



YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997

The Fairview Town Crier

MARCH 2020 VOL. 24, No. 3 | FAIRVIEW, NC | FAIRVIEWTOWNCRIER.COM

INSIDE

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Did You Find the Hidden \$20 Bill?

Last month, we hid a \$20 bill (not a real one!) in the issue and asked you to try to find it. We had a great response, as more than 80 people wrote in with the location. The bill was hidden on page 30 in the image of an emergency go bag (shown at right). We put the names of all the spotters in a hat, and the winner was Margaret Morgan. She'll receive a \$20 gift certificate from Americare Pharmacy. Congrats, Margaret! (And thanks to those who donated.)

We love hearing from our readers!

"Thanks for the fun." • "You did hide it well!" • "Thank you for the opportunity and thank you for providing such a great way to find out what's happening in Fairview." • "Love these 'hide and seeks' and love our Town Crier! It's the one thing I can count on getting in the mail monthly that will bring a smile to my face." • "My daughter found it :-)."



PHOTO: NCDOT

Clean Roads, Clean Fields, Clean Water

March is the perfect time to clean up. Foliage is still down (and the snakes are too). This makes it easier to see the litter and safer to pick it up. In addition to keeping our roadsides looking nice, cleaning up trash keeps it from washing into and contaminating our farming fields, streams and rivers. If you have time and are able, join one of the groups listed below to lend a hand.

GARREN CREEK ROAD

The Garren Creek Community Adopt-A-Road group will have its cleanup on **March 28** at 9 am. (Rain date will be April 4.) The group usually works for four hours.

The gathering spot is still being verified, but last year, volunteers gathered in the meeting room at the Fairview Fire Department. Call Bill at 688-9820 to confirm and RSVP. NCDOT will provide the vests, gloves and bags.

Children should be older than 13, as some roads have very limited sight-lines. Check the "Garren Creek Road" public group on NextDoor.com for more information.

Fairview Fire Department
(call to confirm meeting place)
1586 Charlotte Highway, Fairview

OLD FORT ROAD

Spring Mountain Community Center will hold a cleanup on **March 14** from 10 am–1 pm. Gloves, bags, safety vests, water and snacks will be provided to keep you safe, hydrated and moving. Meet at the community center to get set up.

Special "trash" will be hidden in secret spots along the road. If you find a special item, you'll win a \$10 gift certificate.

The sheriff's department will be on hand to slow down drivers. All ages are invited to attend. Children must be accompanied by an adult and should be old enough to safely move along the roadside.

Spring Mountain Community Center
807 Old Fort Road, Fairview

Are You Ready for the Census?

As we told you last month, the 2020 Census is almost here. You should receive the mailing at your house starting around March 12.

Official Mailing?

You can verify that a mailing came from the Census Bureau by checking the details against the bullet points below.

- The return address will contain "U.S. Census Bureau" or "U.S. Department of Commerce" (the Census Bureau's parent agency).
- The enclosed envelope to mail back a completed paper questionnaire will be addressed to Jeffersonville, IN, or Phoenix, AZ.

If you don't respond to the mailing by mail or online, you will receive a phone call or home visit from a census representative.

No one associated with the Census Bureau will ever ask for your full social security number, bank account number or passwords.

To keep you and your data safe, here's how to verify a census phone call or visit.

Census Worker at Your Home

If someone from the census comes to your home, use the bullet points below to confirm they are an official representative.

- The census taker or field representative will present an ID badge that includes their name, their photograph, a Department of Commerce watermark and an expiration date.
- They will have an official bag and Census Bureau-issued electronic device, such



Census takers wear an ID with their name, photo, Department of Commerce watermark and an expiration date. © FLICKR US CENSUS BUREAU

as a laptop or smartphone, bearing the Census Bureau logo.

- Census takers and field representatives will conduct their work between 9 am and 9 pm, local time.

Phone Call

After you have responded to the census, you may receive a follow-up phone call. The caller will not ask about your financial information or Social Security number. They will only review the responses to the census that you provided.

Contact Info

If you want additional verification about people visiting your home or have questions, call the Atlanta regional office for the census at 800-424-6974. Office hours are Monday through Friday, 8 am–5 pm.



DON'T FORGET!

VOTE ON TUESDAY, MARCH 3.

Visit vt.ncsbe.gov/PPLkup to find your polling place, or call 250-4200.

DAYLIGHT SAVING TIME starts on Sunday, March 8. Set your clocks *ahead* one hour.

The Fairview Town Crier
P. O. Box 1862
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COMMUNITY EVENTS

Spring Mountain Community Center

NEW SCHEDULE

Monthly meetings: now second Tuesdays, 6:30 pm.

Quilting Bee: Meets every second Tuesday, 9:30 am–2 pm. Call 628-7900 or 628-1938.

Berrypickers' Jam: Tuesdays at 7 pm.

Gentle Flow Yoga with Kate: Mondays at 6 pm. All levels. \$5 suggested (and \$1 to center).

Yoga with Sabrina: Thursdays at 6:15 pm. \$5–10 suggested.

Restorative and Yin Flow Yoga with Ann. Tuesdays at 8:30 am. All levels. \$5–10 suggested.

807 Old Fort Rd. springmountaincc.com

MARCH

Conserving Carolinas Spring Hikes

Starting March 6, the first of seven hikes will head to Green River Game Lands (seven miles, moderate). On March 20, head to Jocassee Gorges Management Area (7.1 miles, moderate) for an opportunity to view Oconee Bells in bloom. For more information, call Pam at 697-5777 ext. 300 or go to conservingcarolina.org.

MARCH 3 (TUESDAY)

Prostate Cancer Support Group

7 pm. Us TOO of WNC. Medical pro-

fessional speakers; no fee. 5 Oak St., Asheville. 419-4565, wncprostate@gmail.com, and on Facebook @WNCProstate.

MARCH 4–5

Embroiderers Anniversary Meeting

10 am. The Laurel chapter celebrates its 30th anniversary. March 4: a needle-work workshop on Ukrainian embroidery. March 5: a special lecture on whitework embroidery. 3 Banner Farm Rd., Etowah/Horse Shoe. If interested, contact Mary Ann Wyatt at 681-0572 or Janet Stewart at 575-9195.

MARCH 9 (MONDAY)

Stitches of Love Meeting

7–9 pm. Group donates handmade articles to local charities. New Hope Presbyterian Church, 3070 Sweeten Creek Rd., Asheville. Call 575-9195 or email Janet at imjstewart@att.net.

Fairview Area Art League Mtg.

10 am. Members, artists and others interested in the arts are welcome. 704-975-0095. Fairview Public Library, 1 Taylor Rd., Fairview.

MARCH 10 (TUESDAY)

FBA Meeting

6 pm. At Unified Therapies, located at

Sprouse Family Benefit

SATURDAY, MARCH 7, 12–3 pm

A benefit for Fairview native Bradie Sprouse, who was diagnosed with a rare form of colon cancer, and his family will include a BBQ meal, car show, 50/50, and raffle baskets. All proceeds will go to the family for medical and financial needs.

If you can donate money, raffle items or food, contact Christina Buckner at cbuckner91011@gmail.com or text 458-9298. There is a \$10 entry fee for car show participants, and an RSVP is required. For more information about the car show, contact Connie Gault at 318-4994.



145 Charlotte Highway See page 27 for more information.

MARCH 11 (WEDNESDAY)

Collider's Fourth Anniversary

4:30–6:30 pm. The Collider celebrates its anniversary with an open house. Food and beverages will be provided, and Collider members will be present to discuss their current projects. Mary Spivey, a Fairview resident, is the community manager for the non-profit, which looks to advance climate solutions. For more information, call 254-6283 or visit thecollider.org. Suite 401, 1 Haywood St., Asheville.

MARCH 12 (THURSDAY)

Welcome Table

11:30 am–1 pm. Lunch served to anyone seeking food, fellowship and community. Fairview Christian Fellowship. 596 Old US Hwy. 74, Fairview.

MARCH 14–29

Fairview Food Drive

Fairview's Jay Tatham is conducting a food drive for Food for Fairview for his Boy Scout Eagle project. You can donate canned goods, dry goods and paper products at Food Lion. For bulk donations, call 338-0232. 1350 Charlotte Hwy., Fairview.

HICKORY NUT GAP FARM CAMP



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- Week 2 June 22–26
- Week 3 June 29–July 3
- Week 4 July 6–10
- Week 5 July 13–17

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www.hickorynutgapfarmcamp.com



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COMMUNITY EVENTS

MARCH 14 (SATURDAY)

Old Fort Road Cleanup

10 am. Spring Mountain Community Center will hold its annual cleanup. See front page for more information.

The Music of Women's Suffrage

7:30 pm. A concert to celebrate the music of women composers and recognize the women who fought to make women's suffrage a reality in 1920. Tickets available at ashevillechoralsociety.org. \$25 for adults. First Presbyterian Church, 40 Church St., Asheville.

MARCH 15 (SUNDAY)

Ethical Humanist Meeting

2-3:30 pm. "Instructions for Living a Life" will be presented by Kathy Meacham and Fairview's Ira Sloan. EHSAsheville.org or 687-7759. 227 Edgewood Rd., Asheville.

MARCH 17 (TUESDAY)

ACRHS Key Club Dinner, Auction

5-7 pm. The Key Club hosts its annual Soup Dinner and Silent Auction. \$8. Student performances, local art, soup, bread, dessert and beverages. All funds go to MANNA FoodBank's annual Student Food Drive. Covenant Community Church, 11 Rocket Dr., Asheville.

Library Book Club

7 pm. The club will be reading and discussing *Undaunted* by Jackie Speier. See page 5 for more information. Fairview Public Library, 1 Taylor Rd.

MARCH 20 (FRIDAY)

Special Supper at Black Bear BBQ

6 pm. Black Bear BBQ will host a special "equinox supper." If the weather is good, guests will be seated on the front porch while a team prepares, cooks and interact with them. There will be only one seating, so call or email for information and pricing. blackbearbbqavl@gmail.com, 298-1035. 800 Fairview Rd., Asheville

MARCH 20-21

Hemlock Workshop

Make informed decisions about managing your hemlocks. For more information or to register, call 252-4783 or visit SaveHemlocksNC.org/registration. Deadline is two weeks prior to each workshop. \$10. NC Arboretum, 100 Frederick Law Olmsted Way, Asheville.

