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# The Fairview Town Crier

JULY 2025 VOL. 29, No. 7 | FAIRVIEW, NC | [fairviewtowncrier.com](http://fairviewtowncrier.com)

## Farewell to Troyer's; Hello, Terramonga!

Bonnie and Phil Troyer started Troyer's Amish Blatz in 2006, off of Old Fort Road, and it quickly became a go-to for sandwiches, treats and Amish furniture for locals in the know. Folks just love to sit on the front porch to enjoy the food and the view.

Joe and Elaina Sabbag purchased the land and property from the Troyers last year and have been working—interrupted by the hurricane, of course—to expand on what Phil and Bonnie started all those years ago, and to continue to offer a place for Fairview folks to enjoy. As of the start of this month, the business is now officially known as Terramonga. We'll

explain the name later.

So, who are these new owners, and what are their plans? The *Crier* spoke to Joe last month to find out.

### Struck a Chord

"My wife, Elaina, and I arrived in Fairview at the beginning of 2018," he said. "Long before that, my folks had the good sense to haul the family up to the Blue Ridge Mountains for countless summers to escape Florida's muggy grip and explore the terrain. Western North Carolina always struck a chord that rang true for me as a kid, so when it came time to plant roots and raise our little ones, Fairview was the answer that made the most sense and the least noise."

He said that they are grateful for all this area represents: "kind neighbors, a handful of delicious down-to-earth restaurants, and there's usually a couple distant gunshots each afternoon reminding you that you're still out in the country."

*continued on page 8*



The farm and deli crew of Terramonga on the steps of the store.

### TERRAMONGA STORE INFO

Tuesday to Sunday, 9 am–7 pm

14 Bonn E Lane, Fairview  
(1.5 miles down Old Fort Road from  
Charlotte Highway)

For more info, go to [terramonga.com](http://terramonga.com).

**GET MORE FAIRVIEW NEWS AND INFO!** Sign up for our e-newsletter at [fairviewtowncrier.com](http://fairviewtowncrier.com).



### A LESSON FROM THE STORM

## Community Brings It Back

In May, Glenda Ploeger got in touch with the *Crier*. She and her husband, Robert, who have run Cane Creek Asparagus & Company CSA for over 25 years, had a lot of things wash onto their farm during the hurricane. Among the items was a plaque, which was presented to William A. Wright in 1987. Glenda wanted to know if the *Crier* could help find its rightful owner.

We posted a photo of the plaque on our Facebook page, and in just a few hours we already had our answer. We love that Fairview is a small town in that way.

Robin Ramsey replied: "[William Wright] passed away years ago. Check with Curtis Wright. He has the house on stilts across from Hot Dog King. His dad's home was destroyed and this could have belonged to him."

Linda Howard said: "That was Bill Wright, manager of Buncombe County Farm Bureau insurance company. His and his wife's house was last house on the right leaving Fairview, on Charlotte Highway, just before Miller Road. His son lives across the creek on the right just before the curve."

We provided a number for Curtis to call or text the *Crier*. He did, and we put him in touch with Glenda. He let her know that the plaque was originally mounted on a piece of wood, and the storm apparently ripped it off. And in early June, Curtis visited Glenda and Robert at their property and got back his plaque and a connection to family history.

## Get Your FairviewStrong.org Shirt!



The folks at FairviewStrong.org (FSO) sent us the following update:

**Exciting news! Our shirts are now on sale at FairviewStrong.org.**

It might not be visible from the main roads, but plenty of Fairview families still need help. Please visit our website to grab your shirt and support ongoing housing needs. Share the site—we're a local 501(c)(3) and still in this together.

Also, we could really use a volunteer to help promote FSO on social media. If you're interested, please email [fairviewstrong.org@gmail.com](mailto:fairviewstrong.org@gmail.com).

The Fairview Town Crier  
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# COMMUNITY EVENTS & UPDATES

**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](http://reimaginefairview.com) or call 338-0070.

**JULY 26**  
**VACATION BIBLE SCHOOL**  
**Cedar Mountain Baptist Church**  
9:15 am. VBS activities, lunch and a commencement. All children are welcome. For more info, call 230-3268 or 273-2458. 1359 Cane Creek Rd., Fletcher.

**JULY 31, AUGUST 1–2**  
**98TH ANNUAL MOUNTAIN DANCE & FOLK FESTIVAL**  
7 pm. Celebrating Appalachian music, dance and storytelling. For more info, see ad on page 19. Asheville High Auditorium 419 McDowell St., Asheville.

**SAVE THE DATE**  
**AUGUST 1**  
**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.

**AUGUST 7**  
**FBA PICNIC MEETING**  
**Fairview Business Association**  
6 pm Join FBA members at Root Cause Farm for a community potluck, music, and mingling. Open to all—come learn about the farm and its mission! Rate date August 14. 26 Joe Jenkins Road, Fairview.

**AUGUST 9**  
**ANNIVERSARY EVENT**  
**Specialized Fitness**  
9 am–2 pm. Celebrating four years. See ad on facing page.

**GARREN CREEK FOUNDATION**  
**July 12, Yoga.** For all levels and ages, 10 am. **July 17, Community Dinner and Barn Jam.** Every third Thursday. Free dinner and open jam session 6–9 pm. **July 7, 14, 21, 28, Craft & Play.** 3:30–5:30 pm. **July 28, Family Movie Night,** 7:30 pm. All events are at 1198 Garren Creek Road and are free. Donations always accepted.

**WILDERNESS MUSE**  
**July 1–9, Christmas in July. July 8, Beaded plantmaking workshop,** 6–8 pm. **July 26, Soul Studio Intuitive Painting,** 9–12 pm. For updated class schedule, pricing and to register, go to [wildernessmuse.com](http://wildernessmuse.com). 1536 Cane Creek Rd. 458-4107.

**ADVERTISER EVENTS**  
Second Saturdays—**Rusty Dog Arts & Crafts Show.** See ad on page 25.  
July 17—**Plant-based cooking class.** Fairview Seventh Day Adventist Church. See ad on page 12.  
July 26—**Fairview Library Book Sale.** See ad on page 11.

**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

## Fairview Library Summer Book Sale

Mark your calendars for the Friends of the Library Book Sale on Saturday, July 26 from 10 am–3pm. This sale will feature a fantastic selection of books for all ages, as well as collectibles, movies, and music. From 2–3 pm, everything will be half price. We are currently accepting community book donations to help stock the sale. Please note that we cannot accept textbooks, encyclopedias, or items that are water-damaged, moldy, or musty. Due to limited space and sorting capacity, we kindly ask that donors limit contributions to one box per week. Thank you for supporting your library. See ad on page 11 for more info.

## Helene Support Updates

### Private Road and Bridge Program

You can still apply for help from the NC Private Road and Bridge Program. It is expanding its efforts to support the ongoing Helene recovery needs of Western North Carolina, and individual site assessments are now underway.

Over the next several weeks, NC Emergency Management representatives, including engineers, surveyors and state and federal agencies may be present on your property to assess damaged private roads and bridges across all of the disaster-impacted counties. The goal is to identify, prioritize and develop permanent solutions for eligible homeowners, recreation areas and businesses. These representatives will be wearing safety vests, carrying a picture ID and may be placing flagging or survey markers on the property. Contact [ncemprb@ncdps.gov](mailto:ncemprb@ncdps.gov) or the Disaster Case Management Program at 844-746-2326 or online.

### Single-Family Housing Program

North Carolina has allocated \$807 million in federal disaster recovery funds to help repair and reconstruct homes damaged by Hurricane Helene. The Renew NC program is now open to applications from low- to moderate-income homeowners whose primary residences were affected by the storm.

This initiative is funded through a \$1.4 billion Community Development Block Grant for Disaster Recovery, provided by the Department of Housing and Urban Development. Homeowners applying to the program won’t be able to choose their own contractors or manage construction directly, although in specific cases, reimbursement may be available for previously completed repairs.

Renew NC is designed to complement existing FEMA recovery efforts, including the Hazard Mitigation Grant Program and the Individuals and Households Program. Those who didn’t qualify for or couldn’t fully restore their homes through FEMA are encouraged to apply.

Eligible homes must be the applicant’s main residence, and recipients must agree to live in the home for at least three years after repairs are completed.

To apply or learn more, visit [renewnc.org](http://renewnc.org) or call 888-791-0207.

## Landslide Study Opportunity

A group at UNC-Asheville is conducting a research project about landslides and hazards related to Helene. They want to interview people in Fairview affected by landslides about their experiences before, during and after the storm. The goal is to improve future messaging to rural communities. *The group is offering gift cards as compensation for participation.*

To sign up, go to [tinyurl.com/4aasw2b9](http://tinyurl.com/4aasw2b9) or email [uncalandslideresearch@gmail.com](mailto:uncalandslideresearch@gmail.com).

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

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

For additional info, please visit [fairviewtowncrier.com](http://fairviewtowncrier.com) or see page 31.

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*Jen Waite is the branch manager of the Fairview Public Library. Contact her at [Jen.Waite@buncombecounty.org](mailto:Jen.Waite@buncombecounty.org) or call 250-6496.*

**THE FAIRVIEW TOWN CRIER** July 2025 | **3**

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ASHEVILLE \$350,000



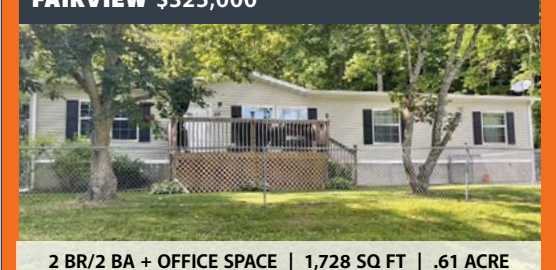
3 BR/2 BA | 1,110 SQ FT | .12 ACRES

ASHEVILLE \$395,000



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

FAIRVIEW \$325,000



2 BR/2 BA + OFFICE SPACE | 1,728 SQ FT | .61 ACRE

REDUCED! FAIRVIEW \$639,000



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

BRAND NEW! FAIRVIEW \$329,000



3 BR/2 BA | 1,512 SQ FT | .53 ACRES

LUXURY LISTINGS

FAIRVIEW \$1,177,000



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

LAND LISTINGS

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

ASHEVILLE 21 Casta Way, 3.26 acres with mountain views. \$175,000

FAIRVIEW Old Fort Road 1.89 acres. \$80,000

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

FAIRVIEW 89 Weeping Cherry Forest Rd. 5.19 acres, \$39,000

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

REDUCED! FAIRVIEW \$969,000



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

REALTOR of the MONTH  
Karen Cernek



I negotiated two full-price offers for my land sellers in June!

