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The Fairview Town Crier

AUGUST 2025 VOL. 29, No. 8 | FAIRVIEW, NC | fairviewtowncrier.com



Still Strong FAIRVIEW UNITED

9/27/25 FROM 9:27 AM - 4 PM
Community market from 10-4

**FAIRVIEW COMMUNITY CENTER
1357 CHARLOTTE HIGHWAY**

Remember and Rebuild

On September 27, from 9:27 am to 4 pm, FairviewStrong.org and the Garren Creek Foundation will host a day of remembrance, resilience and community at the Fairview Community Center, marking the one-year anniversary of Hurricane Helene.

The event will begin at 9:27 am with a memorial walk led by bagpipers to honor the lives and property lost, and to celebrate the resiliency of the Fairview and WNC communities. The rest of the day will celebrate recovery, recognize progress and support local businesses and makers.

The community center will host a fair with local handmade goods, arts, crafts and local food. The event is family-friendly and free to attend.

The Garren Creek Foundation and FairviewStrong.org were born out of the aftermath of Helene, turning

grassroots relief efforts into a long-term commitment to community care, disaster preparedness and resilience in the face of future challenges. They refuse to let their neighbors be forgotten.

This recovery is far from over, but together we are Fairview Strong.

LEARN MORE

email info@garrencreek.org or fairviewstrong.org@gmail.com

visit facebook event at tinyurl.com/528e3z8d

VOLUNTEERS NEEDED!

email info@garrencreek.org

call 280-7610

visit tinyurl.com/bdfkb9k2

LEARN ABOUT THE LIBRARY'S BOOK SALE, THE FIRE DEPARTMENT'S SERVICE DOGS, AND MORE IN OUR NEWSLETTER. Sign up at fairviewtowncrier.com.

August 15 Deadline for Booking “Cruise with Purpose”



Discounted single cabins for solo travelers are sold out, but there are still savings of \$1,000 per person for WNC residents sharing a cabin on the April 23, 2026 Flavors of Burgundy river cruise.

This isn't just another cruise.

This trip was born out of a conversation that our editor Ralph Grizzle had with AmaWaterways' co-founder Kristin Karst last March. Kristin, who lives in Los Angeles and has faced her own share of natural disasters, asked how she could help the Fairview community recover from Helene's damage.

After some heartfelt discussion, Kristin offered to donate a portion of sales back to the community and even gift one cabin to a deserving Fairview resident.

We'll cruise the Saône River aboard AmaWaterways' *AmaCello* on a seven-night itinerary, ending in Saint-Jean-de-Losne—gateway to Dijon.

For every stateroom booked on this hosted cruise, AmaWaterways will donate \$200 to FairviewStrong.org, the nonprofit delivering direct aid to families rebuilding after the storm. From repairing homes to replacing essentials, FairviewStrong.org ensures every dollar goes where it's most needed.

In addition to discounts totaling \$500 per person, WNC residents will receive \$1,000 off per stateroom for couples using the code “COUPLE1000.”

This limited-time offer expires August 15, 2025. Bookings are open now at tinyurl.com/yc7anuwv.

The AmaCello is a boutique river ship with just 70 staterooms—small enough to feel personal, and big enough to offer plenty of comfort. Within a day or two, you'll know the crew by name and feel like part of a floating village.

Onboard highlights include:

- Daily wine tastings and food pairings showcasing the region's famed wine.
- Guided bike tours and hikes through vineyards, villages and châteaux.
- Small-group excursions with exclusive tastings and artisan visits.
- All meals included, with wine, beer and soft drinks at lunch and dinner.
- Evening entertainment and enrichment talks.

BACK TO SCHOOL

August 22

FAIRVIEW ELEMENTARY

Meet the Teacher 8–10 am

August 21

A.C. REYNOLDS MIDDLE

Meet the Teacher 6th grade (9–11 am)
7th and 8th grades (1–3 pm)

August 22

CANE CREEK MIDDLE

Meet the Teacher 10 am–12 pm

August 21

A.C. REYNOLDS HIGH

Freshman Liftoff
(8:45 am–12:30 pm)

**First Day of Public School
AUGUST 25**



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COMMUNITY EVENTS & UPDATES

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 30. Asheville High Auditorium. 419 McDowell St., Asheville.

AUGUST 1
COMMUNITY ENGAGEMENT MARKET

3-4 pm. A free farmer's market-style food distribution by MANNA FoodBank, plus community resources at the Fairview Library, 1 Taylor Rd., Fairview. No ID required.

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 Rd., Fairview.

AUGUST 9
ANNIVERSARY EVENT
Specialized Fitness

9 am-2 pm. Celebrating four years. See ad on page 6.

AUGUST 12
QUARTERLY MEETING
Cane Creek Community Center

7 pm. The agenda will include planning for a work day in September and the Homecoming celebration in October. 1370 Cane Creek Rd., Fletcher.

AUGUST 16
ANNUAL PICNIC
Spring Mountain Community Center

6 pm. All are invited to the annual picnic. Please bring a covered dish or dessert if you can. Meat will be provided. Dessert can be entered in a contest. Also, there will be a ducky derby. If you have any questions just call Shirley at 777-4047. 807 Old Fort Rd., Fairview

GARREN CREEK FOUNDATION

August 2, Yoga. For all levels and ages, 10 am. August 4 & 11, Craft & Play, 3:30-5:30 pm. August 18, Slip-n-Slide Party, 3:30 pm. August 21, Community Dinner and Barn Jam. Every third Thursday. Free dinner and open jam session 6-9 pm. All events are at 1198 Garren Creek Road and are free. Donations always accepted.

WILDERNESS MUSE

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

ADVERTISER EVENTS

Second Saturdays—Rusty Dog Arts & Crafts Show. See ad on page 22.

August 21—Plant-based cooking class. Fairview Seventh Day Adventist Church. See ad on page 16.

FOOD PANTRIES

Food for Fairview

Fairview Community Center, 1357 Charlotte Hwy., Fairview
Mondays: 3-6 pm

Root Cause Farm

26 Joe Jenkins Rd., Fairview
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

SAVE THE DATE

SEPTEMBER 9

The Cane Creek Cemetery Association will meet on September 7 at 2 pm at the cemetery on Graveyard Road for their annual meeting. Visitors are welcome. The board needs new people to be involved. For more information call Pat Jenkins at 279-2520. Please bring a folding chair if needed.

SEPTEMBER 20-21

Twenty-four farms will take part in Appalachian Sustainable Agriculture Project's 2025 Farm Tour. You can experience working farms through guided and self-guided tours, demonstrations, interacting with farm animals, u-pick fruit and flowers, local food and drink tastings and more. The tour is open to attendees of all ages and abilities. Descriptions of farm offerings, plus a map, driving directions and tour tips are available at asapconnections.org/farmtour.

Fairview-area farms

Flying Cloud Farm
Hickory Nut Gap Farm
Root Cause Farm
Terramonga Farm
Warren Wilson College
WilderKin Beekeeping

Make Sure Your Voter Registration Is not Missing Data

Even though the next elections in Fairview aren't until 2026, it's time to make sure your registration records are complete.

There's a reason this is coming up now. During the court case associated with the race for Seat 6 in the NC Supreme Court in the last election (which lasted until May), the opposing sides argued over whether to count ballots that were submitted without identification numbers.

In the aftermath of the court case, the NC State Board of Elections launched an effort to collect those identification numbers for voters on the state's voter rolls to avoid any future confusion for voters, candidates and the courts.

Under federal and NC law, when a person registers to vote, they must provide their driver's license number or, if they don't have one, the last four digits of their social security number. This information is used to verify the person's identity. Without this information, NC citizens can still vote with provisional ballots, but these can be challenged—and may be rejected.

The state Board of Elections wants to ensure accurate, complete voter rolls, and so is making a concerted effort to make it easy for voters to check and, if needed, update their registration.

We bring this to our readers' attention because we have searched the webpage the state has set up and there are Fairview residents on the list.

How Do I Know If I'm on the List? How Do I Update My Data?

- A dedicated webpage (ncsbe.gov/registrationrepair) has been created. It includes a link to the Registration Repair Search Tool, which allows registered voters to search the list to see if they are on it. The data in the search tool will be updated every morning to show only those registered voters who still must provide missing data. The webpage offers three options for voters on the list to provide the required information to election officials. It also includes answers to frequently asked questions about the effort.
- Call the Buncombe County Board of Elections at 250-4200 or visit them in person at 35 Woodfin Street, Asheville.
- Look for a letter from the State Board, which will be mailed in August to those who remain on the list of affected voters. Each mailing will include a self-addressed, postage-prepaid return envelope and a simple form for collecting the required information, as well as information about the secure online NCDMV voter registration portal, where voters can update their registration information.

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

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

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

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Summer Fun and Celebrations

Thank you to all the families who made Fairview Library part of your summer fun! From storytimes to ice cream treats, we've loved spending the season with you. A big shoutout to the Fairview Fire Department for a fun and informative program highlighting their trucks and fire safety, the Friends of the Fairview Library for helping make our July Book Sale a success and for all their incredible support, and Hilltop Ice Cream and Hickory Nut Gap Farm Store for generously providing some yummy treats at our recent kids' events.

AUGUST UPDATES

Fairview Oral History Celebration
You're invited on September 13 from 5–7 pm at the Fairview Library! Join us in honoring the volunteers, storytellers, and community members who helped make this special project a reality. Dedicated interviewers and gracious participants came together to preserve the voices and experiences that shaped Fairview's unique history. These recorded interviews are archived along with other Fairview History in Buncombe County Special Collections and are available to the public online at tinyurl.com/FairviewHistory. Whether you contributed your story,

helped behind the scenes, or are curious to learn more about Fairview's past, we'd love to see you. The evening will feature Fairview trivia, remarks from local leaders, and refreshments as we celebrate the richness of our shared community. Help us thank those who shared their time, memories and heart with this project, and learn how you can be part of preserving Fairview history. Bring your neighbors, your curiosity and your stories. Let's celebrate Fairview together.

Don't Forget the Seed Exchange
Stop by any time the library is open to check out free seeds for your late-summer or fall garden. Grow something new this season.

KIDS PROGRAMS

Weekly favorites
Baby Gym at 10:30 am on Wednesdays and *Preschool Storytime* at 10:30 am on Thursdays.
Storytime at Hickory Nut Gap Farm (August 7 & 28 at 2 pm). Stories, songs, and activities in the Big Barn at Hickory Nut Gap Farm.
Afternoon Art Experiences (ages 5-12) *Junk Journaling Workshop* (August 8 at 3:30 pm). This art form emphasizes the



The Fairview Fire Department visited the library this summer to teach kids and families about fire safety and to let them explore the trucks up close.

use of found and recycled materials to create a personal, artistic record of thoughts, memories, and inspiration. *Learn & Create* (August 22 at 3:30 pm). Learn about an influential artist and create masterpieces influenced by their style. **Giant Outdoor Game Days** (August 9 & 23 at 11 am). **Outdoor Storytimes** (August 9 & 23 at 2 pm).

ADULT PROGRAMS

Fiber Arts Club (August 13 at 6:30 pm). A gathering of those who enjoy knitting, crocheting or other fiber crafts, and hanging out with new friends. This is not an instructional group, but beginners are welcome.

Mindfulness Meditation (Thursdays, 3-4:30 pm) Join us for a weekly mindfulness meditation workshop designed to help you relax, focus, and reconnect through guided practice and gentle reflection.
Paper Play: Pamphlet-Stitched Books (August 29, 1–3 pm). In this introduction to the art of bookmaking, we will create several simple handmade books using the pamphlet stitch. With a few basic bookmaking tools, you will practice measuring, folding, scoring, punching holes with an awl, and stitching. All materials will be provided. Registration is required.
SAVE THE DATE
Seed Saving Workshop (September 24). A Master Gardener will explain the basics of harvesting, processing, drying, cleaning and storing seeds.
Southern Mountain Music (September 25). A program with Wayne Erbsen, featuring music and stories about pioneers of old-time and bluegrass music.
Jen Waite is the branch manager of the Fairview Public Library. Contact her at Jen.Waite@buncombecounty.org or call 250-6496.