MARCH 21 (SATURDAY)

Opening Reception for Local Photographers Exhibit

3-5 pm. The photographers featured

One Day at Disney An Evening with Author Bruce C. Steele

TUESDAY, MARCH 10, 7 pm

What's it like to report to work every day for The Walt Disney Company? Step behind the scenes to immerse yourself in one "ordinary" day at Disney with Fairview author Bruce C. Steele and his new coffee-table book at the Fairview Public Library.

Bruce photographed and wrote profiles for 80 cast members. At this talk, Bruce will share behind-the-scenes stories, including videos of many of the most fascinating cast members.

Sponsored by the Friends of Fairview Library. Refreshments to be served after. 1 Taylor Rd., Fairview.



on page 16 will be on hand to display and discuss their work and techniques in the Community Room at the library. 1 Taylor Rd., Fairview.

Make-a-Blanket Day

10 am-2 pm. Project Linus will make

blankets for local organizations that donate them to children. All supplies and snacks are provided, but bring your own machine. Contact Ellen Knoefel at 645-8800 or gknoefel@charter.net for more information. Eliada Home, 2 Compton Dr., Asheville.

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COMMUNITY EVENTS

Genealogy Society Meeting

2–3 pm. "Cherokee History and Heritage." Call 253-1894 or visit obcgs.com for more information. 128 Bingham Rd., Suite 950, Asheville.

MARCH 24 (TUESDAY)

Hitchcock Film Series

6 pm. Remade by Hitchcock in 1956, the 1934 version of this film features Peter Lorre in the archetypal villain role for which he became famous. See page 5 for more information. Fairview Public Library, 1 Taylor Rd., Fairview.

MARCH 27 (FRIDAY)

Florence Nature Preserve Cleanup

10 am–3 pm. Morning-only shifts are fine, too. Bring lunch and water; wear closed-toe shoes and long pants. Water, snacks, and tools provided. RSVP to volunteer@conservingcarolina.org or call Olivia at 697-5777 ext. 211. 3836 Gerton Hwy., Gerton.

MARCH 28 (SATURDAY)

Garren Road Cleanup

9 am. The Garren Creek Community Adopt-A-Road group will have its annual cleanup. See front page for more information.

MARCH 31 (TUESDAY)

Dine To Be Kind

A day of dining out to help local animals in need. Participating restaurants will donate a portion of their proceeds to the Asheville Humane Society. You can find a list of participating restaurants at ashevillehumane.org.

DOG OBEDIENCE CLASSES

Basic Obedience and Manners. Seven weeks for \$250. Next starting dates are March 15, 1 pm and March 19, 6 pm. **Intermediate Obedience.** Seven weeks for \$250. March 29 at 2:30 pm. **Puppy Class:** 12- to 18-month-olds. Six weeks for \$175. March 26 at 4 pm. **Canine Good Citizen:** Prepare your dog for therapy and service dog obedience skills (test included in fee). Six weeks for \$250. March 3 at 4 pm. **Socialization:** A mix of structured play time and obedience exercises. Fridays from 8–10 am to 4–6 pm.

For most classes, pre-registration is required and a minimum number of dogs is needed. Woof in the Woods, 1451 Charlotte Hwy., Fairview. Call 222-2222 for more information on these and other classes.

Town Crier Labeling

TUESDAY, MARCH 31, 10:30 AM

Meet other people from the community and help us get the next issue of the *Crier* into the mail!

Join us at the Fairview fire station, 1586 Charlotte Hwy., Fairview. Contact the *Crier* for information at 628-2211.



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 8,900+ households. Distribution is limited to Fairview, Gerton, and contiguous parts of Reynolds and Fletcher, North Carolina. *The Fairview Town Crier* is located at 1185G Charlotte Highway, Fairview, North Carolina 28730; mailing address is PO Box 1862, Fairview, North Carolina 28730. Subscriptions may be purchased for \$30 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.

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

Submissions: Announcements, community news, upcoming events, personal notices, letters, etc. will be published free as space allows. Email to copy@fairviewtowncrier.com. For staff directory, contacts and additional information, please see page 31.

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EVENTS

One Day at Disney: An Evening with Author Bruce C. Steele

March 10 at 7 pm

Fairview author Bruce C. Steele will discuss his new book. See page 3 for more information.

Hitchcock Film Series



March 24 at 6 pm

The Man Who Knew Too Much (1934)

1 hour 15 minutes. Not rated
With a career in movies that lasted nearly 60 years, the

influence of Alfred Hitchcock on cinema cannot be understated. Join us as we watch and discuss four films from four different decades by the “Master of Suspense.”

Remade by Hitchcock in 1956, the original version of this film features Peter Lorre in the archetypal villain role for which he became famous.

All screenings are hosted by North Carolina Film Critics Association member James Rosario (thedailyorca.com),

who will introduce the film and lead a discussion after. Popcorn provided by Grail Moviehouse.

The other films in the series will be “Spellbound” (1945) in April, “Strangers on a Train” (1951) in May and “Psycho” (1960) in June.

Book Club

March 17 at 7 pm

The Fairview Evening Book Club will be reading and discussing *Undaunted* by Jackie Speier; her memoir of surviving the Jonestown massacre and becoming a congresswoman.

No sign-up or registration is required to join, and new members are always welcome to the club.

Future Book Club Dates and Titles

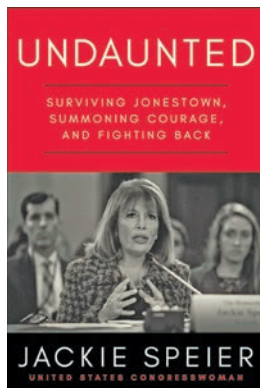
April 21—*The River* by Peter Heller

May 19—*Blue Highways* by William Least Heat-Moon

Mixed-Level Pilates Mat Class

March 27 at 12:30 pm

Learn the fundamentals of Pilates or deepen your practice in this mixed-level



class. The level will be targeted to the attendees. Expect lots of ab work, plus hips, upper back, arms and legs. Bring your own mat (a thick mat is better if you have one) and a small towel.

The class will be led by Alexis Miller, certified classical Pilates instructor and owner of Cisco Pilates in Asheville. Info at ciscopilates.com.

This class will be offered free of charge with the support of the Friends of Fairview Library on fourth Fridays through May.

FOR KIDS

D&D Club for Tweens & Teens

March 4 from 4–5:30 pm

A role-playing club for kids grades 6 to 12, with supplies and snacks provided. Space is limited, so players must register via the events calendar on the library website. Call or stop by the library if you have questions. Only the first six players to register will get a seat at the table.

LEGO Club

March 6 at 3:30 pm

School-age children are welcome to join us for a fun activity that builds imagination and creativity skills. All LEGOs are provided. No registration is required.

Art Adventures for Kids

March 27 at 3:30 pm

In each session, kids will get a crash course on a particular artist or art technique and create their own works of art using what they have learned as inspiration. All materials will be provided. Ages 8–12. Art Adventures will meet the last Friday of each month from January to May.

Regular Kids Programming

Baby Storytime: Tuesdays, 11 am

Baby Gym: Tuesdays, 11:30 am

Toddler Storytime: Wednesdays, 11 am

Toddler Gym: Wednesdays, 11:30 am

D&D Club: first Wednesdays, 4 pm

Preschool Storytime: Thursdays, 11 am

Afternoon Storytime: Thursdays, 3:30 pm

LEGO Club: first Fridays, 3:30 pm

Jaime McDowell is the head librarian at Fairview Public Library.

Closed for Training

All libraries will be closed on Friday, March 20 for staff training. The Digital Library is always open.



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FEATURED LISTINGS See all available listings at greybeardrealty.com



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LOTS AND LAND

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\$13,990 *MLS 3521819*

.92 Acre in Briar Ridge Drive, Fairview
\$74,000 *MLS 3488850*

Byers Park Lot with .61 acres
\$45,000 *MLS 3277895*

1.98 Acre Lot in Lake Lure, Laurel Mountain Estates
\$49,900 *MLS 3526021*

Fletcher: .83 Acre Lot in Fox Ridge
\$85,900 *MLS 3543428*

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Remembering Mike Fryar

IT IS WITH GREAT SADNESS that we announce that Fairview resident and District 2 County Commissioner Mike Fryar passed away on February 2 at 11:33 am at Mission Hospital, surrounded by family and friends.

Born in Oak Ridge Tennessee, he was the son of the late Volney V. Fryar and Mayme Vernon Lawson Fryar. He is survived by his wife, Brenda Brookshire Fryar; daughters, Melissa Fryar and Christy Fryar Ingle; son-in-law, James Brian Ingle; grandson, Ian Fryar; mother-in-law, Wanda Brookshire; and many cousins whom he considered to be more like sisters and brothers. He is preceded in death by both parents and his brother, Arthur Jenkins "Art" Fryar.

Fryar attended A.C. Reynolds High School, served in the U.S. Navy and worked for Banjo's Performancecenter until he opened his own engine business, Fryar Performance Inc., in 1980.

He was elected as a Buncombe County Commissioner in 2012 and was passionate about serving his community and working in the best interests of the citizens of Buncombe County. He also served on the Asheville-Buncombe Technical College Board as a Trustee.

A memorial service was held at Trinity Baptist Church Asheville on February 7 and visitation immediately followed. Rev. Dr. Ralph Sexton and Rev. Allen Rash officiated, and honors were provided by the Buncombe County Honor Guard and Buncombe County Emergency Services.

Giving 110 Percent

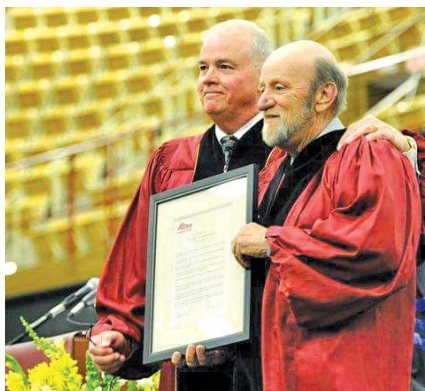
In both building racing engines and serving as a county commissioner, my dad gave 110 percent, always going above and beyond. He was very fortunate to have the opportunity to do two things he was so passionate about during his lifetime. He lived an exceptional life and we're so proud of the legacy he has left behind.