Fairview has been my home for 25 years. While I love to travel, I can't imagine living anywhere else.

My real estate journey began with a mentor in college and continues, first as an investor, then as the owner of Earthworks Unlimited. I've purchased tracts from 2 to 750 acres, which has given me unique perspective as a land and farm broker. I've also had great success selling homes with acreage.

Contact Karen today! 828-216-3998 • kscerne@gmail.com



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# Building Expansion Coming Along Slowly but Surely

The main fire station on Charlotte Highway is growing slowly but surely. It's expanding to house our growing department. As Fairview grows, so must Fairview Fire and Rescue to keep up with the needs of our community. So, here we grow!

Even though the expansion walls have gone up, the interior is still just Sheetrock. Rooms are starting to develop, but it is going to be a couple more months—at best—before the department can move back into our living quarters and offices.

One of the bays has been turned into a living room, the campers in back are for sleeping and showering, and the training room has every desk and office set up in it. Everyone will be happy when this expansion is complete.

Being under construction has not deterred the department from service to the community. One important event we participated in was working with the NC Fire Marshall, Brian Taylor, and his office to install smoke alarms in homes in Fairview. During "Smoke Alarm Saturday," we were able to help out numerous families with a new smoke detector. Please call the main station at 628-2001 if you are interested in having one installed.

## Grant Winners

The department was awarded a grant from Firehouse Subs to purchase two defibrillator arms (and then we purchased a third). This equipment is used for continuous CPR compressions, which increase the survival of a patient exponentially. This was a very competitive grant, and we were fortunate to have been awarded. Thank you to Firehouse Subs and local franchise owner Glenda Weinert for supporting us.

## Successful Flower and Bake Sale

The Support Operations Team would like to thank those who attended the Mother's Day flower and bake sale.

First Step Farms sent us some beautiful flowers, and we are always blessed to partner with them on our flower sales.

Thank you to those who donated to our baskets, bake sale and silent auctions. A special thank you to Wanda Lytle and Fairview Community Center for all of the help and for allowing us to hold our fundraiser there. Thank you to Tom's Coffee Truck for setting up outside; Phil and Bonnie Troyer; Denise and David Knapp; our amazing bakers; Lewis Builders; Bruce Johnson; and so many others. You all went above



Glenda Weinert (fourth from left) with some of the staff at Fairview Fire and Rescue with the defibrillators arms purchased through a grant awarded by Firehouse Subs.

and beyond to make this fundraiser a success. Thank you!  
We hope to do another event in the fall, which may coincide with an open house to celebrate our reonvavtion. We hope!

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



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## FEATURED LISTING



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## Asheville

24 Arco Road

This updated ranch-style home in desirable East Asheville offers comfort, style, and convenience. Featuring a modernized interior with refinished hardwood floors, an open-concept living area, and an updated kitchen, the home boasts three spacious bedrooms, two full bathrooms, and abundant natural light throughout. Enjoy outdoor living on the large deck overlooking a scenic creek—perfect for entertaining or relaxing. Located on a quiet street just minutes from downtown Asheville, parks, and shopping, this move-in-ready home blends classic charm with thoughtful updates, making it a perfect retreat or full-time residence.



**EXCLUSIVE LISTING** Adam Johnson  
\$435,000 | MLS ID 4273100

## ACTIVE LISTINGS

### Black Mountain



1 BR | 2 BA | 1.54 AC | 1,470 SF

2998 Creston Drive  
\$699,000 | MLS 4266205

### Asheville



4 BR | 2.5 BA | .14 AC | 2,301 SF

10 Village East Court  
\$610,000 | MLS 4265433

### Hendersonville



3 BR | 3 BA | 1.04 AC | 3,685 SF

331 Thomas Road  
\$759,000 | MLS 4252689

## FAIRVIEW REAL ESTATE SALES MAY 2025

LISTING PRICE	NUMBER SOLD	AVERAGE SALE PRICE	AVERAGE DAYS ON MKT	AVERAGE % LIST-SALE PRICE
UNDER \$300K	1	\$270K	6	106
\$300K-599K	2	\$412K	5.5	100
\$600K-899K	3	\$752K	6	99
\$900K-1.9M+	5	\$1.3M	47	97

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

## Agent Spotlight RHONDA TURPIN



Rhonda was incredible to work with. We have bought and sold several homes, and our experience with her was top-notch. Her attention to detail and follow-up are impressive. We would highly recommend her.

— Michelle W.

**CONTACT RHONDA TODAY!**  
828-606-5109 | rhonda@greybeardrealty.com

# Moving into Summer

In keeping note of the weather through the middle of June, I have a few items to report.

The beginning of spring was quite dry. Precipitation, while slightly below normal for the year, has almost caught up with long-term averages. I think the greening this year was a psychological boost after a drab winter of seeing the downed trees and piles of debris left over from Helene.

Many studies have shown that color affects both mood and behavior. Color can help you go from sad to happy or angry to calm. According to some studies, the color green is emotionally calming and stands for harmony. Blue is the color of intellect and can be so calming that it can lower blood pressure. As

“cool” shades, both blue and green can be relaxing. Much research has found that people living in areas with more green space have better physical and mental health than those with less green space. A European study looked at the effects on city dwellers of making purposeful visits to green spaces in four cities. They found strong positive links, including better mental health and more vitality.

Turning our focus to the weather, during the summer months our precipitation tends to be spotty and directly related to where the showers and thundershowers pop up on a daily basis. This changes from day to day and week to week, depending on the particular upper air pattern. There are days in which most

of the thunderstorms are concentrated near the I-26 corridor, and other days when they occur on either side of Route 74. It is very difficult to pinpoint where these storms will form. It is a lot easier to predict a case of no rain vs. a thunderstorm or shower day because sometimes the

atmosphere gets “capped.” This is where a ridge of high pressure builds and inhibits the daily buildup of thunderstorms. If this happens frequently during the summer, it can lead to hot temperatures and heat waves often associated with rain-free stretches lasting one to two weeks and local drought conditions.

We have had several long, dry spells across the mountains of WNC. The longest dry spell was 39 days, which occurred from September 26 to November 3, 2000. The five top droughts on record in the area were longer than 30 days and occurred mainly in parts of September, October and early November. I hope we don’t see one of these this summer.

For most of the next three months, you can expect the following forecast: partly sunny and warm with a 40% chance of an afternoon or evening thunderstorm. On a fair amount of those days, you would be right. You may be wondering what a 40% chance really means. We actually covered that in full detail in July 2015. You can read my column in that issue at the following link: [tinyurl.com/4zjv4ec6](https://tinyurl.com/4zjv4ec6).

**Last Month’s Trivia Question**  
*Which terms typically describe hail size?*  
Hail size is often estimated by comparing

it to a known object. Most hailstorms are made up of a mix of different sizes, and only the very largest hail stones pose serious risk to people caught in the open. When reporting hail, estimates comparing the hail to a known object with a definite size are good, but measurements using a ruler, calipers or a tape measure are best.

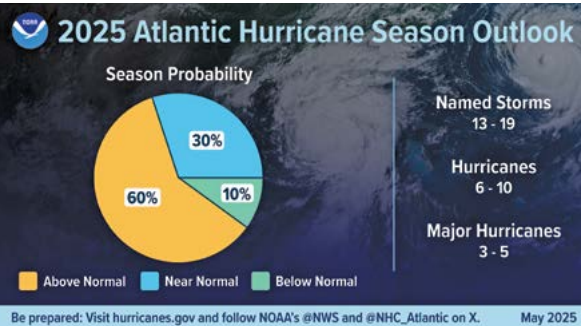
Pea = ¼-inch diameter. Mothball = ½-inch diameter. Penny = ¾-inch diameter. Nickel = 7/8-inch diameter. Quarter = 1 inch—hail that is quarter-size or larger is considered severe. Ping-pong ball = 1 ½ inches. Golf ball = 1 ¾ inches. Tennis ball = 2 ½ inches. Baseball = 2 ¾ inches. Tea cup = 3 inches. Softball = 4 inches. Grapefruit = 4 ½ inches.

One of my readers emailed to let me know that on May 15, 2003, hail the size of lemons fell in Fairview. You can see the picture and read a bit about it at [tinyurl.com/2m2d4dnf](https://tinyurl.com/2m2d4dnf).

**This Month’s Trivia Question**  
What makes a thunderstorm severe?



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



The Atlantic hurricane outlook for 2025. More info next month.

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**Dereck Kopczenski**  
Owner

# Hello, Terramonga!

*continued from page 1*

Joe caught the farming bug about 20 years ago in Soperton, Georgia, just after college. “It always felt like the most honest kind of work, he said. “Hands in the soil, a few machines humming in the background, and a seasonal rhythm that just made sense. It got into my blood early on and it never really left.”

When they bought their original 50 acres in Fairview, near Troyer’s, the land had been home to a family raising goats, which meant the pastures were already

and so on down the line—each step a little more dirt under the nails, a little more food to sell around town, and a lot more learned from each past season.”

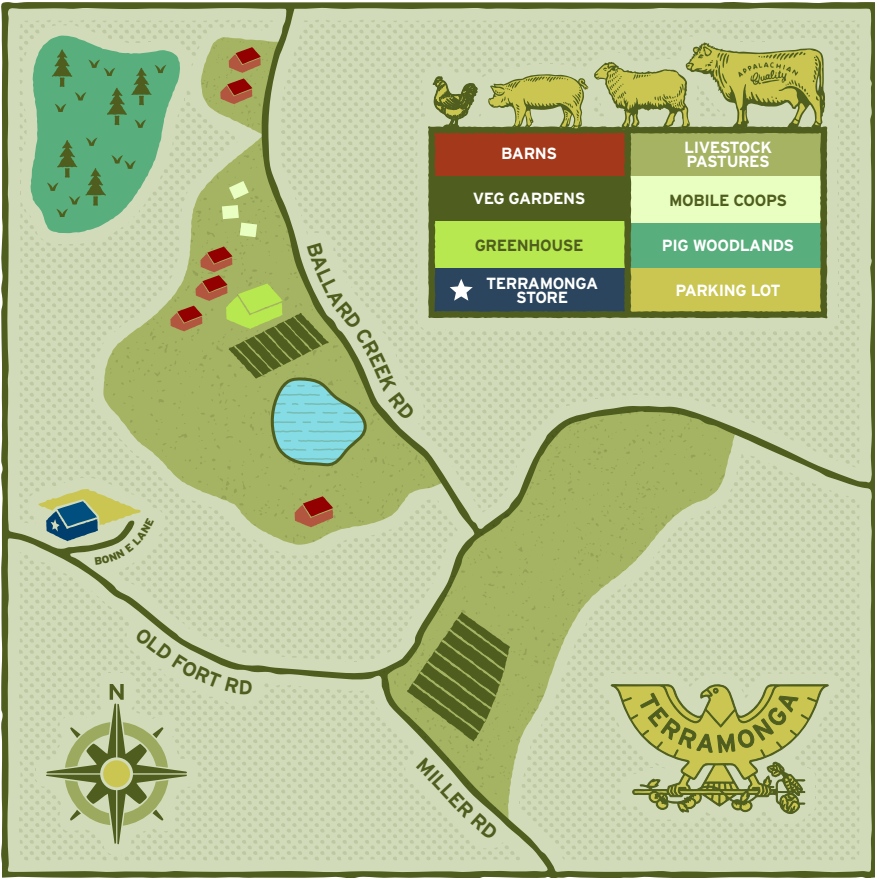
Last year, they were given the opportunity to lease additional pastureland from Tom Miller, the head of one of Fairview’s first farming families. This allowed them to expand their cattle herd and brassica production. “It was the kind of offer you don’t think on too long,” said Joe.