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Fairview

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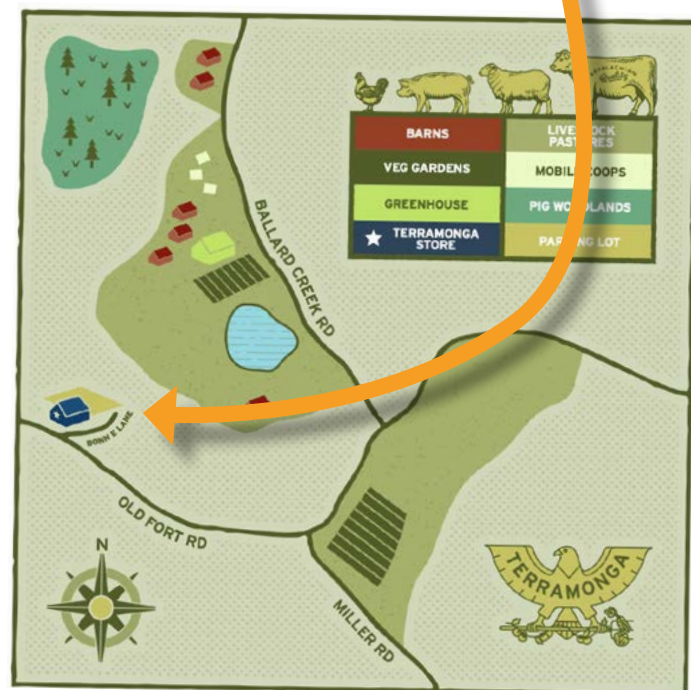


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How to Help Your Kids as Helene Anniversary Approaches

by Jillian Kelly Wavering

As a child therapist with experience supporting children and their families after a traumatic event, I'm aware of how anniversary dates can re-awaken feelings of vulnerability and pain. And, as a Fairview parent to two young children, I've been thinking a lot about the upcoming anniversary of Hurricane Helene.

Before we jump into some guidance on how to support your child in the coming weeks, let's explore some common responses to anniversary dates, or "traumaversaries." These include: heightened anxiety (which often first shows up as tummy aches or headaches), developmental regressions (such as bedwetting, nightmares, "baby talk"), and mood changes (irritability, clinginess). While young children won't yet be aware of calendar dates, they are sensitive to the passing of time and will connect the sensory aspects of the month of September—the change of season and all that comes with it. But children are incredibly resilient, with their capacity for imagination, super malleable brains, and big open hearts. Below are some ideas to consider as the anniversary of Hurricane Helene approaches.

Talk About and Normalize Feelings
Create a calm, inviting space in your home to ask your child how they are feeling about the upcoming anniversary. Validate

their feelings and normalize having big feelings around this time. Correct any misinformation and gently check for any indications of maladaptive thinking (e.g., "this will happen every year, we need to get ready") or rogue magical thinking (e.g., "if I just do everything perfectly, nothing bad will ever happen to my community again"). Explain in simple, honest words what is in your control, and what is not. You can use art as a way to explore this concept, drawing a circle and placing words, images or drawings inside and outside the circle. Younger children may benefit from using figurines to play out their ideas. In my office, construction vehicles, nature items, and home-oriented toys help facilitate these conversations. Provide reassurance about safety measures/emergency plans in place for your family. If you're interested in additional resources, consider checking out the free resources at the National Child Traumatic Stress Network (NCTSN: nctsn.org/resources/all-nctsn-resources) or free downloadable books specific to natural disaster by Piplo Productions (piploproductions.com/stories/trinka-and-sam-hurricane). And,



as always, if you have concerns about your child's mental health, speak to your pediatrician about referrals for care.

Create Meaningful Commemoration Opportunities
Actively doing something like planting flowers or trees in the community can provide a visible, tangible sign of growth and healing. By helping others, children are given an opportunity for control, which is necessary when traumatic memories of feeling out of control arise. For children who are grieving the loss of a loved one, joining a grief support group can provide a sense of togetherness and understanding. Locally, Four Seasons (fourseasonscare.org/our-services/grief-services/compass-child-adolescent-grief-services) is a wonderful resource; nationally, The Dougy Center (dougycare.org) is comprehensive.

Creative Care Practices
Children may enjoy creating artwork that expresses feelings and refreshes memories of their family's courage over the past year. Older children may enjoy writing a letter to their past self, sharing what they've learned about themselves during

the difficult weeks and months following Hurricane Helene. Consider some family rituals or transitional objects that are symbolic and comforting.

Be Mindful About News Programs
Limit graphic images from cell phones and television news programming as the anniversary approaches. The visual and auditory intensity of watching the news amplifies the body's stress response system, re-activates traumatic memories, and can impact sleep and overall self-care.

Acknowledge how far we've come. Be gentle on yourself. And remember that healing is not linear; it's a unique and vast experience, and the entry point is always right where you are. I'll leave you with a quote by beloved Fred "Mr." Rogers: "At many times throughout their lives, children will feel the world has turned topsy-turvy. It's not the ever-present smile that will help them feel secure. It's knowing that love can hold many feelings, including sadness, and that they can count on the people they love to be with them until the world turns right side up again."

Jillian is a proud mom to two nature-loving sons and wife to a Fairview Elementary Dad's Club member. She is a psychotherapist for childhood grief and trauma. Prior to moving to Fairview, she worked in medical settings in the Bronx, NY. She can be found at ashevillechildtherapy.com.

Cruise France's Wine Country and SUPPORT FAIRVIEW'S RECOVERY

Experience the flavors of Burgundy on a seven-night river cruise in April 2026.

WNC residents receive an additional **\$1,000 off per person** of the already-reduced price.

Book by August 15 to receive the reduced price!

You'll be giving back while you cruise.

AmaWaterways will **donate \$200 per booked cabin to FairviewStrong.org** to aid in Fairview's recovery. And it will also **donate a free cabin to a deserving person** from the Fairview area who helped others after the storm.

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

For general info about the cruise, visit tinyurl.com/CruiseWithPurpose.

More info? Reach out to Ralph at rivercruise@fairviewtowncrier.com.

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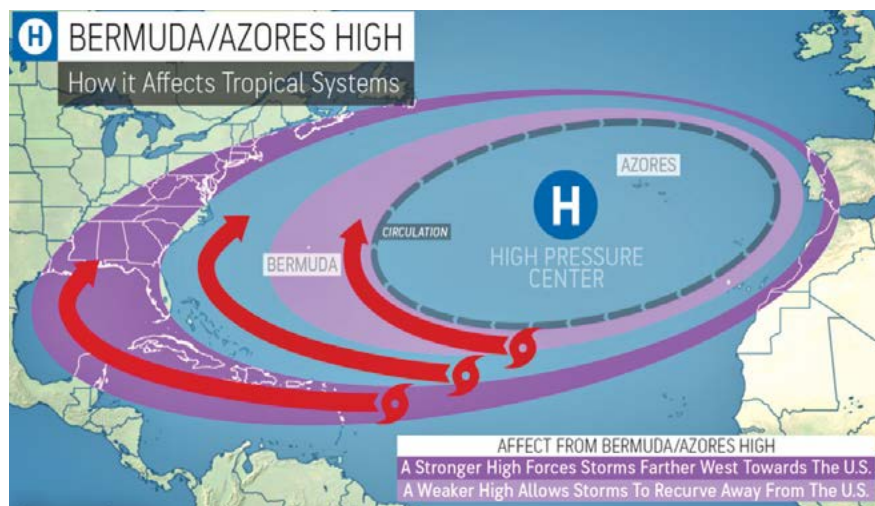
19 KRISTIE SCOTT LANE, FAIRVIEW
behind KD's gas and Trout Lily

Foggy Morning Breakdown

Get ready for foggy mornings to return! Fog occurs in the morning when the air close to the ground cools overnight and becomes saturated. (Its relative humidity reaches 100 percent, so the water vapor in the air condenses and creates tiny suspended water droplets, aka, a cloud on the ground). The number of foggy mornings on average is greatest in August, with dense fog on about 12 days of the month. This fog usually burns off by mid-morning on most occasions.

By mid to late August, we are already 60 days past the summer solstice, with the greatest amount of daylight behind us. In August, we lose about two minutes of daylight each day, with sunrise at 6:37 am on the 1st and 7:01 am on the 31st. Sunset times also show the same trend, with a sunset of 8:35 pm on the 1st and 8:00 pm on the 31st. This simple change allows the air close to the ground to cool a bit more in late summer and become saturated, creating our foggy mornings.

The US on average has two or three land-falling tropical storms/hurricanes in August and about three or four in September. The season really starts to ramp up and peak in terms of storm frequency between August 20 and September 15 and



then starts to decline by mid-October. Hurricanes or tropical storms draw their power from warm, extremely humid air found only over warm oceans. Tropical cyclones help maintain the global heat balance by moving warm tropical air away from the equator and toward the poles. Without them, the tropics would get a lot hotter and the poles a lot colder. A typical tropical cyclone releases heat energy equivalent to 70 times our global energy consumption a day. NOAA's National Hurricane Center (nhc.noaa.gov) has some excellent resources if you want to dig

into the subject of hurricanes and tropical storms. They also have a two- and five-day outlook for the tropics if you want to be weather-wise and not be caught unaware.

Typically, we get about seven days with high temperatures at or above 90. Some summers, we can get more than 20 days at 90 or higher. If that happens, it is usually due to the Bermuda High, also referred to as the Azores High, which is an expansive, semi-permanent area of high pressure found in the Atlantic Ocean. The location and intensity of this area of high pressure is one of the main

large-scale contributors to weather up and down the east coast. The Bermuda High is one of many meteorological mechanisms that transports heat northward, away from the tropics. However, that heat is moved to places where it is not always welcome. We haven't had an extreme number of 90 or higher days yet—only seven so far through mid-July, which is the climatological average. The last few years we have had more than average, from 10 to 15 days.

Last Month's Question

What makes a severe thunderstorm?
A thunderstorm is classified as "severe" when it contains one or more of the following: hail one inch (quarter-sized) or greater, winds gusting in excess of 50 knots (57.5 mph), or a tornado.

This Month's Question

How many severe thunderstorms form in the US on average each year?



