get them through winter. During a dearth, bees will try to rob honey, wax and propolis from other (generally weaker) hives. A weak hive cannot easily defend itself from a robbing frenzy. A hive without a queen is especially prone to robbery and can't survive the winter.

It may be difficult to purchase a queen at this time, and making one naturally will take too long. In this case, it's best to combine the weak hive with one that is strong and has a better chance of survival. This is typically done by placing the weaker hive box directly on top of the healthy hive with newspaper between the two boxes. The bees will eventually chew through the

newspaper and assimilate the new bees into the colony. Another strategy to prevent hive robbing is to reduce the size of the hive opening, which will give the bees a smaller space to guard from robbers and help keep the hive warm. Finally, installing metal mouse guards on the hive entrance is a good preventive measure, as mice can decimate a winter colony.

For the bees to survive winter, they need both honey and pollen. Hive inspections should focus on verifying that the hive has plenty of both. If not, winter feeding will be necessary. Pollen provides protein and amino acids for brood production. Without pollen, the hive cannot produce winter bees. Open feeding of pollen substitutes is preferable to pollen patties, which may encourage small hive beetles. The bees will naturally take what they need. If the hive boxes are heavy, you know there is plenty of honey. Feeding sugar water as needed throughout the dearth will supplement food stocks. It's preferred to top feed within the hive as jar feeders at the entrance entice robbing. A ratio of 2:1 sugar to water mixture

(thicker) encourages food stores, while a 1:1 sugar-to-water mixture encourages comb building. Again, the bees will naturally take what they need.

Managing varroa mites is especially important to ensure the girls are healthy and ready for winter. We will be making mite checks and treating as needed. As the weather cools, evaporation within the hive should be controlled to prevent it from building up in the ceiling and dripping down on the bee cluster, which can ultimately freeze them. Walker prefers to insulate tops only with no vents to allow condensation to build on hive walls where they can use it. Mike has built additional

boxes with hardware cloth on the bottom, which is placed on top of the hive. Wood shavings from his planer are added on top of the hardware cloth to insulate the hive and keep the moisture away from the cluster.

By September, the hive supers have been removed and need to be properly stored. The bees worked hard to draw out the comb, and we need to preserve these

frames for next year so they can get a head start on honey storage. Frames with drawn comb are precious and wax moths can destroy the comb and render them useless. Freezing these frames for two to three days will kill the moth eggs. Once frames are completely thawed, they should be placed in a dry space or sealed in plastic bags. We'll also be applying either Para-Moth or BT Spray to further protect our stored frames from wax moths over the winter.

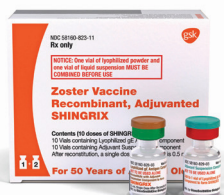
At this time, we're already thinking about next year. We started writing this monthly article last spring, and we were excited that our hives were healthy and getting a great start to the year. This happened because we did the advance work to successfully make it through winter. Last year, Mike had two healthy hives going into winter and both survived. Walker had many more. At this time Mike, has five healthy colonies and Walker has more than 30. We're looking good and are optimistic we can get these hives through the next winter "queen right" and healthy. For this to happen our work has to start now, and if carefully done we will be reporting a good start next spring.

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.

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WOODS WALK REVEALS WONDERS OF BLACK COHOSH

BY KATEY WATSON

Summer in WNC is the sweet, sweet season of wildflowers, waterfalls, sunsets and barbecues.

A season of unmatched greenery, engulfing us all in a temperate rainforest. These mountains are some of the oldest in the world, about 1.2 billion years old. They not only boast old age but also claim to be one of the most biologically diverse regions in the temperate world.

Taking a walk on any trail in these mountains is sure to bring excitement and curiosity. Even your backyard could have a host of many of the beautiful woodland medicines that grow around here.

A treasure I always enjoy finding on my hikes, one that likes to get its feet wet and shade in the forest, is black cohosh (or *Actaea racemosa*). It's a member of the *Ranunculaceae* family, which is also known as the Buttercup family.

It is a perennial plant that can reach up to 8 feet high and is native to Canada and eastern parts of the US. Getting an ID on black cohosh can be tricky, however. There are a few plants that look very similar, and even after years of being able to identify it, I still get tricked myself. Which makes one ponder: Why

is it that some plants have many look-alikes? I believe it is a form of keeping their identity. It's ready to show itself when one is ready to receive the message and/or medicine the plant holds.

Black cohosh also known as Fairy Wand, and rightfully so. Its flowering stem reaches high above its leaves and produces several racemes of white flowers, appearing like fairy wands above the woodland herbs on the forest floor.

Black cohosh has been used for centuries in Native American medicine and western herbalism. It was and is commonly used for female ailments, such as painful menstruation, menstruation irregularities, and menopause/hot flashes, as well as rheumatoid arthritis and even nerve conditions such as tinnitus. It contains a natural estrogen that can be helpful for low estrogen levels in women. In Western herbalism terms, it is an antispasmodic, hormonal, emmenagogue, expectorant, diuretic and sedative.

The roots and rhizomes are utilized and typically harvested in the fall after the first frost, when the plant sends down its energy to be stored before winter comes.

Yet this article is not for the sole purpose of knowing the medicinal benefits of black cohosh. It is more for the purpose of recognizing our plant friends

that live among us. In a world that has been taught to administer medicine at any sign of discomfort, sometimes dealing with discomfort in a different way is healing itself.