### “Whole Lot of Heart”

They were farming right next door to Troyer’s, so of course they met Phil and Bonnie. “We got to know them well enough to see they weren’t just running a business,” Joe said. “They were tending to it like a garden, with care and grit and a whole lot of heart for all their customers who came through the door.”

Joe and Elaina were impressed by how Phil and Bonnie Troyer poured their time, hearts and backbones into building “a real gem of a store and deli,” Joe said. “With first-rate baked goods and a reputation as steady and good-natured as they come, they turned that little spot into a neighborhood hub.” And they were also intrigued when the Troyers told them they were thinking about stepping back from the daily operation of the business.

After a few years of back and forth, they shook on the deal last year—just



looking respectable and there were a few barns that could be used right off the bat.

“We didn’t try to bite off too much at once,” Joe said. “We just kept adding a piece here and there, slow and steady. Our first year, we grew vegetables, and the next year we were building chicken coops on wheels like a poultry parade; then came more livestock, followed by a greenhouse,

a month before Helene hit. “There’s nothing quite like buying a small business while a storm’s gathering on the horizon,” said Joe. “But after Helene came and went, what stuck with us wasn’t the wind or the worry—it was how the community pulled together like patchwork. That’s when we knew: this store, and this town,

could weather just about anything.”

**The Same, But Different**  
Phillip Troyer (Phil and Bonnie’s son) and his wife Michelle are still running the deli—“like clockwork,” Joe said. “Crafting those same sandwiches that folks would chase across county lines. The bakery still



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# SUBMIT YOUR STORY!

Each month, we 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? Let's see what you create!

## "The Hidden World"

**Creative Spark:** Behind your bookshelf, under your bed, or within your garden... there's a door. What's behind it?

**Prompt:** Describe the secret world and the first character you meet.

**Optional:** Draw a map of this hidden world.

Send your submission to [clark@fairviewtowncrier.com](mailto:clark@fairviewtowncrier.com) by July 16. It should be no longer than 350 words.



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](http://gallerytales.com).



The reimagined store will feature baked goods, shelved items, meat and vegetables. The former deli managers, Phillip and Michele Troyer (shown in center), are staying on in that role.

rolls out fresh loaves and sweets daily, and we still stock the shelves with goods from trusted Amish distributors and other local companies that know how to make a thing right and make it last.”

And now you will find lots of food fresh from their farm: chicken, beef, pork, lamb, eggs and lots of vegetables. “We grow the veggies 500 yards from the store, using good old-fashioned organic practices,” said Joe. “No chemicals you can’t pronounce, no trickery or scientific voodoo—just simple, high-quality food. You don’t see much of that these days, and while we’re not out to change the world, we do hope to make a little difference in our community.”

They also offer homemade deli dishes, beer and wine that you can sip on the porch or tote home, and a few more seasonal baked treats to complement the signature cinnamon rolls and cookies.

The other change you’ll notice is the name on the door: Terramonga. “It might sound kooky,” Joe said, “but to us it means ‘the earth among us.’” It sounds just right to us.

“What we’re really hoping is that this store keeps on being more than just a sandwich shop,” Joe said. “It’s a porch to eat your lunch, a spot to catch up, and a place to grab something good on the way home, to share with folks you care about at the dinner table. That’s the heart of it.”



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# Slugs, Showers and the Season's First Stars

I was out in the garden recently, doing my daily dahlia inspection, when I spotted it: the first bloom of the season. A gorgeous yellow dinner plate variety that we've been growing for about four years. I let out a little whoop that may have concerned my neighbors.

This particular dahlia is always our earliest bloomer, but even so, seeing that first flower feels like Christmas morning every single year. All that waiting through winter, all that wondering if the overwintered tubers would actually make it, all that anxious checking for green shoots in March and April, it all leads to this moment when you realize summer is officially here.

What makes this bloom even more special is that just a few weeks ago, I wasn't sure we'd have any dahlias at all. Many of our plants had been eaten down to practically nothing. We'd been blaming the rabbits, shaking our fists at those raiders that seem to view our flower beds as their personal salad bar.

Row after row of dahlia plants that looked like they'd been mowed down by tiny lawnmowers. What was strange was that some plants looked relatively untouched while others were leafless.

Then, the other morning when my

mother was deep in the weeding, she happened to notice the actual culprit: slugs. Not bunnies at all, but an army of mollusks having a garden party every night. I felt both relieved and slightly foolish for not figuring it out sooner.

This slug situation has been particularly challenging this year because of



afternoon rains. Almost every day for the past three weeks, we've had these lovely storms roll in around 2 or 3 pm. It's the kind of rain that makes you want to sit on the porch with a book and just listen. The kind that waters the garden perfectly without any effort on my part.

The dahlias have been absolutely loving the moisture. But apparently,

so have the slugs. Those daily showers create the perfect humid conditions that slugs dream about. It's like we've been running a slug spa in our backyard.

Once we identified the real culprit, we broke out the Sluggo. I was skeptical at first. How could these little pellets make a difference against what seemed like a slug invasion? But within a week, the slime trails disappeared, and even more importantly, those poor dahlia nubs started showing signs of life again.

This is where dahlias really prove their worth as garden plants. I've never seen anything bounce back like these flowers do. Those pathetic little green stubs that I thought were goners? They're now sprouting new leaves like nothing happened.

My morning garden inspections have become hopeful again. Every day there are new leaves unfurling, new growth reaching toward the sun. Some of the plants that were completely defoliated three weeks ago look almost normal again.

There's something really satisfying about solving a garden mystery. It makes me wonder what other garden challenges I've been misdiagnosing over the years.

The afternoon showers continue, creating perfect growing conditions now that the slug situation is under

control. The soil stays consistently moist, everything has that lush, satisfied look, and I haven't had to drag a hose around once. Even my usually temperamental clematis looks happy.

Dahlias are resilient in a way that still surprises me. Even when they look completely done for, they have this remarkable ability to come back stronger than before.

Now, seeing that first yellow bloom this morning, with healthy green foliage all around it instead of chewed-up nubs, I'm optimistic about what the rest of the season will bring. If these plants can recover this dramatically from near-total defoliation, imagine what they'll do with a full season of afternoon showers and proper slug management.

I have a feeling this is going to be a spectacular dahlia year after all. Sometimes the best gardens come from solving problems you didn't even know you had.

Until next month, may your garden mysteries be solvable, your plants be resilient, and your slugs be manageable.



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

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# Stay Strong to Stay Active

A recent study found that women and men who participated in strength training exercises had a 19% and 11% reduced risk of death, respectively, compared to those who did not. Women who did strength training just two days a week saw an even greater reduced risk of cardiovascular-related deaths: a 30% reduction vs. 11% for men. This study highlights the importance of why combining strength-based training with cardiovascular exercise is so beneficial to everyone as they age. To help with this, following are two strength-based exercises that I believe are core movements to make your everyday life easier.

## Weighted Back Squat

The back squat can be performed by adding weight from a dumbbell, kettlebell or barbell.

- Start in a standing position, legs hip width apart, with 80% of your weight on the heels of your feet.
- Initiate the movement by pushing your hips backward as if you are trying to sit on a chair.
- Do not round the spine; keep it neutral.
- Keep shins as vertical as possible, stacked on top of your ankles, not allowing your knees to go over your toes. (This can be limited due to

- mobility, but can be assisted by elevating the heels slightly by one to two inches.)
- Maintain the width between your knees throughout the movement. Try not to let your knees cave into the midline. If this happens, you should do exercises to increase strength in your inner thighs and stabilizer muscles.



The back squat exercise increases strength in your gluteal (buttocks), quadricep (thigh), hamstring (back of your legs), adductor (inner thigh/groin area), hip flexor, and calf muscles. Being able to proficiently perform this movement is essential for everyday life. Increasing your lower body strength will enable you to sit, stand and lift and carry objects (such as groceries) more easily; decrease your risk of falls; increase bone density; and increase mobility.

## Barbell Deadlift

This can also be performed with dumbbells or kettlebells.

- Start in a standing position with your feet hip width apart, and make sure the ties of your shoelaces are visible beyond the bar when you look down at your feet.
- Hinge at the hips and reach for the bar, placing your hands outside of your legs.
- Bend your knees until your shins contact the bar.
- Pull your shoulder blades down like you are trying to put them in your back pockets.
- Create tension in your arms. Lift your chest (look ahead or slightly up), and back in a neutral position before initiating the movement from the ground.
- Push the floor away with your feet as you pull the bar up. Once the bar is at the knee level, extend your hips into a standing position.
- Initiate the movement back to the ground by hinging at the hips first, then bending the knees.

This is a hip-dominant exercise that strengthens the gluteus, hamstring, back, hip, trapezius and core muscles. The deadlift is a functional movement essential to increasing the quality and longevity of life for the following

reasons: it increases back strength; decreases the risk of a back injury; increases bone density; improves posture and core strength; and provides a full-body workout.

Adding weighted deadlifts to your workout routine will allow you to bend over and pick things up off the ground



more easily and with a decreased risk of injury. It also will increase the stability of your legs and back, which will decrease your risk of falls.



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


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# A Column of Corn-on-the-cob

It's July. It's hot. Somewhere, a mosquito awaits your arrival. Still, you're headed to or hosting a cookout, a pig pickin', a barbecue or a fish fry. We've managed to air-condition the entire South, yet we still gather in the heat of July and August to eat outdoors. While eating, we complain about the heat. Then we move on to the humidity. It's what we do.

Would you care for a side of corn-on-the-cob, butter, salt and messy hands (and arms)? Most everyone would say yes. But would they get that perfect bite? Tender and sweet? I'm not so sure. That's because boiled corn never stands a chance. No, really.