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

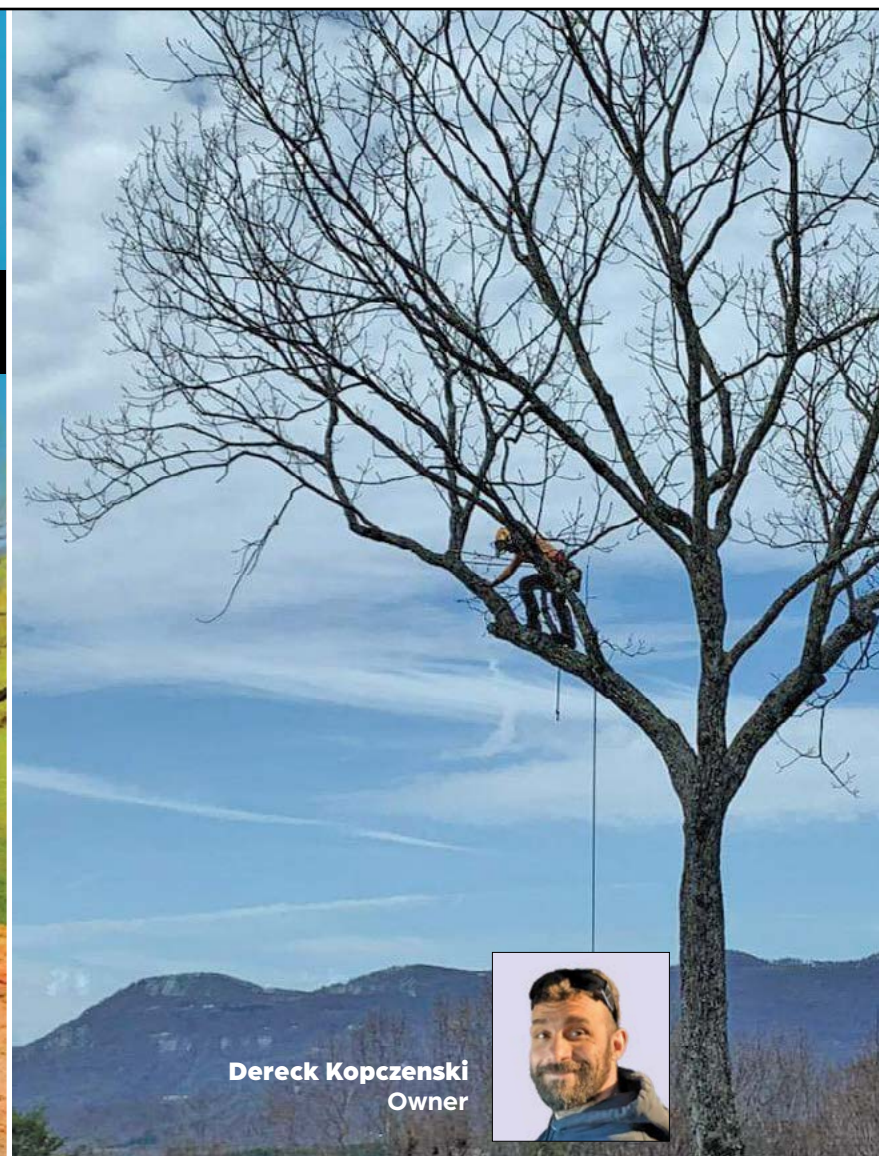
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Report from the Field



The author’s family members ring the giant dahlia.

We have a part of our garden where we like to conduct our experiments. This season, we left a large dahlia in the ground over winter, and our experiment involved counting how many flowers this six-foot giant produced. As of this writing, the plant has produced over 100 flowers, and I feel confident in betting that it will produce more than 500 this year—all from one single plant.

This season continues to not disappoint, and so I thought I might take a stroll through our garden and report what I see.

The rest of our dahlias continue to thrive, and we are already giving away many flowers because there are more than we have space for. On the long-form learning front, I have noticed the path that the sun takes over our garden bed and specifically how you can trace the path of shade. Dahlias love sunlight, and when they lack it at any point throughout the day they simply grow less.

Coneflowers

Last year, my grandmother did a small experiment with coneflowers in which she collected the seeds from the flowers as they dried on the plant and cast them to the ground where they were. This has resulted in an abundance of coneflowers. You might suggest that they would have done this on their own and you would be correct, but I do believe that her small effort to assist did help.

If you have not ever dipped a toe into the world of coneflowers, it is certainly worth some attention. This year, I learned that they come in far more colors than I ever realized. We have the traditional

purple ones, of course, but also white, yellow and even some peachy orange varieties that showed up unexpectedly. The bees absolutely love them, and they bloom for such a long time. Unlike dahlias, which need deadheading to keep producing, coneflowers seem perfectly content to bloom and go to seed while still putting out new flowers.

Hydrangeas

Our hydrangeas have been putting on quite the show this year. The big mophead variety between my grandmother’s house and mine has blooms the size of dinner plates, and the color this year is the most incredible deep blue I’ve ever seen from that plant. I’m not sure if it’s the soil conditions or all the rain we’ve been getting, but whatever it is, I hope it continues.

The lacecap hydrangeas have been equally impressive. There’s something so delicate about the way the tiny flowers cluster together, surrounded by those larger, showier blooms on the outside. They’re like nature’s way of creating the perfect floral arrangement.

Did you know that there are more than 70 different varieties of hydrangea? Most of them do really well where we live, unless we have a late frost. Even with a frost, the plant will still grow into a lovely bush, but it may not flower that season.

Wildflowers and Bachelor Buttons

This spring, we decided to try something completely different in the front bed. Instead of our usual careful planning and precise planting, we scattered wildflower seeds and hoped for the best. It was a leap of faith, but the results have been absolutely delightful.

The bachelor buttons have been the

real surprise stars. I had no idea these simple flowers could be so prolific or so charming. They come in the most gorgeous shades of blue, purple and white, and they seem to bloom continuously without any fuss from us. They’re also fantastic for cutting, lasting longer in a vase than many flowers.

What I love most about the wildflower experiment is how it’s attracted so many beneficial insects. Our garden has never been busier with pollinators. It’s like we’ve created a little ecosystem just by being a bit less controlling about what grows where.

The cosmos have been another pleasant surprise. They look so delicate but are incredibly tough. Even after heavy rain or wind, they bounce right back. And the colors range from pure white to deep burgundy, with every shade of pink in between.

I think there’s a lesson here for all of us semi-serious gardeners. While dahlias will always have my heart, this year has reminded me that some of the most rewarding garden experiences come from trying something completely different. Whether it’s letting coneflowers self-seed, trusting hydrangeas to do their thing, or scattering wildflower seeds and seeing what happens, there’s joy in loosening

our grip on control just a little bit.

I think there’s a lesson here for all of us semi-serious gardeners. While dahlias will always have my heart, this year has reminded me that some of the most rewarding garden experiences come from trying something completely different. There’s joy in loosening our grip on control just a little bit.

As I look around our garden this July, I’m struck by how much beauty can come from such different approaches. The carefully tended dahlias standing tall and proud next to the cheerfully chaotic wildflowers, the reliable hydrangeas anchoring it all with their steady presence.

Maybe that’s what makes a garden truly successful—not just one spectacular plant producing 500 blooms but a whole community of flowers each contributing their own particular beauty to the whole picture.



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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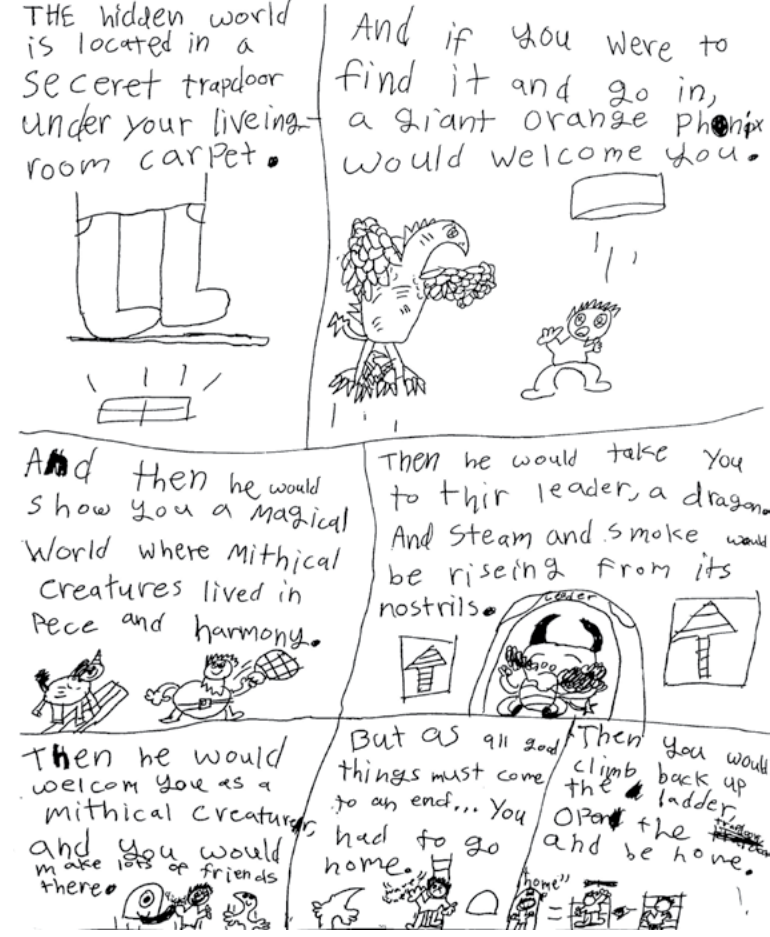
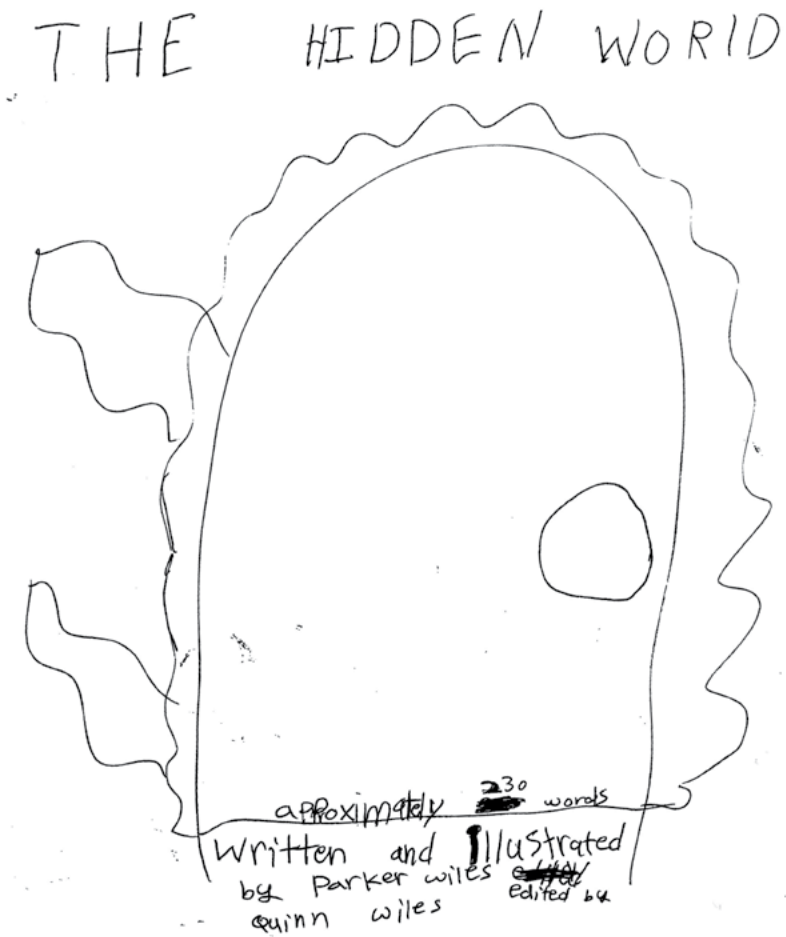
FAIRVIEW \$850,000

PASTURE LAND WITH STALLS AND BARN | 9.09 ACRES

STORY SPARK

Last month, Kate Wargo prompted our kid readers with the following spark: "Behind your bookshelf, under your bed, or within your garden... there's a door. Describe the secret world and the first character you meet. What's behind it?"

And Parker and Quinn Wiles, ages 8 and 6, respectively, got to work—as you can see below! You can see the full story (all four pages) in our August e-newsletter. Thank you, Parker and Quinn! Kate will include a new spark next month.



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It's August, and You Need Another Tomato Recipe

Here's a simple dish that relies on fresh ingredients, careful preparation, and timing. The same is true of a boiled egg—easy, if you know what to do and when to do it. Just follow my bossy directions. In half an hour, you'll have a wonderful meal for a lazy, hazy, summer evening. Note: You'll need to add a loaf of really good, crusty, fresh baked bread into the mix if you want the perfect meal.