Plants are medicine. Internal use is one beneficial way to induce healing. Knowing plants first is the real medicine. On a delightful walk in these WNC woods, one can easily find more than 20 different medicinal and or edible plants. You can smell the damp forest floor, a slight fungus scent, hear the birds in the trees, feel the sun shining through. Perhaps you even walk barefoot. This is all medicine too.

Sometimes we forget, in our world of timely matters, schedules, to-do lists, and other human concepts, that we are allowed rest. We are allowed to frolic through the woods and simply enjoy existing. Yes, we must attend to our needs. Our lives do require upkeep, especially with family

and careers. However, in The Herbalist's Way, it is estimated that 70 to 80 percent of the people who go to doctors have nothing wrong with them that wouldn't be cleared up by a vacation, pay raise or relief from everyday emotional stress.

I believe that most of us feel more at peace when we are present and enjoying nature. It is pertinent to remember that nature supports us. All of our ancestors were in tune with natural rhythms, the stars, the sun and the moon. We are nature too. Heading back to our roots will allow us to remember what it means to be connected.

As I walk through the woods and come upon a "fairy wand," I stop in excitement. After six years of being able to identify it, my mouth still gapes open and I smile. I pause, maybe touch the plant if it's close enough, say my hello, and keep moving. My medicine has been administered, just from viewing the plant. There are many other friends to stop and visit along the way, with many more stories to tell. If you listen, they will teach you.

Katey Watson has been an herbalist for six years and gives plant walks in the Fairview area. You can find her on Instagram @solideogloriaherbs.



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What is Leptospirosis?

I frequently get questions about leptospirosis because it is among the diseases veterinarians commonly vaccinate dogs for, yet it is not a disease that pet owners know a lot about. Older vaccines for leptospirosis were known mostly for their potential to cause reactions, so clients often come to me with more questions about the risks of vaccination than the potential benefits, especially if they own a small dog. It is unfortunate that the vaccine's former reputation persists, given that modern methods of vaccine production have led to a vaccine for leptospirosis that is no more likely to cause side effects than other common vaccines. Outdated information circulating about the vaccine, combined with a lack of common knowledge about the risks and severity of the disease, make some owners unnecessarily hesitant to vaccinate their dogs for this serious disease.

Leptospirosis is a disease caused by infection from the *Leptospira* bacteria, which can be found worldwide in soil and water. Many mammals, including dogs, people, livestock, and wildlife, are susceptible to infection. Although cats can become infected, they rarely get sick.

Leptospirosis is more common in warm climates with high annual rainfall. The eastern region of the US, which includes

the Asheville area, is considered one of the hotspots of infection. Periods of heavy rain and flooding increase the risk of infection, as does the season, with more infections occurring in late summer and fall.

All dogs are at risk of leptospirosis, regardless of age, breed and lifestyle. Certain activities can increase risk, such as exposure to or drinking from puddles, ponds, rivers, lakes, and streams; roaming in rural and wilderness areas; and contact with wild animals and other dogs. However, because rodents, such as rats, mice, and squirrels, are among the animals most likely to spread leptospirosis, even a dog that never leaves its backyard is still at risk.

Leptospirosis is spread through the urine of infected wild and domestic animals. Infected animals pass bacteria in their urine that persist in soil and water for weeks to months. Dogs typically become infected when their mouths, noses, eyes or skin wounds are exposed to urine or urine-contaminated soil or water.

The symptoms of leptospirosis in dogs can vary, depending on the strain of the infecting bacteria, the dog's immune response, and other factors. Some infected dogs have no signs of illness; some have mild illness and recover without treatment; and others develop severe, life-threatening illnesses.



Dr. Klesius's dog, Miley

The most common signs of illness are a loss of appetite, vomiting, diarrhea, lethargy, jaundice, increased drinking and urination, weight loss and signs associated with pain. Kidney and liver failure are among the most severe conditions, along with difficulty breathing and bleeding disorders. Leptospirosis can be treated with antibiotics and supportive care. The chance of recovery is good when the disease is treated early. However, in severe cases, a dog may spend several days in an emergency or specialty facility before they are well enough to go home, and there is still a risk of permanent residual kidney or liver damage.

Fortunately, vaccines are available to protect dogs from this potentially

life-threatening disease. An initial series of two vaccinations spaced three to four weeks apart is commonly recommended, followed by annual boosters. Modern leptospirosis vaccines, which are highly purified, are no more likely to cause side effects than other common vaccines and can be safely administered to all breeds and sizes of dogs.



Dr. Elaine Klesius grew up on a farm, where she discovered her passion for working with animals when she was very young. She is a veterinarian at Fairview Animal Hospital. 867A Charlotte Hwy., Fairview. 628-3557.

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Suicide Awareness and Prevention Walk at ACRHS

The second annual Out of the Silence Suicide Awareness & Prevention walk will be held on September 24 at 5 pm. The walk is being hosted by the school's Parent Teacher Student Association (PTSA) and will be held at A.C. Reynolds High School's track. Community members wishing to attend will be joining hundreds of thousands of people across the country who are walking to prevent suicide and support the American Foundation of Suicide Prevention's mission to save lives through awareness, as well as bringing support and hope to those affected by suicide.