Let's talk corn. It's tricky, by design. You have to shuck. Then you spend an eternity looking for that last bit of silk, only to find it as you're eating. Nuisances for sure, but that's only part of the issue. Cooking is the hard part. That's because fresh corn contains an abundance of both starch and pectin. You may not know them, but, in this case, you don't like them.

Heat a starch to a certain point and it forms a gel—thickens gravy, puddings, sauces. In the kernel, the gel creates a soft, creamy texture. This is ideal, but it's no easy trick. Gelled starches are notoriously unstable. They won't hold

together under prolonged heating or at high temperatures. When they break down in a sauce, or a vegetable like peas or corn, they create a gummy texture and a starchy flavor. Wrinkled peas or dimpled corn are a sure sign of starch breaking down. The starch in raw corn starts to break down before the water boils, at around 160 degrees.

At about 180 degrees, the pectin in corn starts to change. Pectin sort of melts and flows in between and around things. If you've ever added a packet of powdered pectin to a jam pot, you'll remember the importance of maintaining a "boil you can't stir down" as you frantically stir to distribute the dissolved pectin throughout the fruit. Pectin, once dissolved, is tenacious. When cooled, pectin acts as a slightly elastic binder. This is great for setting apple jelly or peach jam or blueberry pie. In the case of corn, however, pectin wraps around the starch and causes the kernels to become tough and rubbery. No amount of butter and salt can hide this.

Cooking is art and science, always. Science wants us to know that the art of boiling a perfect ear of corn is to not boil an ear of corn. Instead, science wants us to poach an ear of corn. I know of many cooks who get apprehensive when poaching comes up in a recipe. Don't get

put off by that word. Let the science work for you. If you boil the right amount of water in the right size pot, then slip the right amount of corn into the boiling water, turn off the heat, cover the pot, and wait 10 minutes, you're going to have the best corn-on-the-cob ever. Trust the process. It's that simple.

If you should find yourself with leftovers, that's great. Cut the corn off the cob and toss it into some salsa, a salad, cornbread batter, a soup pot, or an omelet.

Get the best butter you can find and bring it to room temperature. You can dress up the butter with herbs, spices, shallots and so on, but it's so much easier to flavor your salt instead. Roasted cumin and coriander, citrus zest, cayenne, Old

Bay, onion powder and garlic powder. Or elevate your salt game with a crunchy, clean-tasting finishing salt. And napkins. You'll need plenty of those.

Note: A food scientist could do a much better job of explaining this matter than I ever could. If you meet a food scientist, talk to them about what they do. It's fascinating. Also, in the interest of transparency, I do not like corn.



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



## Unboiled Corn

6 to 8 ears of sweet corn, shucked and silks removed

1. Add four quarts of water to a large Dutch oven or other broad pot, eight quarts or larger.
2. Cover the pot and bring the water, unsalted, to a full, rolling boil.
3. Slip corn, one ear at a time, into the boiling water. Turn off the heat. Cover the pot.
4. Allow the corn to poach for 10 minutes, but no more than 30 minutes, and serve.

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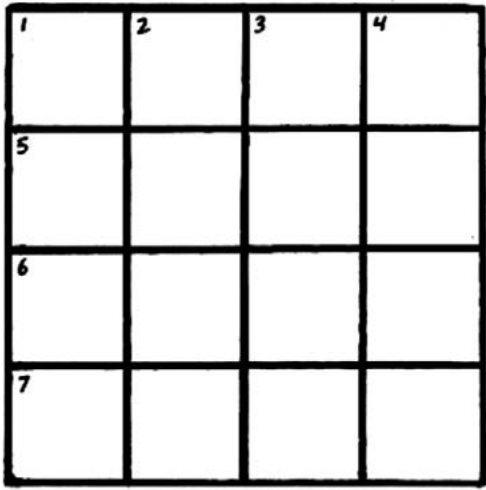
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- 5. Exams for an aspiring auror
- 6. Parlor in Pamplona
- 7. Typically benign, fluid-filled sac

Down

- 1. Heavy-bottomed pear variety
- 2. Miyazaki’s *Spirited* \_\_\_\_\_
- 3. Societal issues
- 4. Exam for an aspiring litigator

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, his son, Wayne, and his cat, Esme.

Answers at the bottom of page 31.

Scams, WiFi and Privacy

If you have ever use online payment services for the NC DMV, you may have seen an email from them about recent text or SMS scams. The fake messages purport to tell you that you have unpaid tolls or fees. The NCDMV will never request payment by text. It was easy for me to spot the fake message I received, as it came from the country code of +63 (the Philippines). Don’t engage; just delete. By the way, I don’t know of any states that use text messages to tell you about unpaid tolls. If you are in doubt, call them.

One of many reasons to go to the Fairview Library is for their very fast public WiFi, which is free to all. And it is on 24/7, so you can park in their lot after hours, especially to download those large software updates that might take hours at home. Or go inside and check out some books while you are basking in the speed.

Users of Google’s Gmail app with paid Workspace Business and Enterprise accounts will be finding a new feature. AI-powered summaries of email threads now take up space at the top of that app. It should be helpful, but if you want to turn it off you have to disable “smart features.” It is unknown whether Google will roll this out to users of the free Gmail service. I would be curious to see how well it works.

Google is showing off some of their

best videos created with their AI video tool called Veo. See what you can find at labs.google/flow/tv/channels. You don’t need to pay anything to view. If you want to create a video, you can try one month free. Go to labs.google/flow/about for more information. Just make sure you cancel before it automatically renews. This is part of their paid Google AI service.

No matter which web browser you are using, you should test its privacy features using the Electronic Frontier Foundation’s Cover Your Tracks project. Open the browser you think is doing a good job, then go to coveryourtracks.eff.org and see what they think of your setup. You can try that site again in private or incognito mode, or try the browsers Brave (brave.com) or Vivaldi, with its built-in ProtonVPN service (vivaldi.com), and see what changes. Learn more about tracking by clicking on the “Learn” link at Cover Your Tracks.



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# Paxton Hare

**“H**ey, Anastasia!” Paxton Hare greeted the waitress at The Local Joint by name and ordered his lunch. For someone who has only lived in Fairview about three years, Paxton seems quite comfortable here. “I grew up in a small town in Kentucky,” he said. “Fairview feels like home.”

A computer scientist, Paxton works remotely for a Silicon Valley start-up. “I’ve done so many things in computers,” he said. “In 2017, I created an iPhone app.” Inspired by his mother-in-law’s love of dachshunds, he crafted a series of emojis featuring the little dogs. “It’s called Weinermoji,” he told me. “It’s silly, but people love it.” They love it a lot: his app made it into the top 10 in the iPhone App Store. “But don’t think I make a lot of money on it; on a good month I might get \$50,” he said with a self-deprecating smile. Wienermoji is still available; download it and you too can text smiling doxies to friends!

Impressive, right? Still, it’s Paxton’s hobby, not his profession, that has earned him attention in Fairview lately.

As the *Crier* reported last month, Paxton’s movie “Earley Times,” a documentary about his neighbor Bob Earley and his Model A Ford, screened at Cultivated Cocktails on June 12. That night, the Model A stood at the entrance, looking as shiny as

it must have when it rolled off the assembly line in 1930. Bob, his wife Phillis and other family attended the showing, beaming as they watched the story on the screen. They were not alone; a standing-room-only crowd surrounded them, filling nearly every inch of the tavern.

[If you missed the screening, you can watch the movie on Youtube at [tinyurl.com/earleytimes](https://tinyurl.com/earleytimes).]

While “Earley Times” is Paxton’s biggest project to date, it’s not his first. He has always been intrigued by filmmaking.

“I have this fuzzy memory,” he told me. “I was at a sleepover, a birthday party for a friend. I think I was in 2nd or 3rd grade. The family had a video camera, and my friend said we should make a movie.” Paxton laughed, recalling, “We did a skit, a kind of fake Tonight Show I think, with costumes and stuff.” Other sleepovers offered more film-making opportunities; and by the time Paxton was in high school, he had saved up the money to buy a video camera for himself.

“I did little films with my friends,” Paxton said, going red in the face. “I don’t know if I want to tell you about this or not.” He did. “One was called ‘Snow Skanks.’ The Snow Skanks were bullies who harassed nerdy kids (we were all nerdy kids, by the way). There’s a big chase scene in the snow and



Paxton Hare, left, and Bob Earley, in front of Bob’s Model A.

then a hero—The Skank Fighter—rushes in to save the day.” Paxton played the hero’s side-kick, wearing aviator sunglasses and an over-large suit he picked up at a thrift shop. “I nearly froze to death in that suit,” he said, still blushing.

“I made my first real movie in 1998 when I was in college,” he said. Then, seeing my notes, he pointed and said, “Better put ‘real movie’ in quotes; it was awful.”

The movie titled “Drunk for Hire” featured a washed-up, alcoholic private investigator who had been hired by the Italian mafia to rescue their daughter from the Mexican mafia. “We didn’t think we could get girls to be in the movie, so we dressed up in drag for the girl parts.”

Paxton and his co-filmmakers got permission to show the film at the school theater. It was advertised in the college newspaper. But when they got there to set up, the theater manager had no record of their plans. “We showed them the newspaper ad and convinced him to let us play it for the audience—me, the other guys in the film, and a few friends.”

In 2004, Paxton discovered the 48-hour film project, an organization that started in DC but now schedules events in more than 100 locations. It works like this: a team arrives on Friday night, draws a genre out of a hat, and over the next 48 hours they create a film. For each event, there are three required elements teams must include in their projects: a particular character, a certain prop, and a bit of provided dialogue. Later, they screen all the movies and select winners. It’s a competition but more akin to a car show than a game of darts.

He’s made six of these shorts—referred to as 48s—and you can find them all on his YouTube channel ([youtube.com/@PaxtonHare](https://youtube.com/@PaxtonHare)). The one that met with the most success, “Owl Get You,” features a puppet named, descriptively, Baby

Owl. This puppet came to the 48 with an impressive resume. He had already starred in an award show, a workout video and a talk show: all created by Paxton as gifts for family members. In “Owl Get You,” Baby Owl loses his temper over an encounter at Daymoon Coffeebar in Fairview. I won’t give the whole thing away, but let’s just say it does not go well for Daymoon.

In 2023, Paxton and his friends filmed a 48 that strengthened his connection to Bob Earley. “We were filming and needed to borrow the Earley’s porch for one scene,” he said. “I invited Phillis and Bob to Asheville Pizza & Brewing for the screening.”

Later, when he was trying to decide on a topic for his next project, a longer documentary film, he reached out to Bob and asked, “How would you feel about me filming a documentary about you and your Model A?” And Bob agreed.

