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The Fairview Town Crier

JUNE 2025 VOL. 29, No. 6 | FAIRVIEW, NC | fairviewtowncrier.com 

Fairview Celebrates Old Car, New Documentary

When Paxton Hare moved to Fairview in 2022, he introduced himself to all of his neighbors. One of them was Bob Earley, who mentioned that he had a Ford Model A. (For the younger readers, the Model A is a car that was introduced in 1929.)

"I saw him drive it past my house all the time," said Hare. "He's given me and

my family rides before, for fun."

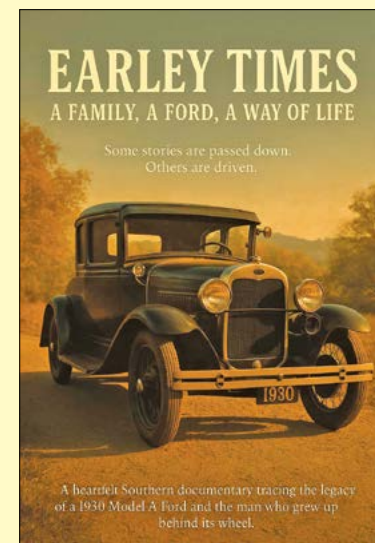
Hare has been making films as a hobby since he was in grade school. Since moving to Asheville, he's participated in the yearly "48 Hour Film Project." And last year, he joined the board of the Asheville Film Festival and is helping to put on that event in August.

Last year, before the hurricane, he was

looking for a new film project. "Most of my previous work was short narratives," he said. "I had been wanting to do a documentary, so I asked Bob if he would be willing."

But like with everything else, Helene caused problems. "We filmed most everything in August of 2024," said Hare. "But I've been dealing with home repairs since, due to our basement flooding. I managed to finally get it finished" in May.

"Earley Times" is a heartfelt documentary that captures the deep connection between a family and their 1930 Model A. This car has been a steady presence in their lives for nearly a century. The film centers on Earley, who first drove the car in the 1950s and has kept it running, passing on both stories and skills to the next generation. Through personal interviews, old footage and a bit of artificial intelligence, the documentary explores themes of legacy, tradition and the passage of time. It shows how one old car became more than just a vehicle. It became a symbol of home, history and the bonds that hold a family together. "Earley Times" is a tribute to enduring values, the joy of hands-on craftsmanship, and the quiet beauty of keeping something alive simply because it matters.



JUNE 12, 6-9 PM

Cultivated Cocktails
161 Charlotte Highway
\$10 admission

Bob Earley will be there with his Model A. All proceeds beyond venue costs will go directly to support the Garren Creek Foundation.

(Confirm the date and time before attending. Plans are still coming together.)

Busy Kid Makers in Fairview

The skies cleared, the crowds showed up, and more than 30 local kids got busy practicing to be future entrepreneurs last month at the Fairview Kid's Makers Market, held at Root Cause Farm. Turn to page 16 for more photos from the event.



Jennyfer, Jessica, Kristopher and Cristian Sanchez



Lucy and her many treasures

Still Strong: Fairview United

SAVE THE DATE! A Community Memorial and Celebration

Mark your calendar for September 27 to join your neighbors for "Still Strong: Fairview United," a community memorial and celebration honoring the resilience, unity and strength of Fairview one year after Hurricane Helene.

The day will begin with a Walk to Remember at 9:27 am, a reflective tribute to those we've lost and the journey we've shared. Following the walk, the Fairview Community Center will host a vendor market, supported by local businesses and organized by Wilderness Muse.

This event is presented by FairviewStrong.org and the Garren Creek Foundation, with deep thanks to our local sponsors and neighbors who continue to help us rebuild and rise together. Stay tuned to the *Crier* for more details or follow the event on Facebook at tinyurl.com/3yewbxh2.

Fundraising Update from FairviewStrong.org

The nonprofit has met the goal they shared last month and received the full \$50,000 match—but they're not stopping there! Please continue to support the people of Fairview. Every bit helps. Spread the word to family and friends—FairviewStrong.org is still going strong!

Sign Up for Our E-newsletter

Folks who signed up for our new e-newsletter were the first to hear the details about a European river cruise for WNC residents that is being offered by one of our editors, Ralph Grizzle, who runs a website all about river cruises.

Our newsletter aims to include things that didn't make it into our print edition—photos we didn't have room for, items we received too late and corrections—and things that we can't print, such as video and audio.

Be sure to visit fairviewtowncrier.com to sign up.



The Fairview Town Crier
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COMMUNITY EVENTS & UPDATES

JUNE 3
WNC Prostate Support Group
6:30 pm. Medical professional speakers. Free via ZOOM and First Baptist Church of Asheville. wncprostate@gmail.com or 419-4565.

JUNE 5
FBA MEETING
Fairview Business Association
6 pm. Members and non-members are invited to a fun summer evening featuring a cozy fire, delicious s'mores, live music, and face painting for the kids. It's a great way to support your local business, get to know more business owners, and enjoy a night out with friends and neighbors. Barn Door Cider Works, 23 Lytle Rd., Fletcher.

JUNE 6
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.

JUNE 7
SMOKE ALARM SATURDAY
Fairview Fire Department
Need a smoke alarm, carbon monoxide detector, or fire extinguisher? Want help with fire prevention in your home? The Fairview VFD crew will be providing and installing detectors free of charge. Call 628-2001 or email fairviewfd3@gmail.com to schedule.

JUNE 8
CHURCH HOMECOMING
Cedar Mountain Baptist Church
With Isaac Wells singing. For more info, call Pastor Jimmy Page at 273-2458. 27 Reach Creek Rd., Fairview.

JUNE 14
BIRDS & BREWS MARKET
Blue Ridge Artisan Market
12-7 pm. Local vendors, live music, food trucks, face painting, live portrait photography, and a kid & adult egg hunt. Turgua Brewing. 3131 Cane Creek Rd., Fairview.

JUNE 14
ROADSIDE CLEANUP
Cane Creek Community Center
10 am-12 pm. Teams will go to different areas in the Cane Creek Valley to pick up trash. Safety vests, gloves and trash bags provided. Please wear close-toe shoes,

and children under 13 must be accompanied by a parent. Lunch provided after at the community center. Please RSVP: text 828-338-9695, email canecreekcc@gmail.com or visit canecreekcc.com.

JUNE 17
BOARD MEETING
Spring Mountain Community Center
6:30 pm. All are invited. 807 Old Fort Rd., Fairview.

JUNE 21
TAKE ROOT FESTIVAL
Root Cause Farm
11 am-3 pm. See box at right for full info. 26 Joe Jenkins Rd., Fairview.

JUNE 28
YARD SALE FUNDRAISER
Flesher's Healthcare
8 am-4 pm. A fundraiser to benefit the residents at Flesher's. Rain or shine. For more info, call the facility at 628-2800 and ask for Tina or call 989-5025. 3016 Cane Creek Rd., Fairview.

EVERY OTHER THURSDAY
POSTPARTUM SUPPORT GROUP
9-10:30 am. For all moms in their first year postpartum, and babies too. Free but donations of \$20 are suggested. Support, education, connection and resources. For more info or to RSVP, email carrieschearlcs@gmail.com. Spring Mountain Community Center, 807 Old Fort Rd., Fairview.

UNTIL JULY 20
ENVISION THIS-FROM LOST TO FOUND
Re.Imagine Gallery and Studios
A call for art using a repurposed or recycled element. Opening reception on August 20. For more info, go to reimaginefairview.com or call 338-0070.

FES DAD'S CLUB
June 7, Bus Wash, 9-11 am.
Bring your buckets, brushes, sponges, etc. to the FES parking lot. All FES dads and kids are welcome to join in giving back to our amazing bus drivers as their buses get cleaned for the end of the year.

GARREN CREEK FOUNDATION
June 14, Yoga. For all levels and ages, 10 am. **June 19, Community Dinner and Barn Jam**. Every third Thursday of the month through the summer. Free dinner

Take Root Festival Returns

A spirit of growth, generosity and community will be in full bloom at Take Root, the flagship fundraiser hosted by Root Cause Farm, on *June 21 from 11 am to 3 pm at 26 Joe Jenkins Rd.*

This free and family-friendly event invites guests of all ages to experience the joy of gardening, creativity and community engagement.

There will be live music, bounce houses, beer options from Whistle Hop, non-alcoholic drinks from Devil's Foot Beverage Co, ice cream from Hilltop, and an array of hands-on workshops and educational booths. From art activities to flower harvesting, there's an activity to inspire every interest.

You can learn about regenerative farming; participate in creative workshops and outdoor activities; and connect with local educators and community partners.

All proceeds from Take Root directly support Root Cause Farm's mission to grow and share food with neighbors facing food insecurity while building a loving community around equitable food access.

Bring your friends, bring your family, and don't forget your sunscreen. Take Root promises a meaningful and joyful day on the farm.

Spring Mountain Community Center Update

From the board of SMCC: "The grounds have been closed for several weeks after the grading was done. The grass sowing was completed in early May and is growing nicely. It is still too tender to tolerate foot traffic. We are proceeding with the next steps, which are repair and repaving of the track. We appreciate everyone's patience with the arduous process. Our sign has the most up-to-date information on how the public can use our space."

and open jam session 6-9 pm. **June 23 and 30, Craft & Play**. 3:30-5:30 pm. **June 28, Family Movie Night**, 7:30 pm. All events are at 1198 Garren Creek Road and are free. Donations always accepted.

WILDERNESS MUSE
June 8, Cane Creek Community Art Market, 1-6 pm.

For updated class schedule, go to wildernessmuse.com.
1536 Cane Creek Rd. 458-4107.

ADVERTISER EVENTS
Second Saturdays—**Rusty Dog Arts & Crafts Show**. See ad on page 24.
June 8-11 — **VBS week at Fairview Baptist**. See ad on page 3.
June 19 — **Plant-based cooking class**. Fairview Seventh Day Adventist Church.

See ad on page 18.
June 21 — **VBS week at Brush Creek Chapel Baptist**. See ad on page 8.

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.

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



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Make a Splash with the Library This Summer



If you've ever tried planning a summer full of activities for kids of different ages (and attention spans), you know how quickly the challenge can grow. That's where the Fairview Public Library comes to the rescue, with our 2025 Summer Reading Program, a season packed with enriching, creative and joyful experiences for the whole family.

Whether you're looking for ways to keep your little ones learning, help your tweens and teens discover new interests, or even carve out some "me time" for yourself, the library has something for everyone. This summer, we're focusing on building community, encouraging imagination, and most importantly, having fun.

For the Kids: A Summer of Stories, Science and Splashing Fun

This summer, the Fairview Public Library is offering more children's programming than ever before. All events are free and open to children and their caregivers.

In addition to beloved weekly favorites:

- Baby Gym – Wednesdays at 10:30 am
- Preschool Storytime – Thursdays at 10:30 am
- Toddler Storytime – Fridays at 10:30 am

...we'll be offering an exciting variety of special events all summer long. Here's just a taste of what's coming up:

- Giant Outdoor Game Days: 6/7, 6/28, 7/12, 7/26, 8/9, and 8/23 at 11 am
- Outdoor Storytimes at the Library: 6/7, 6/28, 7/12, 7/26, 8/9, and 8/23 at 2 pm
- Outdoor Storytimes for Preschoolers at Hickory Nut Gap Farm: 6/11 and 6/25 at 2 pm
- Afternoon Art Experiences: 6/13, 6/27, 7/11, 7/25, 8/8, 8/22 at 3:30 pm

- Zines for Tweens Workshop: 6/6 at 3:30 pm
- Bubble Brigade Foam Party: 6/14 at 2 pm
- Dissect Owl Pellets with the WNC Nature Center: 6/20 at 2 pm
- Fire Safety with the Fairview Fire Department: 6/21 at 2 pm
- Fancy Nancy Gala at Hickory Nut Gap Farm: 7/17 at 2 pm
- Fancy Nancy Gala at the Library: 7/19 at 2 pm
- Junk Journaling for Tweens Workshop: 8/8 at 3:30 pm

Make us your first stop for summer planning. Browse events, look for appropriate age ranges, register when needed, and get all the latest and full details on our events calendar at buncombe.librarycalendar.com/events. The online calendar will show you all of the current events at Buncombe County Public Libraries, or you can filter to look at Fairview or age ranges specifically. You can also call the library at 250-6484 or stop by for more information and printed handouts.