On Facebook, long-time friend James R. Robinson wrote, "[In r]emembering Mike, he always looked like he'd just told a joke and/or he was preparing to tell another one. Lots of people likely did not really notice he was steadily fighting cancer for years because he was much more interested in how you were getting along. Mike proved you can still be of help to others, and maybe especially so, at the very times you can't seem to help yourself. Cancer did not rob Mike of his integrity or his character, nor did he sell or give them away."

He was running for re-election at the time of his death and his name will still appear on the Republican primary ballot. He fought hard for his loved ones, for the people of Buncombe County, and for his life. He battled and beat cancer seven years ago during his first term as commissioner and never missed a beat. We remained cautiously optimistic because you couldn't ever count him out. He wasn't ready to stop fighting for the people of Buncombe County, but I don't think he would have



Mike Fryar



Fryar accepting an honorary degree from A-B Tech.



Fryar being sworn in as Commissioner.

ever been ready to quit, even if he'd lived to be 110.

"A man to match our mountains" is a phrase that has been repeated by many who have reached out and offered condolences, and I don't think there is any more fitting description of who my dad was and will always be to those who had the honor of knowing him.

The Crier sends condolences to the family and friends of Mike Fryar on his passing.

About The Primary Ballot

Commissioner Fryar will still appear on Republican ballots, which are already printed. According to Buncombe County Election Services, any votes cast for him will go uncounted, and his opponent, Anthony Penland, will be certified as the Republican nominee.



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Allen Helmick



Susan Lytle



Devon Satchell



Wanda Treadway



Sophia Underwood



Renee Whitmire

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UNDER CONTRACT



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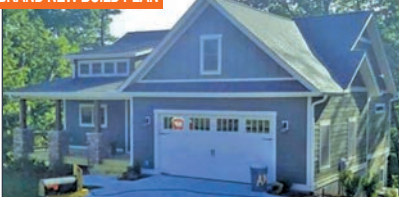
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PROPOSED BUILD



3/2.5, 2-story w/cathedral ceilings. Open floor plan w/ huge great room, dining area & kitchen w/bfast bar. Master on main, walk-in closets. New agrihood subdivision in heart of Fairview. Many plans available. \$425,000

NEW PROPOSED BUILD



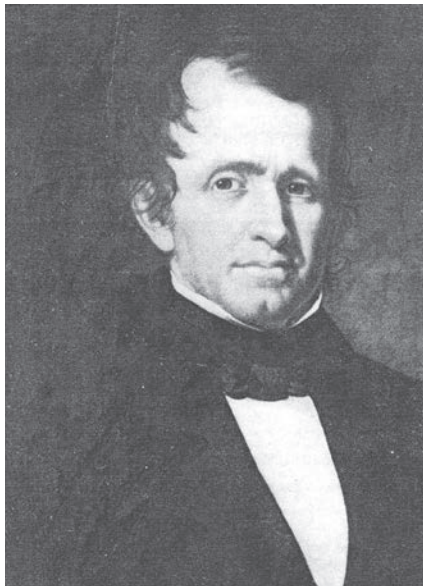
3 BR modern farmhouse plan. Incredible view from lot in heart of Fairview. 5 mins to AVL, Blue Ridge Pkwy & interstate. Lot in cul-de-sac perfect for single-family home. City water, lots of extras. Call Jenny Brunet 828.628.3088 \$650,000

James Mitchell Alexander, Part One

James Mitchell Alexander was born on Bee Tree Creek in Swannanoa on May 22, 1793. His grandfather, John Alexander, is believed to have been born in Pennsylvania. John married Rachel Davidson, who was the sister of Major William Davidson and Samuel Davidson, the second European to move to Buncombe County. John Alexander lived in Lincoln County during the Revolutionary War, and moved with his wife, Rachel, to Swannanoa by 1790.

James H. Alexander, the son of John Alexander and father of James Mitchell Alexander, was born in what was then Mecklenburg (now Rutherford) County, NC, on December 23, 1756. He moved with his parents to what was then Lincoln County, NC. James fought for the American side in the Revolutionary War. Foster Alexander Sondley said that James fought at Cowpens, Musgrove Mills and Kings Mountain. He captured a camp chest said to belong to Cornwallis (probably Colonel Ferguson) at the Battle of King's Mountain. The chest was still in Buncombe County as late as 1930. James Alexander married Rhoda Cunningham on March 19, 1782 in York District, South Carolina. She was the daughter of Humphrey Cunningham and Rhoda Summerville.

The first recorded deed for James



Alexander, from March 1, 1798, was for 100 acres on Bee Tree Creek. I am sure he had already moved there at least five years before this date. It is sometimes hard to find old documents, such as deeds, either because they were not recorded or were destroyed by fires at the courthouse.

James Alexander and most early settlers were often attacked by the Cherokee. The Cherokee learned quickly that if they killed a settler, then a large company of settlers would attack and kill many

Cherokee and destroy their villages. So instead, the Cherokee would wait for the men to leave the farms and then scare the remaining women and children, steal supplies, cut open featherbeds, and destroy furniture. This sort of attack usually did not provoke a large-scale reprisal.

"...I did not look to see"

Once, James Alexander was coming home and heard Cherokee yelling and saw a fire in his front yard. He hid in the bushes along the trail he knew the Cherokee would use when they left his home. A short time later, several came up the trail and Alexander stepped from the bushes and fired his gun. The Cherokee quickly scattered. James's little granddaughter ran out to meet him as he arrived home. She said, "Grandfather, did you kill them?" He said, "My little girl, I did not look to see."

James became one of the most successful and respected people in Buncombe County. He and his wife Rhoda had 10 children. Their fifth child was James Mitchell Alexander.

Children of successful men usually marry children of other successful men, as was the case here. James Alexander married Nancy Foster, the daughter and oldest child of Captain Thomas Foster and Orra Sams Foster, on September 8, 1814. (James

and Rhoda Alexander's fourth son, George Couples Alexander (1790–1880), married Elizabeth Foster (1799–1884), also the daughter of Captain Thomas Foster.)

Nancy Foster was born in what is now known as Biltmore on November 17, 1797. She and James apparently lived in Swannanoa the first year of their marriage. In 1815, James decided to move to Asheville. The land he acquired bordered what is now called Biltmore Avenue on the east, Patton Avenue on the north, Coxe Avenue on the west, and, roughly, Hilliard Street on the south.

He built a large house facing what is now Biltmore Avenue and lived there until 1828. It was the site of what later became a hotel, believed to be the first in Asheville. He also operated a saddle and harness shop on the property. The Alexander house, which became known as the Hilliard house, was torn down in 1889 to widen the street (South Main, now called Biltmore Avenue).

Part Two will appear in the April issue of the Crier.

Local historian Bruce Whitaker documents genealogy in the Fairview area. He can be reached at 628-1089 or brucewhitaker@bellsouth.net.

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A Lunch Treat and a New Engine

Thank you to those who were able to attend the Poor Man's Supper fundraiser last month. We had a great evening with our neighbors. Thank you again for your support.

Treated to Lunch

The staff of the fire department was treated to lunch by Riding on Faith Ministries. This team takes pride in paying tribute to our great nation by honoring our service men and women and first responders. Riding on Faith learned about proper flag etiquette and presentation from Chief Rick Wood, Skyland Fire & Rescue and Buncombe County Honor Guard Chief and founder, assisted by his wife Jeannie Wood, the Fire and Life Safety Educator at Mills River Fire Department.

New Engines

Last year, the board voted to pay off the loans of three of our engines. The top of the list for replacement was our 1988 pumper engine. The 31-year-old engine certainly lived a good life and was well taken care of by the department. Through good care, the department

was able to double its life expectancy. The Board voted to purchase a new pumper engine. And by allowing the company that designed and constructed the engine to use it at shows for a few months, the price was reduced by \$12,000. The engine is more efficient, meets NFPA Clean Cab standards (reducing the risks of cancer), and

certainly has better technological features than the old model. After the staff is trained and it is fully equipped, this new pumper engine will be in service mid-March.

Board Meeting

The next board meeting will be on Monday, March 16, at the main station at 7 pm. Anyone who is a tax-paying citizen of Fairview is welcome to attend. The board is made up of citizens in the community and voted on by the citizens of the community.

Robin Ramsey is the vice president and treasurer of the Support Unit Group of the Fairview Volunteer Fire Department. Visit fairviewfire.com and Facebook—search for "Fairview VFD (Buncombe County)."



Above: On the left is the new pumper truck, and on the right is the 1988 model. Below: Riding on Faith Ministry served lunch to the staff as a service project.



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Split Jets Bring Active Weather

It was back and forth in February, as major storm systems dumped several inches of rain, followed by sharply colder conditions for a day or two with some light snowfall. This has kept conditions on the mild side for a good part of the winter.

The pattern has been what meteorologists call a "split jet" pattern. The jet stream is a band of strong air currents that encircles the hemispheres (one in each) several miles above earth's surface. This is the conveyor belt that storm systems ride to give us everyday weather conditions. In a split flow condition, there are two branches of the jet stream. The southern branch extends from the northern Pacific down to Baja California, northeastward into the Texas panhandle, and then east from there. The northern branch is further to the north, extending out of central Canada, moving southeastward across the Great Lakes and into the northeastern US.

This split flow pattern often leads to a time of active weather. We have had a lot of moisture carried our way from the southern jet, which has brought flooding rains to the Midwest and Southeast this winter and well above average precipitation for us.

GET FAIRVIEW FORECASTS AND WEATHER!

Go to ashevilleweather.com and click on "Fairview."

QUESTION of the MONTH

What is the origin of the phrase "spring fever"?

Occasionally, the northern jet has been able to dip down a bit and bring a few periods of cold and light snows. The jets will continue to compete over the winter, but I would be very surprised if we didn't get more snow and cold before spring arrives.