"The mental health of our students has to be a top priority for us as a community. I'm so grateful to A.C. Reynolds High School and Principal Alexander for joining forces with us to sponsor this important event," said parent and mental health professional Leah Madamba.

"It's important because all our kids are all our kids; and every kid matters," Principal Benjamin Alexander added.

Another parent and mental health professional, Erin Vandermore, said, "We need to normalize the conversation around mental health, which, with this walk, the Reynolds Community is helping to do. Talking about suicide provides the opportunity for communication, and fears shared are more likely to diminish

the amount of kids that are in harm's way. I am proud to be a part of this steady movement at Reynolds, increasing the normalization of mental health awareness. I have participated in every mental health day at the middle school because I believe it is never too soon to prioritize our children's safety."

The goals of the PTSA for this year's event are to address the significant role bullying plays in mental health and to increase involvement from other schools, organizations within the schools and from community members. "I was saddened

One of the goals of the PTSA for this year's event is to address the significant role bullying plays in mental health.

to learn from Pacer.org that over 49% of middle school children experience bullying, and only 46% of them report it," said Christine Aiken, parent and vp of student advocacy for the PTSA. "The percentages drop in high school, but even in elementary school, incidents of bullying have risen since the data started being collected. My child had to move schools due to a relentless bully. He still carries

the scars from that experience today. When you read all the ways these children report how bullying affected them, you understand how it could push a child's mental health to the breaking point. We have to find ways to inspire children to stop bullying, to report it, and to not allow children to pay the ultimate price.

"We are also combating misinformation about seeking help," said Aiken. "Only 1% of calls to 988 lead to hospitalization without patient consent, according to their website statics. Professionals do a great job of lining up mental health with physical health. If you develop an ear infection, your doctor treats you while you remain home. If you develop depression with suicidal thoughts, your mental health provider would treat you in a similar manner. Both a mental and medical health crisis, where you are in immediate danger of losing your life, require emergency action. If there is one take away from this event, I hope it is to alleviate any fears about reaching out for help. Don't make a permanent decision based on a temporary problem."

The event series was championed by an A.C. Reynolds parent who lost a high school aged family member to suicide in spring of 2023, which followed on the heels of the tragic loss of 2 of the school's own

Event Info

September 24
5-6:30 pm
At A.C. Reynolds High Stadium

Schedule

5 pm
Activities, band performance,
refreshments and resource tables
will be available

5:30 pm
Official welcome and speakers


5:45 pm
Walk

6 pm
Resource tables available

students to suicide. The Parent Teacher Student Association was inspired to get involved & join in efforts by the American Foundation for Suicide Prevention through community walks. The PTSA aims to grow the event each year for maximum impact in the WNC community.

The event is open to the public, family friendly, wheelchair/ stroller accessible, and free. Please leave pets at home.


For more information, email the PTSA at acreynoldspts@gmail.com.



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PARENTING POINTS TO PONDER
Bridges to Better Communication

One of the last pieces of advice my dad reminded me of before he passed away this summer was “take it one day at a time.” It’s simple to say and one of the hardest things to do, especially with positive parenting. The good news is that it’s never too late to become more intentional with those who mean the most (as well as everyone else in our lives), starting this very moment. Our children give us many opportunities to try again. Consider the following doable tips to reset and strengthen your family relationships. **Your opinion sticks in your children’s minds**, no matter their age. Actively look for things they are doing well and tell them each day. The ways you lift them will help them better navigate the chorus of negativity they often deal with. **A good rule of thumb** is to lift your child five times for every correction you offer. Cultivate this habit early so it’s easier to maintain as kids mature. **Try dropping the word “should”** and see what happens. Using it breeds disconnection and connotes judgment of not being good enough. Additionally, “but” diminishes the importance of whatever we said first. Instead, use the word “and” since it is perceived as being more neutral. Instead of saying, “Nice job in math, but what happened in English?” say, “You put forth a lot of effort in math, and it looks like English is more of a struggle right now. Is that right?”

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

Support Your Local High School Band

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: John Keeley

John Keeley grew up and lived in Iowa and Texas. After graduating from Texas Tech, John worked in Dallas, then moved to Tampa, FL, where he met his wife, Tanya. The Keeleys had three children in Florida before moving to Yakima, Washington.



John, Tanya, Jack, Ben and Nina moved to the Fairview area two years ago, and John joined the Dads Club, with Ben in 5th grade. Jack is now a freshman at Nesbitt Discovery Academy, Ben is in 7th grade at Cane Creek Middle, and Nina is at Fairview Elementary in 4th grade. The Keeleys love to travel across the country to visit national parks.

John enjoys gardening, camping, hiking and watching the kids’ sports. John, Jack and Ben learned to deer hunt last year and are excited to try that again this fall. The whole family is learning to fly fish and are excited to explore all the great streams and rivers in the area. John has worked for Sonoco Corporation for the last 16 years. John enjoys the camaraderie of the FES Dads Club and looks forward to Daybreak with Dad.

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.

- **SEPTEMBER 6 Pizza Party**
All dads and kids are invited to a pizza party from 5:30–7:30 pm on the big playground. All FES dads and kids are welcome to come enjoy free pizza and meet other FES dads and kids.
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Respect and Responsibility: The Cane Creek Way

By Norm Bossert

Some of us learn to respect others the hard way. Other people benefit from the teachings of parents and grandparents. Some of us learn the value of respect quickly. And other people take longer.