For the Grownups: Stories, Art, Music and More

Summer isn't just for kids! This year, Fairview Public Library invites adults to join in the fun, unwind and be creative. Here's what's in store.

Summer Stories: Book and Film Screening Series

Second Fridays: 11:00 am Book Discussion and 12:00 pm Film Screening
Bring your lunch and enjoy thoughtful conversation and classic films with fellow readers.

Featured Titles and Films

June 13: *The Great Gatsby* by F. Scott

Fitzgerald + the 1974 film
July 11: *Brooklyn* by Colm Tóibín + the 2015 film
August 8: *Tuck Everlasting* by Natalie Babbitt + the 2002 film
Online discussions also available on second Tuesdays at 7 pm. Contact the library for the meeting link.

ADULT PROGRAMS FOR JUNE

Intro to Rhythm and Drumming (June 18 at 4 pm) Join us for this educational and fun, guided hand drum session. No drumming experience is needed. Best suited for ages 12 and up. Registration is required to reserve a drum. If you can bring your own drum you do not need to pre-register.

Fiber Arts Club (June 11 at 6:30 pm) This is a monthly gathering for those who enjoy knitting, crocheting, or other fiber crafts, and hanging out with new friends! This is not an instructional group, but newcomers are most welcome. Come ready to meet new people.

Paper Play for Adults: Texture Rubbings and Whimsical Birds (June 27 at 1 pm) Create textured crayon rubbings, enhance them with paint, and use your decorated papers to collage whimsical cardboard birds. All materials

provided—just bring your creativity (and clothes you don't mind getting messy)! Registration required.

Intro to Watercolor: Blue Ridge Mountains (June 28 at 10:30 am) Never picked up a brush? No problem! This welcoming workshop is perfect for beginners. Learn basic techniques while enjoying a relaxed, social atmosphere. Supplies provided and registration required.

A Note of Thanks

To our community: Thank you for continuing to support the Fairview Public Library. Your enthusiasm and participation make everything we do possible. We love you, and we're excited to share a fun, unforgettable summer with you. Whether you're nurturing your creative spirit, trying something new, or just looking to connect with others, these programs are here to make your summer brighter. From dancing bubbles and owl pellets to book talks and brushstrokes, there's truly something for everyone at our local library.

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



FAIRVIEW BAPTIST CHURCH
32 Church Road
Fairview, NC

VBS WEEK
JUNE 8-11
6:00 PM Dinner & 6:30-8:30 PM VBS



Please invite family & friends to Trust Jesus—
He always points us in the right direction!

MORE INFORMATION
628-2908 fbc1806.org

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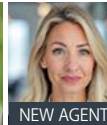
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An Invitation for Young Creatives

Have you ever looked at a piece of art and imagined the story behind it? Or sketched a character from a story you dreamed up? Maybe you’ve seen a cloud shaped like a dragon or a tree that looked like it was guarding a secret. That’s where creativity begins—with curiosity, noticing and wonder.

You don’t need to be “good” at writing or making art. You just need to start. Whether your project is a short story, a comic, a poem or a colorful collage, it matters. Your voice matters. Your ideas matter.

Your Creative Space

One of the best ways to get into a creative mindset is to have a special place just for making art, writing or dreaming up new ideas. It doesn’t need to be fancy, just a spot that feels like yours. Here are a few ideas:

- A Creativity Corner: Set up a small table, lap desk or space on the floor with your favorite notebook, sketchpad and some colorful pens or pencils.
- An Inspiration Board: Hang up pictures, postcards or quotes that make you feel inspired.
- A Story Basket: Fill it with objects that spark ideas, like an interesting rock, a tiny figurine or a piece of fabric.

The important thing is that it feels like a place where ideas can grow.

Five Tips for Getting Started

- Start with what you see or feel. A spark can come from a piece of art, a sound, a memory or a dream. Let your five senses lead the way.
- Let your imagination surprise you. You don’t need to know the end—just begin.
- Talk it out first. Some people find it easier to share their idea out loud before writing or drawing it. Record your thoughts, tell a loved one or even act it out.
- Make it yours. There are no wrong answers when it comes to creativity. Whether your spark leads to a poem, a drawing, a comic or a story told from your cat’s point of view, just go with it.
- Keep it fun! Creating doesn’t need to be perfect. It just needs to be yours.



Kate Wargo is a former elementary teacher turned founder of Gallery Tales, a creative writing program that inspires kids (ages 8–13) to tell their own stories through art displayed at local art galleries. A proud Fairview resident, Kate lives with her husband and daughter, who attends Fairview Elementary. gallerytales.com.

CALL FOR SUBMISSIONS

Each month, we’ll invite our kid readers to submit their creative work inspired by the featured story spark. One submission will be featured in an upcoming issue, along with the creator’s name, a photo (with a parent’s permission) and a little celebration of their imagination.

Ready to get started? The first story spark is below. Let’s see what you create!



Creative Spark



A mysterious envelope arrives in the mail—inside is a seed and a note:

“Plant this if you’re ready for an adventure.”

Prompt: What kind of story would grow from this seed? Who plants it? What happens next?

Send your submissions to clark@fairviewtowncrier.com by June 16. They should be no longer than 350 words.



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Black Mountain



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Candler



3 BR | 2.5 BA | 1,329 SF

180 Moody Avenue
\$435,000 | MLS 4248011

FAIRVIEW REAL ESTATE SALES APRIL 2025

LISTING PRICE	NUMBER SOLD	AVERAGE SALE PRICE	AVERAGE DAYS ON MKT	AVERAGE % LIST-SALE PRICE
\$300K-599K	4	\$454K	59.5	99
\$600K-899K	4	\$697K	13.5	98
\$900K-1.9M+	1	\$1.5M	16	94
\$2M+	1	\$3.1M	605	89

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

Agent Spotlight RACHEL SUDNIK



“ Rachel made this daunting process so easy to understand, advocated for her community, and set us up with the tools to make informed decisions.... You can tell she is passionate about helping folks find their homes. I highly recommend working with her and can't thank her enough for helping us find our lovely new home!

— Ashlee B

CONTACT RACHEL TODAY!

828-202-3410 | rachelsudnik@greybeardrealty.com

From Hail to Hurricanes

Last month, we had a wild day with multiple hail events across the region. Storm reports are available at the Storm Prediction Center at spc.noaa.gov/climo/online. You can also Google “May 2025 Asheville Hail Event” and watch some incredible videos. I will write about hail sizes and extremes next month.

In June, there are some interesting tidbits on long-term average conditions for the area from weatherspark.com. The daily high temperature in June increases by only 4 degrees, from 78 to 82, and rarely falls below 49 or exceeds 88. The daily low temperature increases by 5 degrees, from 58 to 63, and rarely falls below 49 or exceeds 67. June’s cloud cover is fairly consistent, with 47% of the time exhibiting overcast or mostly cloudy conditions.

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

June 20 is the longest day of the year and the first day of summer. The sun will rise at 6:14 am and will set 14 hours, 34

minutes later at 8:49 pm. (On December 21, the shortest day of the year, the sun will rise at 7:36 am and will set 9 hours, 45 minutes later at 5:21 pm).

Interesting Hurricane Facts

Hurricane season is from June to November, when the seas are at their warmest and most humid, which are ripe conditions for a hurricane to develop. The peak is in September.

The first time anyone flew into a hurricane was in 1943 in the middle of World War II. Storms were not yet named at that time.

The most violent winds and heaviest rains take place in the eyewall, the ring of clouds and thunderstorms closely surrounding the eye.

Every second, a large hurricane releases the energy of 10 atomic bombs. Hurricanes can also produce tornadoes. They are not as strong as regular tornadoes and last only a few minutes.

A hurricane name is retired when the storm caused so many deaths or so much destruction that it would be confusing or insensitive to use the name again. The World Meteorological Organization is in charge of retiring hurricane names and choosing new names.



Hail that fell on May 8, in the author’s hand

Slow-moving hurricanes (and even tropical storms) produce more rainfall and can cause more damage from flooding than faster-moving, more powerful hurricanes.

In the US, these storms are known as hurricanes, but in the Northern Pacific and Philippines, they are called typhoons. People in the Indian and South Pacific Ocean regions call them cyclones.

A typical hurricane is about 300 miles wide, which means these storms can cause damage over a huge swath of land once they reach the coast. The flooding

they cause can extend the damage even further from the center of the storm.

Follow the progress and be weather wise this season. A good place to start is at the National Hurricane Center (nhc.noaa.gov). The site also has a series of webinars for students that are quite informative for just about anyone.

Last Month’s Trivia Question

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. Thunder is the sound caused by a nearby flash of lightning and can be heard for a distance of only about 10 miles from the lightning strike. The sound of thunder should serve as a warning to anyone outside that they are within striking distance of the storm and need to get to a safe place immediately.

This Month’s Trivia Question

Which terms typically describe hail size?



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

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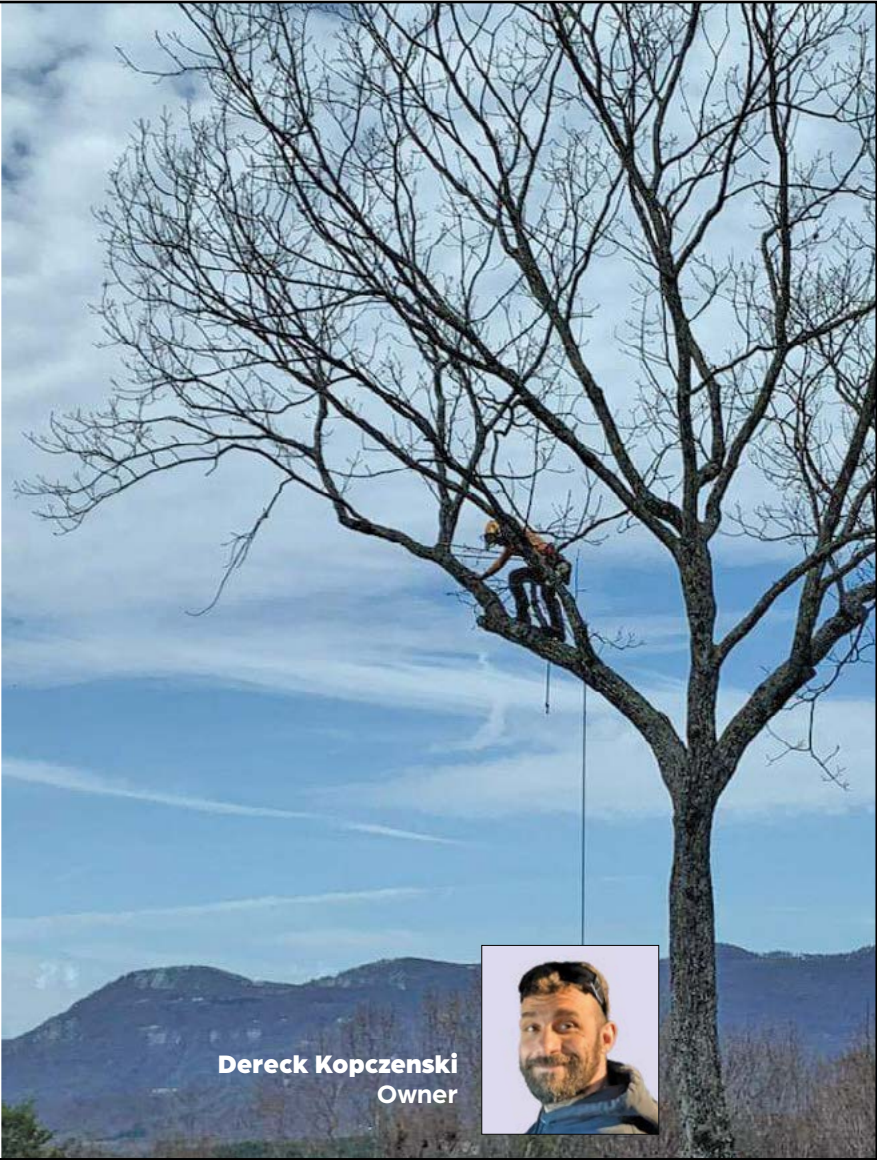
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Dereck Kopczenski
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Keepers Prepare for Honey and Mites

