



YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997

The Fairview Town Crier

MAY 2025 VOL. 29, No. 5 | FAIRVIEW, NC | fairviewtowncrier.com



Kids Maker's Market Returns!

By Ashley Haywood

After quite a hiatus, the Fairview Kids Maker's Market is coming back to Root Cause Farm on May 17 from 11 am to 3 pm, and you're invited. It will be held at 26 Joe Jenkins Road, behind Trout Lily Market, and it's shaping up to be another unforgettable day for our little community.

You might remember, or perhaps you're hearing about it for the first time, that this isn't just any craft market. It's a special place where kids 12 and under get to show off the



incredible things they've made by hand. It's a whole day where they step into the shoes of an entrepreneur, handling everything from the creation of their own products to decorating booth displays, money management, and chatting with customers about their items.

We've seen our young crafters grow in confidence with each event, and after having to skip our fall market last year due to the hurricane, we're more excited than ever to see what our young vendors have in store.

We've got 30 crafty kids lined up, each bringing something unique that they've poured their hearts into. All the vendor spots are filled up for this market, but if you have a kiddo who wants to participate, the best way to give them inspiration is by coming to see what it's all about. It's the perfect chance for your kids to get inspired and maybe even decide to try their hand at a booth this fall. If you're thinking about it, just drop me a line, and I can get you all the details and even add you to our email list for the next market.



We've got some super talented young vendors this year. For instance, there's Emilia, who's only 7 and has crafted her own collection of bows and arrows from natural materials (see top photo above). They're all safety-checked with stoppers, and she'll be showing

others how to make them at the market.

Then there's Violet, who turned 10 not long ago and got a sewing machine for her birthday (photo above). She's been sewing up a storm, making everything from catnip sachets to skirts and even bandanas for pets. She started out giving them as gifts, but now she's ready to take on the market.

Mark your calendar and join us in cheering on these incredible young artisans. Your support means everything to them, especially to those who have been planning their booth since last fall.

The Kids Maker's Market is organized by Ashley Haywood, who can be reached at ashleyhaywood@gmail.com.

Sign Up for Our E-newsletter

Get More Local Information, Learn about River Cruise Opportunity in 2026



One of the features you'll find at our newly redesigned website is an email newsletter, and if you sign up, you'll be among the first to hear about a special opportunity that's being planned for our community: a European river cruise for WNC residents. Some of you may know that one of our editors, Ralph Grizzle, also runs a website all about river cruises (rivercruiseadvisor.com), and he's tapping into his industry connections to put together something fun and meaningful for our community.

The cruise will take place in April 2026 in France, with exclusive discounted rates for WNC residents. Even better, for every cabin booked, the cruise company will donate \$200 to fairviewstrong.org. And the icing on the cake? The cruise company has generously offered to donate one free cabin to a deserving person in the community.

Details are still in the works, but if you'd like to be first in line for updates, visit fairviewtowncrier.com and sign up for our newsletter.



Jenny Brunet in front of one of the new homes

New Homes, Hope and a \$50K Match

Last month, FairviewStrong.org (FSO) was spotlighted on WLOS. Phil Troyer and Jenny Brunet, two of the nonprofit's cofounders, showcased the first of the new homes the group is donating to families in Fairview who lost their houses during the storm. Troyer began the process even before FSO became an official nonprofit and was able to secure homes for a few townspeople from a direct donor. (See a profile of Phil on page 14.)

Also last month, FSO was honored to be among three organizations invited to speak at a special event in Hilton Head Island, S.C. The gathering focused on raising awareness and support for hard-hit communities still recovering from Helene.

FSO was there to share the personal stories of Fairview survivors and the ongoing challenges facing them in the aftermath of the storm. Representing the organization were two other founders: Joanne Winkler and Cory Wall, a lifelong resident of Fairview, who spoke passionately alongside her family. The event emphasized the urgent need for funding to help purchase permanent homes for residents who lost everything.

A major announcement was made by the event hosts: All donations will be matched up to \$50,000 until April 30—a huge opportunity to double the impact for Fairview families. Share the website (fairviewstrong.org) with friends and family to donate via PayPal, Venmo or GoFundMe.

The good folks at FSO hope you find it as exciting as they do to see things come together, and tangible progress being made. Fairview Strong!

How Else Can You Help?

- Donate garden tools, seeds, plants and trees. (Many in Fairview lost entire gardens and groves they spent years cultivating. One couple lost 80 fruit trees!)
- Help repairing a retaining wall for a homeowner's only access to their basement.
- Small equipment needed to help move debris.

If you can help, please reach out to fairviewstrong.org@gmail.com.

We're Seeking Space for Our Volunteers

The Crier seeks a space to host our volunteers, who help label our papers each month.

Our Needs:

- Space for 10 to 20 volunteers
- Tables and chairs (the Crier could help to purchase these if needed)
- Around three hours of availability once a month, usually the first Tuesday
- A building with an awning, walkway or covered area (in case it rains)
- A building with entry codes, keys to borrow or operating hours that ensure that we can access the space when needed

If you have a local space that meets the above needs, please get in touch with Clark at clark@fairviewtowncrier.com or 828-771-6983 (call/text).

The Fairview Town Crier
P. O. Box 1862
Fairview, NC 28730

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COMMUNITY EVENTS & UPDATES

MAY 2
COMMUNITY ENGAGEMENT
MARKET

3–4:30 pm. A free farmer’s market-style food distribution by MANNA FoodBank, plus community resource connections at the Fairview Library, 1 Taylor Rd.

MAY 3
HARD 2 RECYCLE

10 am–2 pm. Bring your recyclables to A.C. Reynolds High School. Find a list of the items they take at ashevillegreenworks.org/hard2recycle.

MAY 3 & 4
PLANT AND FLOWER SALE
Garren Creek Fire Department
Auxiliary

12:30–5 pm on Friday and 8 am–4 pm on Saturday. The annual spring plant and flower sale at 10 Flat Creek Rd. Locally grown plants, including hanging baskets, annuals and perennials, deck boxes, ferns and garden veggie starters. Cash or check. For more info, call or text Elizabeth Simmonds at 230-3986.

MAY 9
BOARD MEETING
Garren Creek Fire Department

7 pm. The regular quarterly board meeting of the Garren Creek Volunteer Fire Department. The meeting will be at the main station (10 Flat Creek Road).

MAY 10
FUNDRAISER
Fairview Fire Department

9 am–3 pm. Come out to support the local fire department during their annual spring fundraiser. Hot dogs, raffles, cake walks, desserts and flowers. See column on page 5 and ad below. Fairview Community Center, 1357 Charlotte Hwy., Fairview.

MAY 10
OPERATION CHRISTMAS CHILD

10–11:30 am. A celebration for Buncombe and Madison counties at Brookstone Church in Weaverville. Come hear how gift-filled shoeboxes are blessing children globally, and how you can be a part of this ministry.

MAY 10
FAIRVIEW DAY IN MAY
Fairivew Baptist Church

10 am–2 pm. A free celebration of community with fun and fellowship. Hot dog meal, blood pressure checks, car wash, rock

painting and more. See ad on page 7. In the Food Lion parking lot.

MAY 17
BOARD MEETING
Spring Mountain Community Center

MAY 13
25TH ANNIVERSARY
Cane Creek Middle School

11 am–1 pm. Food trucks, music and games. Free and open to all. 570 Lower Brush Creek Rd., Fletcher.

MAY 17
BOOK LAUNCH

2 pm. The book launch for *My Body is Sacred: Tales of Health and Wellness for Little Girls* by Julia Considine Pierce. This event is free and open to the public. Doors open at 1:30 to accommodate time for parking. Light refreshments will be served, and guests are invited to stay after the event and enjoy the natural setting, including waterfalls and trails. Laughing Waters, 3963 Gerton Hwy., Gerton.

MAY 20
QUARTERLY COMMUNITY MEETING
Cane Creek Community Center

6:30–8 pm. They will be discussing and planning a community roadside clean-up day. Anyone may attend and give input, but if you are a resident of the Cane Creek Community area and would like to be able to vote on issues that affect our community, please come to our meeting. Meeting attendance is required for voting privileges. For more information, see the membership page at canecreekcc.com. 1370 Cane Creek Rd., Fletcher.

MAY 24
YARD SALE & BAKE SALE
Reynolds Fire Department Auxiliary

8 am–2 pm. A fundraiser to raise money toward the renovation of the fire department’s kitchen. Hot dog lunch available. To rent a table, contact Marie Haddock at 828-335-9999 or marie_haddock@yahoo.com. The cost per table is \$15 or two or more for \$10 each. 235 Charlotte Hwy.

MAY 24
REFUSE TO BE A VICTIM
Cane Creek Community Center

10 am–2 pm. \$50 cash or mobile cash app. Certified instructor. Must be 16 or

Spring Mountain Community Center Update

From the board of SMCC: “The building roof has been replaced. Rafter repair of pavilion is in the works with new gutters and gutter guards following. Next up is repair of the track, for which we have grant money to perform. Then we will proceed with leveling, tilling and seeding the remaining property. We are looking into grants for playground replacement. There is a lot happening, and we are striving to return the grounds to a great place to retreat!”

older. Snacks, coffee, sodas and water provided. To register, go to form.jotform.com/250494658152159. For more info, text “CCCC” to 828-696-6868. 1370 Cane Creek Rd., Fletcher.

EVERY OTHER WEEK
POSTPARTUM SUPPORT GROUP

9–10:30 am. Every other Thursday. For all moms in their first year postpartum, and babies are too. Free but donations of \$20 are suggested. Come for support, education, connection and resources. For more info or to RSVP, email carrieschearlcs@gmail.com. Spring Mountain Community Center, 807 Old Fort Rd., Fairview.

AT GARREN CREEK
FOUNDATION’S BARN

May 3. *Yoga at the Barn*. For all levels and ages, 10 am.

May 15. *Community Dinner and Barn Jam*. Every third Thursday of the month through the summer. Free dinner and open jam session 6–9 pm.

May 17. *Garden Starts Giveaway*. Free organic vegetable starts for your garden. 10 am–2 pm.

All events are at 1198 Garren Creek Road and are free. Donations always accepted.

AT WILDERNESS MUSE

May 6. *Wick-edly Wonderful Moms*. 5–7 pm. A Mother’s Day-themed candlemaking event. Scents hold a memory, especially when it comes to childhood and family. Let’s get nostalgic. Bring your grandma, sister, daughter, mother, friend and get inspired with Amelia Carlton of Fire on the Mountain Candle Co. Open to ages 14+.

May 7 and 14. *Cane Creek Farmer’s Market*. 5–7 pm. Local art, microgreens,

mushrooms, flowers, produce, and more.

May 11. *Mother’s Day Art Market*. 1–6 pm. 1536 Cane Creek Rd. 458-4107.

ADVERTISER EVENTS

Second Saturdays—*Rusty Dog Arts & Crafts Show*. See ad on page 19.

May 15—*Plant-based cooking class*. Fairview Seventh Day Adventist Church. See ad on page 12.

May 17—*Barn dance*. Project HNG. See ad on page 29.

FOOD CONNECTION

Every Tuesday from 3–5 pm in the Food Lion parking lot, the Food Connection van distributes free meals to anyone. The organization rescues surplus chef-prepared food, repacks it into meals (usually chicken, beef or pork) and then redistributes into communities across WNC. Hungry? Come get a meal or two—or take 10 and give some to your neighbors. And they mean anyone—there is no income requirement, no forms to fill out, no explanation required.

FOOD PANTRIES

Food for Fairview
Fairview Community Center,
1357 Charlotte Hwy., Fairview
Mondays: 3–6 pm

Root Cause Farm
26 Joe Jenkins Rd.
Tuesdays: 3–4:30 pm

Trinity of Fairview
646 Concord Rd., Fletcher
Wednesdays: 9 am–12 pm

The Place Fellowship Church
2 Laura Jackson Rd., Fairview
Wednesdays: 4–6 pm

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

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

For additional info, please visit fairviewtowncrier.com or see page 31.



FAIRVIEW VOLUNTEER FIRE DEPARTMENT

ANNUAL FUNDRAISER

MAY 10th
9 am - 2 pm

HOT DOGS
RAFFLES
CAKE WALKS
DESSERTS
FLOWERS

Fairview Community Center
1357 Charlotte Hwy Fairview, NC 28730



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MAY 17 & 18

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828.484.1586

Special Performance
Sunday, 4-6 pm
Handpan designer & player Josh Rivera

visit barndoorcw.com for bottle sales, tasting tours, and special events!