As for me, I was from a new generation of latch key kids. My father was a pharmacist with a moderately successful business. So, I didn't see much of my dad. He left for work before I woke up and got home after I went to bed for the night. My mother worked as a bookkeeper at the restaurant that is about to become the subject of this short piece. She wasn't home when my bus dropped me off at the end of the school day. I guess you might say that my role models were all about their jobs and they trusted the TV (all four stations) to teach me how to show respect and how to demonstrate responsibility. I took my first job at a fast food restaurant called the Jolly Roger in Bethpage, NY. My first job was a bus boy. I cleaned floors, tables, bathrooms and begged for a behind-the-counter promotion. Eventually, I was promoted to hot dog bun toaster and cold drink server.

Here cometh lesson one and two. I learned both in one day each—and both the hard way! One Saturday, I was working the cold drinks. A middle-aged

customer rather rudely asked for a root beer. After his curt request, I gave him one of my smart aleck responses. He questioned me about my comment. I felt compelled to give him another “zets.” He then asked if Riska still worked there. I asked him if Riska was his mother. I’ve never been good with names. He walked away and a few minutes later returned with my manager, a retired World War II Marine vet, named Gene Riska. Mr. Riska pointed to the kitchen, where he dressed me down and assigned me a task that I could do—and if I didn’t, I could leave and not return. He didn’t seem to care which. He showed me to a pickle barrel, almost as tall as me. I was to start cutting the pickles into quarter spears, and when I was finished there would be another barrel and another. At the end of the day my fingers were blistered. I never was rude to a customer again.

The second event was with the hot dog grilling guy, Joe (a Navy veteran). He always made me angry about something. One day, I went home and complained to my mother that Joe was a pain and he would amount to nothing, where as I would go to college and . . . wham. My mother smacked me. “How dare you?” she asked loudly. “That man fought for our country. Any work that’s honest is good work.”



Students working together at CTE Career Camp

Two lessons about respect

At Cane Creek Middle, we adults know that the best way to teach respect is to model respectful conduct. It is no shame to say things like ‘Yes, sir,’ or ‘Yes, ma’am’ when speaking with an adult. There is no harm in being respectful to peers. In fact, I could make a very strong case for respectful speech in any circumstance. Yes, I know, adults sometimes

make mistakes. I will say this, without empirical evidence: since the days of social media, I have seen an erosion of respectful speech. How sad. When we disrespect people, we fail to solve problems and resolve differences.

The Cane Creek Way is all about respect and responsibility. In other pieces I have written for the Crier, I have mentioned the friendliness of our Cane Creek students. I stand by that. In 50 years as an educator, I have never been in a school, especially a middle school, where the students were so respectful and solicitous. This community can be proud of the fact that the Cane Creek Way is a model for all students and families. As this new school year gets underway, readers, I ask that you speak about and model respect for your children. You don't have to be perfect. We are, after all, just human beings. I can make this simple pledge: I, Norman Bossert, will always speak respectfully to students and their families.

Oh, one more pledge. After cutting up those pickles, I swore I would never eat another pickle. I have not since and pledge to never eat a pickle!

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



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*Are you the owner of a business we
left out? Please get in touch with the
editor, and we'll include you the
next time we run this list.*

Meet a Member
Mike Richard, Prime Time Solutions



Mike Richard

Marilyn and I lived in Miami, FL, from 1982 to 1992. That's 10 years longer than my lovely wife wanted to be there. Pensacola was her home, and Miami was not her cup of tea. We landed in Asheville, the very place we had considered living when we got married in 1974. It seemed we had taken the long way around, with a four-year stint in the Navy and two children born somewhere in between.

Marilyn saw an ad in the newspaper that a place called Circuit City (remember them?) was hiring. I was hired and learned how to sell and provide exceptional customer service. I worked at Circuit City for five years and became one of their top salesmen; then one day, Charlie, a barbershop buddy of mine, walked in to buy a camcorder and offered me a job selling insurance instead. I jumped on the opportunity. He got me started, mentored me, and taught me how to help people save money. That was his passion, which soon became one of mine.

Circuit City shut its doors one year later, and my insurance career was off and running. I've never looked back. Prime Time Solutions, Inc. was born on September 29, 2009. I borrowed the name from Christian radio personality Dr. James Dobson, who labeled retired seniors as "Prime Timers"—an untapped resource for Christian ministry to others.

I look at what I do as a ministry to people, especially seniors who are on a fixed income and paying too much for their insurance. I simply show them where they are spending too much on their insurance and provide solutions with the same or better benefits at lower prices. When my clients win, I win. Putting others ahead of myself and applying the Golden Rule to all I do, bathed in honesty (the truth is not just the best policy, it is the only policy), and being sympathetic and empathetic to the needs of others, builds a friendship and not just a client/agent relationship. I cement that with exceptional customer service.