The project wrapped in May of this year, combining video footage, still photos and creative use of AI. “The first screening was at my house. Bob and Phillis came over and watched it on my back porch. They loved it!” That makes it all worth it for Paxton. “Seeing the happiness Bob experienced due to this film—it’s made a real impact on him and his family.”

As I listened to Paxton describe his process and the hours and hours he has spent making movies, it sounded like a lot of work to me. I asked him why he did it. “If you’re an artist,” Paxton explained, “you want to make your art. I do it because I get to make a movie.”



Rev. Dr. Aileen Mitchell Lawrimore is the pastor of Ecclesia Baptist, which meets at 607 Fairview Road. She blogs at [aileen-mitchelllawrimore.com](https://aileen-mitchelllawrimore.com).

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Summer Safety

Summer is full of adventures, activities and fond memories for many of us. But summer can also mean emergency room visits. According to Champion Healthcare Solutions, emergency room visits are greater around the holidays. We celebrate major holidays outside in the summer, including the Fourth of July and Labor Day, which opens the door for all kinds of risks that are not typically experienced indoors. Awareness is the first step to preventing accidents in any season.

There are many risks during the summer, but the most serious risk for older adults is heat-related injuries. According to the CDC, heat stroke and heat exhaustion sends more than 65,000 Americans to the emergency room every year. During my years as the Loss Control Manager for the second largest workers comp provider in Kentucky, we promoted the dangers of heat stroke and heat exhaustion every year. However, we still had heat-related claims. In my experience, the biggest issue with heat-related injuries is the failure to recognize the symptoms and/or ignoring the seriousness of this injury.

Tennis was my favorite outdoor summer activity. One match on a hot afternoon in July was scary. Before playing, I would often remind my friends to



stay hydrated. A guy I was playing against seemed highly exhausted during one of the set brakes. We encouraged him to sit and drink some water. The longer he sat there the more exhausted he became. He was breathing hard and not sweating. I got a little worried.

I went to the clubhouse to get some ice. Upon returning to the courts, my friend was getting worse. We called 911 and helped him to the clubhouse, where it was air-conditioned. We put ice on his neck and under his arms and groin. This is one of the ways to quickly cool a person down because there is greater blood flow in these areas. When the medics arrived, they checked vital signs

and recommended a trip to the emergency room. My friend was cooling down a bit and declined to go to the hospital. Several of us drove him home, but later that night he went to the emergency room because he was still struggling. He was released the next day without any long-term effects.

Heat exhaustion is a serious condition that can lead to death. Working outdoors or doing chores outside exposes everyone to all kinds of hazards, especially for us older adults. Cuts, abrasions, strains, sprains, slips and falls along with risks for poison ivy are just some of the dangers. Our state of mind is also a contributing factor to summertime accidents. When we are rushed, frustrated, fatigued or complacent, we are contributing to our risk of injuries.

Awareness of these risks is important, as well as learning how to prevent accidents and provide first aid for any injury. In the event of a serious accident, remember the 3 Cs: check, call and care. Check for any other danger or risk, then call 911 and provide care. The American Red Cross provides a free app to download that is one of the best apps available to manage these and other injuries. Go to your phone app store and search for “First Aid: American Red Cross.”

Attention = Prevention

- Wear appropriate clothes for the job or activity
- Stay hydrated
- Remember the 3 Cs:
  - Check
  - Call
  - Care

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





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

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# Fairview Elementary Has Poets. Did You Know it?

Amy Spedden and Patty Mat-teson taught poetry in their Title 1 Launch Groups in 3rd and 4th grade at Fairview Elementary, which coincided with April being National Poetry Month.

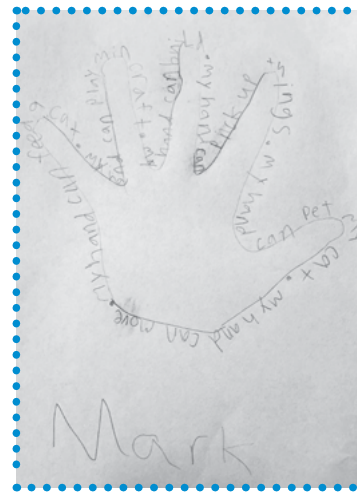
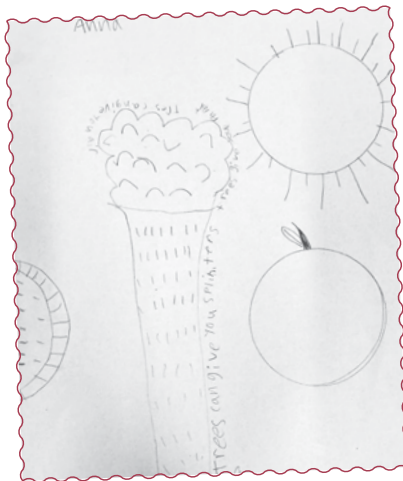
The students studied different types of poems, including:

**Couplets**, which are two lines of verse that rhyme;

**Haiku**, which follows the 5-7-5 syllable structure. The kids signed the Haikus with Japanese symbols that spelled their names; and

**Shape**, which uses the poem's words to depict the subject it is about.

The Crier didn't have room last month to showcase the students' work, so we are featuring them here. We hope all students, teachers and staff have a great summer!



## Shape Poems

clockwise, from top left

**Hawaii by Mindy Ruff**  
Ms. Fulkerson 4th grade

**My Hand by Mark Jones**  
Ms. Kuehne 4th grade

**Okidogi by Isaak Ruh**  
Ms. Kuehne 4th grade

**Scissors by Hazelee Smith**  
Ms. McClellan 4th grade

**Trees by Anna Ray**  
Ms. Dale 3rd Grade





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## Haikus

from left to right

**Beach** by Eva Eidson, Ms. Melberg 4th grade

**Selena** by Mackenzie Llorente, Ms. Melberg 4th grade

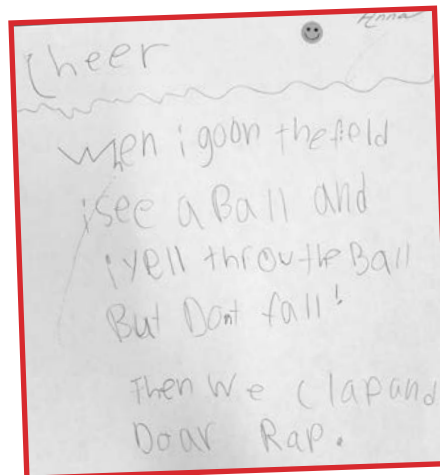
**Breakfast** by Leah Stevens, Ms. Holtzclaw 4th grade

## Couplets

from left to right

**Cheer** by Anna Ray, Ms. Dale 3rd Grade

**Nove** by Brylee, Ms. Dale 3rd Grade



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# FES Dads Club Gives Bus Fleet a Sudsy Summer Sendoff

Text and photos by Betty Lynne Leary

As Fairview Elementary School students and parents wrapped up the school year last month, they tackled one last job that didn't require books, studying or homework.

In what is becoming an annual tradition, the FES Dads Club pitched in to clean the six buses that serve the school. With buckets of soapy water, power sprayers, sponges and brooms, an energetic group of dads and kids got to work in the school's parking lot.

"I like helping the school, keeping things clean, and I'm here with my friends," said Harper, a rising sixth grader. Dave Phillips, president of the Dads Club, noted that not only do the bus drivers appreciate their efforts, but it's an event that gets kids and dads together.

"This event builds relationships with dads and kids," Phillips said. "We're investing in their education and giving back to the school."

Rising fifth grader Eloise joined in with a smile on her face to scrub the dust and dirt from the bus she rides every day.

"I ride bus number 99," she said. "I really like riding the bus after school and talking to my friends after working all day. I came to help because riding the

bus is a fun part of my day." Rachel Austin, assistant principal at FES, praised the drivers who ferry the kids to and from school each day.

"I have a phenomenal bus team," she says. "They love our kids!" She noted that after Helene, one of the bus drivers took his all-terrain four-wheeler to check on the kids to make sure everyone was safe.

Aspen, a rising first grader, also pitched in that morning to help his friends with the cleaning.

"I came to help because I like to ride my bus," Aspen said. "Riding the bus is the fastest way home!"





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# Changing Lives for the Better at CCMS

As an administrator, during the last moments of the school year, I often find myself working with students who have stepped on someone's toes, so to speak. Truthfully, things have been pretty peaceful this year. I almost always start my submissions by sharing a school story from my many years as a teacher and administrator. After all, I was a classroom teacher for 27 years and have been an administrator for 24 years. If I don't have a story to tell after all those years, then I haven't been paying attention.

Yet one of my favorite stories just happened and it really touched my heart—right here at Cane Creek Middle School! I spent a fair amount of special time with an 8th grader who I will call "E." On the first morning of testing, I was walking past a class as students were getting ready for testing. Near the front of the room sat E. I walked through the door and announced that I would bribe him to do what he needed to get a 5. He asked what the bribe would be. "I'll give you a nickel if you get a 5." Being an 8th grader, he smiled, knowing that a nickel wasn't much of a bribe. And, of course, being a smart aleck, he knew I was joking. Early the next week, I saw E in the hallway but didn't know that his

first EOG (end of grade) yielded a 5. I leaned in and said, "How about double or nothing?" He looked at me and said that he wasn't really confident about the next test. "Well, are you a risk taker, or do you want to give it your best shot?"

On the day of 8th grade graduation, he knew his scores, but I didn't. He bumped into me in the gym foyer; we spoke for a moment—and then he wrapped his arms around me in a hug. "You owe me 10 cents—pay up," he said. I did just that. Two shiny nickels for E, and a very special memory for me!

I love to visit the classes here at CCMS, for lots of reasons. E is one of them, but there is a subtext. I loved being a teacher. Good years and bumpy years, it didn't matter. As a teacher, I had both kinds of years. When I visit classrooms or stand in a hallway listening, I get to live vicariously. I also have a twinge of jealousy.

CCMS's teachers are an incredible bunch of professionals. As we close the doors following this tumultuous year, I look forward to the next. Hopefully, we will not have to deal with catastrophic storms. Hopefully, we will cherish the loved ones we've lost and fill our hearts with new relationships and recovery. Hopefully, we will find ourselves changing lives for the better, and by so

doing help to heal the world, one child at a time and one colleague at a time. In Hebrew there is a phrase, tikkun olam, which means healing the world. Without pandemics and hurricanes, there are still plenty of wounded hearts that we have the power to help heal. Being a middle schooler is bumpy on a good day. With a kind word, a word of understanding, a middle schooler can be hopeful. Kindness never hurts!