The Disaster Resource Center Has Moved

Since November, our library has served not only as a place for books and learning but also as a vital hub for disaster recovery. We are deeply grateful to the dedicated teams from FEMA, Tetra Tech, the SBA, the State of North Carolina, and Buncombe County, who operated here and assisted approximately 5,000 individuals with disaster-related needs. They made great sacrifices, leaving their own homes and families to help ours, and we can't thank them enough for their compassion and service. During this time, our library recorded the highest door count in the county system, a testament to how many lives were touched. We're also thankful to our resilient staff and community for adapting so gracefully and to our kind neighbors for their patience with the limited parking.

The disaster teams have now relocated to the Helene Resource Center, located at 94 Coxe Avenue in Asheville, which is open Monday–Friday, 8 am–5 pm. Free parking is available across the street, and no appointment is necessary.

Free for All: The Public Library Documentary and Discussion

We've heard your recent support for public libraries loud and clear. Thank you for your advocacy and concern. To learn more about what's happening in libraries across the

country and locally, join us for "Free For All: The Public Library," a documentary screening and discussion at the Fairview Library on May 28 at 11 am. This one-hour film from PBS@IndependentLens explores the history and enduring role of public libraries in the face of modern challenges. After the screening, stay for a conversation and Q&A with Buncombe County Public Library Director Jason Hyatt and members of the Trust Fund for Buncombe County Public Libraries. Come get inspired and learn how to get involved.

YOUTH PROGRAMS

Baby Gym (Wednesdays at 10:30 am): A fun and active program designed for our youngest patrons to develop motor skills and socialize.

Preschool Story Time (Thursdays at 10:30 am): Join us for themed story times filled with engaging tales, songs and activities for preschool-aged children.

Toddler Story Time (Fridays at 10:30 am): Join us for themed story times filled with engaging tales and songs for toddlers.

After School Art Experience (the second and fourth Friday of every month from 3:30–4:30 pm): We will explore the lives and works of influential artists and experiment with fun and interesting art techniques. Participants

can create and take home their projects. All materials will be provided. Ages 6–12.

ADULT PROGRAMS

BearWise (May 1 at 11 am): A bear biologist with the NC Wildlife Resources Commission will teach us about black bear behavior, how to prevent conflicts, and what to do if you encounter a bear. Perfect for families, hikers and anyone curious about these incredible animals.

The Deep End of Hope in the Wake of Hurricane Helene with Emma Churchman (May 1 at 6:30 pm): Author Emma Churchman will be signing and discussing her book. Part survival story, part love letter to human resilience, this unforgettable memoir shows us what's possible when crisis strips away our differences and reveals our shared humanity.

Mindfulness Meditation (Thursdays, 3–4:30 pm): Mindfulness is paying attention in the present moment, on purpose, without judgement. This ongoing series offers skills and tools for cultivating well-being by strengthening awareness of body, mind and emotions.

Paper Play: World Collage Day (May 10, 10:30 am–12 pm): World Collage Day is an annual celebration of collage, an art form where different materials, often cut

or torn paper, are arranged to create a new composition. We will approach collage in several ways to make this class fun and relaxed. This class is free, and all materials will be provided. Registration is required.

Fiber Arts Club (May 14 at 6:30 pm—"after hours"): A monthly gathering of those who enjoy knitting, crocheting or other fiber crafts, and hanging out with new friends. This is not an instructional group, but beginners are welcome.

Book Club (online on May 20 at 7 pm—OR—in-person at the library on May 23 at 11 am): This month's selection is *Happiness Falls* by Angie Kim. Copies are available at the front desk. Email jen.waite@buncombecounty.org to receive the link for the online session.

Intro to Watercolor: Sunflower Bouquet (May 24, 10:30 am–12 pm): Learn foundational watercolor techniques and go home with your own painting of sunflowers in a vase. No experience with painting is required to participate in this fun, step-by-step workshop. Ages 12 and up. All supplies are provided. Registration is required.

Jen Waite is the branch manager of the Fairview Public Library. Contact her at Jen.Waite@buncombecounty.org or call 250-6496.

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Fairview

530 Red Oak Forest Road

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EXCLUSIVE LISTING Dave Dribbon
\$625,000 | MLS ID 4247344

ACTIVE LISTINGS

Black Mountain



2 BR | 2 BA | 1,115 SF

605 Rhododendron Avenue
\$549,000 | MLS 4242115

Asheville



3 BR | 2 BA | 1,193 SF

76 Oakwood Street
\$450,000 | MLS 4232134

Black Mountain



4BR/3BA | 2,879 SF | 0.8/1.45 ACRES

27 Hunting Lodge Drive
\$1,050,000 and \$895,000
MLS 4241746 and 4233388

FAIRVIEW REAL ESTATE SALES MARCH 2025

LISTING PRICE	NUMBER SOLD	AVERAGE SALE PRICE	AVERAGE DAYS ON MKT	AVERAGE % LIST-SALE PRICE
\$300K-599K	6	\$415K	68	96
\$600K-899K	2	\$823K	292.5	94.5
\$900K-1.9M+	1	\$1.58M	35	95

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

Agent Spotlight ROSIE JOHNSON



“Rosie is fantastic! She was very helpful to my husband and me as first-time homebuyers. She gave great recommendations and answered all our questions. We felt very comfortable and appreciated her support and availability from start to finish. The entire process was very smooth. I would 100% recommend Rosie to anyone looking to buy or sell!”

— Ally W.

”

CONTACT ROSIE TODAY!

828-778-2630 | rosie@greybeardrealty.com

Governor Stein Honors Fallen Fairview Hero

Spring has officially sprung in Fairview. We are so thankful for the beautiful green and yellow (our school colors) popping up across the land. And we are especially thankful for the bursts of color that the tulips and irises bring to the landscape. It is a lovely touch compared to what we have seen the last seven months of our lives.

Spring Flower and Plant Sale...

The Support Operations Team will hold its annual Spring Flower and Plant Sale this year on May 10 from 9 am–2 pm at the Fairview Community Center beside the elementary school. First Step Farms will supply us with flowers and vegetable plants.

...plus Yummy Food

Local bakers have donated their amazing desserts for a bake sale and cake walks. We have baskets to raffle off, as well as a 50/50. Hot dogs with homemade chili and slaw, chips and drink will be available for \$8 per plate. We are excited to get back to some form of normalcy by doing this fundraiser. The one in the fall was cancelled, of course.

Honoring Steve Lytle

For those that would like to honor our

Battalion Chief Steve Lytle, his friends in Old Fort are holding a fundraiser for his family on May 24 from 4–7 pm at 4503 Bat Cave Road in Old Fort.

Governor’s Visit

The Fire Department had a special visitor on the six-month anniversary of Helene. Governor Josh Stein visited the department, spoke with the surviving family members of the Craigtown community, and signed a proclamation honoring those who lost their lives because of this horrific event in WNC. He also presented Chief Scott Jones and Tony Garrison’s family with a flag flown over the NC capitol in honor of Battalion Chief Garrison and the sacrifice he made that morning to save others in harm’s way. Also in attendance was our State House Representative, Eric Ager; County Commissioner, Jennifer Horton; and Sheriff Quinton Miller. It was a sad day, but the visit and acknowledgment was very much appreciated.

Robin Ramsey is the President of the Support Unit Group of the Fairview Volunteer Fire Department.

Right top and bottom: Governor Stein visited the department last month.



PHYSICAL THERAPY

BETTER MOVEMENT FOR BETTER LIFE

- Physical Therapy
- Return to Sport
- Hand Therapy
- Pain Management
- Pre & Post-Op Rehab
- Balance Training
- Musculoskeletal Injuries
- Worker’s Comp

Fairview

1356 Charlotte Hwy, Fairview, NC 28730
Located across from Fairview Elementary
Phone: 828-537-8256

Arden Phone: (828) 203-2603	Biltmore Phone: (828) 412-5330	Black Mountain Phone: (828) 357-9050
Canton Phone: (828) 492-1480	Enka-Candler Phone: (828) 633-6287	Leicester Phone: (828) 412-5120
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ASHEVILLE \$350,000



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ASHEVILLE \$395,000



TWO HOMES! EACH 1 BR/1 BA | 737 SQ FT | .5 ACRES

FAIRVIEW \$775,000



3 BR/2.5 BA | 2,019 SQ FT | .65 ACRES

FAIRVIEW \$365,000



4 BR/2 BA | 1,600 SQ FT | .53 ACRES

• LAND LISTINGS

ARDEN 1306 Double Knob Drive .77 acre lot. Great residential lot **\$65,000**

BURNSVILLE 1099 Silas Branch Road 194 acres. Extraordinary acreage **\$1,250,000**

ASHEVILLE Off Charlotte Highway 10 acres. 3 miles to I-40. **\$950,000**

MARS HILL 19 Trillium Lane Rare, easy to build on lot, 1.3 acres. **\$20,000**

• LUXURY LISTINGS

FAIRVIEW \$1,200,000



4 BR/2 BA | 2,217 SQ FT | 9+ ACRES

REDUCED! FAIRVIEW \$995,000



3 BR/2 BA | 2,450 SQ FT | 8+ ACRES

REDUCED! FAIRVIEW \$998,000



3 BR/3.5 BA | 2,855 SQ FT | .67 ACRE



• REALTOR of the MONTH
Sophia Carliss

Sophia has been a licensed Realtor since 2017, helping clients navigate the exciting and complex world of buying, selling and building homes in the Fairview area. Whether searching for your dream home, designing your forever haven, or preparing to say goodbye to a beloved space, she will guide you every step of the way. Real estate is her passion.

Sophia grew up in Fairview, graduated from A.C. Reynolds, and is an Air Force veteran. She loves spending time with her son, hiking and traveling.

Contact Sophia today! 828-691-0311 • sophia.wncrealtor@gmail.com



COMING SOON

Brand new mobile homes in Fairview

- 3 beds/2baths | 1,500 sq ft | .53 acres
- 3 beds/2baths | 1,500 sq ft | .53 acres

\$350,000 for both

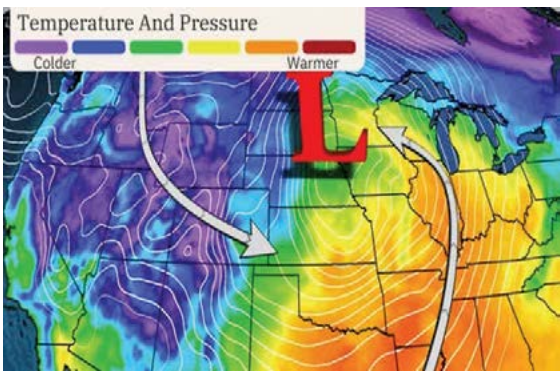
771 CHARLOTTE HIGHWAY, FAIRVIEW | Call 828-628-3088 | coolmountainrealty.com

Has It Been More Windy Since Helene?

A lot more people across WNC are paying closer attention to the weather. I have heard many comments and concerns about how windy it has been in our region since Helene. I don't think it has been any windier, but we are more attuned to the power of what wind can do. Maybe we hear it more rushing to and fro amid the trees!

News reports say winds, flooding and landslides caused by Helene damaged roughly 821,906 acres (about the area of Rhode Island) of forestlands in WNC. Forest lands were toppled in 17 counties, but six counties experienced the most serious forest damage: Avery, Buncombe, McDowell, Mitchell, Henderson and Yancey. In some areas, sections of forest were completely flattened next to sections that appear unaffected. In addition, hardwood trees like oaks, maples, birches and poplars suffered more damage than conifers like firs, pines and spruces.

Spring is one of the windiest times of the year for our region, and it all comes down to the uneven heating of the atmosphere, which is the process that causes wind. Big differences in temperature over relatively short distances become more common as we nudge into the warmer months. The sun heats the tropics more than it does the polar latitudes, and there's a constant



Pressure (white lines) and temperature (shaded colors: blue coldest to red warmest) are shown around a low-pressure system. The arrows represent the movement of air masses.

battle to equalize this heating. Bursts of chilly Canadian air can still punch into the Rockies and down the Plains through May, while more tropical air is often trying to surge northward into the Plains, South and Midwest. Low-pressure systems often get their energy from these warring sectors of different air masses. The bigger the differences in temperature sectors, the stronger a low-pressure system will be.

But when these systems are closer together, the air must rush to get to the lower pressure. The closeness and relative strength of these systems is called a pressure gradient. The bigger the difference in pressure between the two systems

over smaller spaces, the bigger the pressure gradient is. The bigger the pressure gradient is, the stronger the winds will blow. Lines of equal pressure on a weather map are called "isobars." The closer these lines are packed together, the stronger the gradient and the stronger the winds will be.