The largest March snowfall on record was 18.2 inches in 1993. That reading was taken at the Asheville airport, but many folks reported snowfall approaching the two-foot mark. Of the 12 largest snowfalls on record, January leads the way (five), followed by March (three), and one each in December and February.

In March, we gain almost an hour of daylight and increasing solar radiation. We'll really notice the change with the additional daylight in the evening. Most of the US begins Daylight Saving Time at 2:00 am on the second Sunday in March. March also has extremes of temperature and weather. One day, it might be record-breaking warmth; the next, a storm or blizzard strikes. Meteorologists consider this fluctuation a part of meteorological spring, which begins March 1 and runs through the 31st.

WEATHER WONDER

Why is removing ice and snow build-up on airplanes so important?

Safety is one of the most important objectives in the aviation industry, and removing ice from an aircraft plays a crucial role. A plane's wings and rear tail are engineered with a very specific shape in order to provide proper lift for flight. Any change in their shapes can cause crucial issues during take-off. If the snow or ice disrupts the airflow, it could hinder the ability to lift the aircraft.

De-icing isn't just about the wings and tail either. The plane's nose is also very important, as that's where radar equipment is located.

De-icing fluid is a mixture of a heated chemical, called propylene glycol, and water. It is sprayed on hot (150 to 180 degrees) at a high pressure to melt or remove ice and snow.

There are a few types of fluids used, with Types I and IV being the most common. Type I is applied to the aircraft to remove the snow and ice. Type IV is then applied to prevent ice from reforming. On most jet aircraft, hot air from the engines is routed through piping in the wings, tail and engine openings to heat their surfaces and prevent icing. Pilots must be extremely cautious at high altitudes not to run into "icy clouds" or climates. Even airliners can occasionally encounter conditions that call for a speedy descent to warmer air.

The spring season associated with the vernal equinox, called astronomical spring, happens this year on March 19 at 5:58 pm in the Northern Hemisphere, but meteorologists recognize March 1 as the first day of meteorological spring. Regardless of how you measure it, spring period of transition sandwiched between the cold of winter and the heat of summer. It's all

based on the sun's angle, the Earth's orbit, and the accompanying solar radiation that heats the earth's surface.



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

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How Diabetes Affects Health and Longevity

Many of us know someone with diabetes. According to the American Diabetes Association, more than 30 million people in the US have diabetes (almost 10% of the population), and 1.5 million Americans are diagnosed with diabetes each year. But what exactly is diabetes? Most people have heard that it has something to do with blood sugar levels being too high, but many are not aware of how high blood sugar affects health and longevity.

Why Does Blood Sugar Matter?

We all need a certain amount of sugar in our blood for our bodies to function. This amount may fluctuate throughout the day, depending on how long it has been since eating, but generally ranges from 70–140 mg/dl. A hormone called insulin is produced by the pancreas to keep blood sugar levels within this range. If blood sugar levels stay high for a long period of time, it can damage your blood vessels, particularly in your eyes, kidneys, nerves and heart. Over time, diabetes can lead to blindness, kidney failure, limb amputation, and heart attack or stroke.

Type 1 vs. Type 2

There are two types of diabetes: type 1 and type 2. Type 1 (formerly called juvenile diabetes) occurs when your body's immune system attacks your pancreas,

making it unable to make insulin. Without insulin, blood sugar levels cannot be kept in appropriate ranges. The only way to treat type 1 diabetes is with insulin injections.

Type 2 diabetes is far more common and is very different. Type 2 develops over decades and is a result of the body becoming resistant to insulin due to exposure to foods high in fat and sugar, lack of exercise and, to some extent, genetics. Unlike in type 1 diabetes, people with type 2 diabetes typically have higher levels of insulin in their bodies because their pancreas produces more to overcome insulin resistance. When the pancreas cannot keep up anymore, blood sugar levels start to rise, and a patient may be diagnosed with prediabetes or type 2 diabetes.

Treatment and Prevention

The primary treatment for type 1 diabetes is insulin. In fact, before we were able to give insulin as a medication, type 1 diabetes was a death sentence.



Type 2 diabetes can be treated in many ways, and most people use multiple strategies to control their blood sugar levels and live otherwise healthy lives. Diet and exercise are the foundation of diabetes treatment. Managing carbohydrate intake, limiting fatty foods and 150 minutes of moderate intensity exercise each week can have a huge impact on insulin resistance and blood sugar control, especially if type 2 diabetes is diagnosed early.

If lifestyle changes are not enough to control diabetes, there are medications that can be used as a tool to control blood sugar levels. Metformin has long been the foundation of medication management

of diabetes because it is safe, effective, and inexpensive. It has also been shown to decrease the risk of heart attacks at its maximum dose. Sulfonylurea medications (glipizide, glimepiride, glyburide) and insulin have also been available for decades. In the last 10 years, the number of diabetes medications has drastically increased, many with big advantages over some of the older medications. If medications are needed, your healthcare provider is likely to recommend some of these newer agents, but the cost of these medications is often high.

Other medications that are often recommended for people with diabetes are statin medications, blood pressure medications called ACE inhibitors, and low-dose aspirin. These medications are important for reducing the risk of complications from diabetes. Statins and aspirin help reduce the risk of heart attacks and strokes, and ACE inhibitors help protect your kidneys.

Ultimately, everyone is different, and preventing and managing diabetes may be different for you than for your neighbor. So, talk with your healthcare provider about what makes the most sense for you.

Irene Ulrich is a clinical pharmacist at MAHEC Family Health Center at Cane Creek. 1542 Cane Creek Road, Fletcher. 628-8250.

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More Than Just Sit-ups

The abdominals are some of the most important muscle groups in the human body. Collectively, they make up a large part of the “core.” However, they are often misunderstood when it comes to keeping the trunk muscles strong and healthy.

These muscles are connected to the lumbar spine and are important in providing stability and protection to this area. Abdominal weakness can lead to low back pain, lumbar instability, and decreased balance, which can affect other basic tasks of everyday living. Studies have shown that the deep abdominal muscles will activate prior to lifting objects or moving the arms and legs to provide stability in preparation for movement. The rectus abdominis (the “six pack” muscle) is not a part of the stabilizing group of abdominals, since it has no connection to the lumbar spine. It connects to the chest bone (sternum) and the pubic bone. Its main function is to flex or bend the trunk forward. With this in mind, doing lots of sit-ups and crunches provides very little in terms of low back and trunk support.

Another common mistake when it comes to trunk strengthening is focusing on power. Loading heavy weight onto a crunch machine for a few reps does not serve much of a functional purpose and can create a

high risk for back injury. The mid-section is constantly being activated and requires more endurance than power for daily activities. Any activity that challenges the cardiovascular system, such as walking, is a great way to work on abdominal endurance and stay healthy. Simple exercises to isolate the abdominals and improve the strength and support of the spine include (when performed correctly):

- Pelvic tilts
- Bridges
- Squats
- Quadruped (hands and knees position) with arm and leg raises
- Superman (lying on stomach and raising both arms/legs off of floor)

With all of these exercises, avoid holding your breath. It is vital to take slow, deep breaths and exhale while exercising. This will decrease low back pressure and reduce the risk of injury.

Trunk strength and endurance are necessary for a healthy low back and overall function. If back pain or decreased balance are concerns, decreased abdominal strength and endurance may be contributing factors.

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

Facebook Info and Google Tips

Facebook is revealing more information about what they track across the Internet, and they also have options available to control how they track you. Their new tool is called “Off-Facebook Activity,” and you can find it under “Settings” then “Your Facebook Information.” You can even cut down on future tracking, but all that really does is limit whether Facebook will combine data from third-party sites with what they already know about you from your Facebook activity.

Here’s a tip for being better understood on phone calls. As the phone’s microphone is very sensitive to the direction of sound, you should try to keep it at the same distance and position relative to your mouth. Maybe anchoring your thumb on your jawline will help keep your phone from moving around so much as you move your head around. Or consider using a headset, Bluetooth or corded phone to avoid muffling your voice.

If you need a distraction and are curious about what is trending in Google searches, check out trends.google.com. You can see what others are looking for, either now or in the past, here and in other countries. For more fun, explore how the interest in certain terms has changed over time.

On Google Maps, you (and others) can create collaborative maps,


something that might be handy when planning a group vacation or local tour. Start at maps.google.com and sign in to your account. Then use the “hamburger” menu icon (the three horizontal lines) to get to Your Places, then Maps, where you can click on Create Map. After working through what you want to add, don’t forget to share the map (choose between view-only or edit modes).

Google Earth View (earthview.withgoogle.com) has added a thousand new satellite images that can be downloaded for you to use as your desktop background on any computer. While browsing the Earth View Gallery, you can click the Download Wallpaper option, which appears in the top right corner of each image when you hover your mouse there.

If you need to save or print out a list of installed programs in Windows, you can use Geek Uninstaller ([geekuninstaller.com](https://www.geekuninstaller.com)). It’s also a useful tool to uninstall software in a more complete way than the official uninstaller might or if you’re having trouble with the official uninstaller.




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Sister Troop

What does a farmer do in the few hours not dedicated to his or her business? For the past six years, a lot of our time has been devoted to Boy Scout Troop 26 in Avery's Creek. When Andy became old enough to join, Walter took him to the troop he had attended as a kid. We then became thoroughly immersed in Scouts. This month, Andy is having his Eagle board of review after completing all ranks in scouting, building a songbird rehab enclosure at Wild for Life as his Eagle project, and completing the Eagle Workbook outlining his project.

Even though Andy is finishing up his time with the Scouts, we are not leaving. Back in March, Boy Scouts of America opened their program up to girls, and Andy's troop decided to start a sister troop, Troop 4026. And that's where Walter has focused his energies this past year. He became Assistant Scout Master for Troop 4026 and has a wonderful group ranging from age 11 to 18 who are taking the scout program to heart.

Even though they're a small group (seven so far), they have taken the local scout council by storm. Back in October, after only seven months of existence, Troop 4026 placed fourth out of 26 teams at the annual Klondike event held at Grandfather Mountain. Klondike is a competitive event to test the skills

considered essential to the scouting experience and is open to all troops in the council. It was a great showing for the first-time participants.