Pasta for a Summer's Night

Serves 4

Ingredients

- Extra virgin olive oil
- 8 large garlic cloves, peeled and cut into very thin slices or fine dice. Pressed or grated garlic will burn.
- 4 pounds ripe tomatoes, which is about 7 medium-size tomatoes, any variety. (Substitute canned, plum tomatoes when tomatoes are out of season).
- ¾ to 1 cup fresh basil, packed. Pick a dozen or so of the best leaves to use as a garnish.
- Scant ¼ cup, packed, of another fresh herb—thyme, marjoram, summer savory, chives, mint, etc.
- 1 pound of imported Italian pasta—tagliatelle, linguine, or fettuccine. This might seem snobby, but for this recipe, the surface

- texture of Italian pasta does a better job of grabbing and holding the sauce.
- Salt
- Pepper
- Wedge of Parmesan Reggiano or Grana Padano cheese
- Good quality balsamic vinegar. Splurge a bit if needed. Stored in a cool, dark place, this vinegar will keep for a very long time. Use it like a condiment. Drizzle it over sliced strawberries, a watermelon and basil salad, or vanilla ice cream. Try it in place of chow-chow when you cook a pot of beans. Add some to a tomato sandwich.
- A few gratings of fresh nutmeg (optional)
- 3 thin slices of well-scrubbed orange peel, pith included and pulp removed (optional)

Directions

- Heat oven to low, 140–170 degrees. Warm a serving bowl and individual bowls in the oven.
- Add olive oil to cover the bottom of a 12-inch saute pan. Add garlic and sprinkle the pan with salt and pepper. Stir to combine and place over low heat, stirring frequently. Cook slowly until golden, 12–15 minutes. Watch for hot spots and add three or four tablespoons of water to the pan if needed to prevent browning. When done, remove from heat, cover, and set aside.
- Cut unpeeled tomatoes in half and squeeze out the juice and seeds. With

- a sharpened knife, cut the tomatoes into ½-inch wide strips. Cut the strips into a ½-inch dice. Place in a bowl and reserve ½ cup for garnishing. (Squeeze canned tomatoes with your hands and set aside about ½ cup of the pulp for garnishing).
- With a sharpened knife, roughly chop the fresh basil and the additional fresh herbs. Place in a bowl and set aside.
- Add six quarts of water to a large, deep pan. Cover and bring to a rapid boil. Add 1 ½ tablespoons salt to the boiling water and carefully taste. Does the water taste like the ocean? If not, add more water or salt as needed. Cook the pasta, uncovered, in the rapidly boiling water until cooked to your taste.
- When the pasta is nearly done, reserve 1 cup of the cooking water. Add half of this water to the cooked garlic and place over medium heat.
- Carefully remove serving bowls from the oven. Place the large serving bowl alongside the tomatoes and the individual bowls, the cheese, and a cheese grater or cheese knife on the table.
- When pasta is done, drain in a colander, then immediately add the pasta and chopped herbs to the saute pan. Toss, adding salt and pepper as needed.
- Call your guests to the table.
- Working quickly, add the tomatoes to the saute pan and toss to combine.



- Add a grating or two of the fresh nutmeg and twist the sliced orange peel over the pasta if desired, then toss again. Add salt and pepper to taste.
- Transfer the pasta to the warmed serving bowl. Top with the reserved basil leaves and reserved diced tomatoes. Drizzle with balsamic vinegar.
- Take the dish to the table immediately. Shave strips or grate cheese over the top of the pasta, then give a quick, final toss and serve. Pass additional cheese or balsamic vinegar if desired.



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

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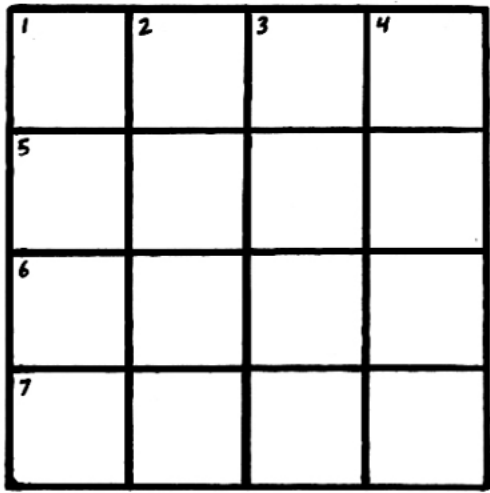
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- 1. Bellingham, el Madridista
- 5. Follow directions
- 6. Starter for -fit, -diction, -factor
- 7. Work units

Down

- 1. Bellingham, das Dortmunder
- 2. Lyft alternative
- 3. Mao’s successor
- 4. Windows to the soul

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.

New Christian cafe, bookstore and community space in Arden

Michelle Haworth, who has lived in Fairview for five years, will open a new kind of shop in Arden this month.

Rooted and Gather is a Christian cafe, bookstore and creative gathering space that offers handcrafted coffee, gifts and cozy spaces to connect in faith and friendship.

The shop will hold a soft launch celebration on August 16 at 339 Avery Creek Road in Arden, which will include the following events:

- Praise, Paint & Pastry (10 am–12 pm): a ticketed, guided painting session, with pastries;
- Open Cafe and Bookstore (1–4 pm): enjoy coffee, browse curated books and gifts;
- Grizz Smokehouse food truck (from 6:30 pm);
- Evening Praise Party (7–9 pm): live music and uplifting celebration.

Founded by Haworth and her daughter, Cassie Gibb, Rooted and Gather is meant to be a gathering space where people can relax over locally roasted coffee, take part in art or craft classes, shop for thoughtful gifts, and experience a sense of belonging in a space that reflects your values.

“Cassie is Rooted. I am Gather,” said Haworth. “I create the framework, concepts, and opportunity to gather.

Cassie takes the idea and makes it aesthetically pleasing.”

Haworth, a college professor and former owner of a Christian gift business, has dreamed of this space for over 30 years. Cassie brings experience in event planning, photography and visual storytelling. Both are active in their churches and deeply connected to the WNC community.



Rooted and Gather is launching in phases. The soft launch will feature a limited espresso menu and community-focused events. Over time, the space will grow to offer a full cafe experience, classes for all ages, and eventually, a second location with overnight retreats. Upcoming menu expansions will include options for gluten-free, dairy-free and diabetic-friendly diets.

To RSVP for events or learn more, visit rootedandgather.org or follow them on social media (@rootedandgather).

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Jen Sims

“My mother always said I would be a writer,” Fairview author Jennifer Sims told me during our chat at Daymoon Coffee Bar. Her bright blue eyes sparkled as she continued. “That’s because when I was kid, I would find something in the yard—a rock, a rusty piece of metal, something—and make up stories about its history.” Over time, Jen’s backyard tales morphed into journaling and then blogging. “I am always writing something,” she said.

Jen and her husband, Jeff, both from Michigan originally, were living in Colorado when their daughter, Lucy, was born. A few years later, Jen was introduced to Kristie Peterson, the woman who would become her co-author. “Kristie and I met when our kiddos were toddlers,” Jen said. “Her two children are around Lucy’s age; we all attended the same forest school.”

Unfamiliar with the concept of forest schools, I asked for more information. “There are forest schools everywhere,” Jen said with enthusiasm for a cause she clearly holds dear. “There’s probably one here.” Forest schools, typically held entirely outdoors, are designed to teach children social, emotional and technical skills in a natural environment. Children—sometimes accompanied by

their parents—explore the world around them, while learning how to measure the possible risks and benefits of their choices. And Jen was right; there are several farm schools in WNC.

Anyway, during that fall at forest school, Jen and Kristie spent a lot of time together. Of course, keeping track of their three toddlers—all of them hiking, climbing trees and potty training at the same time—didn’t make for ease of conversation. Still, they bonded as moms with a shared love of the outdoors.

After their time in forest school, Jen and Kristie’s kids coincidentally attended the same preschool. As their paths continued to cross, they grew closer. One day, Jen casually mentioned to Kristie, “I’ve always wanted to write a book, a kind of choose-your-own-adventure story.” To which Kristie responded with enthusiasm, “Me too!” From that joint realization, the *Open Your Door to Explore* series was born.

The idea for the subject matter came from a brilliant parenting hack both Jen and Kristie use when exploring the outdoors with their own children. “When we start out for a new activity, we narrate what is coming up, so the kids know what to expect.” They transformed this habit into story form to create their book



series. “In our books, we look at outdoor adventures step by step through the eyes of a child,” Jen explained. “They are very interactive and prepare the readers for the activities ahead.”

As great as their idea was, it still took a lot of work and some impressive time management skills to turn their thoughts into action and actions into a marketable product. “Our kiddos were young when we started this,” Jen said, smiling even as she shook her head. “We had to work smart, using the time while the kids were in pre-school to get things done.” Sometimes they only had an hour or less to collaborate, but they persisted.

Once they had the manuscripts well under way, Jen and Kristie still had a long way to go. “We did not want to give up control of the project,” Jen explained. “We knew what we wanted and did not want to compromise.” That meant that they had to climb the steep learning curve of self-publishing.

“Many of our meetings were held in libraries, where we poured over children’s books,” Jen said. They noted what grabbed their attention and what put them off. They watched kids and adults in the children’s book section to see what they selected. They examined the different textures and weights of the interior pages and the construction of the book’s cover. Did the paper feel like a quality book? Did the cover appeal not just in appearance but in texture too? They considered all these things and more.

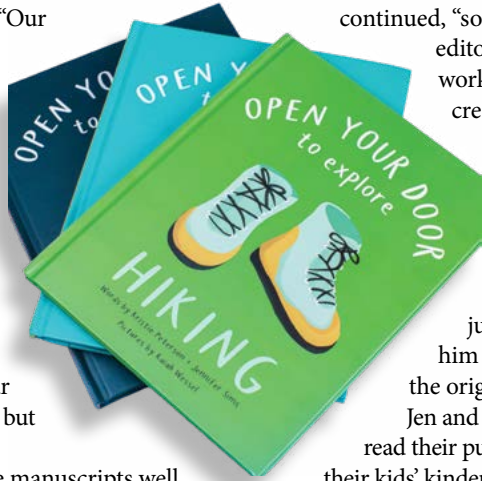
They also worked with professionals. “We hired artist Kaiah Wessel and were

very pleased with her work.” As well they should be. The illustrations, rendered in bright colors and rich earth tones, hit the perfect spot between whimsy and realism. Animals comment in speech bubbles, sparking the reader’s imagination; yet each drawing is easily recognizable—from hiking boots and binoculars to plants and animals.

“Neither of us is an English major,” Jen continued, “so we also hired an editor to review our work.” Like any good creators, Jen and Kristie accepted most of his suggestions but rejected a few as well. “Sometimes, we just disagreed with him and would leave the original unchanged.” Jen and Kristie’s goal was to read their published books to their kids’ kindergarten classes.

Their first two books, *Camping* and *Hiking*, came out to the public in June 2024 and *Biking* in June 2025. A month before the official release, on May 23, 2024, Jen visited Mrs. Tina Dula’s kindergarten class at Fairview Elementary School. There, she read her book to a group of students. Right up front, sat her biggest fan—her daughter, Lucy. Now that’s success!

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

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Let's Talk about Lyme: Infection vs. Disease

Lyme disease is an illness caused by a type of bacteria, *Borrelia burgdorferi*, that is transmitted through the bite of infected black-legged ticks. Commonly called deer ticks, these ticks are most often found in grassy and heavily wooded areas. People and animals, including dogs and cats, can become infected. Fortunately, only a small percentage of dogs that get infected, between 5 and 10 percent, go on to develop signs of disease. But



Dr. Klesius' dog, Miley, ready for her tick check after a hike on the Mountains to Sea Trail.

for dogs that do get sick, the symptoms can be severe. Currently, little is known about whether Lyme infection in cats causes illness.