April once again had all kinds of weather. For a day or two around the 5th, we had a balmy 80, then a potent arctic blast brought the cold temperatures down to near 30 on the 9th. We also picked up some beneficial rainfall, though we are still below normal for the year.

We really are starting to march toward summer, with May's average high temperature generally in the mid-70s and average low in the low 50s. While we can still have an unusual late season frost, many years we don't. However, the old adage, "plant your warm season annuals and vegetables around Mother's Day," is pretty good advice for our area. The combination of warmer late spring temperatures along with rising soil temperatures support more vigorous growth of warm season crops for the rest

of the year's growing season. We average about 5 inches of rain for the month, with rain falling on an average of 12 days. In any given May, we get between seven to 10 thunderstorms. As we get into late spring and summer, we might want to "bottle up" some of the cooler early spring weather and bring it back for the "Dog Days" of August.

Next month, we will take a look at the long-range forecast for the summer and a peek at the upcoming hurricane season.

Last Month's Trivia Question

How are lightning and thunder related?

It is not possible to have thunder without lightning. Thunder starts as a shockwave from the explosively expanding lightning channel when a large current causes rapid heating. However, it is possible that you might see lightning and not hear the thunder because it is too far away.

Next Month's Question

What is too far away when it comes to thunder!



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

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Our Flood Story

“Figuring out how to pick up the pieces of our business and carry on tested our family to the limit. It was a time when every meal, helping hand, gift, hug or conversation had the power to carry us through times when we questioned our ability to keep going, allowing us to rise to the challenges of the current day, the next day and all the days after that.”

My family’s business, Fairview Animal Hospital, experienced flooding during the hurricane. Though there was only enough water in the building to cover our shoe soles, it wicked up the sheetrock and laid a layer of silt throughout the entire office. The excerpt above, from a thank-you note I wrote and personalized for many of the people whose kindness was vital to our recovery effort, best encapsulates the heart of our experience.

To fully appreciate our family’s gratitude, I need to take readers back to the day after the storm, when my husband, Stephen, and I returned to the hospital for the first time. As we walked through the muddy parking lot and opened the hospital door to view the dark, wet interior, it was hard not to feel overwhelmed. It was my husband who recovered from the shock first. When he picked up a utility broom and started pushing water with it down a floor drain, I picked up a broom, too, and with headlamps to guide us, we

worked together that day to remove all the standing water in the hospital. It was after dark before we returned home, and in my exhaustion, I felt discouraged. When would we be able to reopen the clinic, and when would people come?

Thankfully, on this day and every day after the storm, we were never truly alone with our troubles, and help from our friends and family, our staff and their families, as well as our clients and neighbors inspired us to keep going. And so, with our community behind us, we persevered one day at a time.

My family and I are grateful to everyone who helped us clean up the parking lot and the hospital. They shoveled dirt and gravel, tore out sheetrock, and moved cages, cabinets, sinks and shelves. We are also grateful to the people who lightened our days with thoughtful gifts. They gave us personalized tote bags, food and survival kits.

We are grateful to our neighbor, who provided us with water from her well and once washed all my family’s dirty laundry. I still remember how happy I felt just looking at the baskets full of clean, neatly folded clothes.

We are grateful to the volunteer chefs and neighbors who made it possible for us to have a hot meal each day and to my mother, who, when she discovered that

what we needed most was food, didn’t stop cooking for us until we were able to cook for ourselves again.

We are grateful to Chef Hibachi Joe of Dothan, AL, for making that special day possible when we served 500 free meals in our parking lot and to the musicians who came and made the gathering perfect with their harmonies. They provided not only food and music but also inspiration by reminding us how much we all have on the inside to give.

We are grateful to our dedicated staff and the businesses that support our work. Because of the Starlink brought to us by our IT provider and the willingness and ingenuity of our staff, we didn’t have to wait for the building to be ready and phone service to return before we could start seeing patients again. We set up exam tables under tents and got back to the work we love best: serving our clients and their pets.

In tough times, I am especially grateful for my profession and that I have a way of helping people by helping the creatures that bring them so much comfort and joy. Practicing in a disaster area meant that I could dispense medications not only for my patients but also essential ones for patients belonging to other practices that were still closed after the storm. When

there was so much need in the community, it was wonderful to be able to help everyone who came to me in search of life-saving medications for their pets.

We are grateful to our friends and family who called to check on us and for the comfort we felt listening to their far-away voices as we recounted how we were making the best of things and carrying on. We’re grateful to our clients who shared stories with us during their visits to the clinic. We each had our own story of loss, coming together, and making do in hard times. Reflecting on this time, I realize the powerful role storytelling plays in a community’s path to healing.

Being human, I know that I did not personally thank everyone whose acts of kindness helped carry my family through the hardest days of our recovery. For all the people who helped my family in the storm’s aftermath, know that we remember you and are grateful for your kindness.



Dr. Elaine Klesius grew up on a farm, where she discovered her passion for working with animals when she was very young. She is the owner of Fairview Animal Hospital. 867A

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Pop-Ups, Purpose and the Power of People

When I first opened Wilderness Muse, I told myself: I'm not going to host markets.

For years, I drove around the country, hauling tents, tables and a lot of candles to every sort of venue you can imagine. I did over 250 markets a year and lost my love for them without even realizing it.

When I got the keys to the store, I was excited to scale my business in a more sustainable way. No more weeks-long marathons or unpredictable weather. I would create, not just produce, inventory for the next revolving door. The shop felt like a market every day.

But as time passed, I noticed that applications for the shop kept growing. The shop is at capacity, yet we still have more than 150 artists who want to be vendors. People in the community asked me, "When's your next event?" I started thinking that markets could be a real way to add value to the community while serving the artists that we don't have the real estate to invite into the store yet.

I haven't been completely out of the market scene since opening the store. Markets are a wonderful way to boost visibility and cash flow for a growing business. I've spent the past year as a vendor at the Grove Arcade and a vendor/market assistant with Blue Ridge Artisan Market (BRAM), a highly sought-after and



respected market series in WNC. During this time, I've been blown away with the systems and processes Brittany Sumner, the founder of Blue Ridge Artisan Market, has created.

But taking ownership of anything is a completely different experience.

The night before my first event in my new space, my mind became my own worst enemy. What if the market was a bust? I had eight talented artists committed to our

first market at Wilderness Muse. What if I waste everyone's afternoon? FEMA has been using the parking lot around my shop to station their brush trucks since October 2024. Was hosting a market even safe? Responsible?

The night before the market, the temperature dropped to 28 degrees, and I checked the weather every few hours.

But I remembered what it felt like to set up my booth for the first market of the season—or my first market ever. I remembered how important it is to practice putting yourself and your work out into the world to be received. It has a transformative effect in you and others.

The back of the shop bloomed full of jewelry, pottery, paintings and prints. And then the customers came! Not just a few, but dozens—exactly at 1 pm. We had over 100 people show up. There were dogs on leashes blinking in the sunshine, kids, friends hugging each other, and strangers talking about the creative process.

The first Cane Creek Community Art Market reminded me how powerful gatherings are. They create space not just for commerce, but also for connection, inspiration, storytelling and joy.

This isn't just a market, it's a movement. This isn't about proving something. It's about showing up and offering a space

for creativity to be shared. The market is for our community that wants to gather around something beautiful and real.

I found myself reawakening to the magic of markets. I went home with a sunburned nose, sore feet, a tote full of treasures and a heart full of gratitude.

Will we do it again? Absolutely.

Sometimes the things that we resist the most are the things that have a lot to teach us. I'm grateful for the artists who trust me, the neighbors who show up, and the folks who believe in the power or creativity, even when the details aren't perfect.

If you're curious about what we're doing with the Cane Creek Community Art & Farmer's Markets at Wilderness Muse, come see for yourself. Meet the people behind the work, see what's being made in your own backyard, and spend a few hours in good company. Our events calendar is updated a month ahead at wildernessmuse.com.

It's simple, it's local and it matters.



Leigh Shultis loves the unpredictable magic of the creative process. She is the owner of Wilderness Muse, 536 Cane Creek Road. 458-4107.



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Poor Posture and Shoulder Pain

In today's digital age, shoulder pain has become an increasingly common complaint. Whether it's a dull ache that creeps in after hours at a desk or a sharp, persistent pain that disrupts sleep and activity, many find themselves seeking answers—and relief. One of the most overlooked causes may not be an injury or medical condition, but something far more ordinary: posture.

Posture refers to the way we hold our bodies while sitting, standing or moving. Ideally, the spine maintains a natural curve, the shoulders are back and level, and the head is aligned over the torso. However, modern habits—like working at computers, scrolling on smartphones or driving for long periods—often lead to slouched, hunched or forward-leaning postures. Over time, these positions can place significant strain on the muscles and joints of the upper body, particularly the shoulders.

When your head leans forward and your shoulders round inward, the mechanics of your shoulder joint change. The muscles that are supposed to stabilize and move the shoulder stop working efficiently, and other muscles start compensating.

This dysfunctional alignment—often called “upper crossed syndrome”—can result in shortened pectoral (chest) muscles,

overactive upper trapezius and neck muscles, and weakened stabilizing muscles like the lower trapezius, rhomboids and deep rotator cuff muscles. These changes create a perfect storm for shoulder impingement, tendonitis and even conditions like frozen shoulder over time.

The signs of posture-induced shoulder dysfunction are often subtle at first but can progress if not addressed. Common symptoms include: a dull ache or sharp pain around the shoulder or upper back; tightness or stiffness in the neck, shoulders or upper chest; pain that worsens after prolonged sitting or computer use; decreased shoulder mobility or difficulty reaching overhead; and numbness or tingling that may radiate down the arm.

Treating with Physical Therapy

A physical therapist can help a patients with these issues in multiple ways.

Patients learn how their current posture may be contributing to their symptoms. Therapists guide them in recognizing poor alignment and practicing corrective positions throughout the day.

Hands-on techniques like myofascial release, joint mobilization and soft tissue massage can relieve tightness, reduce inflammation and improve joint mobility.

Tight muscles are commonly targeted to allow the shoulders to return to a more

natural resting position. And underused or weakened muscles are strengthened to restore balance and support proper shoulder mechanics.

Therapists often provide tips or recommend changes to workstations, car seating or even phone usage habits to promote better posture.

Patients are taught how to move efficiently—for example, lifting overhead or carrying objects—in ways that protect the shoulder joint.

Consider the case of Mark, a 43-year-old software engineer who developed chronic shoulder pain after transitioning to remote work during the pandemic.

“I thought I’d torn something,” Mark said. “I could barely lift my arm without pain, and I was afraid I’d need surgery.”

After a thorough evaluation, his physical therapist discovered that years of poor sitting posture—especially during long work-from-home days—had led to significant muscle imbalances and shoulder impingement.

“Within six weeks of targeted therapy and some posture education, the pain was 90% gone,” he said. “I didn’t need surgery. I just needed to fix how I was sitting and moving.”

One of the key benefits of PT is its focus on prevention. Rather than waiting for pain to become severe, individuals can seek care

early—even before symptoms begin.

If you spend most of your day sitting, or if you notice stiffness or tension building up in your shoulders and neck, that’s a sign to take action. It’s much easier to prevent pain than to treat it after it becomes chronic.

Simple steps like incorporating movement breaks, adjusting chair and monitor height, and practicing daily posture exercises can make a significant difference over time.

As the modern lifestyle continues to shift toward screen-based work and leisure, shoulder pain is unlikely to disappear anytime soon. But with greater awareness of posture’s role—and the tools to correct it—people have the power to take control of their health.

For those struggling with shoulder discomfort or simply wanting to improve their posture, physical therapy offers a path to relief and resilience—without relying on painkillers or invasive procedures. So the next time your shoulders ache after a long day at the desk, don’t shrug it off.



Allison Fender is the owner of Unified Therapies, located at 145 Charlotte Highway, Suite 40. 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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ChatGPT: Write Me a Headline for This Column

I decided to see how I could use ChatGPT (free version) to write this month's column. I didn't end up saving time, as I had to refine my prompt a few times for each topic to get something I liked. I could have just gone with the first result but I would not have been as happy.

First Prompt

How can ad blockers help prevent malware, add information about the role of VPNs, and include information about how ads are bid for in the background. Keep it under 150 words.