On a side note, CCMS is losing two staff members to retirement. The first is Rita Laughter. She is the chief cook and bottle washer in the office, and she seems to always have a smile on her face. Maybe it's her demeanor? Maybe it's her impending retirement? I'm not the best person to determine why a person who is retiring smiles. The other staff member is Jerri Wommack. She's been at CCMS since 2016. Every kid knows Ms. Wommack and loves her. That love is not unrequited. Some kids are easy to hug; others, not necessarily so. For Ms. Wommack, there was always room in her heart for every child.

Both of these staff members will be sorely missed by staff, administration, kids and the community.

Yes, it has been a tough year. As we recover and refresh ourselves this



Charlie Hurwitz and Owen McAbee, both 8th graders at CCMS, qualified to compete in National History Day last month in Washington, D.C. They earned the trip by building a website based on their research of Plessy v. Ferguson. The landmark Supreme Court case in 1896 upheld racial segregation laws of the time.

summer, my wish to all of you is to remember that you are incredibly powerful people. Have a great vacation. See you in a few short weeks!

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



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# A Floating Ring on a Pencil

This trick teaches patience, showmanship, and gives a great confidence boost to young magicians. It's easy to make, packs small and performs big—perfect for sharing with friends or putting on a backyard show!

**What You Need**

- A pencil or pen
- A small ring (plastic or metal)
- A piece of clear sewing thread (about 12 inches long)
- Tape
- Scissors

**The Setup**

Parents may help younger kids

1. Cut a 12-inch piece of clear thread.
2. Tape one end of the thread to the top of the pencil, near the eraser.
3. Tape the other end to your thumb (on your writing hand).
4. Hide the thread by wrapping your fingers naturally around the pencil when holding it. The thread should be tight when your thumb is near the pencil and slack when it moves away.

**The Trick**

1. Hold the pencil horizontally in one hand, with your thumb up.
2. Drop the ring onto the pencil. It will rest on the thread, not the pencil itself.
3. Slowly move your thumb away from the pencil—the ring will appear to rise or float up the pencil!
4. Move your thumb back toward the pencil and the ring will “slide” back down.
5. Act amazed! Let the ring drop off the pencil to show it's normal.

*Magic Words: “As the ring rises, so does your amazement!”*

**The Secret**

The ring is not floating by itself—it's resting on the invisible thread. Moving your thumb controls how the ring moves. It looks like magic, but it's simple science and setup!

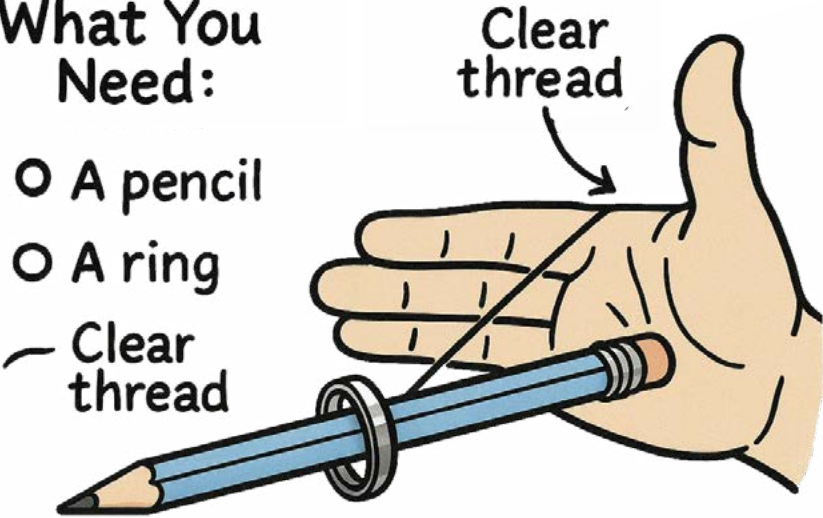
**Tips**

- Practice in front of a mirror.
- Don't show the back of your thumb where the thread is taped.
- Clear thread is key!

# THE Floating Ring ON A Pencil!

**What You Need:**

- A pencil
- A ring
- Clear thread



“As the ring rises, so does your amazement.”

Greg Phillips is a pastor, magician, and comedian who loves using creativity to inspire wonder and joy. He enjoys sharing stories and tricks that spark imagination and faith. Learn more at [GregPhillipsMagic.com](http://GregPhillipsMagic.com) or [PastorGregPhillips.com](http://PastorGregPhillips.com).

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# Local Kiwanis Members Help Support Food For Fairview

By Jeff Pearsall

Here is another example of how the Fairview community has come together to help each other in the recovery from Helene. Several Fairview residents—Karen Korp, Russ Martin and me—are volunteers with the Asheville Kiwanis Club, which recently presented Food for Fairview (FFF) with a community grant of \$1,600. Several Kiwanis Clubs from around the country have sent financial donations to help with hurricane relief and assisting communities in need. These funds were part of those donations, and also served as a matching grant of funds raised this year by the A.C. Reynolds High Key Club, which was donated to MANNA Food Bank.

The FFF mission is to share the love of God by assisting individuals and families

of the Fairview community who are experiencing financial hardship. Each week, a tireless group of volunteers maintain the pantry, serve 30 to 50 families, and accept donations of non-perishable items and financial contributions to support their ongoing efforts. The pantry is open Mondays from 3:30–6:00 pm, and is located at the Fairview Community Center (in the Fairview Elementary parking lot). Learn more about them at [food4fairview.org](http://food4fairview.org).

Founded in 1919, the Asheville Kiwanis Club has the mission of “improving the world one child and one community at a time.” Kiwanis plays an important role in the Asheville area by providing services to underprivileged children, organizations and area schools. Learn more about getting involved with Kiwanis at [kiwanisofasheville.org](http://kiwanisofasheville.org) or

send an email to [kiwanisclubofasheville@gmail.com](mailto:kiwanisclubofasheville@gmail.com).

In addition to the Fairview Kiwanis members, also in attendance at the check presentation were Elaine Grella from Kiwanis; Beth Love (advisor) and Emily Neel (student president) of Reynolds Key Club; Kay Craig (Assistant Program Director at FFF); and several pantry volunteers.

## ON THE ROAD



(l to r) Annie Louise, Isaiah, Sidney and Ivy Perkinson said they “were so fortunate to take a trip to Nepal and Thailand last fall. We were truly inspired by the wonderful people we met, the altars everywhere, and the seamless integration of spirituality in everyday life.”

Share your travel photos with us at [ralph@fairviewtowncrier.com](mailto:ralph@fairviewtowncrier.com).



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Brought to you by Ralph Grizzle, one of the Crier's editors and the owner of River Cruise Advisor.

Interested? Reach out to Ralph at [rivercruise@fairviewtowncrier.com](mailto:rivercruise@fairviewtowncrier.com).

For general info about the cruise, visit [tinyurl.com/criercruise](http://tinyurl.com/criercruise) (but don't book yet).

The Busy Season

After making timely splits in April and May, Mike has not had any swarms and every colony has made new queens, which are now laying eggs at a good pace. His five colonies are all reaching peak size, with as many as 30,000 individuals in each hive. Walker is continuing to rebuild his apiary from donated splits, cut-outs and captured swarms and hopes to reach his goal of 100 hives by autumn. We are both working hard to monitor varroa mites.

We are keeping a close eye on local flora. The diversity and timing of flowering plants is critical for providing the nectar and pollen the bees need to thrive. In May and until recently, we noticed chestnut, poplar, Japanese holly, black locust and blackberry in bloom. We continue to remove full supers or individual frames with capped honey. Uncapped honey is usually better left in the hive because honey with excessive moisture can ferment. We are still waiting to capture the highly desired honey from the anticipated Sourwood flow, which hadn't started as of the writing of this article. Mike has many oak leaf hydrangeas, a native plant, behind his house that are currently in bloom. In addition to



their beauty, native plants often provide a significant amount of pollen and nectar for bees and aren't seeded with dangerous insecticides.

Last year, we didn't have nearly enough rainfall in the late spring and early fall, so we didn't get sufficient nectar from the plants for a great honey crop. This year, hail storms and heavy rains cut short our heavy spring nectar flow. We expect that there will be plenty for the girls to make enough honey to get them through winter, but we're uncertain if there will be an abundant honey harvest for us. The girls use enzymes to break down the sugars in the nectar and transform it into honey. They will then fan the honey with their wings to bring it to the optimal moisture level (between 16% and 18%). At that point, they will cap it with wax to prevent further evaporation. On hot summer days, it's common to see them "bearding"—which is when bees accumulate in large numbers in front of the hive (see photo). They do this to regulate the internal temperature in the hive. Spring and summer bees are extremely busy, and the girls will live a relatively short life of between two to six weeks. After hatching, the young bee will immediately set out to clean her own cell. Once the

job is done, she will leave a pheromone to tell the queen it's ready to lay another egg. From there, she will move on to a hierarchical series of other housekeeping tasks such as building wax comb, processing nectar to make honey and bee bread, feeding the queen, carrying out dead bees and guarding the entrance. Toward the end of her life, she will be given the task of leaving the hive and foraging for resources. The long flights are arduous and will cause her wings to be frayed, and she can lose her hair. She can be killed by birds, dragonflies and other insects. Or she may encounter poisons and other environmental hazards. She will literally work herself to death.

Male bees (or drones) can live up to 30 days and are needed for mating with a queen from another hive. They do very little other work. Their numbers also increase in the spring and continue through summer, as this is the time when mating is most frequent. Drones generally will not mate close to the hive. Instead, they will voyage to an aerial region known as a "drone congregation area" (DCA).

Drones will continue to regroup in these same areas for many years even though all drones die out over winter. It is generally believed that the same location is chosen



due to its specific characteristics, such as an open area for visibility but surrounded by a barrier for shelter. DCAs can be 300 feet in diameter and 100 feet in the air, so the drones must remain in flight.

They will take multiple flights each day, lasting from ten minutes to an hour. A visiting queen will travel from two to five miles to find a DCA far from her own hive to ensure she is not mating with one of her brothers. If a drone mates with a queen, it will last a few seconds and result in his death. The queen will mate with many drones until she has collected enough sperm, which she will use to fertilize the eggs for the remainder of her life.

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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MEET A MEMBER

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What brought you to Fairview?

While living in Florida and visiting relatives in the Fairview area, my wife and I put an offer in on a piece of property we actually thought to be much too far out to be practical for daily life. Well, 22 years later, here we are, enjoying the natural beauty of this region and the wonderful folks we've come to know in Fairview and beyond.

Why do you love the mountains?

I grew up in the Ocala National Forest, riding horseback through the woods, and rubbing alligator tummies to make them go to sleep was just a part of the everyday fun when we were kids in Florida. Family vacations, the most anticipated ones, anyway, involved heading to the Smokies; our family, being "forest critters" in Ocala, grew to love the Appalachian Mountains and the rich, inviting smell of a campfire in the woods. So the stage was set, you could say, for an appreciation of this region early on in life.