Fever, lethargy, shifting-leg lameness and decreased appetite are the most common signs of Lyme disease in dogs. Less commonly, infected dogs can develop a potentially life-threatening form of kidney disease called Lyme nephritis.

Lyme disease is diagnosed when a dog tests positive on a blood test that measures antibodies (proteins produced by the immune system to fight off infections) against *Borrelia* bacteria and has symptoms consistent with Lyme disease. Further proof is established when the patient's symptoms improve with antibiotics.

There is controversy in the veterinary community about whether dogs that have no symptoms of Lyme disease but that test positive on annual screening tests for Lyme infection benefit from treatment. Your veterinarian can advise on the best course of action should your dog test positive. All vets agree, though, that protecting dogs against Lyme and other infections carried by ticks is important.

The best line of defense is the use of

reliable tick preventative products. Your veterinarian can recommend the best products for your dog, including over-the-counter and prescription options. Since ticks in our area can remain active even during the winter months, it is strongly recommended that tick preventatives be used year-round.

Lyme vaccines are available for dogs and are effective in preventing Lyme infection from infected tick bites. They can be used in dogs with no prior exposure to Lyme, and in healthy dogs with a prior Lyme infection and a positive test, as dogs can get infected with Lyme more than once. Ask your veterinarian whether the Lyme vaccine is right for your dog.

Other controls include checking dogs for ticks when they return from tick-infested spots, such as tall grasses and wooded areas, and carefully removing any ticks found. Keeping grass mowed short, trimming bushes and clearing brush will make your yard less friendly to ticks.

While Lyme infections often do not result in symptoms of illness, they can result in painful or potentially life-threatening disease in some dogs. Tick preventative products used year-round, vaccines, and daily tick checks

and removal are effective ways to protect your dog from Lyme infection.



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

LOST DOG

Have you seen Trinity? This lost pooch is a female that weighs 12 pounds. Please don't chase!

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In Memory of Violet Ray Caramella

by Terri Lu Bencar

Everything you hear about shock happened to me upon learning of my daughter Violet Ray's death. I sincerely became incapacitated by the immensity of what happened, how it happened, what's going to happen...the hows and whys and searing soul cries took my entire self hostage.

Drowning is a fair description, with the waves and wails. I remember a raft trip in Texas, where Violet was born. I capsized without any warning and was immediately being pulled down into the abyss by the powerful swirl of raging river water. Suddenly, a water-filled jug on the end of a rope appeared right in front of me. All I needed to do was accept the help, reach and grab, to be pulled out of the dark vortex. On June 14, 2025, my world capsized again. Violet Ray was killed during a freak ATV fire training accident.

And then came the water-filled jugs. Not just one. Several hundred, more than I could count. Food arrived, flowers, hugs, prayer, the sincerity of heart-sent compassion. So many friends showed up, local businesses contributed, strangers donated.

How do I begin to thank all of you? My daughter Glory Dawn, Lindsey, Nancy, Janet, Julie, Barbara, Holly, Meggie and Mike, Laura, Annie L, Monroe, my neighbors! Susan and Susan,

Dorothea, two more Annies! Rebecca, dear Rusty. Local businesses like Whistle Hop, Hickory Nut Gap Farm, Flying Cloud Farm, and Cloud 9. Rob and his band. Jamie and Nolan, all the setup folks and clean-up crew, the bartender! The firefighters! Tony literally held me up during the procession. The blues, our uniformed protectors, who came from near and far.

My grandchildren, Ava Ray and Sam, have a tough road ahead of them, as does my remarkable son-in-law Juan. I vow to do everything I can to remain a positive source of strength and resilience. I can also rest my weary self, knowing that this community will continue to be a "bunch of jugs on the ends of ropes" as my family and I, as well as dear friends, learn to navigate our new lives. Love you all.

Violet Ray Was a True Force

Nobody told Violet Ray what to do. And parenting her was not exactly a cake walk! Her "I can do it" personality was alive and well, even in utero. She always wanted to absorb everything of interest. As a baby, her dad and I called her expression "the O look." When she met something new, she would open her mouth as wide as she could, furrow her brow, burrow her green eyes and flap her arms and legs as if to physically take in the new information.

Violet Ray was brilliant. She



maintained near perfect grades all through school and accomplished intellectual milestones way ahead of the curve, as a child and adult. The most important accomplishment she ever achieved and the greatest blessing she ever received was the honor to be a mother to Ava Ray and Samuel Miguel, and a wife to Juan Caramella.

Just recently, Violet Ray was expressing her independent need for the heart of the matter and how she could help the world. As an Advanced EMT, she treated every person and scenario with the same compassion and personal capability I saw her represent her entire life. I grieve not only my loss, [and for] her children and husband, sister, father and family. I also

grieve the loss of her being the strong, capable responder to show up at life's most difficult, painful times. Violet's sarcastic, sassy, direct humor continues to echo through my mind. Her wit was quicker than any I've ever encountered, and she was freaking pee pants funny. But, boy howdy, don't "p" her off—mommy's girl was tough. Tough and gentle. Strong and soft. Independent but never at the cost of her children missing out. Artistic, creative, direct, sometimes to the degree that made tails tuck. Violet Ray was a true force. Energy cannot be destroyed. In memory of the force we knew as a daughter, sister, mother, wife, grandchild, friend, colleague of Violet Ray (Silwedel) Caramella, I give these words.

*Violet Ray continues to be,
even though we no longer see.
Look to Ava Ray.
Look to Sam.
See her in the birdies.
See her in her man.
Remember what she stood for,
now you stand strong too.
Love each other,
that's all we can really do.*



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August Is the Sweet Spot

It's finally time for the honey harvest. Hopefully our hard work will pay off in many pounds of delicious honey. The process of harvesting honey can be a lot of work. It's messy, the honey boxes are very heavy (between 40 and 60 pounds), and yet it's very rewarding. Before harvesting, it's important to see that the honey has the correct moisture content. Honey that has been capped by bees will have the perfect moisture content and will last a very long time. But uncapped honey may not have been dried to the correct moisture content by the bees (between 16 and 18%). A full super of honey will generally yield about 2 to 2 1/2 gallons of honey.

We usually remove the honey supers after the sourwood bloom has finished. Goldenrod and aster will be the final blooms of the season. Honey from the latter is generally less desirable. Aster produces honey with a mild flavor, while honey from goldenrod is dark and strong. We'll let the bees keep the honey from these plants as an over-winter resource. The presence of goldenrod and aster pollen and nectar in the hive will also trigger the queen to start producing winter bees. We'll make careful inspections of the hives to ensure they are not honey-bound. If there's too much, it could keep the

queen from laying eggs (because there's not enough space) or cause the colony to swarm at the wrong time of the year.

Late summer is the time to focus on mite checks, treat mites, and make sure your girls have packed in sufficient supplies of honey and pollen to get through the winter. At the end of the honey flow, Walker likes to use a thymol-based treatment for mites, and in the winter, some oxalic vapor treatments. We do tilt checks on our hives by just picking up the back on a tilt to see how heavy it is. It should be heavy if they are to survive the winter. It's a good idea to put out a small dish of sugar syrup or watch hummingbird feeders because bees always prefer natural nectar. If they come to the sugar syrup, it means there is little to no natural food sources available—it's time to start feeding the bees.

All the hives are different, so pay close attention now and take measures to fix any issues, as you won't be able to open the hives much more this year. It may be necessary to boost weak colonies from strong ones to make sure they can defend against robbers or pests. Pests such as

varroa mites, wax moths and hive beetles must be controlled.

Once the goldenrod and aster blooms are finished, we expect a period when there will be no available nectar or pollen. At this point the bees will become louder, easily agitated and defensive. Winter is coming, and the colony's survival will depend on how prepared they are.

In addition to being delicious, honey has sometimes been described as the perfect food. It's loaded with vitamins and other nutrients. While it's largely composed of simple sugars (fructose and glucose), it also contains amino acids that come from bee pollen. Honey generally contains zinc, magnesium and potassium, as well as vitamins A, B1, B2, B3, B5, B6, B8, B9, C, D and K. While a teaspoon or so of honey won't meet your daily requirements, consuming honey each day is surely a healthy habit. Honey has been known to provide the following health benefits: antibacterial, antioxidant, anti-inflammatory, antiviral, moisturizing, sore throat relief, dietary supplement, and sleep and stress aid.

Honey is best stored at room tempera-

ture and kept in a dry environment to minimize crystallization. It should not be refrigerated. Heating honey rapidly to above 98.6° will cause it to lose its health and medical benefits. It's also not recommended to freeze honey because it can cause changes to its texture and taste due to your freezer's humid environment.

Honey should be served with a wooden, plastic or stainless steel utensil. Scooping it with a metal spoon is ok but never store it or leave honey exposed to metal for a long period of time, as the metal will corrode from the honey's acidity.

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

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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Back to School Basics For FES

This is an edited version of this column. To read the full update, go to tinyurl.com/fes-bts.

Fairview Elementary will host a *Meet the Teacher event on Friday, August 22*, from 8 am until 10 am. After visiting with the teacher, families will be invited to the cafeteria where they can learn about things like bus routes, parent involvement opportunities, after school clubs, and more. The PTA will also have FES Cardinal spirit gear for sale for cash or check only.

FES will then happily welcome students back for the *first day of school on August 25*.

Here are a few reminders to help keep everyone safe, as well as a few pointers to help make the school year successful.

Car Riders' Line. All cars will both enter and exit at the stop light. Cars will travel up Oak Hill Drive, continue behind the community center and then turn left to travel the perimeter of the parking lot to enter the front drop-off/pick-up area. All students will need to exit and enter cars on the passenger side. After students are dropped off or picked up, cars will circle the building back to Oak Hill Drive to exit at the stop light.

In the afternoons, anyone picking up a student in the car riders' line must have a current school-issued sign with their student's name clearly displayed in their car's front window. New signs are issued every year, so signs from previous years cannot be used.

School times. The school day will begin at 7:55 am. Students dropped off at or after 7:30 am will be permitted to go straight to class. Students who arrive prior to 7:30 am will be held in the cafeteria or other communal area until the bell rings. No student can be dropped off before 7:15 am. School dismisses at 2:30 pm. If you need to pick up your student early, plan to do so no later than 2 pm. All students must be picked up from campus by 3 pm.

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

Early Pick-Up. Any student who needs to be picked up early will need to be checked out by an adult at the front office. That adult must be on the list parents/guardians complete at the beginning of the school year. The adult picking up the

student will be required to show a state-issued ID before the student is dismissed.

Bus Riders. All bus riders must be met by a responsible party at the bus stop unless there is a note on file at the front office.

Transportation Changes. Transportation changes may be made only with a dated and signed note either sent in with the student for their teacher or filled out by a parent with ID at the school.

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

Child Nutrition. All FES students will receive a healthy breakfast and lunch at no cost this year. Parents may choose to add money to their student's lunch account for extra items like chips and ice cream.

Classroom Supplies. Lists of necessary school supplies for each grade level are available on the school's website and Facebook page.

Dress Code. Shorts and skirts must be at least fingertip length; midriffs and chests must always be covered; no hats, hoods, bandannas, or sunglasses should be worn inside the building except on designated days; clothing should not display images of weapons or promote drugs, alcohol, tobacco, or any inappropriate activity; and

no shoes with wheels are allowed.

Personal Property. Students should not bring personal items such as cameras, electronic watches, or other electronic devices to school. Students who must bring cell phones or other ways to communicate with parents at after-school activities off campus must keep these devices in their backpack and turned off all day, including on the school bus at all times.

Communication. All calls relaying valuable info will be sent out each Sunday evening. Info from these calls is also sent to parents by email and posted on the school's Facebook page. Important info will also be sent home by teachers each Friday, or as needed. If you feel you are not receiving this information, please call the school at 628-2732. Check fes.buncomeschools.org and facebook.com/FairviewElementary for important news.