ChatGPT's Answer

Ad blockers help protect you from malware by blocking malicious ads—known as malvertising—before they load. These harmful ads can infect your device just by appearing on a webpage, no clicks needed. Many of them enter websites through real-time bidding, an automated auction system where ad space is sold in milliseconds. This fast, behind-the-scenes process often lacks thorough security checks, making it easy for cybercriminals to sneak in malware.

VPNs play a different role: they hide your IP address and encrypt your internet traffic, protecting your privacy. However, VPNs don't block dangerous content. That's why pairing a VPN with an ad



blocker offers stronger protection—one guards your identity, the other shields you from online threats.

Second Prompt

Summarize an article (tinyurl.com/4nmnp999) from Lifehacker.com about how to disable a feature on a smart TV in under 200 words.

ChatGPT's Answer

Many smart TVs use a feature called Automatic Content Recognition (ACR) to track what you watch—even from connected devices—for targeted ads. Disabling ACR stops this data collection. Each brand calls it something different, like "Viewing Data" or "Live Plus." To turn it off, go to your TV's settings, locate privacy or viewing data options, and disable ACR. For step-by-step instructions by brand, visit the full article.

Third Prompt

In fewer than 100 words, explain how to get back the old iPhone mail look including getting rid of contact photos.

ChatGPT's Answer

To restore the old iPhone Mail look in iOS 18.2, open the Mail app, tap the three-dot icon at the top right, and select "List View" to switch back to the classic layout.

To remove contact photos, go to Settings > Mail, then toggle off "Show Contact Photos." This will bring back the simpler, cleaner inbox appearance without profile pictures beside emails. For the classic unread count badge, go to Settings > Mail > Notifications > Customize Notifications, and select "All Unread Messages" under Badge Count. These steps will make your Mail app look and feel like it used to.

Fourth Prompt

In fewer than 150 words, tell me how to reduce post-processing of photos on iPhone and include advantages of less post-processing.

ChatGPT's Answer

To reduce post-processing of photos on your iPhone, turn off features like Smart HDR and Photographic Styles. Go to

Settings > Camera > Smart HDR and toggle it off. For iPhone 13 and newer, open the Camera app, tap the arrow at the top, select Photographic Styles, and choose Standard or create a custom style with less contrast and tone.

Using RAW mode (available on iPhone Pro models via the Camera app or third-party apps like Halide) captures unprocessed images, giving you full control in editing.

Advantages: Less post-processing means more natural-looking images, better preservation of skin tones and textures, and more editing flexibility. It also avoids the overly bright or sharpened look sometimes caused by automatic enhancements.

Your Responses May Vary

Don't be surprised if you try the same prompt on another day and find a different answer.



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

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Worth a Load of Hay

A swarm in May is worth a load of hay. A swarm in June is worth a silver spoon. But a swarm in July is not worth a fly.” It is funny how some old cliches ring true, and how others, which may have had meaning at one time, are now obsolete.



In my opinion, any swarm is worth giving a shot, especially considering that only approximately 20% of the bees will survive. As many of you know, I lost virtually my entire stock of bees and equipment due to Hurricane Helene, but the stock I had before the storm was largely made up of swarm colonies. Having 20 years of construction and carpentry experience, and a passion for bees, I found a niche of removing honeybees that have taken residence in houses and structures. Sometimes the removals are from an interior bedroom wall, and sometimes they are 40 feet off the ground. A few of the colonies that I removed were in the structures for multiple seasons, which told me that they had traits that I was looking for in honeybees, like the ability to survive without intervention.

You might think, “Having honeybees



living in my house is really cool, right?” Wrong! As much as we all love honeybees, having them in your house is bad news. The bees themselves will manipulate insulation and cause damage to drywall and more. Worse than that, ants, roaches, mice, skunks and bears can follow, just to name a few. Wax moths are another pest that will be present in any weak colony (remember the 20% survival rate) and can cause damage to wood. Small hive beetles are also detrimental pests associated with bees, and you cannot call an exterminator like you would with other insect infestations.

As much as I genuinely enjoy removing

honeybees and taking them to live on the farm, it can be an expensive endeavor that I hate for anyone to go through. It requires opening the structure and removing all traces of bees, including wax and pheromones. After that, repairs must be made to the structure. If all these steps are not completed properly, then bees will most certainly return.

As sad as it was to have everything wash down the creek, I cannot help feeling overwhelmed with love. I will never be able to thank all the people who helped me. From people I have never even met, and probably never will, to those friends and family who have reached out and helped. For those who are local and have gone above and beyond, I would like to extend thanks and gratitude to the Buncombe County Bee Club, Chatham County Bee Club, Beez Needz, Kay and Jim Pitts, Nancy Ryman, Lumber John's Sawmill and Equipment Rental, and Mike Spivey.

We started splitting hives at Mike's apiary at the end of March. They were busting at the seams with so many bees, eggs and larvae in each hive. This is a great sign of healthy colonies for starting off the spring. But we want to avoid a swarm.

Why do they swarm? Like other things in nature, a hive—which is a superorganism comprised of trillions of individual living

cells—wants to reproduce, and an overcrowded hive will often trigger that instinct. We split the hive to avoid a swarm.

We remove about five frames that include the queen, capped and uncapped brood, and plenty of resources—including pollen, honey and plenty of nurse bees to care for the young. We are careful to leave behind frames with newly laid eggs. The remaining bees will select some of these eggs and enlarge their cells to make a new queen to lay eggs, which takes about 15 to 21 days. This delay should not affect a robust and healthy hive in early spring.

We are still early in the nectar flow, which is the time of spring and summer when flowers are blooming. It is even possible that we may decide in May to split the same hives once again to avoid swarming. During the spring, we will need to make frequent hive inspections to look for signs that the colony is preparing for a swarm. Should we see swarm cells (new queen cells) along the lower edges of the comb, we know a swarm is coming. If we do not remove the queen and split the hive at this time, we could lose about half of the bees in the colony.

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



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It's Berry Season!

I thought it would never get here. We have to hurry, because this season comes and goes too fast. The delicate goodness of strawberries, raspberries and blackberries deserves careful handling and quick eating. Blueberries are a bit tougher and will stick around for a few days. If you're jamming or preserving, you want berries that aren't quite ripe. Those berries contain more natural pectin. As berries ripen, the pectin levels decrease rapidly.

It's best to not wash berries until you're ready to use them. This keeps mold at bay. To briefly store berries, the refrigerator is not the place. Refrigeration encourages mold. A cool, dark place with good air flow is the best option to briefly rest those berries.

Now let's talk about strawberries. We love them so much we made them our national berry, but they're not quite native. In the 18th century, a Frenchman crossed our native wild strawberries with a much larger relative found in Chile. The resulting berry is a distant grandparent of our juicy, delicious, modern strawberry.

Make a plan to enjoy fresh strawberries, sliced and eaten right out of your hand. Get busy making a fresh strawberry pie. Hull and quarter a quart of strawberries, toss them in some dark brown sugar, a dash of salt, and a drizzle of balsamic vinegar. Spooned over a dish of vanilla

yogurt or ice cream—this can't be beat. And by all means, make a pound cake so you can fully enjoy the best treat of the summer. I scream. You scream. We all scream for homemade strawberry ice cream!

Here's a recipe for a rich, smooth, custard-based ice cream. If you don't own an ice cream freezer, well, there's no other way to say this: you should. Nothing compares to your own homemade ice cream. You'll prepare the custard on your stove, so allow some time for the custard to cool before you mix everything into your ice cream freezer. Then, armed with a box of rock salt and plenty of ice (buy one more bag than you need, and don't ask me how I know this), hurry up and wait. It will be worth it.



James Burgess wishes for a larger kitchen. You can reach him at ohnonatinmykitchen@gmail.com.

Strawberry Ice Cream

(makes 1½ quarts)

- 1 1/3 cups whole milk
- 2 1/2 cups heavy cream
- 1 teaspoon pure vanilla extract
- 8 egg yolks (save the whites for the meringue I'm sure you'll want to top a strawberry and banana pudding)
- 1 1/4 cups granulated sugar
- 1 pint ripe strawberries



Combine milk and cream in a broad, heavy saucepan. Heat mixture until nearly boiling. Reduce heat and simmer for 5 minutes.

Place egg yolks into a mixing bowl and whisk to break up the yolks. When the mixture looks smooth, add sugar, 1/4 cup at a time, whisking after each addition, then whisk until all the sugar is fully dissolved.

Remove milk mixture from heat and whisk one cup of the mixture into the eggs, whisking constantly. Then whisk egg mixture back into the milk.

Return saucepan to heat and cook over low, whisking constantly, until custard thickens. Do not let boil. Pour custard through a sieve and into a bowl. Allow custard to cool, then refrigerate until well chilled. (This can be done a day ahead. Place plastic wrap or wax paper directly on top of the custard to prevent the formation of a skin.)

Rinse, drain, and stem the strawberries. Crush them and add the remaining 1/4 cup of sugar. Cover and let stand for half an hour.

Combine the crushed strawberries with the well chilled custard. Pour this mixture into the ice cream maker and freeze according to the manufacturer's directions.

This custard base will work for all sorts of ice cream, so keep it handy when the blackberries arrive in a few weeks, and the peaches, cantaloupes, and plums (especially the red ones) a bit later. And in the fall, when it's apple picking time, churn up a batch of cinnamon ice cream to scoop over a warm piece of apple pie. Come Christmas, cranberry ice cream is a sure winner, but do be generous with the sugar. Also, be careful with the ratio of water to salt. More salt means faster freezing, but faster freezing means more ice crystals. A few tablespoons of arrowroot powder will help keep the ice crystals at bay, but slower freezing always gives you the best texture.



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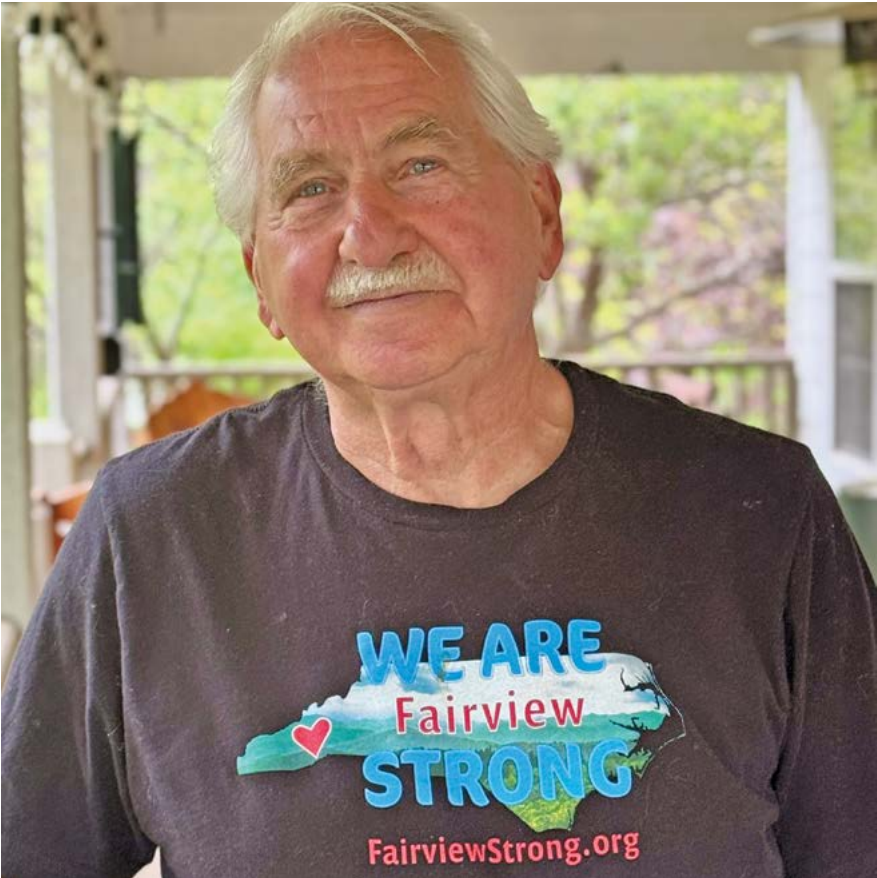
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Phil Troyer



“I just turned 80 yesterday,” Phil Troyer said with a quick laugh. I think I called him a liar; the man before me didn’t look a day over 65. Hard to believe that this young, energetic, hope-filled fellow could possibly have entered his eighth decade. He didn’t seem old enough to retire, much less to qualify as an octogenarian.