My biggest bucket list item is seeing my son, Aaron, take over my business, making it his own, and carrying on the company legacy of serving the people of this amazing community. He graduated from Appalachian State with degrees in business management and economics, has worked with me in the past, and has owned his own business. He is a dedicated family man with a beautiful wife, Katie, and two wonderful children. With his business experience and knowledge, he will help people navigate the changing landscape of Medicare as I have. But most importantly, he has a heart for people, and the desire to do what is right for others. There is no one who could do it better. I trust him with all my clients.

My number one passion is my God and my family. After that, it is saving people money. My parsimoniousness serves me and my clients very well. The Lord has blessed me.

My barbershop singing hobby is yet another passion. I love to sing and have been a barbershopper since 1977. It has provided great friends such as Charlie and great opportunities, such as at my daughter's wedding. I joined the Barbershop Harmony Society in 1977, the year of my daughter's birth. The first song I learned was: "Little Girl." I made myself a promise to sing it to her on her wedding day and that happened 25 years later. On a chilly October Saturday in 2002 at Hickory Nut Gap Farm (thank you John and Annie), standing there with my quartet, and looking into her eyes, we sang. The last verse was: "My how fast you're growing, you'll soon be tall. Deep inside my heart though, you'll still be small. And when you choose another, I'll stand there with your mother, being glad that God made little girls. I'm glad that God made you, little girl." There were many tears.

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.



Aaron Richard

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Do You Need to Fear Retirement?

If you're planning to retire in a few years, are you looking forward to it? Or are you somewhat apprehensive? Are you asking yourself: "What sort of retirement can I afford?"

It's a good question—because the answer can make a big difference in your ability to enjoy life as a retiree. And retirement can indeed be enjoyable, exciting and fun. Consider this from a recent survey by Edward Jones and AgeWave: A majority of respondents said retirement should be looked at as a whole new chapter of life, and not just a time for rest and relaxation. In other words, people are viewing retirement as a chance for new experiences and new opportunities, rather than a time to simply wind down. But if you're going to make the most of your retirement—which could last two or even three decades—you need to be financially prepared. This preparation can involve many steps, but here are some of the key ones.

Decide What Your Retirement Lifestyle Will Look Like

How you choose to spend your retirement years can make a big difference in the financial resources you'll need. For example, if you plan on traveling the world, you might need more income than

if you were to stay close to home and pursue your hobbies. If you can envision your retirement lifestyle and estimate how much money you'll need to support it, you can help reduce some of the uncertainties you might face once you do retire.

Review Your Income Sources

During retirement, you'll likely need to draw on all your income sources, so it's a good idea to know what you'll have available, such as your IRA, 401(k) and other investment accounts. You'll also need to decide when to take Social Security—if you wait until your full retirement age (probably between 66 and 67), you'll get much larger monthly benefits than if you started taking them at 62. And here's another variable: earned income. Even if you've retired from your career, you might, if you desire, use your acquired skills in a consulting or part-time position. The more you can earn, the less you may have to withdraw from your investment accounts and the better position you'll be in to delay taking Social Security.

Consider Adjusting Your Investment Portfolio

For most of your working years, you may have invested mostly for growth—to increase your assets as much as possible. But growth-oriented investments are

also, by nature, riskier, so when you retire, you should review your portfolio to determine whether you need to move it toward a more conservative position. Also, more conservative investments may provide more current income in the form of interest payments. However, even in retirement, you may need some investments with growth potential if you want to keep ahead of inflation. Retirement is certainly a major

milestone in your life—and adjusting to it can take some time. But there will be much less to fear—and much more to enjoy—if you've done what you can to prepare yourself financially.



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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1M-1.3M	2	1,212,500	30
2M-2.3M	1	2,300,000	26

HOMES LISTED: 7	HOMES SOLD: 11	LAND LISTED: 6	LAND SOLD: 3
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Welcome Back to School

Back-to-school season is always a busy and exciting time of year for students, families, staff and administration. I hope everyone had a fun, safe and relaxing summer! It is so impressive to see the hard work that our principals and support staff put in over summer months. They host summer programs for students, such as the "Career Quest Camp" at Cane Creek Middle. Some schools accomplish large capital projects, such as the new sidewalks and guard sheds at A.C. Reynolds High (ACRHS). It is always great to see community organizations like the FES Dad's Club and local churches rolling up their sleeves to help beautify school campuses like at Fairview Elementary (FES). Thank you to the Fairview community for being so supportive of your local schools, and welcome back students.

This year, our great superintendent Dr. Rob Jackson started a new, exciting annual event to kick off the school year for our faculty and staff. On August 19, more than 3,000 Buncombe County School (BCS) employees, community organizations and elected officials gathered at R.L. Dalton stadium for "Convocation 2024." To show a sense of community and school spirit, everyone wore the official purple convocation t-shirt and sat together with their friends and colleagues

from their respective schools. A special shout-out goes to ACRHS band director Cliff Dodson and FES music teacher Taylor Sanders, who worked with band students from across the county to form the convocation band.

The band kicked off the event with the National Anthem and then played with great harmony and enthusiasm for the "parade of schools" highlighting all 45 Teachers of the Year from the county. I was particularly moved by the keynote speaker, Steve Pemberton, who gave a moving speech about "The Lighthouse Effect." As an orphan, he faced serious obstacles that he overcame with the help of key teachers and other helpful adults in his community that he saw as "lighthouses," guiding him through the storms in his life. He challenged us all to consider who the lighthouses are in our own life, and also to consider how to be a lighthouse for someone else in our community. The teachers in our community are special people who function as lighthouses to thousands of students every day, and we can never express enough gratitude for their positive impact on our communities. I left the convocation thinking about ways that our Board of Education, both individually and collectively, can better serve as a lighthouse for our students, staff and

community. It was a great, inspiring day, and I am excited to have a convocation as a new annual event for BCS.