I officially joined the troop as a merit badge counselor at the beginning of the year. We are focusing on the camping merit badge as a troop, with several of the girls working on other badges as needed or as their interests lead them. Earning merit badges is part of the advancement process in scouting, with specific badges required for the Eagle rank. A total of 21 badges are required for Eagle, including 13 specific badges. There are about 130 badges that can be earned based on individual interests. Since the oldest girls have a very limited time to achieve Eagle, it has become a race to keep them on track to reach this goal before they age out.

Troop 4026 meets weekly on Tuesday nights from 6:30 to 8 pm to work on team building, leadership roles, merit badges and skill building for their adult roles in society. They also plan monthly trips to hike, backpack, canoe or some other outdoor activity. In the last year, they've been backpacking in Linville Gorge, canoe camping on Fontana Lake, and spelunking in the Lost Sea Caverns, including camping overnight in the cave. In the next few months, they'll be backpacking on Cumberland Island, attending summer



Members of Troop 4026 preparing for their Klondike challenge. (Source: Troop 4026 on Facebook)

camp, and canoeing the swamp at Congaree National Forest. They regularly do service projects throughout the year, such as helping at Manna Food Bank to pack boxes for school kids to take home over the weekend. There is also the occasional fund raiser, which pays for troop activities, as well as the cost of the various outdoor activities that individuals take part in over the course of the year.

Troop 4026 is looking for more girls between the ages of 11 and 18 to join. If you are interested or know anyone who might be interested in these types of activities, we'd love for you to check out

the meetings on Tuesday nights. We're also seeking interested adults who are willing to volunteer their time or skills to help the young folks in this Troop become awesome adults themselves. It's a great way to keep the mind and body sharp, as these scouts keep you on your toes.

You can get more details about scouting and Troop 4026 by contacting Walter at wendyandwalter@gmail.com or 545-2631.

Wendy Harrill is co-owner of Imladris Farm, a sustainable supplier of jams, jellies, and preserves made from locally sourced fruit. Imladrisfarm.com.

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For Love of the Land

The scale of permanent conservation boggles the mind sometimes. As individuals, we often think ahead when planning for our own lives: when to retire, how to support ourselves, etc. But long-term protection of land and water resources, which is the endeavor of conservation organizations like the Southern Appalachian Highlands Conservancy (SAHC), is a whole other ballgame. Grappling with the overall scale of ideas in long-term conservation—and attempting to foresee and provide solutions for various issues—pushes us to think in different ways, imagining and anticipating a future that we will never live to see.

We at SAHC sometimes use the phrase “landscape-scale” when describing conservation work. This term hints at how massive this undertaking is, both in the sense of the vast physical expanse of the landscape and in the enormous extent of time anticipated by perpetual conservation easements. Perhaps you enjoy looking at historic photos from 25, 50, 75, or 100 years ago and seeing how places have changed over the decades. Over long spans of time, the physical attributes of landscapes can change dramatically.

Ensuring Protection of Natural Resources

Permanent protection through conservation easements or land acquisition ensures that some of the natural resources we depend upon—land good for farming, water sources, native species habitat, healthy ecosystems, etc.—will be protected long into the future. (Conservation easements are voluntary agreements in which specified development rights are extinguished. In conservation easements, SAHC works with willing landowners interested in protecting their land and retaining ownership, so the land can continue to be used, passed down through the family, sold, etc.)

However, if we think about this process in the scope in which it is intended to work—for future generations—recording a conservation easement or purchasing a tract of land for conservation is really an early step. As a mother, I find some similarity in childrearing. Yes, those months leading up to birth constitute a huge amount of effort, but after the baby’s arrival, the work begins in earnest. From sleepless newborn nights to toddler terrors and teenage angst, the lengthy process of nurturing a child far surpasses the span of pregnancy. In comparison, the period of stewardship—long-term care and upholding the promise of land protection—forms a critical component of conservation.

Our dedicated team of stewardship staff, lovingly referred to as the Stew Crew, embraces this responsibility of stewarding protected lands year after year. The Stew Crew monitors each property annually, taking pictures of designated landmarks to create a permanent record of the land over time. Their files are filled with photos



The beautiful Fairview landscape (above) is protected by “Stew Crew” members (right).

of people in orange vests posing at various points across properties. These photos are used to document and reference the state of change on the land.

The Stew Crew also creates and implements management plans for SAHC-owned preserves and works with landowners to resolve violations of conservation easements. They have a very special love of the land, which helps when they must be out there monitoring day after day and racking up “tick tallies” when they return from long days in the field. As the perpetual on-the-ground conservation team, the Stew Crew gains intimate knowledge of the gullies, ridges, thickets, coves, and stunning views of protected lands.

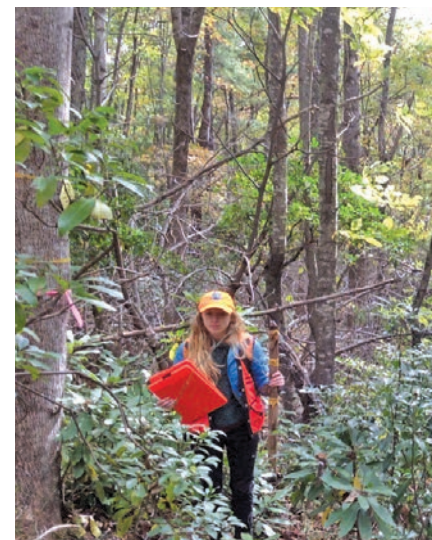
A Special Relationship

This long-term commitment to ongoing stewardship creates a special relationship between landowners and conservation organizations. The inspiration to permanently protect individual tracts often originates with landowners who have had deep, perhaps multigenerational, ties to a place and want the land to remain undeveloped for ages to come. These landowners work with organizations like SAHC to accomplish their conservation goals. Since conservation easements permanently affect certain land uses, future owners of properties with conservation easements may need assistance in understanding the terms and impact of easements. Stewardship teams build relationships between existing and new landowners to help smooth the transition of protected properties.

When my ancestors Benjamin and Penelope Merrill came to Fairview in the late 1790s and settled around Cane Creek, they would not have conceived of a need for long-term land protection. However, as we see more and more conversion of land spurred by the growing popularity of the region, I’m extremely glad that folks who came to own many of the places throughout Fairview realize the importance of conservation.

I don’t own any of the land that my ancestors once farmed here, but I feel a very special kinship to this place. Summer days on my grandparents’ small farm and

adventurous visits to a family cabin tucked back in the mountains instilled a profound love of the land in me, and that has a lot to do with why I work for a conservation organization today. It thrills me to point out places that SAHC has protected—the fertile Fairview bottomlands, the forested slopes of Camby Mountain, Hickory Nut Gap Forest, the craggy nose of Stony Point, the summit of Little Pisgah, and more—when driving between Asheville and Chimney Rock.



And thanks to the persistent, quiet, and diligent work of stewardship staff, the beauty of this area will stay protected. While my ancestors didn’t look to the future, I think they would be happy to know this landscape is being protected for generations to come.

Angela Shepherd is Communications Director of the SAHC in Asheville. She can be reached at 253-0095 ext. 200 or sah@appalachian.org. Visit Appalachian.org.

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LOCAL Fairview ARTISTS

Connecting with Fairview Photographers

We continue our series on Fairview-area artists with a focus on local photographers. Thanks to Jaime McDowell, head librarian, for her help with this project, and to Andrew Dundas for conducting the interviews and gathering the images.

ON DISPLAY The *Crier* is thrilled to be working with the Fairview Public Library to feature the works of the artists in this series. Starting in March and running through the end of April, you can stop by anytime the library is open to see works by these artists.

OPENING RECEPTION On Saturday, March 21 from 3-5 pm, the artists featured here will be on hand to display and discuss their work and techniques in the Community Room at the Library. Stop by to say hello and meet these local artists!

Turning a Lens on the World

■ BY **SANDIE RHODES**

Photography surrounds us in every aspect of our lives, but how long has it really been around? The answer is almost 200 years, but its origins date back further still to the 16th century.

Early cameras, called “camera obscura” and “camera lucida,” were forerunners to today’s projectors rather than cameras, since they didn’t fix images permanently. These early models could only project an image through a small hole in the wall of an unlit room, much like the pinhole camera invented by David Brewster in 1850. Camera obscura (“darkened room”) is a term associated mostly with the black and white photographic processing of today.

The first actual photograph is attributed to French inventor Nicéphore Niépce in 1826. His camera created an image on a polished pewter plate, and it took eight hours of strong sunshine to produce it. Although crude, it compelled Niépce to expand his research into silver

compounds. He partnered with a Parisian artist, Louis Daguerre, and continued experimenting. In 1833, Niépce died of a stroke but left all of his research notes to his partner, and it was Daguerre who is credited with creating the first photos. It’s interesting to try to understand the mind of an inventive artist. How many trials had he run before discovering that exposing silver to an iodine vapor before the image was taken, and to fumes from mercury after, followed by a salt bath, would fix the image to the silver? This process produced daguerreotypes, which are images on silver-coated copper plates. Although they were fragile and expensive, the alternative—sitting for an oil painting—became a less practical way of generating a portrait.

In 1884, George Eastman discovered how to eliminate the need for an on-site chemical lab to produce photographs. Four years later, his Kodak camera was

introduced with the slogan, “You press the button, we do the rest!” In 1901, the Kodak Brownie hit the mass market and over 100,000 were sold in the first year. Everyone became a “photographer.”

The last 100 years brought about many photographic refinements, including film, color, automatic focus and exposure, and digital recording with instant results. Today’s professional photographer has a variety of tools of the trade to use to capture that winning photograph—the one that hangs in a gallery to be admired by many or the one that is tucked in a wallet to be adored by one. No matter the end result, today’s photographers are artists in the true sense of the word, with diverse styles and techniques, as well as endless patience and creative experimentation. Following is a glimpse of three photographers in our community; each extremely talented and each with a very different style.

Steve FULGHUM

Steve’s father had photography experience and helped him set up a photo lab when he was in high school.

“He took me down to a pawn shop and bought old cameras,” he said, “old Leica film cameras from the 1930s.”

He likes capturing images that strike him as “interesting, mostly because of composition, shapes, the way light falls on things. Some of the most fun I’ve had is doing photojournalism.”