How do you help your clients?

In my over 45 years of tile experience, I have completed jobs on restaurant chains, malls, schools and even on a naval ship. I've worked for the Navy, Air

Force, universities, Shriner's Hospital, Florida State Parks, condominiums, and residences in Florida, Pennsylvania and North Carolina.

I have installed under tile floor heating systems, and worked with space limitations, budget considerations, and handicap (ADA) requirements. I have assisted with architectural specifications for special applications. I am a licensed NC General Contractor. I think my combined skills and experience are an unusual blend for successful results.

My focus is shower leak repairs, remodels and converting bathtubs to walk-in showers—a help for many as our health issues change and some may require a more convenient bathroom setup.

The most important thing to me is the relationship with my clients. I believe in the Golden Rule: "Treat others as you would want to be treated." I work the jobs myself and at a steady pace to complete your project in a timely fashion. Once I begin a job, I will continue until completion.

I enjoy working because I receive satisfaction in making home improvements that people genuinely appreciate and acknowledge. The goodwill of this community is an encouragement and blessing to me.

What are your hobbies and/or passions? I'm a pilot trained in search and rescue and am a member of the Civil Air Patrol.

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

**August Picnic**  
**SAVE THE DATE August 7**  
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Sow The Magic	253-273-7401		<b>REAL ESTATE SALES</b>		
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Is Your Retirement at Risk?

It's important to save for retirement, but only half of Americans have calculated how much money they'll need, according to the 2024 Retirement Confidence Survey by the Employee Benefit Research Institute. Yet without knowing how much you'll need, it's hard to know if you're on track to reach your goals for retirement.

Here are a few considerations to help shape your retirement savings strategy.

Calculate How Much You'll Need

You may dream of retiring "comfortably," but how do you define "comfortable" in terms of actual money? Take the time to outline how much you spend now, and how much you think you'll spend in retirement. That will help you understand how much you need to save now to afford the retirement lifestyle you want later. A financial advisor can help with resources and knowledge for building and managing your retirement strategy.

Start Saving Now

It's easy to procrastinate, especially if you are younger and further away from retirement. But the earlier you start, the less you may need to save from each paycheck to build your funds over time.

If you're closer to retirement, you can take advantage of catch-up contributions to most 401(k), 403(b), governmental 457 plans and the federal government's Thrift Savings Plan. If you're 50 or older, you can save pretax an extra \$7,500 to your retirement account beyond the standard total limit of \$23,500 allowed in 2025. Those 60-63 years old can contribute to these plans an extra \$11,250 above the standard total limit. That's an annual total of \$31,000 for people ages 50 and older; or \$34,750 for those 60-63 years old in pretax retirement plan contributions.

Take the Right Amount of Risk

You may think it's risky to put money away for retirement instead of keeping it handy for discretionary spending. But the biggest risk of all is not reaching your retirement goal. For example, a portfolio that's all in cash will have little increasing value over time and won't provide any growth potential even to keep up with inflation. It's as if you're losing money every year. Then again, if your investments are only keeping up with inflation, your money is not growing. Consider growth investments to help build the funds you'll need in retirement. The key is ensuring you have the appropriate amount of risk—not too

much, but not too little—to achieve your growth goals.

**Save Separately for Emergencies**  
To protect your hard-earned retirement savings, build an emergency fund separate from your long-term investments. It can help ensure you have what you need to cover surprises like a large auto repair, unexpected medical bills, temporary loss of income from changing jobs or early retirement caused by health issues. For most people, three to six months' worth of total expenses is an appropriate amount for an emergency fund. And you'll want to keep it in an accessible, low-risk account that holds cash and equivalents. Above all, try to avoid taking money from your long-term retirement investments. Doing so could result in taxes, penalties and reductions to your overall principal investment, all of which could affect your retirement savings.



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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# Taking Care of Our Senior Dogs

**M**y bad girl Pacha dog turned 14 in February. She was an Asheville Humane Society lonely heart, with intelligence and stubbornness, and no food or treat motivation. It took a number of years for us to figure out our relationship, and now, she's my girl. She's not a snuggler, but her hackles go up in excitement when I come home from work, and she protects us from turkeys in the yard.

Starting about two years ago, she started slowing down on long walks, and you could hear her back toenails drag on the pavement.

In veterinary medicine, we take a multi-modal approach to aging and comfort. We can combine supplements, medications, and environmental changes to help keep our dogs moving and happy.

Joint supplements with glucosamine/chondroitin from the green-lipped mussel provide cartilage building blocks along with having anti-inflammatory effects. Methylsulphonylmethane (MSM) and turmeric also have anti-inflammatory effects.

Omega-3 fatty acids found in fish oils have anti-inflammatory effects for joints.

Adequan is an injectable chon-

droprotective, which helps maintain cartilage integrity within joints. It is used not only for arthritic changes, but also for joint injuries and to aid in surgical joint healing.

Improving traction in the home can help, such as using non-skid rugs on hardwood and tiled floors. There are also toe grips for toenails (Dr Buzby's

**Regular lab work is important—not only to monitor overall health but to ensure that any new medications don't adversely affect your pet.**

toe grips), textured stickers for pads, and booties with grippy bottoms.

Nonsteroidal anti-inflammatory medication is often the first medication we use in dogs. There are liquid and tablet options. Your vet may start a trial initially, to ensure that your dog does not have any digestive side effects (reduced appetite, vomiting) before starting them on a longer course.

These medications are metabolized through the liver and kidneys, so it is important that these organ systems are normal, which is why regular lab work

is important—not only to monitor overall health but to ensure that these medications don't adversely affect your pet.

Other medications that can help with discomfort can include gabapentin and amantadine.

A newer therapy option is Librela, a monthly injectable monoclonal antibody that blocks nerve growth receptors that form with osteoarthritis. The active ingredient, bedinvetmab, interrupts the transmission of pain signals. It can greatly improve some dogs' ability to run and be comfortable, often allowing us to reduce other medications. There can be side effects, and it is not appropriate for all dogs, which your veterinarian can discuss with you.

Acupuncture and cold laser therapy are other alternative treatments, along with physical therapy to help maintain muscle strength and moderate exercise. It also helps to ensure your pup is an appropriate weight, as being overweight puts additional strain on compromised joints.

We want our pets to maintain a high quality of life and the ability to do the things that give them joy, even as they get older. If you have concerns with



Pacha on a recent camping trip

any of your pets, please contact your veterinarian, as we all love the animals we live and work with.

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

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# Who Am I?

I was born in 1951 into a family of farmers. We were a hard-working family who loved the land, and had a deep sense of what we had been entrusted with. We loved God, and we loved each other.

When I was just 4 years old, my family built a house here in Cane Creek Valley. It was a simple house, nothing fancy, but it was built as a labor of love and filled with love. Each family member played a vital role in making our house a home. From the decorating to the delicious cooking, to the regular cleaning, to yard maintenance and family gatherings, each person had a part.

We had a high value for connection, so our home quickly became a gathering place for family and friends. I have countless memories of the joy we experienced sitting around the table, enjoying the produce of our land and simply doing life together. Birthday parties, holiday parties, neighborhood gatherings—all became part of the rhythm of our life. There were no strangers, as we all knew each other.

I was born into a family of visionaries. We were not afraid to dream for the future, and dream we did. Deep within our DNA was the belief that we had an honor and privilege of taking what we had been given and making it better for future generations. We were blessed to be a blessing. It became a common practice to come together and dream of ways to improve our community. Each voice was heard. No idea was too small or too big. We recognized that while we each could accomplish much on our own, what we could accomplish together was unlimited.

Thus my family had a high value for serving. We looked for ways to serve. When I was in my elementary age years, my family took in the neighborhood kids and took the time to develop leaders. We would gather together weekly to encourage one another, share ideas, and challenge each other to greater things. I cannot tell you how many of

those kids went on to be successful leaders as adults, but I can tell you that the influence my family had on their lives was priceless and those times spent together will always hold a special place in our hearts.

As I grew older, more and more opportunities presented themselves to grow. As with any family, as the kids get older, the interests change, and we realized we needed to make some additions on our house in order to accommodate the growth. We also saw the need to expand our vision to the greater community, and we dreamed of ways to help our greater community grow as well.

Of course, as with any family, we have had our ups and downs. We have had hard seasons, and we have had amazing seasons. We have had challenging seasons, and we have had seasons of tremendous growth. We have had times when life was going so well and everyone was getting along. And we have had times when we allowed disagreements to come between us and affect our family. Some have moved away in search of new horizons. Others have stayed, committed to stand strong. Yet through it all we are still here.

Today, as I sit here quickly approaching my 75th year, I cannot help but reminisce about all the times gone by. My house is not as full as it once was. In fact, most days it sits empty. Like many people my age, it feels like life has moved on, and our home resembles more of an empty shell than the bustling hub it once was. So many people speed by it, rushing to get to the next appointment, hardly noticing it is here. Life has become busy. In fact, it seems like to many it is but a distant memory of days gone by. Yet we are not

completely forgotten. There is a stirring, the semblance of new life. Our home has recently been getting some much-needed attention. Improvements are being made once again.

As I flip through the pages upon pages of photo albums that tell our story, I see hope. The pictures speak for themselves. The spirit of cooperation practically jumps off the pages. I see smiling faces. I see people who truly love each other and value each other. I see people working together for a cause greater than themselves. And I confess, I long for those days again.

No, I am not looking to repeat them. That was then, this is now. But the DNA of our family remains. It lies deep within this family, and at the very core of our existence those same values still exist. We still value connection; we still dream dreams; we still believe in making the world a better place to live. It is time for the next generation to step up and help dream for the future of our family. It is time for the next generation to come together and decide not if, but how, they will continue our family legacy.

So who am I?

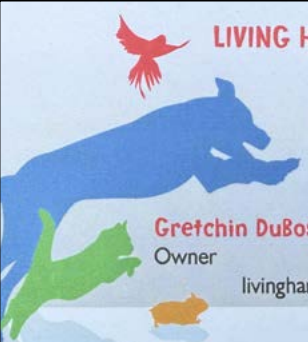
I am Cane Creek Community, and Cane Creek Community Center is my home.

If you would like to keep up-to-date about what is happening at Cane Creek Community Center and learn how you can get involved, subscribe to our newsletter at [canecreekcc.com](http://canecreekcc.com).



Written by Julie Nelms on behalf of the Cane Creek Community Council.

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**Cashtration (n): The act of buying a house, which renders the subject financially impotent for an indefinite period.**

Haunted French pancakes give me the crepes.

What is at the end of a rainbow?  
Answer: The letter W!