“We came here about 40 years ago,” Phil said, “because we heard they were starting a Mennonite church in Asheville.” Phil’s dad was a carpenter who built lots of churches and seminaries in the Midwest. So, when he heard his Mennonite family of faith needed help in WNC, Phil moved his family south to contribute. Before that, Phil; his wife, Bonnie; and their children lived outside Buffalo, NY, near Bonnie’s family.

Bonnie and Phil met when she transferred to a junior college in Phil’s hometown in Kansas. “I was a townie,” he explained, laughing as a light blush tinted his cheeks. “I used to drive around campus to check out the women,” he said. “Bonnie was trying to get a pop—that’s what we called it back then, ‘pop’—and the machine wouldn’t take her money. So, I told her I would get it for her.” Phil hit the machine in just the right spot and Bonnie’s soft drink fell right out. She must have been impressed because they started dating shortly after that.

Before long, it was time for Bonnie to go back home to New York. She needed a ride, and Phil volunteered. “I thought, ‘I am not losing this woman!’” So, he packed his car with all his things, picked Bonnie up, and made the 18-hour drive back to New York.

“Now we’ve been married 54 years and have three kids, five grandkids, and two

great grandkids!” Phil beamed, eyes shiny and cheeks rosy.

When they first arrived in Fairview, Phil and Bonnie worked in gardening and lawncare, eventually owning their own landscaping company. That led to a job for Phil at a local funeral home managing their landscaping and maintenance. While he was working for the funeral home, they installed a crematorium. The funeral director said to Phil, “If you go to a class with me, you can do the cremations.” Now there’s an offer you don’t get every day!

“The stories I could tell,” Phil said, crossing his arms. “Better not put those in the paper though,” he added with a knowing nod.

The idea for an Amish country store came from his daughter, Michelle. “We started in 2006,” Phil said, “and we sold it just before the hurricane.” Troyer’s sold all kinds of things: from hand-crafted Amish furniture to deli sandwiches. “My granddad was Amish,” Phil said, “and I grew up with country stores.”

To stock the shelves, Phil traveled to northern Indiana for handcrafted Amish furniture and to Ohio for specialty foods. “The company that sold the meat and cheese was called ‘Troyer’s’—a distant relation—and so the packages had our name on them,” Phil smiled at the connection. At the store, Bonnie did all the baking, her fresh sourdough bread, chocolate chip cookies, and cinnamon rolls drawing customers from near and far.

Even with all that, Troyer’s may be best known for their delicious sandwiches. Check the online reviews and you’ll see. Over and over again, satisfied diners mention that at Troyer’s “we had the

best sandwiches we’ve ever had.” Today, Troyer’s is under new ownership, but it’s reputation for excellence continues. The store is in the same location where Phil and Bonnie started it nearly two decades ago.

After selling Troyer’s, Phil and Bonnie had about a minute to enjoy their new freedom. Then Hurricane Helene hit. Without hesitation, they opened Troyer’s doors again, this time to let in volunteers, not customers. “Volunteers from Mennonite Disaster Services arrived right away. They needed a place to stay,” Phil said matter-of-factly. “They slept upstairs, and we fed them downstairs.” Phil doesn’t seem to think this is any big deal. He had a place to house and feed folks, so he did. Obviously.

“I’ve volunteered with them for years,” Phil said of Mennonite Disaster Services (MDS), where he serves as North Carolina Unit Chair. “When disasters happen, we go and investigate. Then we volunteer to help with clean up, to rebuild,” he shrugged, thinking. “Well, actually just anything they need.”

“People are so generous,” Phil said. The list of gifts he has received from people—many connected to MDS—is impressive. “I brought in a load of donated furniture from up north and was able to furnish three whole homes.” And the donations keep coming. “One Amish guy donated 15 tables and another matched the tables with chairs. Another one added living and bedroom furniture.”

One donor took it even further. “He’s donating two houses,” Phil said with a joyful smile. “The houses will come unfurnished, but a furniture maker from northern Indiana is donating all the furniture.” Amazing.

Now that Helene is more than seven months behind us, I wondered if Phil was still busy with hurricane clean-up and restoration. “Oh, there’s still plenty to do,” he said. “A lot of these people lost everything.” As a matter of fact, Phil is a cofounder and president of Fairview-Strong.org’s, a new, local nonprofit that’s focused on long-term recovery team. (See an update on the front page.) “Donations to fairviewstrong.org go directly to help people here in Fairview,” he said, encouraging friends and neighbors to check out the website for more information.

And why does this newly minted 80-year-old do all this? Well, from what I could tell, he truly loves his neighbors just as he loves his very own self. “The people here are like family,” Phil said. “I’ve lived all over the country. And I would never live anywhere but here. Fairview...it’s home.”



Rev. Dr. Aileen Mitchell Lawrimore is the pastor of Ecclesia Baptist, which meets at 607 Fairview Road. She blogs at aileen-mitchelllawrimore.com.



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Treasuring Trees after the Storm

by Mary Spivey

I wrote an article for the Town Crier about the Treasured Trees program way back in September 2021. At that time, I didn't have a Treasured Tree but knew I eventually wanted to honor this large white oak across the pasture from our home.

Hurricane Helene motivated me to sit down and complete the very simple nomination form. We had lost innumerable trees in this storm. So many magnificent oaks, tulip poplars, pines, and other species fell or were topped by the winds. The white oak I greeted each morning, as the rising sun illuminated its branches, made it through the storm unscathed, and I realized that it was time to get this tree registered—because I truly did treasure it.

A few weeks after submitting the nomination form, I received a call from a member of the Treasured Trees committee. She told me that my plaque and certificate were ready, and that the team could come out on April 4 to attach the plaque and present the certificate.

I was quite excited that this was finally going to happen. The day they arrived was one of those crisp, clear, days that just makes you happy to be living in our region. The team arrived on time, measured the diameter of the trunk (40 inches), attached the plaque to the tree (with a special, arborist-approved screw that allows room for the tree to grow) and



At left, Mary Spivey with Treasured Tree team members Pat Strang and April Wilson

gave me a nice certificate. We snapped a few pictures, and then they were on their way. I have to say that I was inordinately happy to have this tree honored and derive pleasure each day as I drive past it going to and from the house.

The Treasured Trees program is run by Asheville Greenworks, a local nonprofit. The Treasured Trees designation is honorary and does not imply that the tree is protected by city or county. What it does mean is that someone, perhaps you, values the tree and wants to see it honored. The plaque on the tree lets others know that the tree is special and reminds us of the value of trees and will, perhaps, encourage

stewardship of our forests. And while a Treasured Tree is not protected from future removal, the designation could cause a pause and maybe a reconsideration springing from a reminder of the beauty, sensitivity and importance of the tree canopy.

If you have a tree—any tree, no matter how big or small—that you treasure, consider submitting it to the Treasured Trees program. Applications are completed online at ashevillegreenworks.org/treasured-trees or you can call 254-1776.

Mary Spivey lives in Fairview and is a former director of The Collider nonprofit.

New Agent at Cool Mountain Realty

With over two decades of experience in hospitality management, business development and customer service, Heather Renken brings a deeply rooted passion for people and community to her work in Asheville real estate. Her journey has included co-founding an art gallery, serving on the board of the River Arts District, and helping to build meaningful, creative spaces throughout the region.

Now, as a real estate professional, she said, she combines her entrepreneurial spirit and eye for detail with a strong commitment to helping clients find not just a house—but a home that fits their lifestyle, values and dreams.



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Beloved Fairview Preschool Director Chris Lance Retiring After Decades in the Classroom

By Mindy Clinard

When you are the oldest child of 13 Italian cousins in New York City and New Jersey, you get a good test run for making up games, putting on plays and sharing lessons learned with younger children. By middle school, it was cemented in the mind of the young Chris Lance that she would spend her life teaching. “It was my true calling, my passion,” said Chris, director of Fairview Preschool for the past 14 years. In her 43 years in the classroom, her approach has never wavered. She believes “children want to know your expectations. Expect their best. They want to give you their best.” There is a mutual respect between Lance and her students. “It is enthusiastic learning,” she said. Mrs. Lance smiles when she talks about the little faces. “You can see it when they are learning something for the first time.”

With degrees from Montreat College and East Carolina University, Mrs. Lance claims that her oldest preschool graduate is now 57 years old—Pastor Winston Parrish.

With some quick estimation, it appears Mrs. Lance has taught well over 1,000 preschoolers. She has been one of the pioneers of preschool teachers in this area. Mrs. Lance founded three preschools: Montreat Morning School, Asheville Christian Academy (ACA), and Fairview



At left: Each student at Fairview Preschool takes “Wrinkles” home and writes a story about their adventures together. Above: Mrs. Lance and this year’s class.

Preschool. No matter where she was teaching, a precious emphasis she made with each individual child was assuring them that they “are special—from the top of your head to the bottom of your feet.” Celebrating a long career, beating cancer, and raising three children—Lee, Jaime, and Tony—with her husband Charles of 54 years, Mrs. Lance is the affectionate matriarch of a tight-knit and loving family. Anyone that knows Mrs. Lance knows

of her love for her grandchildren—Brittain, Ella, Charlie, and William.

At Fairview Preschool, as with all preschool-age children, students are learning things for the first time. While Mrs. Lance may not use the records, cassette tapes or CDs that she has in her teaching collection, she is always flowing with the latest technological changes. However, some things never change. Mrs. Lance believes, “You bring excitement about what you are teaching. Your tone of voice matters. You use your body language. You listen.”

An outreach of Fairview Christian Fellowship Church, Fairview Preschool has been a member of the Fairview Business Association (FBA) since opening its doors. Mrs. Lance stays active in the functions of the association. She said, “The FBA does such a wonderful job of uniting the Fairview community. As well, we are so grateful for the men and women of the Fairview Fire Department for coming to school to talk about everything from fire truck equipment to bicycle helmets. They are invaluable to everyone here. We love the days when grandparents come to participate in class or go on field trips. Each year, we enjoy having community members as teaching guests representing countries all around the world. We have felt so welcomed and connected to the entire Fairview community.” She added, “Fairview is a very special place.”

And Mrs. Lance’s influence goes beyond Fairview. Fairview Preschool has enrolled students from Black Mountain, Hendersonville, Gerton, Swannanoa, Bat Cave, South Asheville and even Mars Hill.

Having always felt the call to teach young children, Mrs. Lance said, “Here at Fairview Preschool, in this beautiful log church on a hill, and at each of my classrooms, I love the wonder and excitement kids have for learning.” She recounted the big, wide eyes of a young boy in preschool for the first time. “You could see the excitement for learning in his little face as he seemed on the edge of his seat to hear

You bring excitement about what you are teaching.
Your tone of voice matters.
You use your body language.
You listen.
—Chris Lance

more. At the end of the day, he made it known how happy he was. He said, “This was the best day ever!”

After 50 years of collecting teaching materials and preschool furnishings, it is no surprise that Mrs. Lance’s inventory is plentiful and in perfect condition. “I have used all of my materials to help me be the best teacher that I could be. After the September hurricane devastated our area, I knew I wanted to give back and help replenish other schools that had lost so much,” Mrs. Lance said. Furniture, rugs, books, learning manipulatives, bulletin boards and supplies are going to ACA’s preschool and kindergarten, Trinity Baptist Preschool in Asheville, and Grassy Branch Preschool in Riceville. Mrs. Lance’s love of teaching preschoolers will continue through the use of these needed items.

Come Celebrate

Fairview Preschool Director Chris Lance is retiring as the Class of 2025 graduates from preschool. Former students and families are invited to come out and enjoy a time together celebrating her retirement and 43 years of teaching on May 17, at 3 pm at Fairview Christian Fellowship Church, 596 Old US Highway in Fairview. For planning purposes, please let her daughter, Jaime Lance, know if your family plans to attend at 712-3308.

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'Tis the Season to Wait and Wonder

I would like to start out by reminding you that I consider myself only semi-serious about my pursuits as a gardener. Sometimes, as I am pontificating about dahlias, now something like 8 years into my study of the flower and all things related to growing them, I realize that I may have crossed the threshold of “semi” into fully serious, and I take pause.

Then I meet someone who has been growing them for 40 years and hear some of the techniques that they use for storage and quickly realize that I am a sophomore. I have a clear memory, as a new 10th grader, learning that sophomore translates from Latin to “wise fool.” In other words, someone who knows just enough to be dangerous but actually not enough to be anything like an expert.

This year has come on slowly in terms of progress in the garden, but the season actually seems to be coming in strong. My daffodils are nearly at their end. Peonies are coming. Hydrangea are looking very green. (I hope that we are able to make it through the rest of spring without burning them with a frost.)