Heading into June, Mike's five colonies are still healthy following the splits taken in late April and May. Walker has also recovered from Helene and built back close to 60 colonies, putting him near his goal for the year. The black locust bloom was incredible, and we are hopeful for adequate rainfall to help the nectar flow from tulip poplar. Last year, our August honey harvest was less than stellar due to low rainfall in the summer. With sufficient rainfall, June honey production can be at its heaviest and additional bee boxes ("supers") will probably be needed for honey production. During the honey flow of June, a healthy colony can fill a super in two weeks. Tulip popular flow will be coming to an end, and we will want to remove capped frames of honey and replace them for the upcoming sourwood flow.

By June, we want to make sure the colonies are healthy with large populations of bees carrying out the work. During this time, the risk of colony loss can be great due to the presence of varroa mites.

These parasites pose a great risk because, in addition to feeding on and



weakening the bees and their larvae, they are known to be carriers of several debilitating bee viruses. Varroa mites are only able to reproduce on larvae and pupae, causing malformation of emerging bees. To reproduce in the bee larvae, an adult female varroa mite enters honey bee brood cells by burying itself in the brood food provided by worker bees before the cell is capped. Once buried and capped, the female mite goes to work by laying two to five tiny eggs (0.2 to 0.3 mm in diameter). A single unfertilized egg is laid first to produce a male, and subsequent fertilized eggs are laid approximately once each day to produce female mites. After hatching, varroa mites pass through two larval stages before developing into an adult. It takes about five to six days for male varroa mites to develop and seven to eight days for female mites. For this reason, the mites prefer the cells of male (drone) bees because of the longer brood cycle (26 days). The male varroa mite dies inside the cell shortly afterward, but the daughter varroa mites will continue to lay eggs. Young female varroa mites, along with the original mother varroa mite, emerge from the brood cell with

the emerging honey bee. Adult female varroa mites usually live for two months but can overwinter between the sclerites (the hardened plates of the exoskeleton) of adult honey bees.

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

Monitoring varroa mites is usually done by taking a sample of nurse bees from the hive (1/2 cup = 300 bees) and using methods such as powdered sugar roll, alcohol wash or Dawn soap detergent to release the mites from the bees. The removed mites are counted, and if more than nine mites are found then there is a greater than 3% mite population on the bees. At this threshold, the hive is considered at risk and the beekeeper must take precautions to prevent significant loss.

It is important to test for mites frequently. Beekeepers may test once, find no mites and think they are fine. But later they may discover a large population or "mites bomb" that can cripple or kill a colony.

Mites will wait on many different

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

Honeybees are livestock and should be cared for as such; feed when needed and treat when needed. There are treatments that use naturally occurring ingredients such as thymol, formic acid and oxalic acid, and when used correctly they can be successful. It's important to read all labels and warnings thoroughly, as some have special requirements such as temperature, amount of brood, time of year, etc. Certain products can be used with honey supers on the hive, while others may render the honey unfit for human consumption. June is a great time to watch bees at work, as their numbers can be plentiful. It's hard to stay out of the apiary in June because it's so enjoyable to watch the girls at work.

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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Fancy Some Flaugnarde?

All the fruits of summer are making big entrances. I hope cobblers, buckles, crisps and pies (baked or fried) will be part of your future and mine. Here's something else to add to that list: the flaugnarde. First say flown. Then say yard but pronounce it the way they say it in Charleston, with that "a" stretched out. Keep the "d" soft. It's there, but it's shy. Now put it all together. You just spoke French.

Do not, for even a moment, think this dish will be something ceaselessly demanding, requiring tools and ingredients unknown to your kitchen. This is country French from a farmhouse kitchen. 15 minutes to mix. 35 minutes to bake. 15 minutes to cool. Then it's time to enjoy.

Flaugnarde is a close cousin of the Dutch baby pancake and the Yorkshire pudding. Flaugnarde is a baked custard, fortified with a touch of flour. Its batter goes into a hot, flame-proof baking dish or into a hot, cast iron skillet. A 10-inch skillet is my go-to, but a 2- to 3-quart casserole, preferably broad and shallow, will get the job done. You want something to withstand heating when nearly empty. Something with some heft. DO NOT USE GLASS.

This recipe is a blank slate. Pick two cups of fruit. Slice or quarter strawberries, but other berries go in whole. Slice stone fruits, pears and apples. Peel on

or peel off. Precook the slices in a few tablespoons of butter over medium heat for two to three minutes. Frozen fruit works, too. No thawing required.

You can also make this recipe with cherries, but it requires a name change. Call the finished product a clafoutis. Sweet, black cherries are the traditional choice.

Try adding apples and raisins (soak the raisins in warm water, or in some dark rum, if you like) and cinnamon. Bake with chopped walnuts scattered over the top. Cherries and almonds never miss. Peaches using brown sugar, ginger and a scattering of pecans. Blueberries with allspice. Nectarines with lime zest and a touch of cayenne. Pears with a little nutmeg and some blue cheese crumbles. And plums...especially red plums, with a little allspice and, if you like, a splash of gin as the fruit precooks. Omit the sugar and make something savory. Maybe caramelized onions and Swiss cheese? Let me know if you on any good combos.



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

Fabulous Flaugnarde

2 tbs salted butter
2 tsp cooking oil (this allows the butter to withstand heat without burning)
1 cup whole milk
3 large eggs
1 tsp vanilla extract
1 tsp finely grated lemon, orange or lime zest—or grapefruit with peaches. Trust me.
½ cup granulated sugar
½ tsp salt
½ cup all-purpose flour

2 tbs granulated or golden sugar, to dust the top of the flaugnarde before baking.

2 cups prepared fruit

Add the butter and oil to your baking dish and place the dish into a cold oven.

Set the oven for 350°.

As the oven warms, place everything but the fruit and dusting sugar into the jar of a blender. Blend at high speed for two minutes. No blender? A hand or stand mixer with a whisk attachment will work, or mix by hand in a large, wide bowl for five minutes. You can even shake it in a large jar with a tight lid.

When the oven reaches 350°, allow the dish to heat for five minutes more, remove, and then add the batter to the hot dish. Add the prepared fruit, dust with the remaining sugar, and bake until puffed and brown, 25 to 35 minutes. Serve warm or cold.

A note on ovens: I cooked this dish in my new range for the first time, and the batter failed to puff. The puffing is critical, as it creates a perfect texture. Thermal mass was the issue. I would explain, but it would take another column, alas. If you want to know more, get in touch. I kept at it, and after five attempts, I have a workaround. If your oven has a concealed, lower heating element, I recommend either using a baking stone or steel, or placing the flaugnarde in the lower third of the oven and increasing the oven temp to 425° for fresh fruit or 450° for frozen fruit during the first five minutes of baking. Then return the oven to 350°. I tested both methods, and I was satisfied with the results.



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The Balance and Cognition Link

When we think about balance, we usually picture someone walking a tightrope, an athlete regaining control after a stumble, or perhaps an older adult trying to prevent a fall. But what if balance isn't just about staying upright? What if it's also deeply linked to how we think, remember and process the world around us? Recent research in neuroscience and functional medicine suggests just that: balance and cognition are more interconnected than we've previously realized.

Balance is often taken for granted until it's compromised. It's a complex system involving input from the inner ear (vestibular system), the eyes (visual system) and the muscles and joints (proprioception). These systems work together to tell the brain where the body is in space and how to maintain equilibrium.

Cognition refers to mental processes like attention, memory, language and decision-making. At first glance, these domains seem unrelated to our physical balance. But as studies delve deeper into brain function, particularly in aging populations and individuals with neurological disorders, a fascinating relationship has emerged.

Balance and cognition share overlapping neural networks. The cerebellum, long thought to be primarily involved in motor coordination, also plays a significant role in cognitive processes. It contributes to attention, language and even emotional regulation. Similarly, the frontal lobes, best known for higher-level thinking and decision-making, are also involved in postural control and balance.

When balance is impaired—due to aging, injury or disease—these shared networks can become stressed, drawing cognitive resources away from other tasks. For example, an older adult who struggles to stay steady while walking may also show signs of memory decline or slowed thinking. This isn't just a coincidence; it's a sign that the brain is working harder to maintain physical stability.

There's growing evidence that cognitive decline and balance problems often go hand in hand. In fact, mild cognitive impairment—a stage between normal aging and dementia—is frequently associated with gait instability and an increased risk of falls. Researchers believe that as the brain's processing speed decreases and executive function diminishes, the ability to safely navigate physical environments declines as well.

This has serious implications for older adults. Falls are a leading cause of injury

and loss of independence, and the risk is significantly higher in those with cognitive challenges. However, the connection also offers a valuable opportunity: by identifying balance issues early, clinicians may be able to detect and even intervene in the early stages of cognitive decline.

The vestibular system, located in the inner ear, is especially crucial to both balance and brain health. It not only helps maintain posture and stability but also sends vital information to areas of the brain responsible for spatial orientation, memory and attention. Studies have shown that vestibular dysfunction is linked to lower performance on cognitive tests, particularly in areas involving spatial memory and navigation.

This makes sense when we consider that many cognitive tasks require a mental map of where we are and how we relate to our surroundings. Impairments in the vestibular system can create disorientation, confusion and even anxiety.

The good news is that balance is a trainable skill—and improving it can support cognitive health. Activities like tai chi, yoga and balance-focused physical therapy not only improve stability but also enhance attention, focus and even working memory. Dual-task training, which combines physical balance exercises with cognitive tasks (like solving puzzles while walking), has been shown to improve both domains simultaneously.

Integrating movement and sensory stimulation into daily routines can strengthen the brain-body connection. Schools and workplaces that encourage active breaks, standing desks, or mindful movement practices may not only see better physical health but also improvements in concentration, creativity and mental clarity.

Understanding the link between balance and cognition highlights the importance of taking a whole-person approach to brain health.

The takeaway is clear: pay attention to changes in balance, not just as a physical concern but as a potential early sign of cognitive changes. For healthcare providers, incorporating balance assessments into cognitive evaluations can lead to more proactive and comprehensive care.

In a world where cognitive health is more important than ever—whether to support aging gracefully, perform at a high level professionally, or maintain independence—keeping your might just help keep your mind sharp, steady and resilient.