BCS families now have a new app called Edulog, which can be used to find out in real time how close their school bus is to their bus stop and get other important information about their bus. BCS buses safely transport students over 100,000 routes to and from school every year. This new app will help families better navigate how they prepare their students in the morning and help them get home safely in the afternoon. For this technology to work safely and securely to protect the privacy of families, it has taken our transportation and technology teams nearly two years to get this program ready for implementation. You can learn more on the news page of buncombeschools.org.

As mandated by a law passed last year by the NC General Assembly, our school systems were required to perform a study and make a recommendation to consolidate or not consolidate the Asheville City Schools and BCS school systems. This year, Buncombe County government hired Prismatic Consulting to collect data that the two school boards will review to make a recommendation by February 2025. There are 10 community input sessions across the county during September at which citizens can learn about and provide input on a school consolidation. Though you could attend any and all of

them, the one closest to Fairview will be at CCMS on September 12 from 3:45 to 6 pm, and there will be an online forum on September 9 from 5:30 to 7 pm. You can find more information about these events at engage.buncombecounty.org/schoolsfeasibilitystudy.

I would like to remind Fairview citizens to become familiar with the new School Board Electoral Districts that are now in effect for the November 2024 election. As a reminder, this does not impact which school your child attends; it just affects how school board representatives are elected. Formerly, all of Fairview fell into the district known as "Reynolds." Now, Fairview residents are split roughly evenly into electoral districts 2 and 3. The lines separating these districts are unfortunately complicated because of the requirement to make districts of equal population size. You can find your official district information by visiting the Election Services page at buncombecounty.org. If you are in district 2, your seat will be on this year's ballot. I encourage you to research the candidates who have filed to represent that district.



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

[bcsemail.org](mailto:rob.elliott@bcsemail.org) or call/text 828-222-4874.

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Joseph Riley Trantham

Joseph Riley Trantham was born in Fairview, Buncombe County, NC, on April 13, 1827. He was the son of Joseph Trantham, who was born in Rowan (now Davidson County), NC, on July 25, 1789, and died in Fairview on May 1, 1850. The elder Trantham had cancer on his hand, which spread and took his life.

Joseph Trantham (the father) married Mary Whitaker in Rowan on July 25, 1789, and they moved to Fairview as part of a wagon train around 1820. They lived on Trantham's Creek in what is now called Wright's Cove. Their house was on the left about a half mile up Wright's Cove. It was across the road from the old Will Miller house. Where they lived was later known as the old well field. The well was where they got the water for their house.



Martha Trantham Fuqua

Joseph Riley married four times. His first wife was Mary Sophrona Reed, who he married on September 3, 1848. She was born on August 6, 1828, in Fairview. She was the daughter of Eldad Reed the 3rd (1799-1865) and Elizabeth Gallimore. Elizabeth was



John Peterson and Mary Elizabeth Trantham

born on August 6, 1804, (likely in Buncombe County) and died in Fairview on May 11, 1861. She is buried in Cane Creek Cemetery. Mary Sophrona Reed Trantham died between 1860 and 1866 in Sullivan or Adair County, MO.

Joseph Riley next married Susan J. Gallimore on December 6, 1866, in Sullivan County, MO. She was born in Tennessee and died before January 19, 1871, in Missouri.

Joseph Riley Trantham next married Sarah J. Smith on January 19, 1871, in Putnam County, MO. She was born in NC and died before January 29, 1877, in Putnam or Sullivan County, MO.

Joseph Riley's last marriage was to Mahala Irelan on January 29, 1877. She was born in February 1848 in Ohio and died in December 1905 in Amorita, Oklahoma.

Trantham fought in the Civil War. He put in for a pension on February 20, 1883. He claimed to be an invalid, and that he got rheumatism from exposure on duty in Nashville on or about December 20, 1864. He was sent to a hospital in Jeffersonville, IN, for treatment. Trantham was reportedly very much disabled from the rheumatism he contracted. It does not say if he was granted a pension. Joseph Riley died on November 13, 1887, in Pollock, Sullivan County, MO.

After he died, Mahala Trantham put in for a widow's pension. She was left with three minor children to raise and no way to support them. The children were Benjamin F. Trantham, born on December 27, 1877; Isea Trantham, born on December 1, 1879; and Essa Trantham, born on February 25, 1882.

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

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The color you turn after finding half a worm in the fruit you're eating.

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I got fired from my job as a taxi driver. It turns out nobody thought I was fare.

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Green beans are the most Zen of all the vegetables because they've found their inner peas.

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

"The only thing that separates us from the animals is our ability to accessorize."
— Olivia Dukakis (in Steel Magnolias)

Do you want to hear a construction joke?

Sorry, I'm still working on it.