I feel as though I am just waking, Rumpelstiltskin-like, from a very long slumber. My mother and I realized that, because we have let our dahlia tubers overwinter in the ground, our regular spring planning schedule has fallen out. Normally, by this time of year, we would have been doing some garden bed preparation. We might have taken the tubers out of the basement to take stock. It is possible that I may have even divided them and considered planting.

Instead, we are in a bit of a waiting game. The waiting seems to have made our weeds a little bolder.

Already I am thinking that I don’t know if I will allow the dahlias to overwinter again. I much prefer being able to see how the tubers are doing in my grandmother’s basement as compared to this slightly nerve-wracking surprise party. Will they come back or won’t they? It is entirely out of my hands.

Hopefully, when I’m writing my next column, I will be pleasantly surprised by the green shoots arriving that much earlier than they would have with our tried-and-true method of planting. If we are able to have dahlias a whole month earlier, then I will have to do some serious wrestling of thought after the first freeze in the fall.

Perhaps you too are playing the waiting game in your garden right now. Whether it’s dahlia tubers that were left in the ground by choice or circumstance, seeds that you’ve sown directly into the soil, or transplants that you’re nurturing under grow lights, waiting is part of the gardening process. And sometimes I wonder if

waiting isn’t half the joy. The anticipation of what might come has its own rewards.

What are you waiting for in your garden this spring? Are you, like me, watching for signs of life from plants that overwintered in questionable circumstances? Or are you meticulously planning each square foot, each corner, each container?

I suspect many of you are wrestling with some of the same questions I have. When is it truly safe to plant those tender annuals? How do we balance our desire for early blooms with the reality of our mountain climate’s unpredictable late frosts? Which garden tasks can wait and which need immediate attention as the weeds emerge?

The beauty of gardening, I’ve found, is that there are rarely absolute right answers. What works in one microclimate may fail just a quarter-mile away. What thrives in your soil might languish in mine. And that’s why community becomes so important—sharing our successes and failures, our experiments and traditions.

As I look toward the growing season ahead, I’m curious what you’re most excited about. Have you ordered a special dahlia variety that you can’t wait to see bloom? Are you trying a new companion planting technique? Or are you, like so many of us after Helene, simply hoping to restore what was lost?

Despite my anxieties about the overwintering, I’m finding myself excited about the possibility of earlier blooms. I’m looking forward to seeing which varieties prove themselves hardy enough to survive our winter without the coddling of basement storage. There’s something liberating about having nature take the lead sometimes, even if it means surrendering some control.

Whether you’re a seasoned gardener with 40 years of experience or a newcomer planting your first flowers, whether you’re fully serious or just semi-serious like me, I hope you’ll embrace both the waiting and the wondering this season. Garden wisdom, after all, isn’t just accumulated through success—it’s shaped by curiosity, experimentation and sometimes just happy accidents.

Until next month, may your weeds be few, your soil be rich, and your garden bring you joy in both its certainty and its surprises. And if you see me out there looking anxiously at bare spots where dahlias should be emerging, feel free to remind me that patience is indeed a virtue, even for a sophomore gardener.



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

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“Egg”citing Opportunity for Second Graders at FES

Second graders at Fairview Elementary recently finished their embryology unit. Teachers partnered with 4-H of Buncombe County and were able to provide a hands-on activity for their students to watch the entire process of how an egg transforms into a chick in their classrooms. Students learned about the chicken’s life cycle, the parts of an egg, and how temperature and humidity affect development. This unit has been a favorite among second graders for years.

Each teacher was provided an incubator, and local families donated eggs. For close to three weeks, students helped maintain the right environment necessary for successful production and then watched eggs hatch. They were excited to welcome these hatchlings and celebrate all they had learned. Students observed, compared, measured and communicated to make sure this was a successful undertaking.

Once the chicks hatched, a friendly 4-H agent collected them to take them to their new homes. Incorporating these activities and lessons allowed students to gain a solid understanding of embryology and the fascinating process of life development within an egg. These young scientists are learning and growing every day!

Kenya Hoffart is a staff member at Fairview Elementary School.



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At A.C. Reynolds Middle School, a skull scientist visited Ms. Williams and Ms. Collins in their 6th grade science classrooms as a part of the “Invite a Scientist to Your Classroom” program. Students got to act as citizen scientists and measure and weigh real live turtles.

ACRHS STUDENT OF THE MONTH **Bryson Smith**

Smith was nominated by Elijah Frisby, who says that Bryson always leads by example. He serves as president of the FFA and has competed in regional and state competitions. He had the highest welding score in the state last year. In Advanced Studies, he has built a smoker and is currently building a flatbed for a truck. Bryson is willing to step outside of his comfort zone to help other students or teachers, no matter the need. Bryson exemplifies what it means to be a Reynolds Rocket. *All winners receive a special mug from the Crier. Congrats, Bryson!*



PARENTING POINTS TO PONDER
ROOTS BEFORE BLOOMS

In family life, just like in gardening, healthy growth starts with preparing the soil. It means creating a safe, loving foundation, and that work takes real toil. During my parenting years, I had to face my own unrealistic expectations and imperfections. I learned that growth doesn’t happen in perfect conditions but in honest, messy soil. That’s where roots dig deep and real change begins.

We all want to raise thriving kids, but too often we focus only on the visible growth—good behavior, achievements, success—without tending to what lies beneath. Emotional safety, consistent connection and unconditional love are the nutrients that roots need. Cultivating those things takes time, intention and humility. There’s no shortcut or miracle fertilizer; just steady, faithful tending.

Let’s not forget: the gardener matters too. We can’t pour from an empty watering can. Tending to our own emotional and spiritual well-being isn’t a luxury; it’s essential. Rest, reflection and support help us stay grounded and resilient. When we care for ourselves, we’re better able to nurture the growth around us. A well-nourished gardener has more patience, more clarity and more capacity to love well.

There will be weeds—habits, patterns



and pain—that get in the way. But weeds aren’t a sign of failure. They’re a natural part of the process, and with patience they can be pulled, one by one. Some seasons feel like nothing’s happening, but under the surface, roots are taking hold. Trust that. Keep showing up. Keep watering. Keep believing.

As a parent and now a family coach, I know that preparing the soil isn’t a one-time task. It’s ongoing work. But it’s holy work—the kind that shapes not just our children but us too. And the harvest? It’s worth every ounce of effort.

Christi Hurd is a retired BCS teacher who is now a Family Coach. She helps parents as well as individuals embrace uncertainty with courage, self-discovery and practical solutions. To learn more, go to hurdhuddleparentsupport.com.

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Extra, Extra: Curriculars at Cane Creek Middle

For 11 years, starting in 1986, I coached women's varsity basketball for SHAPE American High School in Belgium. (SHAPE, which stands for Supreme Headquarters Allied Powers Europe, is NATO's military headquarters.) I had never coached basketball before.

The young women on that team had a reputation for being a bit surly and particularly weak players. The season before they had won only one game. I had no stiff competition for the opportunity to coach the team. I was the only applicant.

One of the best parts of coaching was getting to build friendships with other coaches. In particular, I built a good friendship with Ron Parham, who was the coach for Brussels American School when we met. We began a competitive friendship over basketball and professional dress. When we first met, our attire was similar: t-shirts and jeans for games. During my 11 years, we gradually worked our way up to suits for the games. My last season, though, I felt compelled to take the lead and showed up in a tuxedo with a red cummerbund. Ron just shook his head. My team won the game, and I set the standard for coaching attire!

As coaches, we needed to set a far more important standard. Ron and I tried our best to model civility and

sportsmanship for our athletes. Winning a game may feel better than losing, but finishing a game with class, win or lose, is so much more important. Coaches can do so much more than just teach the skills needed to play a sport. They can teach and model the skills needed to win at the game of life.

At Cane Creek Middle School (CCMS), extra-curricular activities are extra important! For many students, school extra-curriculars are what brings kids back to school day after day. Camaraderie is an essential element that inspires students. That camaraderie can be found in chorus, band, school clubs, and athletics.

Here at CCMS, we have an astounding number of extra-curricular participants. At the middle school level, much is done in the way of teaching. For example, our coaches may show students how to throw a shot put or how to field a ground ball. They may work to get them excited about an event like a baseball game or band concert. Coach Robertson models high expectations for his wrestlers. It's grand that our coaches can teach skills, but even more importantly, they teach teamwork and fealty to a common goal. They teach sportsmanship and selflessness. These are the life skills to which I referred to above.

Coaches also support what goes on in

the classroom by pressing students to excel academically as well as on the pitch. In my 51-year career, I've been called a lot of things, some admittedly not so nice. But I loved walking down the hallway and being greeted with, "Hello Coach." Being a coach is a huge responsibility—and a mega honor!

It is my fervent hope that parents reading this will encourage their children to participate in extracurricular activities. I also hope that readers will support coaches and keep them in a place of honor while also holding them to the highest of ethical standards.

My first year of coaching basketball was exciting. We finished the season as European Champions with a record of 20-7. Because I didn't know what I was doing, I made things simple (for me.) I



The CCMS 6th grade math team spent the day problem-solving at the Buncombe County Schools 4th-6th grades math competition in March.

taught a three-two zone for defense, a three-two press, a three-two match up, a three-two in bounding play. Everything was three-two something. My team mastered it. But even bigger than the wins and trophy were the relationships and life lessons that made the season a winning one forever.

Go Canes—now and always!

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



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Springtime at the Big Green Machine

To our Reynolds community—the best and strongest community in WNC:

As the sun begins to shine a bit warmer and to hang a little longer in the sky and the pollen starts to spread across everything and every part our beautiful mountain community, there’s no mistaking it: Spring has officially arrived in Big Green Country. With just five weeks left until summer break, it’s an exciting time to be a part of A.C. Reynolds High School (ACRHS).

Every spring, I’m reminded of our legendary past Reynolds principal, Mr. R.L. Dalton, who would famously say, “The sap is rising!” And just as he predicted every year, we’re seeing that springtime energy surge through our students. The days are longer, the weather is warmer, and—yes—our students can get a little squirrely this time of year. But that energy also brings with it creativity, spirit and the kind of enthusiasm that makes ACRHS culture strong and such a special place.

I want to take a moment to express my heartfelt gratitude to the amazing parents and families in our community. Thank you for continuing to monitor your students’ grades and attendance through PowerSchool daily, helping to keep our



Principal Ben Alexander with an ACRHS graduate from 2024.

Rocket Rockstars on track to finish this year strongly. Your support is crucial—not only academically, but also when it comes to classroom behavior. When our teachers

reach out, your partnership makes all the difference, and we are deeply appreciative. We are so very proud of our graduating seniors and know that their families, and our entire Rocket community, will be cheering them on as they walk across the stage, beaming with pride. This is more than just a yearly ceremony; it’s a testament to the hard work, dedication and heart of our students and their families through the last 13 years of their education. It’s a testament to each of their teachers and educators who have been a part of their journey along the way.

As we close out this school year, I want to take a moment to acknowledge both the triumphs and the trials we’ve faced. Together, we’ve celebrated victories, we’ve overcome challenges and we’ve stood shoulder to shoulder through deep losses that have touched every corner of our community. Through it all, we have rallied behind one another,

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Graduation Day

Mark your calendars now for the 69th A.C. Reynolds High graduation.

June 14 at 1 pm
Harrah’s Cherokee Event Center in downtown Asheville.

as families, as neighbors, and perhaps most importantly as Rockets. I am profoundly thankful for every single student who walks our halls, every single family who each day sends their teenager to us to not only grow but also to thrive now and in their life after Reynolds. I am profoundly thankful for our Fairview and East Asheville businesses and partners that pour into Big Green Country. Your support is crucial. Being the ninth principal of ACRHS—the best public high school in the entire state of North Carolina—is an honor beyond words. It is a privilege each and every day to be with your kids, who are our community’s future.



As we head into spring together, I want to say that together we are one strong and mighty Rocket Community—one strong and mighty Rocket Country.

Go Rockets!

Ben Alexander, Ed.S., is the Principal of A.C. Reynolds High School.

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THE FAIRVIEW TOWN CRIER May 2025 | 21

Falling into Spring

It happened. Mr. Safety had an accident. Several weeks ago, I experienced some dizziness when I got out of bed. It was not significant and passed quickly with no further incidents. My dad had this issue on several occasions. He was told it was the result of some inner ear issue. Since the health of our family members could be an indication of our health expectations, I did not think much more about the dizziness I experienced. This was my first mistake and a failure of awareness.