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



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Early Treatment of Stiff Hips May Prevent Surgery

The hip joint is a ball-and-socket joint that connects the lower leg with the trunk/pelvis. The bones on both sides of the hip joint are covered by articular cartilage, which protects the bones from weight-bearing forces. It is a strong and stable joint designed to absorb and transfer forces in order for us to stand, walk, jump and run.

There are several different diseases or injuries that can occur at the hip joint. They include avascular necrosis, where the blood supply to the ball is compromised and the bone dies, and femoral acetabular impingement, where normal joint motion is restricted due to abnormal tissue growth or a bump that develops in the hip joint. If the bump develops on the ball, it is called a cam lesion, and if the bump occurs on the socket part of the joint, it is called a pincer lesion. Other pathologies include fractures, labral tears and, the most common, degenerative osteoarthritis (OA) of the hip.

Studies suggest that 5–10% of the general population has hip arthritis. The prevalence increases to 68% in people over age 55. Women are more likely to develop hip OA than men are.

There are several different causes of hip OA, which include congenital hip



dysplasia, dislocations, repetitive trauma to the joint, obesity and abnormal tightening of the joint capsule. There are different stages of arthritis, and as the disease progresses, degeneration of the cartilage occurs. The bone directly underneath the articular cartilage is the subchondral bone. In normal, healthy joints, this bone is constantly breaking down due to weight-bearing stressors and reforming new bone.

During OA, the breakdown of subchondral bone is replaced by collagen instead of healthy bone cells. This process causes the subchondral bone to become thicker and harder than normal bone. It does not make the bone stronger,

however. It is not quite known if this thickening of the bone, called subchondral sclerosis, is caused by arthritis or if it causes arthritis. Either way, the sclerosis alters the way the hip joint behaves and the way forces are transferred through the joint.

Early Morning Joint Stiffness

A very common symptom of early stage hip OA is joint stiffness first thing in the morning. The level of stiffness may initially be very mild and is often overlooked. Many people may attribute this stiff feeling in their low back and hips to “getting old” or sleeping on a bad mattress. What may be happening, though, is a subtle change in the hip joint.

The function of the joint capsule that surrounds the ball and socket is to nourish and protect the joint. In all of the synovial joints, the capsule is relaxed in certain positions and becomes tight in other positions of the joint. This tightening of the capsule compresses the joint, allowing nutrients in and out of the joint and helping keep the bones strong. This tightening process is normal and healthy. For the hip joint, this compression occurs when the hip joint is extended, adducted and internally rotated: the

normal position of the back leg when walking just prior to lifting the foot off the ground. Where it becomes a potential issue is when the joint capsule of the hip becomes tight and compresses the joint prior to this hip position. The premature tightening of the joint capsule during walking alters the direction and location of forces through the hip joint. Over time, the altered stress through the joint will lead to a breakdown of tissues and can potentially lead to degenerative arthritis.

Capsular tightness can be treated and normalized through specific exercises and treatments. Maintaining normal hip joint range of motion, strength and flexibility prevents abnormal joint forces generated through the hips. Remember, stiffness in the hip joint can be a sign of a disease process that is beginning. Seek treatment with a physical therapist to regain normal mechanics of the hip. Early detection and treatment can prevent a progression of the disease process. If left untreated, it can lead to surgery.

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

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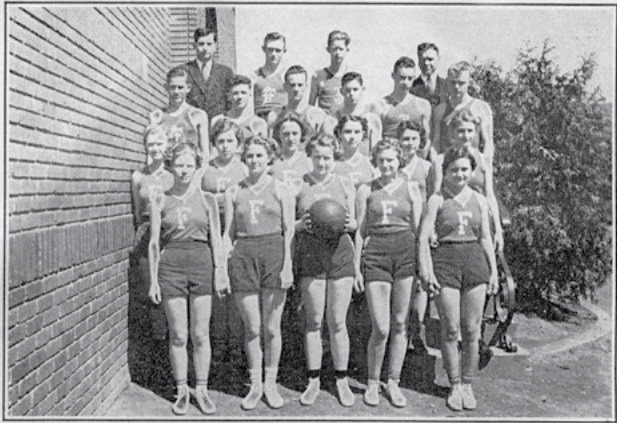
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Fairview School Yearbook from 1937

When Bruce Whitaker calls and says he's excited to bring something by the *Crier's* office, we know we're in for something good.

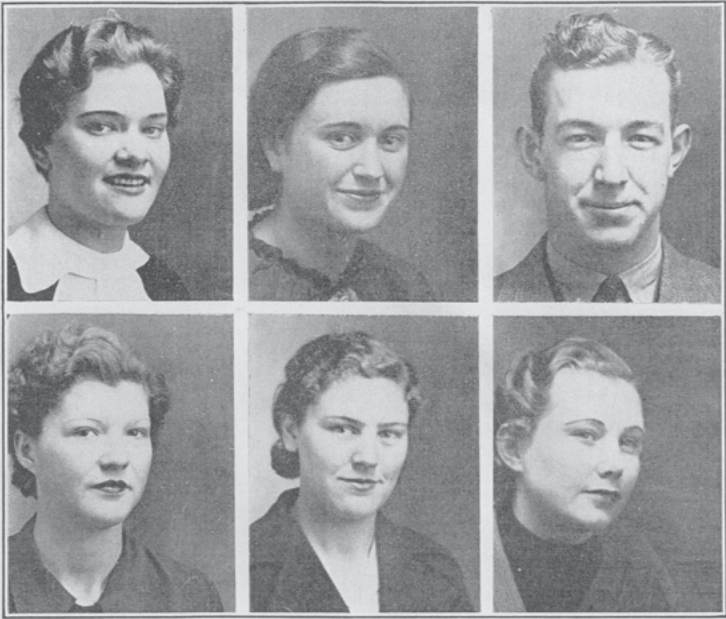
Through one of his many local connections, Bruce came by a copy of the Fairview School's 1937 yearbook. Over the next few months, we'll be sharing photos of the students from that year—and this text update on the girls' basketball team.

Basketball prospects were somewhat gloomy at the beginning of the 1937 season. The season opened minus the following players of last year: Reynolds, Ledbetter and L. Nesbitt, guards, and Crawford, Bishop and Williams, forwards. With the return of M. Young, guard, and Souther, forward, the coach had a nucleus around which to build a team. In addition to these two the following girls won the right to receive their letters: Bishop, E. Nesbitt and Prince, forwards, and Miller, G. Nesbitt and G. Young, guards. Despite the losses from last year's team the girls had a very successful season. The score book reveals eight games won, seven lost and one ending in a tie.



Blaine Blankinship	Hazel Gasperson	Marvin Carter
Edna Nesbitt	Edith Souther	Roy Tweed
Beth Miller	Adelaide Bishop	Francis Blankinship
Madelon Young	Rachel Cauble	Mr. McDonald
Lois Prince	Tom Tweed	Francis Huntley
Georgia Nesbitt	James Fite	Henry Jackson
Mary Franklin	Nathan Miller	Mr. Dillingham

Seniors



ELDEVA BAGWELL <i>Her face is no less pretty than her disposition.</i> Prettiest Girl of the Senior Class Dramatic and Music Clubs	REBA DUCKETT <i>We only hope her success in the future will be as great as that in the past.</i> Most Studious Girl of the Senior Class Most Likely to Succeed Cosmic Club	JAMES DOTSON <i>He gives us music and keeps singing on our way.</i> Most Handsome and Attractive Boy Future Farmer of America
AURELIA HARPER <i>She shines her way into every one's heart.</i> Class Sunshine	SHIRLEY HEDGECOCK <i>Girls like her are hard to find.</i> Valedictorian Vice-President of Senior Class Vice-President of Cosmic Club	MILDRED HUDGINS <i>Just listen and you'll hear her poems proclaim so very clear.</i> Neatest Girl in Senior Class Dramatic and Music Clubs



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Nature vs. Nurture

I think one of the things that holds great appeal for me about gardening is how much it has in common with my pursuit of making art. Both require close observation; prolonged, sustained practice; and result in a beauty that often cannot be achieved in any other way. It is also entirely possible to have amazing results for both with very little investment—at least monetarily.

In my last column, I was mildly concerned about whether my dahlias would return, having allowed them to overwinter in the ground as opposed to digging them up and storing them in my grandmother’s basement.

I am pleased to report that almost all of our dahlias are currently sprouting, with several already knee-high. The ones that I am not seeing may well still be coming.

My close observation here, coupled with the long-form learning that I’ve gained, is that this may be an ideal way to grow. If there is continued success with this method, then we should be able to have dahlias earlier every year. It is much easier to not dig them up, not store them and worry about how they fare in the basement, and not divide them in the spring.

But not dividing them means we did not multiply our crop. There will always be a concern about losing the whole batch over winter from a deep freeze, too much rain or possibly a fungus. I will be most interested in seeing how the root balls look when I do eventually dig them up because I believe they will probably be that much healthier for not having been disturbed.

If you have followed along the meandering path that has been this article series, then you are well aware that my practice of growing has been evolving. I believe that most gardeners work in this way. I know artists do. Everything we do is practice.

My grandmother often says that the true joy of gardening is that you get to try again each year. Unlike a painting, the garden is never finished. Last year’s failures become this year’s lessons, and this year’s surprises become next year’s intentions.

This practice extends beyond just the planting and tending. It includes how we observe, how we respond to challenges. When Hurricane Helene forced us to leave our dahlias in the ground, it wasn’t a planned experiment. Yet we are benefiting from what might have seemed like a setback.

The third commonality between gardening and art-making is perhaps the most rewarding: both result in a beauty that cannot be replicated by any other means. There is something profoundly moving about watching a dahlia unfurl its

complex geometry of petals.

I was reminded of this when I noticed the first dahlia bud forming, almost a month earlier than usual. There was a particular joy in knowing that this beauty came not just from my direct intervention but from a collaboration between my initial planting, the nurturing soil, the mild winter and spring’s embrace.

This is a beauty that cannot be manufactured or mass-produced. Each garden reflects the gardener’s hand, and the particularity of its location, soil composition, and microclimate—just as each artist’s work carries the unmistakable mark of their hand.

Perhaps the most democratic aspect of both gardening and art is that neither requires significant financial investment to yield profound results. It’s possible to spend a fortune on rare dahlia varieties just as one could invest in expensive paints. But some of the most moving gardens I’ve visited have been created with divisions shared between friends, seeds saved from previous years, and compost made from kitchen scraps.

My mother started our first dahlia bed with three tubers gifted by a neighbor. Eight years later, those three plants have multiplied into dozens, which we have shared with the community.

As May unfolded, I’m found myself more attentive to the garden than ever before. The unexpected success of our overwintered dahlias has shaken loose some of my gardening habits.

I’m asking new questions: If dahlias can thrive without being dug up, what other labor-intensive practices might be reconsidered? How might I work more with the natural tendencies of plants rather than imposing my will upon them?

Are you asking similar questions? Have you stumbled into unexpected success through necessity or accident? Are there practices you’ve maintained simply because “that’s how it’s done” that might bear reconsideration?

My artist’s eye sees the garden as a living canvas, ever-changing, responding both to my intentional brushstrokes and to forces beyond my control. My gardener’s hands understand that beauty emerges not just from my labor but from the intricate dance between human intention and natural process.

As we move deeper into this growing season, I invite you to approach your garden with the eyes of an artist.



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 (@etanotrab).