It annoys me when people misuse the words concrete, asphalt and gravel. Proper cementics is important, people!

You know you're getting old when you can't walk past a bathroom without thinking, "I might as well go while I'm here."

A cop pulled me over and said, "Sir, we are looking for a suspect that fits

your description. Where were you between 5 and 6?" I looked at him and replied, "Kindergarten." He didn't find it too funny.

Did you know that laughing at your own mistakes can lengthen your life ... but laughing at your wife's mistakes can shorten it instantly?



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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# Cicadas: A Crunchy Chorus?

The summer solstice is approaching later this month and warm temperatures have arrived, breaking the deliciously cool, wet spring that we have experienced in our beloved mountain communities. Mercifully, all of the post-hurricane structural repairs have been completed on my home and only a few items remain to be tended to on the land. I am so enjoying being back home in these mountains and having stable health once again after recent cancer return scares, a bout of pneumonia and ongoing heart realities. Every day alive is a precious gift for me and I celebrate the wonders of nature every day, as I have for most of my life.

Since chemotherapy, I cannot sleep long. I awaken, light my candles and come out on the porch to pray and meditate. Soon after the sun rises, I adore hearing the 17-year cicada symphony. I know many people think they are creepy and a nuisance, but I find them magical and amazing. I have shoosed a few off some of my special wildflowers that I have nursed over the years, but they really do very little damage to plants.

I find their song to be a soothing, healing delight, mingling with the chorus of birds. To me, it is astonishing how complex and resilient nature is:

millions of these creatures can burrow underground and live in a state of suspended animation for 17 years, then all come out at once.

Will I live long enough to witness this wonder of nature again? No one knows! What I do know is that I love and celebrate them, and there are a lot of happy birds, bears, raccoons and assorted wildlife that got a marvelous nutritional boom after a massive hurricane. And some dogs gobble them up like candy!

Many humans prize them as an addition to their diet. Many scientists believe “bugs” can provide an antidote to world hunger, as they are loaded with protein, fat and minerals, easy to propagate and distribute. But many have cultural traditions that are harder to break—and that includes me. I’ve only eaten bugs once, when I worked at the “insect zoo” at the Smithsonian’s

Museum of Natural History in the ’80s. The chocolate-covered ants and roasted mealworms with honey were quite tasty.

All sources I know of say the newly hatched cicada larva are the best, but most people gather the ones with wings and put them in the freezer like lobsters to induce “sleep,” then either fry or deep fry them until crispy. A number of folks remove the wings and legs, but others swear they are the best parts. Some folks cover them in chocolate or honey or use spicy curries, garlic and herbs.

I haven’t tried them yet, but my philosophy is to not knock it until I have tried it. My diet has radically changed as a result of cancer, so these days I tend to keep things very simple and basic according to my needs. But I do look forward to trying them at least once. Many Native American tribes in the

Northeast prize the 17-year cicadas, and they are used widely in other cultures, such as Mexico, China, India and other parts of Asia. In Chinese medicine, the shells are used in concoctions used to treat sleep disorders and convulsions. Cicadas are quite high in protein—they have approximately 1.5% more protein than either pork or eggs and significantly less fat content.

Cicadas have been featured in literature dating back to Homer’s Iliad. They appear in poetry, frequently in Japanese haiku, as well as in various forms of song, dance and art around the world, and they are part of the mythology and history of many cultures.

Here in the mountains, to me they are simply one of the many wonders of the natural world, and I feel privileged to have experienced these wondrous creatures’ 17-year cycles so many times in one lifetime.



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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.

Juniors



Jewell Morgan	Florence Morgan	Guy Jenkins	Mary Franklin
Catherine Sales	Nell Wright	Lovata Smart	Oleta Williams
Sara Miller	Marie Goforth	Pauline Nesbitt	Blaine Blankinship
Mabel Reed	Emily Hamlin	Jeanne Plemons	Halcyone Collier
Elizabeth Johnson	Lillian Stroupe	Mildred Sales	Elizabeth Miller
Dean Allison	Miss Trowbridge	Beatrice Ingle	Ben Nesbitt
			Grant Williams

Seniors



CAROLYN HUNTLEY <i>It may be true that she is our class grumbler, but she is very graceful with her grumbling.</i> Most Graceful Girl Dramatic and Music Clubs	LOUISE JENKINS <i>Loved by everyone as she loves everyone--so we say she is most in love.</i> Most Modest Senior Dramatic and Music Clubs	J. C. JUSTICE <i>We wonder if these go together--</i> Most Popular and Best Dressed Boy Future Farmer of America
MAC KENNICKELL <i>"And still they gazed, and still their wonder grew; How one small lad could all that noise bestre."</i> Best All-Round Boy President of Senior Class Dramatic Club	MOZELE KUYKENDALL <i>Without her, quite a few of us would be less pretty, for she's our beautician.</i> Most Popular Girl Basketball Team Dramatic Club	AUDREY McABEE <i>Cute in action; cute in words.</i> Cosmic Club



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A Weekly Routine

Your skin deserves more than daily maintenance—it craves weekly renewal. While your morning and evening routines handle the basics, incorporating strategic weekly treatments can unlock your skin’s true potential and address concerns that daily care simply can’t reach.

**Sunday Reset Ritual:** Start your week with a gentle exfoliating treatment to slough away dead skin cells and prep your complexion for maximum product absorption. This single step can instantly brighten dull skin and minimize the appearance of fine lines.

**Wednesday Deep Clean:** Mid-week calls for a purifying clay mask or deep-cleansing treatment. This targeted approach draws out impurities from clogged pores and rebalances oil production, preventing breakouts before they start.

**Friday Glow Boost:** End your week with an intensive hydrating mask or overnight treatment. Your skin repairs itself most effectively during sleep, making Friday night the perfect time for rejuvenating serums and rich moisturizers.

These weekly power moves complement your daily routine without overwhelming your skin. The result? Visibly clearer, smoother, and more radiant skin that looks professionally treated.

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.

Higher Premiums Soon

A new North Carolina state law raised auto insurance liability limits on July 1. This change increases the minimum required coverage for drivers to:

- \$50,000 for bodily injury per person (up from \$30,000)
- \$100,000 for bodily injury per accident (up from \$60,000)
- \$50,000 for property damage (up from \$25,000)

When your current policy renews next, your insurer will automatically adjust your coverage to meet the new minimums.

Also starting July 1, policyholders can access the full limits of their underinsured motorist (UIM) coverage, without reductions based on the at-fault driver’s liability coverage. This helps protect the people who carry insurance from those who decide to go without any insurance. While these changes aim to provide better financial protection, they will lead to an increase in insurance premiums.

Joanne Winkler is the owner of ESCO

Insurance Agency and lives in Fairview. 231-6577 or esco1960.com.

The Secret to Weight Loss

Let’s be honest: dieting can feel like a never-ending game of "lose it, gain it back." One week you’re crushing it, the next...not so much. Sound familiar? You’re not failing, you’re just stuck in a cycle that’s built to break you. The good news? There’s a simple, no-nonsense way out: whole foods.

That’s right—no gimmicks, no calorie-counting marathons, and definitely no weird detox teas. Just real food, eaten the way nature intended.

So, what exactly are whole foods? Think vibrant veggies, juicy berries, fresh meats and rich avocado. These are foods that haven’t been stripped of their goodness or drowned in chemicals. They’re full of fiber, vitamins and the kind of fuel your body actually knows how to use.

Now compare that to a box of cookies or microwave mac and cheese, which are super processed, super addictive and super unhelpful for weight loss. These foods light up your brain’s reward system like a slot machine, then leave you crashing, craving and hungrier than before.

Whole foods, on the other hand, fill you up and slim you down. They’re naturally lower in calories but higher in

satisfaction. They regulate your hunger hormones and keep your metabolism humming. Bonus: you’ll probably sleep better, think more clearly, and have way more energy.

Start small. Replace one processed item a week with a whole food alternative. Plan your meals. Read nutrition labels. Avoid anything with ingredients you can’t pronounce. Little changes lead to big shifts.

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

No Down Payment?

Many people assume you need 20% down to buy a home, but that’s not always true. Some loan programs are designed specifically for first-time buyers and offer options with low or even no money down. Instead of paying rent and building someone else’s equity, why not invest in your own future?

Homeownership is a powerful way to create long-term financial stability. With the right guidance, you can navigate the buying process with confidence and take the first step toward owning your own place.

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




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The New Me

After 24 years, I am retiring and proud to hand over Prime Time Solutions to my son, Aaron. I interviewed him to highlight what he brings to the company. You'll see why I'm so proud.

**Dad:** Tell me about yourself.

**Son:** I have lived in Fairview since 1993, appreciating its mountainous landscapes and rivers. I attended Reynolds High and AB-Tech, achieving dual degrees in Business Administration from Appalachian State University. My wife Katie and I are celebrating 18 years of marriage this year. Our son, Luca, has completed the fifth grade at Fairview Elementary, while our daughter, Isabella, graduated from Reynolds High and finished her first year at AB-Tech. I had a passion for rock-scaping and water features, a career I built over 12 years, including five as a business owner. I subsequently transitioned into video production. Over a period of 10 years, I contributed to raising more than \$2 billion for nonprofit organizations globally. I felt the pull to return home and serve my local community.

**Dad:** Why stay in the Asheville area?

**Son:** Family has always been a top priority for me. My family and my wife's family live here. I wanted our children to grow up surrounded by their grandparents. Having that close-knit support system and raising our kids here where we were raised felt right for us.

**Dad:** Why do you care about others?

**Son:** My parents raised me with a servant's heart, and I've always felt most

fulfilled when I'm helping others. Now, as I have transitioned into insurance, my mission remains the same: to serve. Helping people feel secure and supported is at the heart of everything I do.

**Dad:** Why is it so important for you to help others in need of assistance?

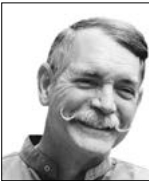
**Son:** During the six years my mother-in-law battled cancer, our family stood by her side. My experiences advocating for her significantly shaped my views on healthcare and insurance. Providing support to her was comforting for both of us and highlighted the importance of having someone who can guide and educate during critical decisions. This inspired me to offer the same level of help and assistance to others.

**Dad:** What is your vision for Prime Time Solutions?

**Son:** To offer a clear, educational approach to Medicare decisions, ensuring clients feel confident and empowered to make informed choices that meet their needs and provide peace of mind.

**Dad:** What can clients expect from you?

**Son:** Honesty, transparency, integrity and compassion guide my interactions. I am dedicated to my clients and community. If I don't know the answer, I'll find it and keep you informed, supported and confident in your decisions.



Prime Time Solutions, offering local, free, no-obligation consultations: 628-3889.

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

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

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



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