A week after the episode with dizziness, I was walking down the hall in the morning to let my little puppy out—and it hit me. Suddenly, it was as if someone picked the house up and turned it violently while simultaneously pulling the rug out from under my feet.

When thinking and talking about safety at home and in the workplace, the big three—slips, trips, and falls—are typically linked because one often leads to another. Statistically, they are the leading cause of injuries and even death. Slips, trips and falls are mostly relative to our surroundings. For this reason, it is important to inspect our environment for hazards that can lead to falls, whether in the home or the workplace. But consider your physical condition too.

And vertigo is a physical condition. It is not considered dangerous. However, if the

experience is rapid and results in a fall, it can be very dangerous. Vertigo is a medical term that describes the feeling of the environment spinning. It can be symptomatic of other medical issues. Is it possible to minimize the risk of falling from a vertigo incident? I think so. First and foremost, discuss with your physician any experience that happens out of the blue related to dizziness, nausea or vomiting.

I did not know that vertigo could be induced. I also did not know that vertigo could essentially be treated. My doctor confirmed that I had vertigo, and X-rays determined the shoulder did not show any breaks. My doctor sent me immediately to a physical therapist to work on the vertigo. The therapist was able to induce vertigo again and proceed with exercises to rectify the condition that caused it. After several follow-up visits, the condition causing the vertigo was essentially resolved.

Awareness—not just of the surroundings we live and work in, but of our physical condition—is the bottom line. I should have contacted my physician when I first experienced dizziness. I was fortunate to only have a shoulder injury. During any slip, trip or fall, there is always the potential to hit your head, which could lead to more severe injuries and even death.

Attention = Prevention

- Inspect your surroundings for risk of fall hazards.
- Check and monitor your physical condition.
- Take responsibility for your safety.

Continually check your state of mind. Rushing, frustration, fatigue and complacency are all states of mind that are distracting and increase the risk of accidents. Watch for more tips in future issues.



Mike Kleier is a retired Loss Control Manager for a workers' compensation insurance provider. Contact him with your comments, questions or suggestions for safe practices at mwkmichaelmike@gmail.com.




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THE ITSY-BITSY CROSSWORD (#145) LUKE WANDER

1	2	3	4
5			
6			
7			

Across

1. Maker of audio equipment since 1964
5. Credit card with high processing fees, for short
6. Show excessive devotion to, per tiktok
7. Adventure clothing brand out of Jackson Hole, Wyoming

Down

1. Fish with Smallmouth and Largemouth varieties
2. Skip over
3. Starter for -conductor, -final, -colon
4. Fair trade switcheroo?

The Itsy Bitsy Crossword is a puzzle designed to tickle the mind. If you can't solve it on your own, ask a friend for help. If together you can't quite finish it, ask a stranger, or, as a last resort, ask the internet! Sometimes the clues are wickedly difficult, and other times delightfully easy. Luke Wander grew up reading the Town Crier and it will always be his hometown paper. These days, he is a teacher living in Colorado, with his wife and editor, HH, and cat, Esme.

Answers at the bottom of page 31.

Openings in Fairview

The FBA celebrated multiple business openings recently in Fairview. For their March meeting, members came together to celebrate the grand reopening at Wilderness Muse on Cane Creek Road. And last month, members enjoyed a sweet treat at Fro Yo Lab, on Charlotte Highway, as the business reopened for the season.

At right: Janet Peterson, of Cloud 9 Farm, enjoys some yogurt at Fro Yo Lab. Below, owner Leigh Shultis cuts the ribbon at the grand reopening of Wilderness Muse.





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Three Stops on the Road to Financial Stability

Achieving financial stability doesn't happen overnight—it takes a journey. And, as with every journey, you'll need to make some stops along the way. These stops, or milestones, can tell you how far you've gone—and where you need to go next.

Milestone 1: Build a Foundation

When you're first starting on your financial journey—typically, when you are beginning your career—you'll want to build a foundation by acting on key issues, such as saving, paying down debts and investing for the future. Here are some suggestions:

- Start your emergency fund. Eventually, you'd like to have several months' worth of living expenses kept in a liquid, low-risk account to deal with unexpected costs, such as large medical bills or a major car repair. For now, though, at least try to put away a few hundred dollars or a month's worth of expenses. To make it easier, have some money moved automatically each month from a checking or savings account into your emergency fund.
- Take your employer's match. Contribute enough to your 401(k) and health savings account (HSA) to earn your employer's matching contribution, if one is offered.

- Pay down your higher-rate debt. Try to pay down as much high-interest, non-deductible debt as you can afford. If possible, refinance debt at lower interest rates.

Milestone 2: Gain a Better Foothold

Once you've got your financial foundation in place, and you're established in your career, consider these steps to gain an even better foothold:

- Continue building your emergency fund. Try to get at least a couple of months' expenses in this fund.
- Put away more into your retirement accounts. If you can, try to put anywhere from 10% to 15% of your gross income into your 401(k) or similar employer-sponsored retirement plan.
- Check your debt-to-income ratio. Divide your monthly debt payments by your monthly gross income to calculate your debt-to-income ratio. If you're paying a mortgage, try to keep this ratio to 35% or less. Without a mortgage, try for 20% or less.

Milestone 3: Keep Moving Forward

As you move into your middle years—and beyond—it's time to further solidify your financial situation and keep making progress toward a comfortable retirement. These moves can help:

- Maintain your emergency fund. By now, you should be able to keep up to six months' worth of expenses in your emergency fund. A sizable emergency fund can help you if you need to switch jobs, and enable you to meet larger expenses without dipping into your long-term investments.
- Review your retirement goals. At this stage of your life, you should review your retirement goals regularly to determine whether you're still on track toward meeting them. If you aren't, you may need to adjust your investment strategies. Of course, your goals may have changed over time, and this, too, may require adjustments on your part. You may want to work with a financial professional who can suggest appropriate moves to help you on your way.

Reaching all these milestones will take diligence and commitment—but it will be worth the effort in helping you on your journey toward financial stability.



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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Garren Creek Fire Department—669-0024
Gerton Fire & Rescue—290-6194
Reynolds Fire Department—298-5200

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Cane Creek Middle—628-0824
Fairview Elementary—628-2732

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End of School Year in Sight

We have just a handful of weeks left in the 2024/2025 school year. It is truly remarkable to think about all that our students, staff and community have been through. Even after missing weeks of school and facing many other traumas after the hurricane, our school community has continued to support students in the pursuit of their educational and athletic endeavors. Every time I attend a school concert, parent meeting or athletic event, I can't help but be amazed by the resilience of our community.

Now we find ourselves in a busy and exciting time of the school year that includes spring theater productions, spring athletics, high school prom, the great Fairview spring festival, and the biggest event of all for our seniors—graduation!

During April, the amazing performing arts department at A.C. Reynolds High (ACRHS), led by Mr. Weakley, Mr. Dodson and Mr. Haynie, put on an incredible rendition of the musical "Sweeney Todd." The musical and acting talents of our high school students are remarkable, and their spring theater performance is a testament to years of hard work and support from family, teachers and the community.

May 2 is the date of the Fairview Elementary (FES) Spring Festival. The FES Parent Teacher Association (PTA) and school staff

work incredibly hard to pull off this fun annual family event. It is truly a community celebration with music, field games and raffle baskets. All proceeds go directly to the school to support the needs of our students.

On May 17, the Cane Creek Middle School community is celebrating its 25-year anniversary. The PTA and school staff will be hosting a community celebration with games, food trucks, raffles and more. Admission is free, and the event is open to the community.

June 14 is the graduation ceremony for ACRHS. Our seniors are busy with final coursework, making decisions about next steps in their lives, and participating in senior activities like the class picnic. My favorite senior ritual in Buncombe County Schools (BCS) is the "graduation walk," where seniors walk through the halls of the elementary schools. The younger students line the halls and cheer for the graduating seniors, and teachers get to visit with students who they taught many years ago.

Budget Season for the School Board

Each winter and spring, our school board digs into the budgeting process for our school system. We are blessed to have an amazing chief financial officer and extremely talented school finance team. They provide the board with sound guidance for how to be good stewards

of taxpayer dollars while supporting our educators and providing the best possible experience for students.

I'd like to highlight a few key facts about school funding. First, it's important to understand that in NC, school boards or systems do not have their own taxing authority to raise revenue for school operations. We are fully dependent on county, state and federal governments for funding from tax revenues. We actually have two budgets. The first is for school operations and pays the salaries of our staff and general operations. The second is for school capital, which pays for building maintenance or any new construction, such as the new, more secure entryway at ACRHS.

In the operations budget, the state funds 53%, the county funds 30%, and the federal government funds 15%. There remaining 2% is funded by miscellaneous sources such as grants. It is important to consider that BCS is the second largest employer in the county, so around 80% of our operations budget goes to support the salaries of our teachers, administrators and staff. The rest of our budget goes to pay for utilities, insurance and operating costs of equipment like school buses.

Because we get a majority of our funding from the state, it is important to understand that those funds come with very specific guidelines for how they can be used. Our finance team is responsible for tracking those expenses and making sure we abide by the state laws.

We are very fortunate in Buncombe

County to have a community that sincerely supports our public schools. The county typically ranks about 10th in the state for the amount of local funding. We are always very grateful to the community for this level of support, which enables us to hire teaching assistants, school counselors, assistant principals and certified teachers that are crucial to our ability to provide a great learning environment.

The BCS budget request to the county government takes place during the May 2 county government board meeting. The state-level budget for school funding will be worked out across several months. If you want to help support your local public schools, I encourage you to reach out to your elected officials, at every level of government, and let them know why you feel that a well-funded public school system is important. Your voice as a community advocate is very important.

I hope that all of our students and families have a great spring and that our seniors are excited for graduation and the opportunities that follow.



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

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A Letter from James Whitaker Sr. to His Senator

James Whitaker Sr. was born on Swearing Creek in Rowan (now Davidson) County, NC, on April 3, 1779. He was the youngest child of Joshua Whitaker Sr. (1735–1798) and Mary Reed (1748–1832). He remained in Rowan County, helping his mother with his ailing father Joshua after the rest of his family and friends moved to Fairview. James married Mary “Polly” Walker in September 1800. They and his mother moved to Fairview by the spring of 1801. He and his wife were charter members of Cane Creek (now Fairview) Baptist Church. He was the church’s first deacon and clerk.

Whitaker moved to Swannanoa in the spring of 1807; to Franklin in what is now Macon County in 1825; and to what is now Andrews in Cherokee County in the spring of 1835.

He wrote a letter to US Senator Willie Person Mangum (printed below, with punctuation, spelling and capitalization left as in the original).

Western North Carolinians gave Andrew Jackson 88 percent of their votes when he was elected president. He barely won. When he ran for reelection, he won in a landslide. However, in WNC, 78 percent of the people voted against Jackson in one of the biggest turnarounds in US history. Uncle James Whitaker wasn’t the only person who turned against him.

Franklin June 13th, 1834.

Dear Sir,

Permit an obscure friend, to drop you a few lines, to you by way, rather of enquiry, and first, we live bordering on the Cherokees, and feel a deep interest

in every thing Connected with that people, if you therefore, have any information about them, either as regards a Treaty, or otherwise, we wou'd be thankfull to get it. – we receive but few Documents, and but little information from Washington, except Newspapers any how. – Unfortunately for some of us, we are too strong friends to the Republican Doctrines of 98 – and of state Rights now. to receive much from the Dominant party, for my dear Sir, we have many in our County, who seem to think that Andrew. Jackson, can do no rong – and I verily believe, woud applaud his Conduct, even if he should, (as Maj. Jack says,) Kick the whole Senate, into the Potomac, – Sir, send us something, if nothing better, send Jacks Letters.

Many of my acquaintance in this county, Haywood, and Buncombe, wish to know something of the encouragement, given by Government, (if any.) to Emigrants, for the Columbian River Many families in my acquaintance, would go – if they knew, something more on the subject. i.e, if encouragement worth Notice is held out &C [etc.].

– Sir, you ought to pay some little attention to us in this County, if, for nothing else than to keep up our Spirits, Many of us, are Decidedly your Political friends, tho a Majority, go against you, some from principle; and some through ignorance; and some through fear. But the State Right party, are pleased



James Whitaker Sr.

with your Course in the senate, particularly on the Deposit question. Sir, excuse the hasty remarks of a friend, and partial acquaintance.

James Whitaker –

Bruce Whitaker documents Fairview-area genealogy. Get in touch with him through the Crier—email the editor at clark@fairviewtowncrier.com or call/text 828-771-6983.