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

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Maitake Mushrooms

One of the great treasures of living in the mountains is finding and enjoying the many dimensions of nature's abundant bounty, and one of the greatest gifts I find in late summer and autumn is the maitake mushroom. Maitake (*Grifola frondosa*) is commonly called "hen of the woods" in America and Europe, as the layers upon layers of the fruiting mushroom body resemble the fluffed out or ruffled feathers of a hen. However, in Japan and China, these perennial mushrooms are called the "dancing mushroom." (The name "dancing mushroom" arises from an old Japanese legend in which a group of Buddhist nuns and woodworkers came together and met on a trail. There they discovered a huge maitake mushroom fruiting on the forest floor and they all danced together to celebrate and rejoice in their newfound treasure.)

Throughout many parts of Asia, they are revered and considered special treasures, as each one is highly sought after and prized like forest gold. They are delicacies for culinary treats and have been used as essential medicine for centuries. Maitakes are growing in popularity in North America, too, as we rediscover the gifts of abundant wild foods. Our culture is shifting, and across the country, folks are waking up to the gifts that have

always dwelled here. And maitake is a mushroom well worth learning, as it is relatively easy to identify and often comes back in the same spot year after year.

Maitakes belong to the polypore family, as they have pores instead of gills. And although most species in this family are like solid wood and inedible, these mushrooms and a few others in the family are delicacies. They are soft, tender and scrumptious when fresh.



Maitakes are native to our mountain hardwood forests and can usually be found feeding upon dead roots of oaks and elm trees. For many years while living in the Shenandoah valley, I was thrilled to discover an enormous maitake fruiting outside my house on an ancient, rotting, giant oak stump. I guarded it over the years, as it was like having a hidden

treasure in my woodland backyard. Maitake can reach gargantuan sizes, with some specimens surpassing 40 to 50 pounds. But I have never found any in the wild bigger than six to eight pounds—but that's still an amazing gift! Maitakes can be cultivated and one can order spawn or find kits online and from local mushroom growers in our region. When they are cultivated, they are easy to keep free of dirt and leaves and also much easier to harvest when perfectly fresh, as they decay quite easily and become invested with maggots in the woods. So, timing is critical.

Maitake mushrooms are not only delicious but exceptionally nutritious, as they are estimated to have 25% protein and are loaded with minerals like B vitamins, pantothenic acid and exceptionally high potassium concentrations. Numerous studies have documented how maitakes can reduce blood glucose levels in humans, and there is promising research being conducted to see how maitake medicine may help in the treatment of type 2 diabetes. Furthermore, maitakes hold much promise given their potential immune-boosting properties and capacity to create what scientists see as "programmed suicide of specific cancer cells."

WNC is amazing, as our forests contain an abundance of several of the most powerful medicinal mushrooms on the planet, including reishi, lion's mane, turkey tail and maitake. All four show enormous promise in current medical research and have been used as medicine by other cultures for centuries.

Maitakes are, without a doubt, one of the most delicious wild mushrooms I have ever eaten, and they have been a favorite delicacy of mine for decades. I am aware that there are references indicating that a very small percentage of the population may have some allergy to maitakes, but no more so than with any other food, whether purchased from a supermarket or found in the wild. So always try a small sample first to make sure it agrees with you and of course, make sure you are 100% sure of any mushroom you are harvesting from the wild.

This evening for dinner, we made a mixture of golden chanterelles and shitakes from the freezer with a few maitakes from the woods. We sautéed everything in butter and garlic and served it over sourdough toast. It was a total yum!

This is as good as it gets, and I am indeed a fortunate man to live in these beautiful mountains and call this place home.



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The Power of Holistic Weight Loss

Holistic weight loss is about transforming your entire well-being, not just shedding pounds. It considers the whole person, recognizing that true wellness comes from nurturing both the mind and body. Here are some tips to help you embrace this exciting, empowering approach.

Positive Self-Talk: Your mindset can be a game-changer. Replace self-doubt with empowering affirmations. Instead of thinking, "I can't do this," start telling yourself, "I am capable and strong." Swap "I'll never succeed" with "Every step I take brings me closer to my goal." Believe in your ability to change, and watch how your body responds to this positivity.

Enjoy the Journey: Holistic weight loss is about enjoying the journey and never giving up. Engage in physical activities that make you feel alive, whether it's dancing, hiking or yoga. Find what you love and make it a regular part of your routine.

Nourish Your Body: Choose wholesome, delicious foods that fuel your body and mind. Focus on incorporating a variety of lean proteins, healthy fats and vegetables into your diet. These nutrient-dense foods provide essential vitamins and minerals, keeping you satisfied and

energized. Listen to your body's hunger and fullness cues, and avoid restrictive diets that leave you feeling deprived.

Prioritize Sleep: Quality sleep is essential for overall well-being. Aim for seven to nine hours of sleep to support your body's recovery and rejuvenation processes. Establish a relaxing bedtime routine to help you wind down.

Manage Stress: Practice mindfulness and stress management techniques such as meditation, deep breathing or journaling.

Remember, this journey is uniquely yours. Celebrate every small victory and be kind to yourself. By nurturing both your mind and body, you're creating a sustainable path to wellness. Embrace this holistic approach and transform into the healthiest, happiest version of yourself. Believe in your power, and never give up.



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.

Helpful Insurance Tips

NC's Commissioner of Insurance, Mike Causey, is helping to combat rate increases requested by the NC Rate Bureau. The commissioner needs to allow for some increases so that insurance companies can stay in business and afford to pay claims, but he is limiting the bureau's requests and we should all be happy about that news.