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

Kenya Hoffart is a staff member at Fairview Elementary School.



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ACRHS Principal Welcomes Families to New School Year



There's something truly special about A.C. Reynolds High School. As I begin this school year as the ninth principal in our school's proud 69-year history, I do so with immense gratitude and an unwavering sense of responsibility. I continue to stand on the shoulders of extraordinary past leaders who poured their hearts into our school—leaders like Mr. Dalton, who believed in the power of education, the strength of this community, and the incredible potential of our teenagers. I feel that same calling every single day. Leading A.C. Reynolds High is not just a job; it is the

greatest professional honor of my life. But leadership means more than pride. It means protecting the integrity of the classroom. It means setting and holding the line. As has been my policy for the last three years, inappropriate student behavior will not be tolerated. Every one of our teenagers at Reynolds deserves a learning environment that is focused, respectful and free from disruption. That is not just our hope; it is our expectation. We are a school that holds students accountable because we believe deeply in them and their futures. And as I tell our students most mornings during the announcements: Your education matters, because your future matters, because *you* matter. That's the standard. That's the promise. To our parents, families and Rocket community, I tell you this: If your student attends (or has attended) A.C. Reynolds High, you should feel proud. They are part of a school community that delivers day in and day out. We are not just the "Best in the West." We are a school of opportunity, of legacy and of excellence. We are the best in the state of North Carolina! Academically, we continue to soar. Our Advanced Placement program offers robust challenges, and our

AB-Tech dual enrollment classes that are taught right here by our own Reynolds teachers prepare students for their next steps, whether college or career. Our junior ACT composite score hit an all-time high last year, and we exceeded growth as a school. These are clear indicators that we believe in our students and, more and most importantly, that they believe in themselves. Our school continues to lead in workforce readiness. Our masonry program, launched last year, exploded in popularity and now has its own dedicated building this year, making us the only high school in Buncombe County to offer this career path. That's real-world preparation. That's Reynolds leading the way. Our fine arts continue to thrive. Our spring musical has grown into a spectacular showcase of collaboration between our award-winning band, chorus and theater programs. And our Advanced Studio Art students are transforming hallways into galleries, displaying our Rocket pride, talent, school spirit and proud tradition in every brushstroke. And, of course, our athletics programs continue to be a powerful source of unity, a strong force of competition, and an immense source of pride. Our

student-athletes learn to win with humility, lose with grace, and lead with integrity. And they are empowered by coaches whose focus is not just on athletic performance and ability but equally on academic advancement in the classroom. All of this is made possible not just by our school faculty and staff but through our incredible community. The unwavering support of our east Asheville and Fairview families, local businesses, churches and neighbors fuels everything we do. Our school succeeds because people believe in the promise of what A.C. Reynolds High represents, what it is, and what it gives to our kids. The success of Reynolds doesn't happen by chance. It happens because of you. Because of *all* of you. Together, we are building not just a high school but a legacy of excellence that will continue to echo far beyond our Cedar Cliffs for generations to come. And together, like our alma mater says, with our hearts brave and strong, we will make this next school year one of the very best. Together, we are Reynolds Strong. Together, we are the Big Green Machine. Benjamin Alexander is the principal of A.C. Reynolds High School.

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Routines and Procedures

My first day in kindergarten in 1956 would be an eventful one. What I remember best was my first moment meeting Miss Pinachio. I remember that her warm welcome and smile lasted all through that first year. She was very patient and laughed when I asked if her name was pronounced “Pinocchio.” Miss P spent the first few days teaching routines and procedures. We learned how to line up. We learned how to move from art, to music, to playground and even what was expected during nap time. Those early days set the tone for the whole year.

Routines and procedures are taught and retaught every year. Even in college. In my psychology 101 class at Old Dominion, my professor greeted us with a bit of sarcasm and a bit of sixth grade humor. His first comment was, “If you don’t keep up with your reading and your mommy is unhappy with you . . . boo hoo. When she takes your Mercedes . . . boo hoo. That’s the way the Mercedes bends? No one laughed!

I guess the older you get, the more the teachers expect. At Cane Creek Middle (CCMS), we try our best to set a high bar of expectations for the students and for ourselves. As was true in my kindergarten and college experiences, your child’s teacher will set routines and procedures. They’ll communicate with you and let you know what your child needs to set them up for success. And that’s what we all want.

Reminders

Our school board is addressing the cell phone issue for the coming school year. Social media can be a big distraction during school and a lot of cell phone issues from “after” school manage to make their way into the building.

Meet Your Teacher will be August 22 from 10 am to 12 pm. The PTA and athletics will be selling CCMS spirit attire.

The first day of school will be August 25. The building opens at 7:10 am, and dismissal is at 3 pm.

Principal Britt sends out emails and calls about general school matters on Sundays.

Students are expected to be in their classrooms at 7:45 am. Being on time is very important! Late-arriving students don’t mean to be a distraction, and we’d rather have them here than not.

Newsletters go out weekly from all grade levels.

Finally, the PTA sends out the Hurricane Watch weekly on Sundays. It is chock full of school happenings.

We can’t wait to see you! Go Canes!

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

PARENTING POINTS TO PONDER

TEENS IN TRANSITION

In *The Prophet* by Kahlil Gibran, his words on children offer enduring wisdom:

“Your children are not your children. They are the sons and daughters of Life’s longing for itself. They come through you but not from you, And though they are with you, yet they belong not to you...”

This speaks to a truth many parents feel deeply—especially those raising teens (and even young adults).

In our summer parent group, Loving Teens Well, we’ve been reflecting on this powerful idea. Teens are no longer children, but not yet adults. They’re in transition. They’re beginning to pull away, to think for themselves, to test boundaries and take risks. It can feel like a rollercoaster—for them and for us.

As parents, how do we respond? We can guide their growth without trying to control it. When we rely on punishment—taking away phones, withdrawing privileges, or using disapproval—we send the wrong message. It teaches teens to obey out of fear or to rebel in frustration. They may comply outwardly while feeling unseen inside.

On the other hand, if we’re too soft—constantly rescuing them or shielding them from discomfort—we rob them of resilience. They begin to expect the world (and us) to make life easy, and they miss opportunities to grow through natural consequences.

There is a better way: staying close without controlling; being firm and kind; listening with empathy; offering tools and training; and believing they are capable.

Dr. Lisa Damour offers a helpful analogy: parenting a teen is like watching a swimmer in a pool. At times, they’re splashing with friends or focused on swimming laps. You start to wonder if they even need you anymore. Then suddenly, something unexpected happens—they’re swimming to your side, needing your presence and wisdom. You respond, heart open. And just as suddenly, they push off again, returning to their laps and the deeper waters of their own self-discovery.

This is the rhythm of adolescence—the push and pull, the unevenness of growth, the sacred work of parting with childhood. Our job is to stay grounded, available, and full of belief in who they are becoming.

Christi Hurd is a retired middle school teacher (CCMS, 2021), PCI Certified Parent Coach, Positive Discipline Parent Educator, and founder of Grace2Grow Family Coaching (formerly HurdHuddle Parent Support). She supports parents in navigating their hardest and most important job with wisdom, empathy and confidence. Learn more at grace2growfamilycoaching.com.

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A Lifetime of Memories in Two Months

When asked what I've been up to all summer, I offer two versions. My short response is: I committed to play soccer at John Brown University on June 1, the same day I left for two weeks at a worldview and apologetics camp, was home for 5 days, then flew to England for a week-long mission trip, had flights canceled on the way home and therefore was left with only 15 hours in my house before—did you think it couldn't get more hectic? Wrong!—hopping in an RV with my whole family for a two-week trip full of family, friends and the occasional blown-out tire. Yeah, that was fun. I topped that off with a week-long summer scholars program at Lipscomb University before finally returning home.

My first full week back at home was packed full of the 1,000+ pages of summer reading and writing I had yet to touch, as well as regular open gyms/fields and weight room training. Of course, as soon as August hits, it'll be volleyball season and from there it'll be full force ahead into school, and all that senior-year stuff.

So now that you're probably in a slightly anxious sweat, let me share the highlights of the long version. Though chaos seems to shine bright, so much of the insanity was filled with incredible

memories and cherished times. I flew out to Colorado with five friends for a two-week Summit Ministries camp. We rock climbed, hiked the Incline—Look it up; it's pure misery, especially when it hails on you from the top. What a memory!—and spent 60 hours in classes. If you've learned anything about me through reading these columns, the classes were definitely a highlight. We learned all about culture and worldviews and explored the validity of the Bible. The two weeks were also filled with typical summer camp activities, namely, endless card games and volleyball and spikeball tournaments. It was such a fun experience filled with sweet, sweet community, tons of laughs, and heaps of learning.

My second year in England was incredible. We partnered with a local church and worked with the same people from last summer. I was able to reconnect with a lot of the kids I had met and continue to build on those relationships in sports camps, small groups and other cafe activities. Their leadership and discipleship is so intentional and loving. Middlesbrough truly feels like a home away from home.

After four successful international flights, our 55-minute flight from Atlanta to Asheville was delayed and canceled

twice. Sleeping in the airport, arriving at a hotel at 3 am and driving home the next day completed the trip in an unexpected and memorable fashion.

With a record turnaround time, I cannot believe that the family was back in an RV. (We were traveling cross country in 2019–20 before COVID ended the trip.) Walking through the doors of the first Cracker Barrel felt like walking through a portal to my childhood. So many memories came flashing back of boon-docking in countless towns, going through the toys in the back, pretending to chomp my brother's ear with a plastic dino, and, of course, biscuits. An RV trip is nothing without memories, and not all necessarily good ones. A tire blew out on the interstate. We were pulling a car on this trip and were unable to back up the RV while doing so. And we had to squeeze into gas stations in ways you couldn't imagine. We were able to spend time with just the six of us at a beach in Virginia, but also spent time with cousins in Connecticut and friends in Tennessee.

In addition to all those memories, I will treasure the incredible young women the Lord has thrown into my life unexpectedly or has reunited me with just when I needed them. Lilli, my camp

counselor, was able to speak wisdom just when I needed it. Gracie, a leader on the mission trip, is a steadfast friend and overflows with the joy of Jesus. Hannah, a missionary in England, shares the love of Jesus unlike anyone I've ever met. Though I haven't spent time with them, my teammates Sara and Holly have given constant encouragement and prayers throughout the summer. Time with my cousins (when girls finally outnumber boys!) was a breath of fresh air and relaxation when I needed it.

This summer has been a blessing with all of its trips, opportunities, experiences and memories, for which I am eternally grateful. However, I am even more grateful and in awe of the care and provision God has shown my soul through the people He has surrounded me with. June 1 was only two months ago, but it feels like years. The memories are cherished, but all won't be remembered. Yet, despite potential lapses in communication or oceans that divide, I know that these friendships will last a lifetime.



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

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Peace Poems for Ukraine

A little boy ... A tricycle ... this is where everything began for me.

In June 2024, I attended the National Federation of State Poetry Societies' convention in Georgia. I listened to Ihor Pavlyuk, the People's Poet of Ukraine, read his poems via Zoom from his war-embattled country. He shared a video of a boy learning to ride a tricycle. Not a challenge for most children, but this little guy was missing his hands and forearms due to injuries from an explosion. My reaction was tears and goosebumps.

That reaction and my love of poetry prompted me to join Poets for Peace, which formed during the convention. I volunteered to be part of the committee to create an anthology of peace poems.

Images for my three submissions formed as I read world news reports.



Her mother scoops up
the little one like flower
petals, brushes dirt
off knees.

I remembered times with my own
small children, chasing butterflies
in quiet gardens. But images from
Ukraine overcame the peaceful
scene.