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Caterpallor (n): The color you turn after finding half a worm in the fruit you're eating.

*

A teacher told me not to worry about spelling because in the future there will be autocorrect, for which I am eternally grapefruit.

*

Here's a tip: Ring your doorbell on your way to bed at night. This will clear the

dogs off your bed long enough for you to get in and get comfortable.

*

It's OK if you disagree with me.
I can't force you to be right.

*

Studies have shown that people who have more birthdays live longer than those who do not have as many.

*

My new car has a button for pretty much everything. There's even one

that reads, "Rear Wiper." Still too afraid to try that one.

*

"I used to think that the brain was the most wonderful organ in my body. Then I realized who was telling me this."
—Emo Phillips



Blaine Greenfield hosts *BLAINESWORLD*, a webcast, and he also publishes a blog with the same name. You can reach him at bginbc@aol.com.

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Garlic

Since my grandmother was Sicilian and my grandfather was Greek, on my mom's side, garlic was nearly a food group in my family. Throughout my life, I have loved cooking, and garlic has been instrumental in all my culinary pursuits. For years, we cultivated many varieties in our gardens in the mountains, as it's easy to grow and prolific. I am also a big fan of using wild onions, as they grow throughout the winter months in the wild. Way back when, during communal living experiments in my college days, we used so much garlic in our cooking that my parents swore they could smell me coming as I walked into their home.

I have written previously on ramps, wild onions and garlic, and the same properties overlap. I absolutely adore wild ramps and grow them on the land in a few spots, as their bulbs are so potent and flavorful, and in my experience, all relatives of garlic are truly a super food—an immune system-booster and delicious!

Garlic is a member of the Allium genus, which includes onions, leeks, chives and onions. It is one of the most prized ingredients in the culinary world, and it has been used medicinally for thousands of years across many cultures. It is a vitally important worldwide crop, and China is the largest producer, accounting for almost 70

percent of the world market. Worldwide, over 28 million tons of garlic are produced each year for sale. In the US, California is the largest producer of garlic, but there are pockets throughout our country that grow large quantities of this wonderful food crop.

Garlic has a fascinating history. It has been cultivated for at least 4,000 years and has been found in archaeological tombs throughout ancient Egypt and China. It is also prevalent in Babylonian, Greek and Roman historical records. Garlic also was popular among ancient Western physicians, including Hippocrates, who prescribed its use for a variety of ailments. Pliny the Elder used garlic for fighting off infections and protecting one's body against toxins. In Eastern medicine, garlic has and continues to be utilized to help with digestive support, respiratory ailments, depression and fatigue.

There is a plethora of fascinating folklore around garlic. It has been used to repel vampires and werewolves, ward off evil spirits, and was often hung over windows and doors—even rubbed into chimneys—to keep dark and evil spirits at bay. Gladiators in Rome ate garlic before battle, and I had a housemate from my commune days who swore by eating raw garlic dipped in peanut butter when traveling abroad in the tropics as a means of keeping infections at bay. This



was a bit too intense for me, but I have to admit, eating it raw certainly keeps people at a distance!

Medically, garlic has been widely researched for its potential in cardiovascular health, prevention of infections, immune system-boosting capacities and cancer. The scientific research and data do not support many of the popular medical beneficial claims, but I am a firm believer in its useful and beneficial properties. I love the flavor and recognize that it can only help me, not harm me.

Garlic is easy to cultivate and is a fairly easy and forgiving food crop to grow. It is quite resistant to pests and diseases. And it is used widely by gardeners as a repellent for

rabbits, rodents and deer. Garlic originated and grew in the wild across Asia, India, Egypt and as far west as Ukraine, but it didn't really find its way into culinary realms in Europe until the Middle Ages and Renaissance times. Garlic did not become popular in North America until the late 17th century with the arrival of the French, Portuguese and Spanish explorers. In our country, garlic became entrenched in the 1920s through the influence of large influxes of European immigrants like my grandparents.

There are over 700 varieties of garlic in two categories: hard neck, which produce fewer cloves, tend to be stronger, are—in my opinion—more flavorful and powerful, and are easier to store for longer periods of time; and soft neck, which mature at a faster rate and tend to thrive in warmer climates. Most of the garlic found in US supermarkets is the soft neck variety.

Garlic is an amazing part of my world and a fascinating plant with a rich and varied legacy. If I were pressed to choose five spices to have in this life, garlic would be one of them.



Contact Roger at rogerklinger@charter.net.

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Good Things Are Happening at Cane Creek Community Center

by Julie Nelms

If you have had a chance to check out our new website (canecreekcc.com), then you have seen that one of our core values is “For the Community ~ By the Community!” We know we need each other and that it takes each one of us doing our part to make our community a better place to live. We are so blessed to have had some of our local businesses and community volunteers assist us with improvement projects on our building and grounds since the beginning of this year. Below is a list of a few of the things we have been able to accomplish together.

In January

We made improvements to our main meeting room, which included new window treatments and new appliances. We want to say a special thank you to Scheitler Construction for making the necessary countertop adjustments in our kitchen and installing a new stove for us.

In February

For those who have had the “pleasure” of having to talk over the noise of our furnace, you will be happy to know that All Seasons Heating & Air Conditioning helped us move our oil furnace outside of the main meeting room and into our storage area, run new duct work throughout the building, and install new fuel lines. A huge thank you goes out to them and their excellent service.



In March

On March 15, we had 11 volunteers from our community help us remove the damaged fence from the tennis court area, clean up all the broken glass and small debris left over from the picnic pavilion, repair the picnic tables, cut back the underbrush at the ends of the driveway to help with visibility pulling out onto Cane Creek Road, hang a new light fixture, clean up the remaining fence, and clean the surface of the tennis courts. In just three hours we were able to make quite a



difference in the overall cleanup of the property. A huge thanks goes out to each person who helped that morning as well as to Dan Hayes Grading for bringing their equipment and helping us to make quick work of a pretty big job.

As you can see, we are making great progress, and we are only just getting started. Our next project will be to extend our parking lot to add more parking spaces. The cost to do so is just under \$5,000, and we are looking for donations. If you would like to contribute to our



parking lot extension project, please make a check out to “Cane Creek Community Center” and send to P.O. Box 1523, Fletcher, NC 28732. Enclose a note indicating the check is for the parking lot project. Thank you!

Thank you in advance for being willing to be part of the good things happening at Cane Creek Community Center. We are definitely better together!

Julie Nelms is a board member at Cane Creek Community Center.



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Tips for Home Buying in the Mountains

- Thinking about buying a home in the mountains? Here are a few quick tips to get you started.
- Get pre-approved. Know your budget before you start looking.
 - Think long-term. Choose a home and location that fit your future.
 - Hire a local expert. Mountain properties come with unique details—make sure your agent knows the terrain.
 - Don't skip the inspection. It's worth every penny for peace of mind.
 - Budget beyond the mortgage. Factor in taxes, insurance and maintenance.

Jenny Brunet is the Broker-in-Charge at Cool Mountain Realty & Construction. 628-3088, coolmountainrealty.com.

Pyramid Scheme for Weight Loss?

If you're struggling to lose weight, the outdated food pyramid might be part of the problem. For years, it's been touted as the key to healthy eating, but when it comes to weight loss—and even long term health—it falls short.

The food pyramid recommends six to 11 servings of grains, leading to a

carb-heavy diet. While carbs provide energy, excess carbs, especially refined grains like white bread and pasta, get stored as fat if not burned off. These grains cause blood sugar spikes, energy crashes, and cravings, making it harder to stay on track.

Additionally, the pyramid doesn't emphasize enough protein or healthy fats—key nutrients for weight loss. Protein keeps you full longer and preserves lean muscle, while healthy fats, like those from avocados and olive oil, stabilize energy and support metabolism.

A smarter approach? Focus on high-quality animal protein as the foundation of your meals, healthy fats for energy balance, and complex carbs from fibrous veggies and leafy greens for sustained energy without the sugar spikes.

The pyramid's one-size-fits-all approach doesn't work for weight loss or wellness. Personalize your portions to suit your activity level and goals, and you'll be on track to see better results.

Fletcher resident Ashley Lucas has a Ph.D. in nutrition and is a Registered Dietitian. myphdweightloss.com.

A Love Hormone for Healthier Skin

Love's glow is more than a feeling: It's oxytocin at work. Known as the "love hormone," oxytocin is released with a

loving touch, be it a hug, caress, massage or making love. Recent studies highlight its remarkable effects on skin, going beyond the fluttery feeling of love. Elevate oxytocin through simple acts of touch for a radiant complexion and enhanced well-being.

- Accelerated healing: Love releases oxytocin, fostering not just warmth but also wound healing. Elevated oxytocin levels, as proven by research, enhance wound recovery, underlining the vital role of social interaction in mental well-being and its direct impact on skin health.
- Stress-free skin: Combat skin stress with love. Oxytocin counters cortisol's impact, preventing blemishes and inflammation. Studies suggest that oxytocin is a crucial mediator in maintaining skin balance, easing the management of inflammatory skin conditions.
- Age-defying elixir: Love unveils youthful skin. Research in the British Journal of Dermatology reveals oxytocin's role in suppressing cellular senescence, preventing intrinsic aging. While more effective in the young, oxytocin still guards against age-related disorders.
- Sweet dreams: Elevate skin health with quality sleep. Oxytocin aids sleep modulation, supporting crucial nighttime skin functions—repair, hydration, and defense against UV and pollution.

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With 47 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.


Studies Show that Helmets Save Lives

According to the National Highway Traffic Safety Administration, motorcycle helmets saved an estimated 1,872 lives in 2022 alone. Proven to reduce fatal injuries by 37% for riders and 41% for passengers, helmets remain one of the most effective safety measures on the road.

Yet, only 71% of riders consistently wear them—despite studies showing that helmets reduce head injury risk by 69%. The gap in usage is stark, especially in states without universal helmet laws, where fatality rates are higher.

As motorcycle season kicks into gear, one simple choice—wearing a helmet—can mean the difference between life and death. It's not just about following the law; it's about valuing life.

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



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Aging in: Part One

Turning 65 soon? Don't feel alone—more than 11,000 new Baby Boomers are being added every day to the same boat. Many questions abound. What is Medicare? How do I, when do I, or should I enroll? When does it go into effect? How much will it cost? All good questions, but where to find the answers is perhaps the most important.

My experience, both personal and professional, has revealed one seemingly universal truth: Too much information can be as bad as not enough. Finding an objective opinion can be difficult. Perhaps the most objective is the Medicare.gov website, filled with publications and a seemingly boundless depth of information. Most of your answers can be found there, but getting to them all is daunting and not geared to personal situations. The NC Seniors' Health Insurance Information Program (SHIIP) is a consumer information division of the NC Department of Insurance with information objectively provided by trained volunteers. It is a more personal approach and can be found at ncshiip.com or toll-free at 855-408-1212. SHIIP counselors are not licensed insurance agents, and they do not sell, endorse or oppose any product, plan or company.

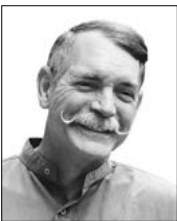
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As you approach age 65, you need to learn about Medicare coverage choices and make several important enrollment decisions. Medicare benefits go into effect on the first day of your birth month or on the first of the previous month if you were born on the 1st.

Here is a to-do punch list:

- Get familiar with Medicare and its "parts."
- Determine your Initial Enrollment Period.
- Decide whether to enroll in Part A and or Part B when you turn 65.
- Will you need to contact Social Security to sign up for Medicare or opt out of Part B?
- Decide whether to enroll in Medicare prescription drug coverage (Part D).

Here's a tip: To avoid late enrollment penalties, start working on your punch list three months before you turn 65.



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

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The Fairview Town Crier

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Submissions Announcements, community news, upcoming events, etc. will be published free as space allows. Articles submitted must have content and tone consistent with the Crier's editorial policy. All submissions will be edited for clarity, style, and length. Unsolicited manuscripts/photos are welcomed. Anonymous submissions will not be published.

Editorial Policy The Fairview Town Crier reserves the right to refuse any advertising or editorial submission deemed inappropriate for the tone and style of our community newspaper. A best effort has been made to verify the legitimacy of information provided. Views expressed in columns and/or articles do not represent those of The Fairview Town Crier. Send questions or comments to PO Box 1862, Fairview, NC 28730 or clark@fairviewtowncrier.com.

Letters of 400 words or fewer 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 clark@fairviewtowncrier.com or mail to Fairview Town Crier, PO Box 1862, Fairview, NC 28730.

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