“I have one photograph [from the 1960s] of three guys in a train station with a cart that has a coffin on it,” he said. “And the guys are just sitting there waiting for somebody to show up and take this coffin with them. [I]t has something in it that you can make a story about.”



And that’s a good photograph. But those kinds of photographs don’t come by often.”

stevefulghum.com





Laurie JOHNSON



Laurie (shown below right) focuses on photographing people—corporate events, headshots for attorneys, doctors and real estate agents, families, weddings, and bat and bar mitzvahs.

She started becoming interested in photography when she was 8. "My parents sent me to gymnastics sleepaway camp," she said, "and I soon discovered that I had no talent in gymnastics. But luckily it was on a college campus, and they got me involved with college kids and



the photography program. So I had a bunch of college kids who gave me a camera and film and they taught me how to develop film and take pictures."

She worked in real estate when she moved to Asheville and then started her photography business after her son was born in 2000.

"I try to capture some sense of people, some sense of their personality," she said, "so that it wouldn't just be a picture of their face. It has something more to do with their being."

ashevillepix.com



David KOLL

David has been a professional photographer for 25 years, focusing on nature and landscape photography.

"I started by photographing spring wildflowers," he said, "to understand and to identify the local flora."

For a landscape photographer, western North Carolina is a great place to be. David likes to shoot on the Blue Ridge Parkway and in Pisgah National Forest and Great Smoky Mountains National Park.

"I definitely like the steep mountains and water and rushing creeks," he said. "I love the coast, as well."



Basically, the places I shoot must have topography or water—and preferably a



combination of the two."

"You have to have a passion for what you are shooting. I was told early on to love what you shoot," he said. "If you don't, shoot something else." He added, "I hope that each image I send out serves as an invitation for others to explore, enjoy and protect."

southimage@bellsouth.net



Friendly Penny War Benefits All at FES



By Kenya Hoffart

EACH YEAR, THE 5TH GRADERS at Fairview Elementary pick a service project that allows them to learn about stewardship and the joy of helping others. Last year, the group raised money to build a well in Tanzania, which gave approximately 3,000 people daily access to clean drinking water. Many of these service projects are also designed to help the environment. For example, FES families were asked to send in their plastic shopping bags to be recycled and were then given a reusable shopping bag for their personal use.

This year, the 5th graders decided to raise money for a new water fountain with an automated bottle filler feature that will be available to everyone in the school. This will allow students and staff to refill reusable water bottles with fresh, filtered water and help eliminate the need for one-use plastic bottles.

This fundraiser kicked off with a “penny war,” and each grade was challenged to fill a five-gallon water jug. Each penny equaled one point, but

every silver coin took points away. A nickel, for example, would deduct five points. This helped students learn all about strategy and the value of money, as they enjoyed a friendly competition. Kindergarteners were the winners of the “war.”

Hat Day

Students also participated in a hat day to raise money for the new water fountain. Each student who chose to wear a hat to school that day paid a dollar to participate. They were allowed to wear their hats all day, which is usually against the rules.

FES students worked hard to raise money—in fact, two new water fountains will be installed at the school sometime soon. All 5th graders and their teachers would like to thank Fairview families for helping with this fundraiser. Students and staff are already looking forward to seeing how they can make a difference again next year.

Kenya Hoffart is the VP of fundraising and communications chair for the FES PTA.

STUDENT OF THE MONTH: KEILAYN TATE



The A.C. Reynolds High School Student of the Month is Keilayn Tate. Senior English teacher Justine Becerra’s nomination celebrates both Keilayn’s academic and extracurricular endeavors. “Keilayn is the president of our Girl Up club and an exemplary student among her peers. She is kind, respectful, driven, talented and always quick to help her peers succeed. Keilayn demonstrates incredible leadership skills and is a great role model.” When Gabi Beckman, the online course facilitator at ACRHS, learned that Keilayn was nominated, her response was, “Great! She is awesome.” The Rocket community congratulates Keilayn and thanks her for demonstrating her RPI (Rocket Pride Inside) for our community. All winners receive a special mug from the Town Crier. Congrats, Keilayn!

Raising Funds, Learning Safety



Students at Fairview Preschool raised money for St. Jude Children’s Research Hospital through a Trike-a-Thon at school last month. Along with raising money to help fight disease, students learned about the importance of bike safety, such as wearing a helmet, not riding in the road, watching where they are riding, and being careful in driveways.

MARCH SCHOOL CALENDAR

March 10	Reynolds High band concert, 7 pm
March 12	Reynolds Middle band concert, 7 pm
March 12	Reynolds High choral concert, 7 pm
March 13	Early dismissal, all schools
March 14	BCS Celebrates STEM Day, Nesbitt Academy 9 am–3 pm
March 16	Teacher work day, all schools
March 24	Cane Creek Middle School night for rising 6th graders, 6 pm
March 27	Fairview Elementary boosterthon fun run Reynolds Middle Harry Potter Night, 7 pm

Planning for the Great Unknown

March is course registration season for next year at AC Reynolds High School. I have such a clear mental picture of this time from my daughter Katie's high school days: her red curls aiming in all directions as she pored over index cards spread across her bedroom floor. It looked like chaos to me, but in reality she had constructed a careful and yet adaptable path to graduation and a future beyond. Course planning is nothing like it was in my day. It can seem intimidating, and if you have younger kids in school, it's never too soon to begin learning how the process works.

It's best to start with the end in mind: in Buncombe County, students must have 28 credits to graduate, with specific requirements in math, English, science, social studies, and health and PE. Students choose 12 electives in addition to those required core courses in order to meet the 28-credit threshold. This framework, set at the state level, is part of the NC "Future-Ready Course of Study." Students with disabilities may graduate by meeting the requirements of the NC "Occupational Course of Study" instead.

In addition to the core academic requirements, students must complete a four-credit concentration area within the 28 credits for graduation. The concentration requirement guides their choices of

electives. They can choose a concentration in a core academic area (math, science, etc.), the arts, languages, health/PE, ROTC, or a Career Cluster in the Career and Technical Education (CTE) program. Digital design, sports marketing, mechanics, health science, and early childhood development are just a few of the many Career Cluster options available. Some seniors graduate with multiple clusters and/or concentrations.

Fortunately, Reynolds offers lots of assistance to students and their parents with the choosing and planning process, and we are lucky in our district to have such a top-notch counseling department. In March, Reynolds High counselors will



The world is changing fast, and our schools bravely face the challenge of preparing students for careers that don't even exist yet.

lead registration sessions during the school day at Cane Creek and Reynolds Middle Schools for rising ninth graders. For rising 10th-12th-graders, students and their parents may attend a Registration Night on March 2, 4, 10, or 12. These sessions will run from 3:30–6:30 pm. Enrolled students can use the QR code shown above left to sign up for a Registration Night session or call the Reynolds counseling office at 298-2500.

My daughter Katie is now expertly choosing advanced courses for her senior year of college, still building on the passions she developed at Reynolds. The

world is changing fast, and our schools bravely face the challenge of preparing students for careers that don't even exist yet. Kasey King, the Assistant Principal at Reynolds in charge of curriculum, said it best: "Our goal is not only to graduate students with a comprehensive education but to broaden their options for further schooling and future careers."



Cindy McMahon is the Reynolds District Representative, Buncombe County School Board. Contact: cindy.mcmahon@bcsemail.edu.

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GREG'S MAGIC TRICK



Ye Olde Spirit Key

During a magician's convention, I was amazed to see an older magician make a skeleton key "move by itself." When I found out how easy it was to do the trick and get a big reaction, I was even more amazed.



NEED: A skeleton key. Look around in your junk drawer or grab one from your local hardware store.

PERFORMANCE: A key is placed on your hand or on your fingertips. Slowly and eerily the key begins to move on its own.

SECRET: The secret is in placing the key in the proper position in your hand or on your fingertips. The teeth of the key add weight and allow it to rotate as you move it slightly and secretly. Pick a handling you like and that works best for you and your key.

The Fingertip Method: Place the key on top of the fingertips of your thumb, first finger and middle finger, with the teeth facing up. The motion here is a very subtle pinching action—just let the key balance on top of your fingers and turn the teeth of the key just a fraction either away from or toward your body. This will help the rotation get started. All that you need to do is just start pinching your fingers together under the key. This will look really eerie when it starts to move. Practice with a pinch and get faster as you get more confident.

The Palm Method: Place the key in the palm of your hand with the handle of the key off the side of your palm and the teeth toward your arm. Now slowly tilt your hand down until the key begins to move. Continue until the key turns completely over. This method will require some trial and error until you find the right positioning on your palm to make the key turn without it looking like your hand is moving. After some practice you will be able to control how fast the key moves.

Greg Phillips is a professional speaker, magician and comedian. Contact him at Greg@GregPhillipsMagic.com or MountainMagicAcademy.com.

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Preparing Your Dog for Your Vacation

Going on vacation is exciting, but leaving your dog can be difficult. Your dog is a member of the family, and leaving for vacation can be hard on both of you. But with some preparation, you can set up your dog for success before you leave.

Whether you board your dog at a kennel, leave her with friends or family, or hire a pet sitter, here are some helpful tips for your dog's care while you're away. These will ensure that your mind will be at ease while you're on vacation and that you come home to a happy dog.

Meet the People

Visit the boarding facility and meet the staff. If you are hiring a pet sitter, allow your dog to meet the sitter a few times before you leave. Whether you choose a boarding facility, friend, or pet sitter, be sure to share with them your dog's needs, routines, and quirks, as well as provide all necessary health and vaccination information, including your vet's contact info.

Extra Time Together

Spending extra time with your dog before you leave helps both of you. Your dog always appreciates the time she gets to spend with you, and a few extra snuggles on the couch or an additional daily walk are a big deal for your dog.



Your dog's favorite bedding, treats, or toys will help her feel more at home.

Detailed Instructions

Whether you board your dog or have someone come over to care for her, you want to leave clear instructions. Leave a note detailing exactly how much food your dog gets for every meal, including whether it is okay to give them treats and how many. If they're on medication, leave instructions on how much they need to take and the best way to give it to them (i.e., put it in a

pill pocket or peanut butter), along with any other necessary information. It's a good idea to have a sitter come over in advance to learn your dog's routine and show them where everything is.