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—Thomas B., February 2023

Scott Walker

“Did you see my street sign?” Scott Walker, of the Walker Family Band asked me, eyes dancing. He didn’t mean the sign that marked his official Fairview address. He meant the one at the base of the steps that lead up to his porch. According to that one, his house is located on the corner of Scott and Walker streets. “I really did live on the corner of Scott and Walker Streets. Not here, of course, but in Greensboro I did.”

That kind of fun tidbit is just one of the many stories Scott shared with me as we rocked on his front porch. He told me about the school his mother started in the family home; his eccentric aunt and uncle, Jan and Herb Conn, who lived in a cave (sort of) and are literally world-famous rock climbers and spelunkers and have a Wikipedia page to prove it; and his Aunt Bettina—a renowned economist and author—whose husband, Percy Greaves, ran for president in 1980 on the American Party ticket. True story. You can Google it.

Scott came to Fairview for the same reason as many people do after the age of 70: to be closer to his grandkids; his daughter’s two children. Plus, he has other family in the area.

“My brother, Landon, lives in Swannanoa,” Scott said with a tilt of his head and

a knowing look. Swannanoa, hit hard by Helene as everyone in WNC knows, will be working its way back from the devastation for years to come. “Landon’s house was okay, but everywhere around him. . .” Scott shook his head, not needing to finish the sentence. He knew that I knew: Helene changed so much.

His sober reflection shifted to gratitude as he looked out at his wooded backyard. “Fortunately, only one of my trees fell. It missed the fence, but blocked the drive. It was removed the next day by a kind neighbor.”

Like many who experienced Helene up close, Scott wanted to do something to help those impacted by the storm. As a professional musician, he did what he knew best: he organized a benefit concert, held on March 30 in Greensboro. “We partnered with Valley Strong Disaster Relief. There were 10 bands performing, and we have raised over \$10,000.”

That number is still climbing. Want to participate? Just search for “Heartstrings for Swannanoa” on Facebook and it will come right up. You can still watch the livestream—all seven hours of it—and donate using the QR codes provided.

Among the featured musicians at the benefit was, of course, the Walker Family Band. Typically, the band comprises



Scott, Landon and Scott’s daughter, Jennie Walker Brunner. Occasionally, they pick up others, such as Scott’s son, singer-songwriter Seth Walker, or other family members or close friends. They play their own compositions in a variety of styles such as Celtic, Appalachian Old-Time and classical.

“I never thought of being anything but a musician,” he said. “I started on trombone in middle school and switched to cello in high school.” Scott studied classical cello and majored in music education in college. He later trained in the Suzuki method.

“It’s called the mother-tongue method of learning music,” he said, and then explained: “When you go to another country and immerse yourself in the language, you learn it quicker. That’s what the Suzuki method is, but with music. It’s the best way for parents who aren’t musical to teach their kids music.” Scott became so proficient in the method that he taught at Suzuki institutes and led workshops.

“When I was teaching at the institutes, I’d always try to meet the fiddle teachers,” Scott said, segueing to his current interest in playing the tunes that feature not the classical strings of his university experience but the folk tunes of the Irish. “Then I became the fiddle teacher.”

And that led to the formation of The Walker Street Fiddlers, a group of his fiddle students. “I miss that group,” he admitted. “Letting that go was one of the hardest things about leaving Greensboro to move here.” The group, formed in the early 2000s, lasted for 17 years and included students of all ages. They played all over town, had a regular gig at a local bar, and in 2007 travelled to Ireland on tour.

Still, if you ask Scott about his greatest pride, he’ll talk about the Bluebird Family Fiddle Camp—a summer camp that includes music education—held annually during the week of July 4th in Blowing Rock. Scott and his former partner, Teresja Poole, started the camp 23 years ago. Scott and Teresja remain close friends and co-directors of the camp. “Teresja and I never had children, so we call this our baby,” he said with a grin.

Like a proud father, he continued. “It has become the most important thing that I’ve done as a teacher,” Scott said. Having participated in many Suzuki camps over the years, he knew how he wanted to structure his own program. “I created the schedule in about 30 minutes. I just wrote it out by hand,” he said, mimicking the action of writing a quick note. Bluebird Family Fiddle Camp’s curriculum offers expert instruction and opportunities for intergenerational jam sessions; but there are also nature walks, dances, yoga and games for all ages. Find out more at trccamps.org.

Though relatively new to the area—he moved here in 2020—Scott feels right at home in Fairview. “I have great neighbors,” he said. “There are so many interesting people here.” Smiling, he added, “And I love playing over at Turgua Brewing. We’ve got some fine musicians in this area!” Indeed we do.



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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At least once a week, someone walks into my shop, stops in front of our hanging plant window, and says, “Oh!! I love string of pearls! But I always kill them!”

It’s such a common reaction that I’ve started expecting it. The plant is absolutely beautiful, but there’s a lot of confusion about how to care for it.

String of pearls (*Senecio rowleyanus*) is a trailing succulent from South Africa. In WNC, caring for it can quickly go wrong. The culprit? Overwatering. If you’ve ever struggled with keeping one alive, you’re definitely not alone.

These plants benefit from small, frequent sips of water—not a heavy soak. I like to think of it as giving them a tiny drink of water at a time, and like to keep them in a common area, where caring for them becomes part of my routine.

After hearing people mourn their failed attempts over and over, I started thinking: “Maybe we should start offering some plants that nobody can kill.”

I love crocheted plant collections, but I’m a beadworker. So I decided to play with things I always have on hand: wire and beads. I recently purchased a lot of vintage and gemstone beads from my friend Jo Potter who owns Mtn Folklore. I figured I’d



try to make a “forever” version of a string of pearls as a fun offering in the shop.

The first step was prepping the pot. Terracotta is porous, which is not always great for painting or planting. To make the paint last, I sealed each pot with a few coats of clay pot primer. Then on to painting.

Now, I’ll admit: I’m terrible at spray painting. Anything I paint usually involves drips, gold hands for days, and a phone call (or 12) to my fiancé for help. But I’ve learned lessons along the way:

- Always spray outside or in a well-ventilated area.

- Use light, even coats. (Don’t do what I do and try to cover everything at once).
- Let each coat dry before adding another.
- Wear gloves, unless you want paint-covered fingers and a ruined manicure.

Once I got comfortable with the basics of sealing and painting terracotta, I covered a pot with mirrored tiles to resemble a disco ball. I figured it would just be something silly, fun and shiny. But customers actually loved the prototype, and it sold immediately! Others started asking if we had more. We actually keep “disco pots” in the shop now regularly.

After painting and sealing the pots, I cut a block of foam to glue down inside. Then came the most time-consuming part: stringing the beads onto jewelry wire and shaping each strand to look like a real vine. It took a while and was definitely a test of patience, but the end result looks really cute.

There’s something incredibly satisfying about creating something handmade, especially when it’s cute, practical and requires zero maintenance.

Most of us love the idea of plants. But between schedules, weather and figuring out each plant’s “personality,” it’s easy to get discouraged. These beaded plants are

a way to enjoy the beauty without the pressure. They’re a great way to play with color and materials in a new way.

If you still want to master the art of caring for a live string of pearls, don’t worry. Our shop is happy to share tips, troubleshoot problems and talk about what works (and what doesn’t) from our experience. Helping people connect with creativity is what we’re all about.

Make Your Own

I’m excited to now offer finished versions of these beaded plants in the shop, but even more excited to make some with you. We’ll be hosting a beaded plant workshop in July.

We’ll walk through every step—from making your disco pot to wiring and arranging your plant. This is such a fun project for seasoned makers and anyone new to beadwork. We’ll have different bead color options, wires and pots so everyone can make something that fits their style.



Leigh Shultis loves the unpredictable magic of the creative process. She is the owner of Wilderness Muse, 1536 Cane Creek Road. 458-4107.

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Fairview Kids Maker's Market



Courtesy of Katie Richards Photography



Ashley Haywood, the event's organizer



Aiko and Arya



The Crier's editors, Ralph and Clark, very much enjoyed the ice cream sandwiches created by Jack (on the left, with the ice cream) and Xander (the cookies).



Emilia's bow and arrow shop was a popular stop



Audrey and Charlie



Maxine Hoogenakker of Fairview, age 12, received third prize in Cricket magazine’s poetry competition. For this contest, each entrant was asked to submit an original poem about something that is “Out of This World.” Maxine’s poem appears in the May/June 2025 issue.

A Trip Worth Waiting For (inspired by historical events)



From the moment we take off
Some people will just scoff
They say it is all fake
But this is just one take
Into space we go

My insides rocking to and fro
The stars all zooming by
I almost want to cry
Not tears of sorrow
But tears for tomorrow
Tears of happiness, victory, joy
Soon I will be a space cowboy
As we start to land
My legs, they feel like sand
I’m (literally) bouncing off the walls
When I hear Buzz, he calls,
“Hey, Neil, we got to scurry!”
That’s when I start to hurry
I think it’s just past noon
When I finally step on the MOON!

Mick McClung sent us a poem and the inspiration behind it. “I do pet therapy with my dog, Cash, at Mission Hospital,” he said. “In the weeks after Helene, most hospital conversations began with: ‘How’d you do in the storm?’ One nurse’s experience, and the pain and strength required for her survival, really resonated with me. I never knew her name, and I probably wouldn’t recognize her if we passed in the hall, but her saga deserves to be shared.”



THEIR LONGEST NIGHT BY MICK MCCLUNG

Trapped in a Trailer
As Helene’s waters swept in.
Climb higher and pray.

The flood waters rose
and there was no place to go.
Eight inches from death.

Such a small air space,
Just the length of her left hand.
They didn’t give up.

It was 12 hours
Just surviving through the night
Standing on counters.

Twass the longest night,
Shivering in the water
Trying to stay warm.

Hand in hand they stood,
Sharing their strength together.
Would their trailer hold?

Dawn’s light emerged
As the water level dropped.
Sighs of pure relief.

Nothing but their lives
Survived that terrible night.
Forever thankful!

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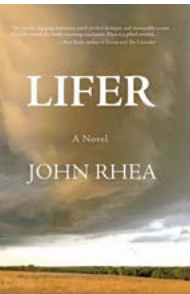
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Fairview Author Publishes 1st Book

Longtime Fairview resident John Rhea has finally realized his dream of writing and publishing a novel. His first book, *Lifer*, is a story about a lawyer serving a life sentence for murder in a South Carolina prison. It is a cautionary tale about the dangerous intersection of family loyalty and rivalry, and the treacherous world of a maximum security prison.



Readers can purchase the book directly from the publisher, Redhawk Publications (redhawkpublications.com), or at Malaprop's in downtown Asheville. Rhea will hold a reading and signing at the shop on June 18 at 6 pm.



Rhea, a retired criminal defense attorney, lives in Fairview with his wife May and their rescue pets.

Now Dispensing...

Last month, Appalachian Dispensary celebrated their new name. Located at 775 Charlotte Highway, the business changed its name, from Appalachian CBD, because they have expanded their offerings. They now carry THCA, Kratom, edibles, concentrates, products for sleep, anxiety and pain, and pet products—and most are locally sourced. Hours are 9 am–8 pm. To order or get more info, go to appalachiandispensary.com.



From left to right: Laine O'Brien, Kayla Lynch and Brandon Brunet

Local Cyclist Wins Again

In our August issue last year, we profiled Dustin Baker. The para-athlete has competed in over 40 marathons, the Paralympic Open, the World Cup and six national championships. And last year, he won the national championship in his division, just three years after being hit by a truck while training on Cane Creek Road. So we were not surprised when he got in touch with the *Crier* to let us know that he had done it again.