The rate bureau requested a 50.6% increase, but the commissioner allowed for "only" an 8% increase, on specifically non-owner-occupied residences with four or fewer units. For residential-occupied homeowners, insurance companies requested a 42% rate increase statewide (and a 99% increase for those specifically on the coast). This will be decided on October 1.

Causey's office has heard from more than 25,000 citizens with concerns about these possible rate hikes.

"Inflation's already killing us. Our taxes are up. Groceries are up. Fuel prices are up. Our paychecks are not up. So, we're struggling to make ends meet. That's what I heard from people," Causey said.

You can voice your concerns to the commissioner's office by calling 855-408-1212.



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

IN MEMORIAM

Jolanta Robson



Jolanta Szylobryt Robson, 46, passed away Friday, August 9, 2024, after a brave battle with cancer.

Mrs. Robson was born in Bogdaniec, Poland to Piotr and Maria Kurmin Szylobryt.

Jolanta moved from Poland a little over 20 years ago to the United States. She was a devoted wife, mother and daughter and loved being involved with her children's activities.

She is survived by her parents, Piotr and Maria Szylobryt; her husband, Alex Robson; son, Jacob Robson; daughter, Emily Robson; sister, Monika Miziolek and a brother, Pawel Szylobryt.

A celebration of life service will be held and live streamed at Groce Funeral Home at Lake Julian on Saturday, August 31, 2024, at 1 pm.

In lieu of flowers, memorial donations may be made to the American Cancer Society at cancer.org.

Online condolences may be made at grocefuneralhome.com.

On the Road



Julia Cunningham took the Crier along with her on a trip to Ireland. "From the moment we arrived, the warmth of the people was almost tangible. Eager to explore, I ventured into the lively Temple Bar district in Dublin, where I enjoyed my first pint of Irish Guinness. It's true—the stout tastes even better there. Accompanied by my family and our friendly driver, Martin, we traveled up the picturesque coast to Northern Ireland. Belfast is surprisingly modern. Passing the happiest sheep and cows I have ever seen, we made our way to the Giant's Causeway, a unique formation of interlocking basalt columns created by ancient volcanic activity. According to local mythology, these striking columns (shown with Julia and the Crier) are the remnants of a bridge built by the giant Finn McCool to cross

the sea to Scotland. I knew that this breathtaking World Heritage Site was the perfect place to break out my copy of the Crier. After a few nights in the quaint town of Derry, we journeyed back into Ireland and settled into the beautiful area of Donegal. Of all the places we visited, I think this was my favorite. Its rugged natural beauty, remote charm, friendly people, and vibrant nightlife make it a top recommendation for anyone planning a trip to this enchanting part of the world."

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Changes Are Coming

Medicare is an ever-changing insurance. Unlike other insurances such as Medicare supplements, which are subject to state laws, Medicare is governed and funded by the federal government. Often, laws are passed to solve one problem but have unintended impacts elsewhere. One such law is the "Inflation Reduction Act" (IRA), which passed in 2022.

A 2022 report stated: "More than 5 million Medicare beneficiaries struggle to afford prescription medications. Among adults 65 and older, Black and Latino beneficiaries are most likely to experience affordability problems. Medicare beneficiaries with lower incomes and those under age 65 also have above-average rates of not taking needed medications due to cost."

Thanks to the IRA, seniors with a standard Part D Medicare Rx plan will enjoy a lower annual out-of-pocket (OOP) cost sharing cap of \$2,000 in 2025 (down from \$8,000). According to the Centers for Medicare & Medicaid Services, "The coverage gap phase (also known as the "doughnut hole") will be eliminated [yes!], which will result in standard Part D coverage consisting of a three-phase benefit: a deductible phase, an initial coverage phase and a catastrophic phase. There will be no initial coverage limit [\$5,030 this year] and the initial coverage phase will extend to the maximum annual

OOP threshold [\$2,000], at which point the catastrophic phase will begin" with \$0 copays for all prescriptions to year end.

CMS further states: "The Coverage Gap Discount Program sunsets effective January 1, 2025, and is replaced by the Manufacturer Discount Program (MDP). Under the MDP, the manufacturer will typically pay a 10% discount for brand-name drugs and biologics in the initial coverage phase. In the catastrophic phase, the manufacturer will typically pay a 20% discount for brand-name drugs and biologics."

These changes may be as dramatic as the implementation of Part D in 2006. If you have a stand-alone Part D plan or a Medicare Advantage Prescription Drug plan, you could be affected. Unintended changes could be premium and other cost share increases.

Medicare strictly guards the cost and benefits specifics of the plans until public release in October. If anybody tries to reveal the specific plan costs and benefits before that, avoid them; they are non-compliant with Medicare and aren't to be trusted. Trust your Annual Notice of Change (ANOC). It's your best source of information directly from your plan company just for you.



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

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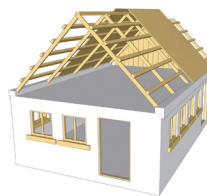
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LETTERS of 400 words or less may be submitted, may be edited, and will print as space allows. No letters will be published anonymously. We will not print letters that endorse or condemn a specific business or individual, contain profanity, or are clearly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



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Office Assistant

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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