Important Details

Point out your dog's quirks, so the caregivers know what to expect and how to keep her safe. Does she stop eating when she visits the kennel? My dog Benji would go on a hunger strike at the kennel, so I always included special food or ideas on how to entice him to eat. Can your dog jump fences? Does she lunge and bark at other dogs when walked on a leash? How is she socialized with other dogs? Does your dog have separation anxiety? These are important behaviors you'll want to point out.

A Piece of Home

Think about what your dog likes and if there are any items that usually help her relax. Her favorite bedding, treats, or toys will help her feel more at home. The bedding will smell like you and your home and make her more comfortable. Put an old t-shirt on her bed so she'll be comforted by your scent. If your dog will be alone for long stretches of the day, leave a treat-dispensing toy or a pet-safe bone to keep her occupied. Ask your pet sitter to leave the radio on if your dog is used to the noises of a busy household.

Exercise

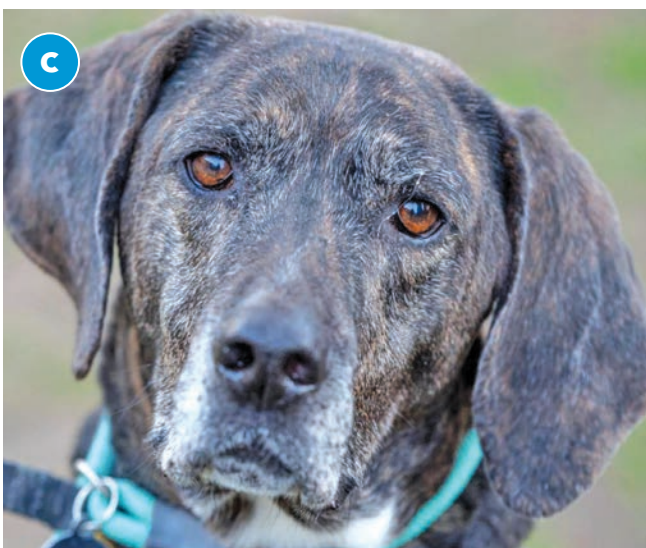
This simple, tried-and-true tip is the key to your dog's happiness. Take a long walk, play fetch, or otherwise get your dog moving before you pack up. Expending some energy will help your dog feel more relaxed.

Short and Sweet Goodbye

Don't make a big production of your departure. Your dog can easily pick up on your emotions. If you're feeling anxious about leaving her, she will feel anxious about your leaving. Try to treat it like any other time you're leaving the house or dropping her off at the groomer. It's easier said than done, but if you can leave her in as relaxed a state as possible, it will serve you both well. If you're feeling comfortable, your dog will feel the same way. Your dog will miss you, just as you will absolutely miss your dog, but remember to be comfortable. Project calm confidence, plan ahead, and you'll both feel more ready for your temporary separation.



Stefani Cotten is the owner of Fairview Boarding, located at 1923 Charlotte Highway, Fairview. For more info on boarding your dog, call 628-1997 or go to FairviewBoarding.com.




a. Blake's (and her sister Nora's) previous family adopted a new puppy, and the girls were not doing well with the new addition. They are gentle, sweet girls and would do best in a quiet home. charliesangelsanimalrescue.com

b. Alan Jackson is a sweet guy who is learning that people are good. It may take him a few minutes to trust you, but once he does, he is all love. He gets along well with other dogs and would love an active family. charliesangelsanimalrescue.com

c. Earl is a sweet, elderly guy with the heart of a puppy. He loves to be around people, enjoys his treats and is an avid singer with his lovely hound voice. This 8-year-old is a good hiker. He is also easy to harness and rides well in the car. Earl would prefer a home with no children. ashevillehumane.org

d. Anna, who is 7 years old, has skin allergies that require lifelong management. She likes to talk and will have full conversations with her caretakers throughout the day. ashevillehumane.org

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Do You Have Real ID?

A big change is coming to airport security checkpoints in October.

Due to the Real ID Act passed in 2005, American citizens will need a Real ID-compliant driver's license or ID card as of October 1 to board commercial flights. (You'll also need a Real ID to visit a secure federal facility, such as a military base, federal prison or federal courthouse.)

Passports, Global Entry cards and military ID are also sufficient for Americans wanting to fly domestically.

If you recently renewed your license, you may already have a Real ID. Check for a star in the top right corner.

If you need to update your license, you should begin the process as soon as possible. One *Crier* reader told us that there was a two-month delay when he called the DMV to make an appointment, and the wait is sure to get longer as the deadline approaches.

Who Doesn't Need It

The Real ID program is optional and you do not need to update your driver's license if you will only use it for the following activities: driving, voting, applying for or receiving federal benefits, entering a post office, entering a hospital or receiving life-saving services, serving on a federal jury or testifying in federal court.



Real IDs have a star in the top right corner, as shown here.

What You'll Need to Apply

- One document (with full name) proving identity and date of birth, such as a birth certificate or passport.
- One document (with full name and full Social Security number) confirming Social Security number, such as a social security card or tax form with name and full social security number.
- Two documents (with current physical address) proving North Carolina residency, such as a vehicle registration card, insurance policy or title or utility bill.

If your name has changed, you'll need a certified marriage license, divorce decree or court document. See fairviewtowncrier.com/links for complete information on Real ID requirements.

Mamie Sue Harkins Celebrates 96th Birthday



Happy 96th birthday to Mamie Sue Harkins, a Fairview resident for 96 years. Your family wishes you a happy birthday on the 17th. Celebrate the happiness on every day of your life. We love you! —Your Family

Host an Exchange Student this Summer

Xplore USA is providing families in WNC with the opportunity to host an international student in the summer for three to four weeks.

Typically from Spain, France, Italy, or Germany and between the ages of 12 and 17, students participate in a day camp alongside their American peers. Host families often send their own children to Xplore USA's day camp at a discount, as it is a great way for students to study a foreign language, make new friends both locally and globally, and learn about other cultures.

The Xplore USA Intercultural Day Camp is held at Hanger Hall, 64 W.T. Weaver Boulevard in Asheville. Weekly sessions are available June 27 to July 25 for kids ages eight to 18.

For more information, email kristina.lunsford@xploreusa.org



XPLORE USA, FACEBOOK

xploreusa.org, go to xploreusa.org, or see the Xplore USA ad on page 23.

Become a Foster Grandparent

Foster grandparents are needed at schools and local daycares to become friends and mentors to children. Connect with children by sharing experiences, supporting learning and offering encouragement.

Foster grandparents receive approximately \$250 a month tax free. This money does not affect Social Security, subsidized housing, Medicare, Medicaid or food stamps. Participants will also receive paid days off and holidays, as well as transportation reimbursement and supplemental insurance.

Foster grandparents help children, from newborn to 13 years old, to develop basic learning skills through games and playtime. They tutor children in reading, writing and math and provide love and support. They will never be asked to take a child home.

Schedules depend on the day care center or school and the times preferred by participants. Most foster grandparents work in the morning.

If interested, call 251-7448 and ask for Stacy Friesland, who is the program manager.

Free Medicare Classes

The Council on Aging of Buncombe County, in conjunction with the NC Department of Insurance's Seniors' Health Insurance Information Program (SHIIP), will offer free, informational Medicare classes.

Residents who are new to Medicare, caregivers, and others who help senior citizens with their Medicare insurance should consider attending this informative class. The information presented is unbiased and accurate. No products are sold, recommended, or endorsed.

To register, visit the Council on Aging of Buncombe County at coabc.org or call the Council on Aging at 277-8288.

The classes below are free and open to the public.

March 12, 2–4 pm at OLLI/Reuter Center
1 University Heights, Asheville

March 20, 2–4 pm at Goodwill
1616 Patton Ave, Asheville

March 25, 2–4 pm at Blue Ridge Health
2579 Chimney Rock Rd, Hendersonville

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Will Your Money Last as Long as You Do?

What do your fellow citizens fear most? Almost half of them—49%—are most afraid of running out of money during retirement, a higher percentage than the 44% whose chief concern is failing health, according to a recent survey by Aegon Center for Longevity and other groups.

What steps can you take to help ensure your money will last as long as you do? Here are a few suggestions:

Estimate Your Longevity

None of us can say for sure how long we'll live. However, you can make some educated guesses based on your health and family history. And once you do have at least a ballpark figure, you can then determine about how much money you may need to last the rest of your lifetime. A word of caution: It's probably going to be more than you think. Health care costs alone can run into the hundreds of thousands, even with Medicare.

Determine When You'll Retire

Your retirement age will have a big impact on how long your money can last. The longer you work, the more you can contribute to your retirement plans, such as your IRA and 401(k). Plus, if you have health insurance through work, you should be able to cover some of the out of pocket health care costs you'd normally have to pay if you're retired.

Invest as Much as You Can in Your Retirement

During your working years, contribute as much as you can afford to your IRA and your 401(k) or similar employer-sponsored retirement plan. And every time you get a raise, try to increase the amount you put into your employer's plan.

Protect Yourself from Long-term Care Costs

If you're fortunate, you'll never need any type of long-term care, such as an extended stay in a nursing home or the services of a home health care provider. Still, there are no guarantees, and long-term care expenses can be big enough to threaten your retirement savings. The average cost for a private room in a nursing home is about \$100,000 per year, while a home health aide costs about \$50,000 per year, according to the insurance company Genworth. Medicare typically pays just a small portion of these amounts, so you may want to purchase a long-term care insurance policy that will pay for qualified long-term care costs. Or you might consider a "hybrid" policy, which combines long-term care protection with life insurance. So, if you never needed long-term care, your hybrid policy would pay a death benefit to your beneficiary, but if you did need the care, your policy would pay benefits toward those expenses.

Choose an Appropriate Withdrawal Rate

During your retirement, you'll need to withdraw money from your IRA, 401(k) and other retirement accounts. But you'll want to avoid taking out too much each year, especially during the early years of your retirement. It's important to establish an annual withdrawal rate that's appropriate for your needs, taking into account your age, sources of income, lifestyle and other factors.