"I wanted to share I just won the Time Trial race at the Paracycling National Championship in Charleston, WV," he said. "I wanted to share the win this year in the hopes it might inspire other disabled community members to be active and realize they can still be athletic." He is shown at the far left in the photo at right. *Congrats, Dustin!*





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Fifth Graders Ready to Soar

As the school year comes to an end, it's always hard to say goodbye to those who must move on to new phases of life. At Fairview Elementary (FES), saying farewell to fifth graders is never easy. Most of these students first entered the hallways when they were newly five years old, ready to conquer kindergarten. They've learned so much while they've been at FES and have developed some truly amazing personalities. Each of these wonderful kids will leave a mark at FES and will forever be missed by teachers and staff.

This group of lifetime learners started kindergarten during a pandemic. They didn't have a typical start to elementary school, and their last year hasn't been very typical, either. But these kids have shown great resilience. They've risen to every challenge and made the best of every situation. Best of all, they are all leaving with memories that show they have learned that something good can be found in every situation.

Fifth grade student Ava Killian said she will miss all the supportive teachers at FES and that the teacher who inspired her most was Mrs. Sullivan. She added that no matter where she sees Mrs. Sullivan, she always asks how she is and gives her a big hug. She also said that she always loved meeting her new teachers each year and was very excited to meet Ms. Kuehne. (Mrs. Sullivan is a kindergarten teacher and Ms. Kuehne is a fourth grade teacher at FES.)

Maddux McAbee, also a fifth grade student, said he will miss teachers like Mrs. Barnhouse, who made school so much fun. He will also miss the games he and his classmates played in PE. Maddux said all the teachers and staff at FES have been inspiring and supportive, and that some of his best memories include field trips, festivals, recess, Fun Runs and making best friends. (Mrs. Barnhouse is a fifth grade teacher at FES.)

Fifth grader Anthony Hungerford recalls his third grade teacher, Mr. Horning, making learning fun and making him want to learn more. He also remembers how Mr. Horning made his students feel important by treating them like they weren't just a bunch of little kids. (Mr. Horning has since retired from FES.)

Maggie Harvin, one of six fifth grade teachers at FES, said this group of students is a group that cares for and supports each other intensely. She added that they always put forth their best effort, they are inquisitive, and they love to learn. Another teacher, Leah McMinn, said a favorite memory for her this year was when the students went to the SOCON basketball tournament in downtown Asheville. They



Left: (l to r) Staci Barnhouse, Ava Killian, Katie-Beth Tison, Leah McMinn, Anthony Hungerford, Laura McCall, Maddux McAbee and Maggie Harvin. Missing from photo: Fifth grade teacher Diane Bridges. Below: Fifth graders at the SOCO tournament.

danced, cheered, clapped, stomped and had a great time being kids with their classmates. And teacher Katie-Beth Tison said the best thing about teaching fifth grade is that there is so much these kids can do but they also still love to be silly and enjoy the fun of elementary school.

All fifth grade teachers hope this amazing group of kids continue to reach for the stars and know they are capable of great things. They will never forget how they all came together after Hurricane Helene and how they care about each other as if they were family. They hope these students will continue to be themselves and support each other in middle school—and that they will always be proud to have been a Fairview Cardinal!

Kenya Hoffart is a staff member at Fairview Elementary School.



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Schools, Teachers Are Anchors

I was in the seventh grade at Meadowbrook Junior High in East Meadow, NY, on November 22 when the school loudspeaker got our attention. The principal transmitted the news that President Kennedy had been shot and was in the hospital. Shortly thereafter, he interrupted class again to tell us that the president was dead. My social studies teacher, Ms. Schneider, slumped into her chair, put her head on her desk and sobbed. Teaching us history or social studies ceased to be important. After a while, though, she picked her head up, wiped her eyes and then invited us students to react with words.

It was a teachable moment. Its lesson was probably different for all of us, but I learned that my teacher was tenacious and dedicated to making the moment count. It seems every generation has an event that is of such significance as to serve as a marker in time. And for the people of WNC, Hurricane Helene is indelibly etched into our minds and hearts.

Dr. Bernard Maslow identified a hierarchy of human need. Its foundation is physiological (housing, food, clothing, household stability.) In the absence of housing and nutrition, for example, how can a child be able to focus on learning to read or work with quadratic equations?

When the house we used to live in is destroyed, how easy it to trust any institution? When the adults around us collapse from the weight of failed infrastructure, who may we rely on? Some people came through the storm unscarred. I was in a panic when I couldn't contact my sons to let them know their mother and I were ok. It took help from neighbors, walking through our broken road and the fallen trees, to find a way to communicate. By comparison, our problems were miniscule, but I still cried when I finally heard my sons' voices.

After a month of struggling through the aftermath of Helene, Dr. Jackson (the superintendent of Buncombe County Schools) and our school board measured the situation, and together with a myriad of stakeholders, decided it was best to open our schools. This was no small thing. Teachers had to be summoned back from places far away. Some of them were returning to severely damaged homes and cars. Some had to come back from safe places to a place without water or sewage. When teachers met on the first day of return, there were "not ready to return" tears. To say the least, there were intense feelings of anxiety.

Roads were still closed. Water was still not turned on. Houses and cars still had not been repaired or replaced. Our

teachers would have to put on a stoic face—and understand, too, that the three Rs would have to take a back seat to emotional support. They had to hope, too, that doing "normal" stuff would start the healing process.

Counselors came from all over the state. People reached deep into their hearts and decided that, whatever we adults might feel, our communities needed an institution they could count on.

Teachers and our schools became a rock for families. Schools and school staffs did what was needed. Underpinning everything was the determination that schools could provide help to families—that Maslow sort of help. Water, food, clothing, shelter. All the physiological things that had to be provided to make learning possible were made available.

That also happened in churches, community gatherings, and through support of our whole country. In the truest sense, we all locked arms around our children. Dr. Jackson and everyone else knew that to rebuild we needed our teachers.

I have never seen a time when everyone put aside political differences to rescue a community in crisis. Brotherhood and sisterhood took the place of deeply ingrained political views. Together we mourned and together we celebrated. And central to the recovery were—and are—our schools and our teachers.

Ms. Schneider taught me that good



Bossert said: "This quilt was put together by Ms. Shelley and is titled 'Cane Creek Strong.' It quilt commemorates the courage of so many of the stakeholders and the children of CCMS who pulled themselves up from the challenges of the year. Their hopes and dreams are represented in this living quilt."

teachers can carry us through upsetting events. They could do that in spite of their own feelings. In fact, Ms. Schneider took me and another student to the 1964 World's Fair as a reward for a piece I wrote about the Statue of Liberty and immigration.

We are a diverse community, and we need to remember that we need each other. We must determine to be Cane Creek and Fairview strong. We must stay so. We have a long way to go. Thank you, teachers and school staffs. I appreciate you.

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

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20 | THE FAIRVIEW TOWN CRIER June 2025

My Junior Year: From Grief to Gratitude

I'm writing this column with two exam-packed weeks left in my junior year of high school. This year has been... a lot. In what I deem constant, expectant optimism, I quickly think of this year as vaguely amazing, fun, educationally and academically challenging, and filled with community building and great memories. However, upon deeper reflection, I'm dumbfounded by the quantity of uncommonly difficult circumstances my peers and I have gone through.

In June, my grandfather died. In August, my volleyball season began full of vigor, but then I went through the hardest months of friendships I have ever experienced. In September, I was busy planning homecoming events, then Hurricane Helene hit, destroying Asheville Christian Academy (ACA) and bringing disaster and death to our entire community. After two weeks in survival mode, our volleyball team met in Franklin to continue our undefeated season until the state championship game, which we lost. A huge build up to a massive let down. ACA then moved into Biltmore Church, where classes were taught in nursery rooms and tests taken on the floor with no desks in sight. In January, students moved

back into our building, void of lockers and bookshelves. In mid-January, my mentor had to walk out of my life due to unforeseen circumstances. In February, I was hit with heartbreaking news about my best friend. March came and went with a less than successful soccer season. And right as we were beginning the final stretch in May, we received news that an ACA alumni—who's friends and family I'm in class with—died in an accident. The following week, I attended my first funeral, for an 18-year-old.

And yet I look back on this year with joy, and I look forward with hope. And I know that sounds insane.

Why do I have joy and hope? It is most certainly not because I do not grieve. I grieve and I grieve, for my friends and my family, for my neighbors and strangers. But I truly see that good has come out of every one of these terrible circumstances.

My grandfather is free of pain, and now in eternal paradise. My volleyball team's reunion was sweeter than I could've imagined, and we resumed our play with more love for each other and for the game. I saw my community surround each other with welcoming arms, and the entire nation show love and support to

little ol' WNC. I was able to experience true hospitality and grow closer with the student body at Biltmore Church. After moving back into our restored building at ACA, there was a restored purpose and a restored student body. Though I'd give a lot to have my mentor's wisdom and steadiness back in my life, her absence has directed me toward other strong women around me, allowing me to grow closer to other role models with different life stories and insight. I am building friendships that are more genuine than ever. Despite our lack of scoreboard success, this soccer season proved to be a unique opportunity to build relationships with middle school athletes I would not have had the chance to know off the field. I'm still heartbroken and devastated by the loss of a friend and family member of ACA, but even that is being worked through to touch the lives of so many people, as a reminder of life's brevity and importance.

How can a year feel so long and yet disappear seemingly in a blink? I remember the good things, but I am conscious of all that my peers and I have gone through, and am allowing time for proper lament and processing.

Though the tests have been too numerous to count, I also look forward

with hope—in this promise: "He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away" (Revelation 21:4 ESV).

In a broken world, filled with natural disaster, death, broken relationships, injustice and heavy grief, I find hope knowing that God works through my unforeseen and unwelcome circumstances; not because He wishes them on me, but because He is good, and cares for me, despite the evil in the world.

I have hope, strength and courage in God, who has been the solid foundation that has carried me through everything this year has thrown at me. And He will continue to be my foundation for everything I face ahead, when decisions seem too overwhelming, when senior year appears to be an unbeatable giant, when people disappoint, and when my performance doesn't meet my standard. I have hope to face tomorrow and joy to conquer today.



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



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PARENTING POINTS TO PONDER
SIMPLIFYING LIFE AS A SINGLE PARENT

One in three children today is raised in a single-parent household. The good news? These children can thrive just as well as those in two-parent homes. You don't have to do it all. Just do what matters most.

Time and energy are limited resources. Thoughtful reflection can help you choose where to focus. Should you pursue a demanding job for financial gain or scale back to be more present with your family? These are deeply personal decisions, and there's no one-size-fits-all answer.

Dr. Jane Nelsen, a positive discipline expert, suggests this exercise: First, list what matters most to you—things like health, connection, education and stability. Then, track how you spend your time for a week. Look closely at TV time, phone use, errands, work and family. Does your schedule reflect your values? If not, it might be time to make adjustments.

Another helpful shift is letting go of unrealistic expectations. Decide what's "good enough" for your family and let that be your guide. Drop the "shoulds" that don't add value. There's real freedom in being content with what is, even if it's imperfect.

One of the most powerful tools for single parents? Your village. Connection eases the load. Whether it's a neighbor, a fellow parent, a teacher or a



grandparent—build a support system you can rely on. Ask for help. Offer help.

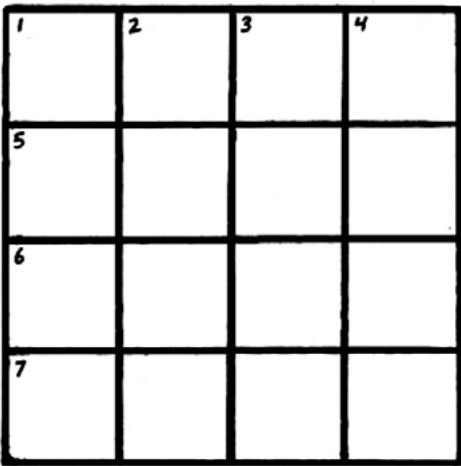
Daily lists can help too. Tackle the most important tasks first and enjoy the small satisfaction of checking them off. Build in buffer time. Celebrate small wins. And don't forget self-care—it's not selfish, it's essential.