Her dream hovers,
flits over meadows trampled
by soldiers and tanks.

Other writers visualized those
war scenes, as well as images that
showed what peace looks and feels like
to them. The committee reviewed poems
from 173 poets from Ukraine, England,
Ireland, Canada and 29 US states—more
than 300 entries on world peace and
the tragedies of war. My eyes blurred
from fatigue and more tears, but I was
encouraged by reading so many messages
for peace shared through poetry.

The poems selected now appear in
*Sunflowers Rising: Poems for Peace
Anthology*. Eight NC poets are included



in this book. There are also poems from
Ukrainian poets in both Ukrainian and
English. All anthology submission fees,
book sales and royalty proceeds will go
to a fund designated to support Ukraine's
war orphans. The anthology is available
on Amazon.com.

I will continue to be involved with Poets
for Peace by writing poetry and helping to
support Ukrainian orphans. May sunflow-
ers bloom around you. Peace!

Where Sunflowers Grow


A three-year-old
walks, runs, toddles,
his head covered with
a field of blond hair

A steel tricycle
sits, waits, anticipates,
its frame covered with
a sky of blue paint

Feet and wheels
upper arms and handlebar,
his hands and forearms
detached by explosion debris

He slips healed stumps
in yellow cones securely
attached to the bar,
learns to steer, pedals in
a field of sunflowers
surviving in Ukraine.
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What brought you to Fairview?

Fairview has always been home. I was born and raised here and attended Fairview Elementary, Cane Creek Middle, and A.C. Reynolds High. Afterward, I went on to earn a degree in Exercise Science from Berea College in Kentucky, where I also became an internationally certified personal trainer through the American Council on Exercise.

What were you doing before moving back to Fairview?

After graduating college, I moved to the West Coast and spent a year working as a personal trainer at a gym. Eventually, I returned home and joined the team at Gold’s Gym as a personal trainer and group fitness coach. I also coached part-time at Asheville Gymnastics and later served as the manager at Xcel Fitness in Arden, where I gained valuable leadership experience in the fitness industry.

What inspired you to start your own business?

Years of working in big-box gyms showed me exactly what kind of fitness environment I didn’t want to create. I envisioned a welcoming and empowering space—especially for women—where lifting weights wouldn’t feel intimidating or performative. I wanted to build a gym that feels like home, where people from all backgrounds and fitness levels are encouraged, supported, and inspired.

Fairview has never had a full-scale fitness facility, and I saw a need in the community for a place focused on health and longevity.

My goal was to create a space that invites in people who might normally shy away from gyms. Starting a fitness journey can be overwhelming, and I

wanted to make it as comfortable and accessible as possible.

How do you support your clients?
I meet clients where they are and help them build the confidence to pursue their goals. Our gym has supported individuals with osteoporosis, cancer survivors rebuilding strength post-treatment, and those recovering from knee and hip surgeries. I’ve seen families come together to work out and seniors with conditions like Parkinson’s or dementia improve their quality of life through movement.

The key to longevity is staying active, and we tailor every workout to individual needs. Clients don’t just gain strength—they often regain independence and a better quality of life. We provide tools, support, and community so people can succeed in ways that extend beyond the gym.

One of the most meaningful parts of my journey has been working with the parents and grandparents of the people I grew up with. It’s incredibly fulfilling to give back to the generation that gave so much to us.

What are your hobbies and passions?

I enjoy competitive powerlifting, solving jigsaw puzzles, and working as a certified firearm instructor at Blue Ridge Marksmanship. I’m passionate about lifelong learning and am currently pursuing a Master’s degree in Exercise Physiology.

What’s on your bucket list?

I dream of building a larger, state-of-the-art facility; offering services such as youth and athletic development, outdoor recreational areas, and cooking classes; and adding wellness features such as a sauna, cold plunge, hyperbaric chamber, and spaces for yoga, Pilates and meditation. Once I complete my Master’s, I also plan to introduce a cardiac rehab program to further support our community’s health.

And travel is high on my list—especially to destinations like Thailand, Switzerland, and Italy.

August Picnic
August 7, 5:30–7:30 pm Join FBA members at Root Cause Farm for a community potluck, music and mingling. Farm tour starts at 5:45 pm. Open to all—come learn about the farm and its mission! Rate date August 14. 26 Joe Jenkins Road, Fairview.



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You Have an Estate Plan—Whether You Know It or Not

Think estate planning is only for the wealthy or elderly? Think again. If you own anything—a home, a car, a savings account, even a pet—you already have an estate plan. The only question is: Did you create it, or will your state do it for you?

When someone passes away without an estate plan, state laws take over, deciding who gets what and when. This legal process may not reflect your wishes. That’s why taking control of your assets through a personal estate plan should be a top priority.

At its core, estate planning is about clarifying your wishes and making things easier for your heirs. It ensures your assets are distributed according to your preferences, designates who will make decisions on your behalf if you can’t and provides guidance for your care in a medical crisis. Most plans include four key components.

A Will

This document outlines how your assets should be distributed after your death and names an executor to oversee the process in probate court. It can also designate guardians for minor children. Keep in mind that a will doesn’t cover everything—certain transfer on death

(TOD) accounts and jointly held property may bypass your will entirely.

Power of Attorney

If you become incapacitated, you’ll want someone you trust to be able to make decisions on your behalf. A durable power of attorney designates such a person, helping to ensure your bills are paid, your business continues (if you have one) and your wishes are honored.

Health Care Directive

Sometimes called a living will, this document spells out your preferences for medical treatment if you’re unable to speak for yourself. It can also designate someone to make health care decisions for you.

Beneficiary Designations

Accounts like 401(k)s, IRAs, and life insurance policies transfer directly to the people you name, regardless of what your will says. It’s essential to review these beneficiary designations regularly, especially after significant life events such as marriage, divorce, death of a spouse or the birth of a child.

One common myth is that a will is all you need. But wills only take effect after death; they don’t help if you’re alive but unable to make decisions. Another misconception is that estate planning is

only for the wealthy. In truth, planning is about more than money—it’s about making things easier for the people you love during difficult times.

An effective estate plan can prevent costly legal battles, reduce confusion and give your loved ones a clear roadmap to follow. It also allows you to leave a legacy that reflects your values and priorities.

As your life changes, your estate plan should change along with it. Review your documents every few years or after major life events. It’s often a good idea to seek help with such reviews. Your financial advisor or attorney can guide you through the process, ensuring your plan fits your unique circumstances.

In the end, estate planning isn’t just about planning for what happens when you are gone. It’s about feeling confident, knowing that what matters most—your family, your purpose, your legacy—is protected.



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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The Long Session Fizzles

The “Long Session” in Raleigh came to a close of sorts at the end of June with a flurry of action but without any real progress on the General Assembly’s (GA) most important job of passing a two-year budget to fund the state. The good news is that this failure didn’t lead to a government shutdown, as the last budget carries over, but we haven’t solved the looming revenue shortfall nor have we been able to reset budget priorities for a growing state. Interestingly, the battle lines on the budget are between the Republicans in the House and the Senate, as they control both chambers. This divide has made this session one of the least productive in recent memory, with very few bills passed and very little progress made on some of the biggest issues facing our state.

Fortunately, following a lot of pressure from the WNC community, the Senate did agree to take up the Helene Relief Bill at the end of the session and voted to send more assistance to WNC. I didn’t think the bill was perfect, but it did provide another \$500 million in recovery funding that is sorely needed. Among other things, this bill provided another \$25 million to the Department of Agriculture’s Crop Loss Program, \$15 million to the NC Forest Service for

wildfire preparation, \$10 million to the Dam Safety Grant Fund, \$8 million to the Department of Public Instruction for the repair of damaged schools, \$18 million to Volunteer Organizations Active in Disaster, which were so helpful following the floods, and \$18 million to the Office of the State Fire Marshall to help local fire departments.

I felt like the majority party did play politics in the final version of the bill by cutting funds to Warren Wilson College while funding all other private schools in the region and by significantly reducing the funding for UNC-Asheville, which received significant storm damage, while continuing to provide full disaster funding for schools that saw little to no damage. The defunding of institutions in Buncombe County was really disappointing to me because I felt like the story of Helene was that everyone came together across all kinds of partisan and social divides to help each other recover.

Because of the stalemate among Republicans, the GA remains in session. We’ll likely be back in Raleigh for a week or so each month from now until the end of the year. The focus of our activity, unless there is a budget agreement, is likely to be on efforts to override the 14 bills vetoed by Governor Stein this year,

including SB 50, which would eliminate the concealed carry permit requirement in the state and allow anyone over 18 to carry a concealed weapon; SB 266, which would eliminate the 2030 interim carbon reduction goals for the state and shift more electricity costs from commercial to residential customers; SB 227, SB 558, and HB 171, which would outlaw efforts to improve diversity and equity in our public schools, public universities and state government; and HB 193, which would allow civilians to carry guns in private schools. This session, the Democrats in the House have enough members to prevent these bills from being overridden as long as they are all present and voting, so there is likely to be a prolonged game of cat and mouse as the Republican majority tries to take advantage of any opportunity to call for a vote on these when the numbers are temporarily in their favor.

Now that I won’t have to travel down to Raleigh every week, I am shifting my focus to making sure that the money that the legislature has appropriated toward Helene relief is actually getting to the people who need it. We have a tendency in Raleigh to pat ourselves on the back once we appropriate money, but I’ve learned that’s only part of the solution. The more

important thing is that the money actually gets into the hands of those who need it and gets spent on the intended purpose.

The bottom line is that there is money available to repair private roads and bridges, fund the rebuilding of roads, help farmers recover from crop loss and lost infrastructure, help rebuild houses lost during the storm, help fire departments replace lost equipment, and help local governments to fund projects that will improve our economy. But I need folks to let me know if this is not happening as it should. If you are struggling to rebuild your home, repair a road or bridge, get your business back up and running, or just get your feet back under you, please don’t hesitate to reach out to me. I am committed to making sure that state resources are solving problems here in our community and can engage with government leaders in Raleigh to resolve bureaucratic snafus or just get the attention of government employees when needed. I hope everyone has a wonderful summer here in our beautiful mountains.



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



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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. In reponse to this series, we received a letter from Gerry Huntley.

Many thanks to you and Bruce Whitaker for that special article in your June 2025 edition of the *Town Crier* regarding the Fairview School Yearbook from 1937. To say that really hit home...words cannot describe. In the group photo of the young men and women there stands my mom, Blaine Blankenship (Huntley), who grew up just across the street where Food Lion is now, on the front row. Mom went on to teach at Fairview Elementary for many years. There on the back row next to Henry Jackson is my dad, Francis Huntley, who went on to be principal at Reynolds in the mid 1960s and acquire the land for the current Reynolds High School. Mom's older brother, Francis Blakenship, who worked at Beacon Blankets in Swannanoa for some 40 years, is at the end of the third row next to Roy Tweed. Dad and Roy Tweed played basketball together on the team in the picture. Fast-forward about 25 years and Roy's son, Jerry, and I were teammates at Reynolds from 1962 to 1964. Can you believe? Jerry graduated in 1964 and I graduated in 1965. Now you know why this picture is so special to me and

any other kids in the 1950s whose parents went to Fairview. I remember mom and dad mentioning many of those pictured. They were a tight-knit group. They were the Greatest Generation. They are all at rest now, many of them in Cane Creek Cemetery. Had it not been for them defending our country, we may very well have not kept our democracy. We owe their generation a debt which can never be overstated. I am sure many of your readers, especially those in my age group (in their 70s—and beyond), found the pictures so

touching. To see their own parents and relatives in their youth and [thinking about] what they did later to keep our nation free. The article was a nugget. This is what separates the *Town Crier* from other publications. You feel like you were right there, living the moment. Thank you again for the special tribute to the young men and women and Fairview in 1937. They left their mark. We should all strive to live by their example. With much gratitude, Gerry Huntley



The grammar school kids in 1937



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Bozone (n): The substance surrounding stupid people that stops bright ideas from penetrating.