Even meal prep can be simplified. Think ahead: cook once, eat twice. A big Monday meal can stretch over several days with creative sides.

Single parenting isn't easy, but small, intentional choices—paired with a strong support network—can bring clarity, calm and connection.

Christi Hurd is a certified family coach, retired educator, and devoted mother and grandmother. She supports parents with empathy, education, and encouragement. Learn more at hurdhuddleparentsupport.com.

THE ITSY-BITSY CROSSWORD (#153) LUKE WANDER



Across

- 1. Social sensitivity
- 5. _____ vera
- 6. Beloved youngest son of Will and Susie Hamilton, to friends
- 7. Mimicked

Down

- 1. What a magician might say after a trick
- 2. Quarter mile, on many tracks
- 3. Sheltered bay
- 4. Word before up or off

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.

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MEET A MEMBER

Matt Battey Battey Land Surveying



What brought you to Fairview?

I moved over from the Outer Banks to open an office for a large engineering firm in 2018.

What were you doing before moving to Fairview?

I managed surveying departments for engineering firms.

What got you started in your own business?

Honestly, I was tired of—or not good at—managing people. I wanted everything done my way. And I guess I got what I asked for!

How can Fairview residents help support your business?

Just give me a call if you have questions about surveying, mapping, land planning or the amazing things I can do with my drone.

How do you help your clients?

Most people only hire a surveyor once or twice in their life. Many do not understand what we do. I try to take my

time and listen to what they need. I also will spend a lot of time educating them about what surveyors do.

What are your hobbies and/or passions?

I travel with my wife every summer in our RV exploring this beautiful country. We were so blessed to be born in the USA. When we are not out west, we are visiting our grandkids, who are way cooler than our own children.

What's on your bucket list?

Yellowstone, Alaska, Baja Mexico.

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

June Meeting

June 5, 6 pm, Barn Door Ciderworks

Members and non-members are invited to join us for a fun summer evening featuring a cozy fire, delicious s'mores, live music, and face painting for the kids. It's a great way to support your local business, get to know more business owners, and enjoy a night out with friends and neighbors. We hope to see you there!

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Questions to Ask Your Financial Advisor

You should always be able to ask as many questions as you'd like when working with your financial advisor. So, before you have your annual review, think carefully about what you'd like to ask.

Here are a few suggestions.

Are my goals still realistic? When you first began working with your financial advisor, you may well have articulated several financial goals. For example, you might have said that you wanted to pay for most of your children's college education, or that you'd like to retire at age 55, or that you hope to travel internationally every year during retirement. In fact, you could have many different goals for which you're saving and investing. When you meet with your financial advisor, you'll certainly want to ask whether you're still on track toward meeting these goals. If you are, you can continue with the financial strategies you've been following; but if you aren't, you may need to adjust them. The same is true if your goals have changed. You and your financial advisor will want to build a strategy to address any new or different goals such as emergency cash needs, having adequate insurance protection or estate planning.

Am I taking on too much—or too little—risk? Put market declines in

perspective. The financial markets always fluctuate, and these movements will affect the value of your investment portfolio. Suppose you watch the markets closely every day and track their impact on your investments. You may find yourself fretting over their value and wondering whether you're taking on too much investment risk for your comfort level. Conversely, if during an extended period of market gains your own portfolio appears to be lagging, you might feel that you should be investing more aggressively, which entails greater risk. In any case, it's important to consult with your financial advisor to determine your risk tolerance and use it as a guideline for making investment choices.

How will changes in my life affect my investment strategy? Your life is not static. Over the years, you may experience any number of major events, such as marriage, remarriage, loss of a spouse, birth of children or grandchildren, changing jobs or illness leading to early retirement. When you meet with your financial advisor, you will want to discuss these types of changes, because they can affect your long-term goals and your investment decisions.

How are external forces affecting my investment portfolio? Generally

speaking, you will want to create an investment strategy based on your goals, risk tolerance and time horizon. And, as mentioned, you may need to adjust your strategy based on changes in your life. But should you also make changes based on outside forces, such as interest rate movements, political events, inflation, new tax legislation or news affecting industries in which you have invested substantially? Try not to make long-term investment decisions based on short-term news. Yet, talk with your financial advisor to make sure your investment portfolio and spending strategy are not out of alignment with relevant external factors.

By making these and other inquiries, you can help yourself stay informed about your overall investment picture and what moves, if any, you should make to keep advancing toward your goals. A financial advisor is there to provide you with valuable guidance—so take full advantage of it.



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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Here Comes the Budget and More Funds For Recovery (Hopefully!)

Summer is finally here, and it is nice to see the green beginning to cover up the bare spots left by the storm. Though we have made a remarkable amount of progress since the hurricane, we all know that our community still has a way to go before the decimation fades.

The political world in Raleigh has been moving at a fast pace since my last column in April, but most of the work has been the passing of bills in either the House or the Senate. Following the crossover deadline during the first week of May, the legislature will now shift to considering the passage of bills that have come over from the opposite chamber and the pressure will ramp up as bills are passed and sent to the governor, who may sign them into law or veto them and send them back to the legislature.

The only bill that has passed all the steps to become law so far this session was the Helene Relief Bill, signed by Governor Stein back in March. That money is finally beginning to make a difference as it flows to homeowners trying to rebuild, farmers working to stay afloat, communities with roads that need repairs, and schools working to ensure our kids don't fall behind. But there remains a lot of work to be done.

I have been working hard with my

colleagues across the aisle to pass the next stage of Helene relief, and I'm hopeful that by the time you read this article, we'll be well on our way to passing another significant appropriation for those in need in WNC. In my view, our top priorities should be a grant program for small businesses, revenue replacement for our local governments, and more resources for the North Carolina Forest Service so that they can prepare for what is likely to be a significant increase in wildfires in the coming years. In addition, we continue to have a lot of folks in our part of the state who are suffering financially, and we'll need to support these people with increased funding for local food banks and rental assistance programs.

Unfortunately, this recovery is taking place at a difficult political time, as it seems to me that the federal and state governments seem to be entering a "scarcity mentality," which may mean fewer resources for recovery than we've seen during former disasters. It is important to spend the dollars that we do receive wisely, and I'm certainly focused on working to make sure that our state agencies are efficiently getting things fixed for the people of Buncombe County. In June, our "part-time" legislature

should be looking to wrap up the session before July, but it's likely we'll continue to meet through the fall. The General Assembly's main job is the passage of a state budget before the end of our state fiscal year on June 30. If that doesn't happen, which is not unusual, we'll pass a continuing resolution that continues last year's spending levels until the final passage of the budget.

This year's budget process really began back in April, when the senate passed its version of the budget, and it looks, as of this writing, like the House will finally take up the budget soon. The legislature is in a bit of a pickle of its own making because we passed a budget in 2023 that provided for gradual reductions in tax rates for individuals and corporations that could lead to essentially flat revenue for the state over the next 10 years. In a fast-growing state in a period of economic inflation, this flat revenue could be a real problem and force significant cuts to services in the coming years.

Additionally, it looks like the federal government is going to shift the financial burden of many programs down to the state, which will put further strain on the state budget.

I am hopeful that we can address the flat revenue problem during this year's

budget process by freezing the tax rates where they are now and continuing to fund our government at the level necessary to keep our state thriving. I think this is even more important following the disaster, with the need for recovery resources. Money spent now to ensure that our local governments can continue to rebuild their communities, that our businesses can get back on their feet, and that our citizens can rebuild their homes, roads and bridges will pay off in the long run as the economy quickly rebounds. I believe the alternative is much worse and will lead to larger budget problems in the future.

I remain committed to serving our great community and look forward to working with all of you to solve the challenges that we face. Please to reach out to me if you face issues in dealing with the state government or have ideas for legislation that we should work to pass.



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



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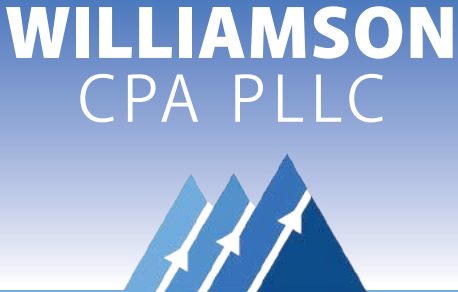
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Merci beaucoup!



Debbie Dempsey took the Crier along on a visit to the Eiffel Tower.



¿Quién lo sabía?

Paul and Linda Saylor took the Crier with them on a trip to Spain recently. “We were very surprised to find Ingles stores in Barcelona and Madrid,” they said, with a wink. “Who knew?” (Please forgive our online language translations if they are not correct.)

Odlična fotografija!

(“Great photo” in Slovenian)



L-R (back): Heath Smith, Jon Britton, Amanda Britton and Angela Smith. Front: Shelby Britton, Brooklyn Smith, Stone Smith and Madeline Britton.

Heath Smith sent us this photo from Predjama Castle in Slovenia, and a message: “We went on a multi-family spring break trip to Europe and brought the Crier along for the ride. The trip brought us to Munich, Germany; Innsbruck and Salzburg, Austria; and many locations throughout Slovenia. The 13th century castle is built within a cave mouth.”

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*

What can you put in a bucket to make it weigh less?

A hole.

*

My ability to remember song lyrics from the '60s far exceeds my ability to remember why I walked into the kitchen.

*

They asked if I believed in love at first sight. Of course I do—it's how I felt when I saw the dessert menu.

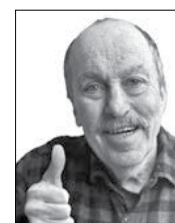
*

90% of bald men still own a comb. They just can't part with it

*

You know how they throw the ball into the crowd after they win the game? That's not allowed in bowling.

I know that now.



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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Summer Mushrooms

The weather this year has settled into what the old timers I know call “true Appalachian Spring”—cool and wet. It is so healing being back in the mountains now that my house has been fully repaired from the hurricane. I was fortunate that most of our land other than the creek bed and pond was unharmed. My cottage was untouched, and the flooding of the downstairs in my home was all fixable, as was the driveway. Life goes on, and I am so grateful to live here in our amazing, resilient community and in these blessed mountains I call home.

It was a terrific morel mushroom season for me, and I’m enjoying all the amazing wildflowers and the rebirth of nature amid all the ongoing traumas from the hurricane in these mountains and in our community.

One of many delights this spring was finding many wine cap (shown at right) or king stropharia mushrooms popping up on wood chips in our gardens after rain. These mushrooms are in the Agaric family, considered a choice edible, and are amazingly easy to cultivate. This year we used over 40 yards of wood chips on our gardens and paths and now we have free mushrooms popping up where I have never seen them before. We have had several delicious grilled meals.

Another early summer mushroom that populates hemlock forests is the prized and famous reishi—the mushroom of immortality. Reishis, which belong to the genus Ganoderma, have been super abundant this year. This mushroom has been used medicinally throughout Asia for over 2,000 years. They are easy to identify from their conspicuous red-varnished, kidney-shaped caps. Reishi mushrooms lack gills, and although they are soft and fleshy when very young, they become corky and hard with age. Their preferred habitat is hemlock forest, but they also grow on maple trees. And currently, they are being cultivated throughout the world on logs inoculated with their mycelium.