I've come to the conclusion that I have a memory like an Etch A Sketch. ... I shake my head and forget everything.

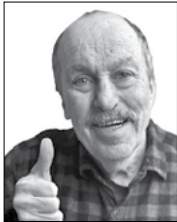
How can you drop a raw egg from a height onto a concrete floor

without cracking it?
Answer: Not to worry. Concrete floors are very hard to crack.

I am forever disappointed that Chef Bobby Flay didn't name his daughter ... Sue.

Studies show that people with high IQs tend to be lazy. Or something like that. I didn't read the whole article.

I had the rudest, slowest, nastiest cashier today. I guess it's my own fault for using the self-checkout lane. ... So I fired myself in mid-frustration, then had to rehire me because no one else applied.



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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Wild Things on the Menu

Each season, I'll be doing an article as a way of getting folks to see how abundant and rich the wilds are in this good earth we inhabit. Late summer is an abundant time filled with delicious treats in the mountains, and one that I wait for each year is the chanterelle mushrooms.

As long as I have lived here, I've been blessed to find such abundant harvests of these delicacies that I'm usually able to put up many pounds sauteed in butter—with the goal of having enough to last until late July when I can restock the freezers. This year, I've felt a little deprived, as I donated both full freezers to friends and community after the hurricane. That included about 25 pounds of chanterelles precooked and ready for sauces and quiches. I was delighted that I could help my friends and community—no regrets whatsoever. But I did miss having them around these last six months, as they are such a special treat. Depending on the elevation, the mushrooms start fruiting in early June and continue into August. There are two common kinds: the larger golden



chanterelles and the much smaller red chanterelles. Both are scrumptious wild mushrooms, easy to identify and abundant throughout the mountains in WNC.

One word of caution is to follow the golden rule with wild mushrooms—do not ever eat any wild mushrooms without a 100% ID! Every few years, I get a call from someone who confuses jack o'lanterns with chanterelles. The former is a similar color but is poisonous. These mushrooms account for most of the poisonings in the state, so please be 100% certain before eating any wild mushrooms.

Another tasty wild edible is Rose of Sharon (pictured). We have many varieties on our land, and they are not only gorgeous, adding exquisite colors to any salad, but they are a delicate edible flower well worth trying. And medicinally, both the flowers and leaves, steeped as tea, are superb for the human GI tract, as they are highly beneficial for maintaining good gut health. I often mix the flower

petals into my salads as a treat. And they are also rather nice just nibbled raw while walking in the garden.

Although the flowers of the common purple wild violet are long since gone, I love the leaves in salads. They are extremely nutritious, loaded with iron and vitamins, and abundant everywhere in our region. One of my favorite uses is to make a wild greens pesto with violet leaves as the base green leaf. Being of Italian heritage, basil pesto is my first choice, but wild greens pesto is also superb. My favored method of preparation involves using wild ramp leaves in conjunction. Often, I freeze them solely for that purpose, but it's fine to use regular garlic cloves or wild onion bulbs. Right now, I have tons of garlic chives growing everywhere, and they make a tasty substitute.

Recipes

Chanterelle Quiche

- 1 cup heavy whipping cream
- ½ tsp sea salt
- ½ tsp ground pepper
- 5 eggs
- 10–15 chopped chanterelles (or ½ cup; sauteed in butter for 5 minutes)
- 2 tbsp chives or chopped basil

1 cup shredded asiago, gruyere or Swiss cheese

Thoroughly beat together the cream, salt, pepper and eggs. Butter a glass pie dish, then sprinkle the shredded cheese into the bottom. Next, add the sauteed mushrooms. Slowly pour in the egg/cream mixture and sprinkle the herbs on top. Bake at 350 degrees for 45 minutes until it begins to very lightly brown, with the custard barely firm. Let set and serve.

Violet Leaf Pesto

- 1 cup chopped raw violet leaves
 - ½ cup chives or 10 cloves fresh garlic
 - ¾ cup olive oil
 - ½ cup grated asiago or parmesan cheese
 - ¼ cup pine nuts or walnuts
- Purée everything in a food processor until you get a moist paste. If you put this in a Mason jar and add 1/8-inch of olive oil on top, you can store it in the fridge for a week or freeze it. It's great on grilled vegetables, salmon and crackers.



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Cane Creek Center Updates

Earlier this year, the Cane Creek Community Council asked resident Kayla Scheitler if she would design a logo for the community center and she ran with it. We are happy to report that at our most recent board meeting, our new logo was approved (see below). When asked what her thinking was behind the design, Kayla said, "I wanted to capture some of the staples of Cane Creek Valley: the Burney Mountain ridge, which serves as a stunning backdrop to the valley; the crops—corn, tomatoes and hay—that have thrived here for generations; the cattle that have grazed family farms like the Carters', Taylors' and Dotsons'; and of course, Cane Creek. While it may look different this year and the landscape may have shifted, it remains at the heart of our community." We are so thankful for all the time Kayla put into this design and for sharing her talents with us.



Parking Lot Expansion

We are happy to report that last month we were able to expand our parking lot, doubling the parking capacity at the



community center. Thanks to those who contributed finances, time and resources. We especially want to thank Dan Hayes Construction for a job well done!

Did You Know?

Cane Creek Community Center holds the distinguished award for being the oldest continually running community center in WNC. That means we have a lot of history and a lot of memories associated with our little community center. We think that is worth celebrating. So mark your calendars!

On October 18, we will be hosting a Homecoming Celebration. It will be an opportunity to celebrate our history, connect with old friends, make new friends and simply enjoy community. More details coming soon.

For more information and to keep up-to-date with what's happening, please subscribe to our newsletter at canecreekcc.com

Community Clean-Up

A huge shout-out goes to everyone who helped with our community clean-up last month. A special thank you goes to Debra Nesbitt and Lisa Pelly for all their time and efforts in planning and organizing it, as well as to those who walked the roadsides. (Check out a few pictures at right.) We are thankful for your efforts. Together, 12 of us picked up a total of 19 bags of trash from Lower Brush Creek and Cane Creek Roads, covering a total of approximately three miles. Way to go! Let's continue to help keep Cane Creek Valley beautiful. Feel free to share your progress. Take a picture of your personal clean-up day and post it to our Facebook page (@canecreekcommunitycenter).

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



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Time to Think about Flood Insurance

People who live in an area with low or moderate flood risk are five times more likely to experience a flood than a fire in the home over the next thirty years. Just one inch of floodwater, and mudwater, can cause damage worth up to thousands of dollars. Most homeowners' insurance will not cover flood damage. Flood insurance is a separate policy that can cover the home, the contents in a building, and/or both. Policies are very customizable, unless they are forced upon by the lender. The National Flood Insurance Program (NFIP) provides flood insurance to property owners, renters and businesses, and having this coverage helps them recover faster when floodwaters recede. For many, the NFIP's policy could cost less than \$400 per year.

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

Divide and Conquer... Your Perennials

August is the ideal time for gardeners to divide crowded perennials. After a long growing season, many plants like daylilies, hostas, iris and black-eyed Susans may become overgrown or begin to bloom less.

Dividing them not only revitalizes the parent plant but gives you free new plants to spread throughout your garden or share with friends.

Wait for a cooler, overcast day to get started. Water thoroughly the day before dividing to reduce stress. Then, gently dig up the entire clump and use a garden fork or sharp knife to split it into smaller sections—each with healthy roots and leaves. Replant immediately at the same depth they were growing before, and water well.

At Root Cause Farm, we see this practice as a beautiful metaphor for the work we do—nurturing abundance and sharing it widely. Just as one plant can become many, our farm turns seeds, soil and community effort into thousands of pounds of fresh produce each year, all grown to be shared. If your garden is thriving, consider donating a portion of your harvests to share with the community.

Brought to you by Root Cause Farm. For info and to get involved, go to rootcausefarm.org. 26 Joe Jenkins Road, Fairview.

Simple Skincare Tips for Radiant Skin

Achieving healthy, glowing skin doesn't

require products loaded with chemicals. The key lies in consistency and understanding your skin's needs. Start with cleansing: use a gentle, sulfate-free cleanser suited to your skin type twice daily. This removes dirt, excess oil and impurities without stripping natural oils.

Next, don't forget to hydrate. Applying a moisturizer appropriate for your skin type helps maintain softness and barrier function. For oily or acne-prone skin, lightweight, oil-free gels work best, while dry skin benefits from richer creams.

Incorporate antioxidants like vitamin C serums in your morning routine to brighten your complexion and combat environmental stressors. These can improve skin radiance over time.

Weekly exfoliation helps remove dead skin cells, promoting a smoother texture. Opt for gentle exfoliants—either physical scrubs or chemical exfoliants containing AHAs or BHAs—once or twice a week.

Finally, maintain a healthy lifestyle: stay hydrated, eat plenty of fruits and vegetables, get enough sleep, and manage stress. Consistent adoption of these habits will help your skin look and feel its best—naturally radiant every day.

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.

Flexibility Is Key in Real Estate Market

The real estate market in Fairview and the greater Asheville area is shifting. With rising interest rates and more homes for sale, it's becoming a buyer-sensitive market—and that means sellers need to stay flexible.

If you're selling: be open to showings, listen to feedback, and price your home competitively. A clean, well-staged home that's easy to view will stand out.

If you're buying, get pre-approved before shopping. That way, when the right property hits the market—especially in high-demand areas like Cane Creek, Garren Creek or Brush Creek—you'll be ready to act fast.

The market may not be as hot as it once was, but opportunity still exists for smart, prepared buyers and sellers. Stay informed and work with a local expert who knows the ins and outs of our unique mountain market.

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

Tips by Nursila from Noun Project (CC BY 3.0)



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Tech Tips for Foreign Travel

Make your smartphone less appealing by reducing how much it begs you for attention and you will have more time for activities in real life. Delete as many apps as possible, always asking yourself how much you “need” it (access social sites from your web browser instead). Set time use limits for the remaining apps, turn off all notifications, and keep very few apps on your home screen. The simplest change is to turn your colors off—as in, set your color filters or options to grayscale. You may want to try adding this grayscale view to your nighttime routine.

There is a new feature in the web version of Gmail—you may see a new tab or category label called Subscriptions—where Google will place newsletters and promotional emails that have easy unsubscribe options. The idea is that you can have Google unsubscribe you more easily than clicking through to the link often hidden at the bottom of the email. This feature seems to be slowly rolling out, so if you don’t see it yet but you have other tabs like Social and Promotions, just be patient.

Brush up on your medieval history (the early Middle Ages, circa 284–1000) with a 22-lecture course (40–50 minutes each) online via YouTube and Yale history professor Paul Freedman. Just listen to his lectures and skip the homework at tinyurl.com/3wkfhn3k.

Prepare for international travel with your smartphone by doing the following: check your carrier for their international pricing per day or for monthly plans so you can continue using your phone as if in the US; find eSIM plans for data covering your travel locations if your phone supports eSIMs (a digital SIM so you don’t have to swap out your physical SIM); tighten up security on all sites you log into by turning on any available two-factor authentication; make sure your device tracking is turned on in case you leave your phone or tablet somewhere; figure out how to pre-download music, media, maps, etc. to cover you in areas without cell or Wi-Fi access and remember that GPS will still do a pretty good job if your maps are in offline mode; consider increasing the storage you have with iCloud or Google so you don’t run out of camera space; get comfortable with translation apps on your phone if need be; get a dry bag if you are traveling by water or in rainy areas, even if your phone is rated as waterproof; get a VPN so you can feel safer using public Wi-Fi at airports, train stations, hotels, etc.; and try to reduce the number of smart things you bring on your trip and have fun!



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

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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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