I take a daily supplement of tinctures of reishi, lion’s mane and shitake for ongoing cancer treatment and prevention.

The generic name ganoderma is derived from the Greek word “ganos,” which means brightness, sheen, and “derma”—shining skin. The Chinese name for reishi is “lingzhi,” which means spirit, miraculous, sacred and divine. In Asian

culture, it is referred to as the mushroom of immortality, reserved for the emperors. Fortunately, we all have access to this wonderful mushroom in our modern age.

Reishi mushroom tinctures, extract and teas are used throughout the world as a powerful medicinal mushroom. These mushrooms are being investigated thoroughly in the West, as chemical compounds within them may stop the growth of cancer cells. Current clinical data indicates that reishi contain strong antioxidants and strengthen the immune system. In addition, reishi extracts seem to have sterols that lower blood pressure, have anti-allergy/antihistamine effects, and slow the process of blood clotting.

In recent years, I discovered that fresh, baby reishi tips are delicious when sauteed. It is marvelous to sample these tasty treats, fresh from the forests we live in. They are not only delicious but quite nutritious!

Beginning in late June into July, a wondrous and unusual wild mushroom appears: the lobster mushroom (*Hypomyces lactifluorum*). These lobsters are not a mushroom; they are actually a parasitic ascomycete fungus that grows on certain species of mushrooms, turning them a reddish-orange color

that resembles the outer shell of a cooked lobster. These whimsical forest gems are quite variable in shape and fairly easy to identify by their unique shapes and colors.

Lobster mushrooms often parasitize members of the *Lactarius* (or milk cap) and *Russula* genera. And like reishi, they also love hemlock forests. Lobster mushrooms are widely eaten and highly esteemed by chefs around the world. They have a firm, meaty texture and exquisite flavor that some folks liken to seafood. Lobster mushrooms are often covered in a white powder that people confuse with mold, but it is in fact spores—and that is the way they are supposed to look. Their aroma is strong, rich and earthy. I think they are one of the most delicious mushrooms I have ever eaten.

Summertime is approaching, and my hope is that you cherish the long days of sunshine and the abundant bounties the good earth is providing us with, in our gardens and in our beloved forests and mountains. Stay strong, Fairview, and keep on helping one another heal and move forward in our lives.



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Organic Agriculture and Its Lessons for Fairview Gardeners

Root Cause Farm (RCF), unlike most large-scale conventional growing operations, practices sustainable agriculture. A primary piece of this ethos is the use of organic growing practices. Organic doesn't refer to where the food was grown or transportation conditions, but instead how the food was planted, cared for and harvested.

Many farms, including RCF, grow organically without holding the USDA certification. Organic certification sets a nationally recognized, science-based standard that ensures the integrity of what is grown and how it affects the land, the environment and the consumer. However, it also requires a lot of time, money and official inspections to maintain. With a few considerations, it would be easy for you to apply many of the standard's best practices to your home or community garden.

First, consider your nutrient inputs. Instead of using synthetic fertilizers, you can fertilize your garden beds using compost. Conventional fertilizers not only take a lot of energy to produce, as it is difficult to create large volumes of nitrogen and phosphorus artificially, but their use can also lead to eutrophication in the watershed. Eutrophication is when algae, bacteria

and other organisms grow exponentially in water due to the amount of nutrients in it, like nitrogen. These algal blooms deplete the water's oxygen, killing the other plants and animals that live there.

Compost is an ancient practice and amazingly beneficial for the soil. It can be purchased or easily made in your backyard. Home compost systems alchemize kitchen and yard scraps into the carbon, nitrogen and potassium your plants need to grow. Take care to follow recommended application guides (you can still over-fertilize with compost) and take the time to mix it into your soil.

Second, when growing organically, avoid herbicides, pesticides and harsh chemicals. These products kill more than just the weeds and pests when they run off into the environment. If you're dealing with persistent insect infestations, consider physical barriers like row covers and sticky traps. There are also many dish soap, garlic and oil spray recipes that are good at repelling all sorts of bugs. For weeds, consider tarping the space for several months before you plant. You can also use mulch or hand weed, like we do.

A third major focus for us organic farmers and the growing movement of regenerative agriculture is improving soil

health. Regenerative agriculture focuses on rebuilding healthy, living soil by increasing its organic matter, minimizing ground disturbance and improving the soil's natural ability to hold water and nutrients. At RCF, we take inspiration from these practices to improve the health of our community. While many aspects of regenerative agriculture may not apply to your small garden, its purpose does. The healthier your soil, the less water and fertilizers you'll need.

A vital part of regenerative agriculture is reducing soil disturbance. Try to minimize plowing and tilling your soil. Tilling destroys the natural structures, known as soil aggregates, causing a cascade of problems, including reduced water infiltration, air circulation, carbon sequestration and increased soil erosion. To aerate your garden bed or plant new seeds, you can use a broadfork, which aerates and loosens the ground with minimal disturbance.

Crop rotation will also help you avoid nutrient depletion and contribute to overall soil health. An example rotation suggested by *Modern Farmer* magazine is a four-year cycle of tomatoes, then onions, then beans and finally cabbage. Including nitrogen-fixing plants like beans in your

rotation can naturally replenish nitrogen in the soil, reducing or even eliminating the need for nitrogen fertilizers.

Nitrogen-fixing plants are species that partner with specialized soil bacteria to convert atmospheric nitrogen into a form plants can use. Examples include green beans, garden peas, peanuts, licorice, alfalfa, Carolina lupines, Carolina bush peas and native clovers. Whether used as part of your crop rotation or grown as cover crops, they'll help all the plants around them.

Whether you're a seasoned home gardener or just beginning to explore the world of sustainable agriculture, we invite you to visit the farm this summer and learn more about how RCF uses organic growing practices. Check out our drop-in volunteer sessions, every Sunday from 4-6 pm. Together, we're growing more than food; we're growing a healthier, more resilient world.

For more info, we recommend the NC Center for Environmental Farming Systems and their resources page (cefs.ncsu.edu/resources-portal).

Sirianna Blanck is a summer fundraising and communications intern at Root Cause Farm, located at 6 Joe Jenkins Road, Fairview. rootcausefarm.org.

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Nighttime Skin Ritual for Your Face

Every night, your face faces a choice: cleanse or collect. The day's accumulation of dirt, oil, makeup and environmental pollutants doesn't simply disappear when you close your eyes. Instead, it seeps into your pores, triggering breakouts, accelerating aging and sabotaging your skin's natural renewal process.

Washing your face before bed isn't just routine—it's essential protection. During sleep, your skin enters repair mode, regenerating cells and fighting damage.

The most effective evening cleanse takes just 60 seconds but delivers hours of benefits. Use lukewarm water and gentle circular motions to remove impurities without stripping natural oils. Follow with your nighttime skincare products, which penetrate more effectively on truly clean skin.

Make this simple habit non-negotiable. Your future self will thank you with fewer breakouts, more even tone, and the healthy, radiant complexion that comes from consistent care. Remember: great skin isn't made overnight, but every night matters.

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.

Out-of-Pocket Home Insurance Costs

Have you looked at your home insurance deductible lately? While auto deductibles are holding steady at \$250, \$500, or \$1,000, big changes are happening on the home side. Many companies are phasing out the \$1,000 deductible, especially for wind or hail claims. Instead, you might face a flat \$2,500 or \$5,000 deductible, or a percentage of your home's insured value (Coverage A), ranging from 0.5% to 2%. That means a \$300,000 home could carry a \$6,000 wind/hail deductible or a \$600,000 home a \$12,000 deductible. Times have changed! So even if your premium hasn't gone up much this year, be sure you're aware of your out-of-pocket cost well ahead of claim time.

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

Weight Loss Meds Can Come with Downsides

You've probably heard of weight loss drugs like Ozempic and Wegovy—both

designed to mimic a powerful hormone called GLP-1 (glucagon-like peptide). But did you know you can boost your own GLP-1 naturally, without a prescription?

GLP-1 helps regulate blood sugar, suppresses appetite, and slows digestion, helping you feel full longer and burn more fat. While medications can mimic it, they come with downsides: muscle loss, mood issues, and rebound weight gain after stopping the drug. Fortunately, nature offers safe, science-backed ways to activate your body's own GLP-1.

Start with protein. Meals high in protein—think eggs, grass-fed meats, and Greek yogurt—directly trigger GLP-1, reduce hunger hormones, and stabilize blood sugar. Aim for 30–40 grams per meal. Next, boost fiber and resistant starch. Foods like chia seeds, flax seeds and asparagus slow digestion and promote GLP-1 release. Bonus: eating protein and fiber first at meals can boost GLP-1 by 38%.

Drink yerba maté tea. This South American favorite has been shown to raise GLP-1 levels by up to 50% while curbing appetite and enhancing fat metabolism.

Try natural GLP-1 supplements. Ingredients like berberine, ginseng, and chromium mimic the hormone's effects. Look for products with these blends to

support metabolism without side effects. Finally, heal your gut. Probiotic-rich foods like sauerkraut and kimchi help your microbiome boost GLP-1. And don't forget to cut alcohol and manage stress—both known GLP-1 blockers.

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

May's Real Estate Market Report

Showings are down 13%, indicating a drop in buyer activity. Listings are up 45% compared to this time last year—more competition for sellers. Days on market are increasing, meaning homes are taking longer to sell. Henderson and Haywood Counties are holding stronger, but Buncombe County has been hit hard—we're still feeling the effects of the "Helene Hangover." Tourism is down 30%, impacting second-home and investment property interest. The market is adjusting rapidly—buyers are slower to respond, even to price reductions. We're not leading the market—we're chasing it. The pricing curve is heading downward.

Jenny Brunet is the Broker-in-Charge at Cool Mountain Realty & Construction. 28-3088, coolmountainrealty.com.



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Androids, Phishing and Recall

Now, back to a human actually writing this column.

Android phone users, don't freak out if your phone restarts just because you didn't use it for a few days. There is a new update to Google Play Services (their "store" service) rolling out that will reboot your phone if you leave it locked for three days. Their goal is to make it harder to extract data from your phone.

Email phishing is getting even more subtle, with domain names using some of those international characters that have a dot above a letter, like "ë" or "ç," which on many screens looks just like dirt that hasn't been cleaned off. With one I recently saw, my first warning was a link to a bit.ly URL shortened site for what should have been a direct link to the site (which had a "ç" in the URL.) I guess I have to keep my screen cleaned.

Reverse searching phone numbers is a great way to check whether a caller is truly from the company you are told to reach out to for help. You can also reverse search images to geolocate photos with ChatGPT's o3 model (released mid-April.) It works best if there are known landmarks or street signs in the background. Be careful uploading photos with sensitive or personal information. Try it at chatgpt.com, where you will have to create an account to access this feature.

Wrong number texts like, "Hello! I hope you had a good day," "Are you able to work?" and just "Hello" can often be the start of scam. It may feel hard to just ignore those unknown texts. But don't engage at all—just delete them and report them as junk. You can also forward them to 7726 (SPAM) to report them to your cell provider. Replying "STOP" just lets the sender know you have an active number. Deleting and reporting them as junk makes me feel better, until I get the next one from a different number with a different pitch.

Recall may be coming to your high-end PC this summer. It is Microsoft Windows's AI feature to record your active screen every few seconds and store it encrypted on your computer. The goal is to later search video and audio to flesh out things like meeting notes and tasks or clarify your memory of something you did weeks before. There are methods to restrict what is being recorded and you would have to opt-in for this feature. Actually, most of us with current PCs won't have the hardware to get this feature. Only PCs with Copilot+ will have the required integrated neural processing unit.



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

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