The thought of running out of money during retirement is scary indeed – but by making smart choices, you can go a long way toward alleviating this fear and enjoying your life as a retiree.



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.

JANUARY FAIRVIEW REAL ESTATE STATISTICS

		Max \$	Lowest \$	Average \$
Homes Listed	19	1,190,000	80,000	456,421
Homes Sold	9	1,399,000	149,000	590,656
Land Listed	8	950,000	39,000	189,875
Land Sold	13	359,000	40,000	148,223

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A Tribute to Mike Fryar, and Answers about Reappraisal

A few weeks ago, we said goodbye to our fellow commissioner, Mike Fryar. He was a champion for those in this county who struggle to make ends meet, and I hope that the six of us remaining on the board continue to be a champion for those same folks and never lose sight of their needs.

Mike and I didn't always see eye to eye on issues and had epic disagreements about A-B Tech, but there were also lighthearted moments. Mike truly made me laugh, and I will never forget the first time I made him laugh too. My favorite memories of him will always be the times on Tuesday evenings when we realized that we were on the same side of an issue. Mike would look down the dais at me, wink, and give me a thumbs up.

The last vote we shared was a zoning change that would have impacted the Fernwood neighborhood in Fairview. We voted to deny the zoning change, thereby allowing the residents, many of whom have lived in Fernwood for more than 30 years, to remain in their homes.

There will never be another Mike Fryar in Buncombe County, and Tuesday evening meetings are already different without him. My prayers for peace and comfort continue for his family, friends, and all those whose lives he touched.

.....

Tax Reappraisal

I have been asked a lot of questions about the January 9 commissioners' meeting, where Keith Miller, the tax assessor, presented details about the upcoming countywide general reappraisal. I hope to address many of those questions here.

The reappraisal will be effective on January 1, 2021. Every property owner will receive a new assessed value based on the market data county appraisers have gathered over the past few years. "The tax assessor only interprets the market; the tax assessor does not create it," said Miller.

The new assessed value will be based on what properties have sold for over the past couple of years. Real estate buyers and sellers determine the market value, so your neighbor who just purchased the house next door contributed to the creation of market value. The assessor's task is to analyze that transaction, determine if it represents true market value, and evaluate how that compares to the assessment of similar properties. Market value is defined as the price negotiated between a willing buyer and seller. NC law requires the assessor to assess properties at 100% of market value.

"Reappraisal is about fairness and uniformity," said Miller. Over time, the real estate market changes because buyers' demands change, and this creates

different amounts of property appreciation for different areas of the county.

Therefore, because not all property appreciates at the same rate, the assessments become inequitable. Fairness and uniformity in assessment means that no citizen, or any property, is paying more in tax than the other. Miller said, "It's not fair to our citizens for one to pay tax on 90% of the market value while another is paying tax on 75% of the market value." This lack of uniformity in the assessments is what the reappraisal will correct.

The real estate market will always continue to create inequity in the assessments. The assessor's job is to respond to that inequity to assure fairness in the tax burden for all citizens.

When the NC General Assembly created the property tax law, they created the requirement for the reappraisal to assure fairness. The lawmakers knew that an *ad valorem* property tax system would create inequity in the tax burden over time. (An *ad valorem* tax system is defined as taxation according to the value of the property.)

Reappraisal is not about generating revenue. "Reappraisal is a good thing because it assures fairness for all citizens," said Miller. Regardless of popular beliefs, state lawmakers never created reappraisals to generate revenue, but to assure fairness in the tax burden.

"Reappraisal is about fairness and uniformity."

Keith Miller, tax assessor

After a reappraisal, taxes for any one individual can remain the same, decrease or increase. The actual tax, or revenue generated for the county, is controlled by the Board of Commissioners, not the assessor.

The commissioners can change the tax rate for any year if the need for more or less revenue is recommended. But revenue, or the actual tax due, is wholly related to the budget needed to provide services to our citizens. Although property assessment is used in the formula to determine revenue, revenue is not used in the formula to determine the assessed value of any property.

I hope this helps clarify what the reappraisal is and how it works. Please don't hesitate to contact me if you have any questions about the reappraisal.



Amanda Edwards is the District 2 representative on the Buncombe County Board of Commissioners. She can be reached at amanda.edwards@buncombecounty.org or 484-6385.

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Stay Aware to Avoid Phone Scams

While we must continue to provide scam and fraud education and ask each citizen to share the knowledge, we are all still getting hammered every day. I have been so busy lately answering calls about my vehicle's warranty, solar panels, credit card offers and notices that I have a warrant for not showing up to jury duty (seriously).

I think we know it will take some federal intervention to help tackle this issue. Well, it has happened.

According to an article from Reuters, "The US government ... sued five US companies and three individuals, alleging they were behind hundreds of millions of fraudulent robocalls that scammed elderly Americans and others into massive financial losses."

"The Justice Department alleged TollFreeDeals.com [made] 720 million calls during one 23-day period, and that more than 425 million of those calls lasted less than one second, which suggests they were robocalls."

Below are some steps to take to avoid phone scams.

- If you don't recognize a phone number, don't answer it.
- If you do recognize the number, can still be a disguised number from another location using "neighbor spoofing."

- We know who we owe. As the IRS Commissioner once stated, "If you are surprised to be hearing from us, you are not hearing from us."
 - Never give information or payment on a phone call or through an email link. Look up the correct phone number or email address from a legitimate website.
 - Do not let a scammer get the best of you with threats (jail, fines, emergencies, etc.). A scammer relies on your tunnel vision and tries to shift you away from the logical part of your brain.
 - Use caution with popups or locked screens, as they may be tech support scams or virus software expiring with other offers. Find a local resource you can contact.
 - No matter what laws are put in to place or which software and technology you use, scammers will find a crack. You need to stay situationally aware.
- If federal lawsuits make an impact on the problem, other criminals will fill the void. We must connect and stay educated to combat this problem.



Sergeant Larry Pierson works for the Buncombe County Sheriff's Office. Contact the Crime Prevention office at 250-4427.

BUSINESS SHORTS



Kay Gardner and her daughter Claire Gardner have opened a new business in Fairview called **Auditory Mission**. They offer auditory integration training (AIT), which is a music program aimed at retraining the muscles of the middle ear of

children and adults who suffer from distortions in hearing or sensitivity to certain sounds. This training may be able to help people with autism, learning disabilities and related disorders, such as ADD, ADHD and dyslexia. Both Kay and Claire are AIT certified practitioners, and Claire is a registered nurse.

We asked Kay how they got the idea for the business. She said that it started from "reading *Sound of a Miracle* by Annabel Stehli. It opened a door to help others in a wonderful way. Annabel lives in Asheville, and we have become good friends."

The business is located at 1349 Charlotte Highway, in the stone building across from Food Lion and Fairview Elementary. For more information, you can go to their website at auditorymission.com and see their ad on page 25.

March is going to be a big month for **Turgua Brewing Company**.

They'll be celebrating their third anniversary on March 17 (St. Patrick's Day, of course!) with food and live music. But, they will also be opening Turgua On the Creek, their new 2,400-square-foot taproom at 3131 Cane Creek Road. The new location will have 24 taps, offering beer, cider and meads brewed at the Turgua Farmhouse Brewery, as well as local guest taps, wines and non-alcoholic beverages. Food will be available every day from food trucks or local caterers. You can check their website (turguabrewing.com) for more information on the opening. They hope to open on or before their anniversary.



IMAGE: FACEBOOK, TURGUA BREWING COMPANY



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There was a large turnout at the first FBA meeting of the year, at Appalachian CBD.

by Candi Yount

The mission of the Fairview Business Association is to identify, promote and support local businesses and the local Fairview community. As you can see from the list of businesses at right, the FBA is growing. As of mid-February, there were 97 members, and we hope many more businesses will join in the near future.

February Meeting

The first meeting of the year was held last month at Appalachian CBD, located on Charlotte Highway in Fairview. Although the rain and weather were a major deterrent, over 35 members attended.

Brandon Brunet from Appalachian CBD hosted the member meeting. Appalachian CBD sells tinctures, hemp products, and pet products and presents educational classes. CBD, a naturally occurring substance that's used in products such as oils and edibles, has long been observed to have anti-inflammatory effects, as well as a calming effect on many people. Members were educated about the different CBD products and also were able to view and try samples. The FBA's newest member, Smokey and the Pig, who signed up that evening, provided a great spread of BBQ and side dishes.

Next Member Meeting

The next meeting will be held at a business that recently opened, Unified Therapies, located at 145 Charlotte Highway, on Tuesday, March 10 at 6 pm. This multidisciplinary team combines physical therapy, occupational therapy, speech language pathology and mental health services all in one location.

Meeting Reminders

Wear your name tag (if you need to purchase one, go to fairviewbusiness.com

WELCOME, MEMBERS!

Balken Roofing
Beverly Hanks-Carol Holcombe
Cozy Mountain Hideaway
Custom Maid
Dream Roper
Edward Jones
Fairview Seafood Company
First Bank
Headwaters Plumbing LLC
Keller-Williams-Carrie Rich
Nachos & Beer
Piazza Wood Fired Oven
Postnet
Sabél Apartments
Smokey & the Pig
The Local Joint
Unified Therapies

in the member benefits section to order). Bring business cards or information about your business to share during the networking portion of the meeting.

Refer to the monthly invitation to see if bringing a chair or a dish to share is needed.

Join Us

Visit us at FairviewBusiness.com and join online by credit card. If you need to pay another way, contact Brandy Lampert at FBA. Treasurer@gmail.com or 808-0923. FBA benefits include:

- Your company name and phone number listed in the "Keep it Local" column in the Crier for 12 months.
- Display your business cards/poster at the kiosk outside the Fairview Post Office
- Your company information (website, email, etc.) listed on our website, FairviewBusiness.com.
- Free attendance at nine monthly meetings, a summer picnic and (a small charge for) a holiday party.
- Access to the FBA Facebook page.

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Sunset Hollow.....768-0120

The Cove at Fairview.....628-4967

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Sandie Rhodes

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SANDIE@

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CLASSIFIEDS/ AD CONTRACTS, VOLUNTEERING OR BILLING

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The Sanctuary Space Project

When was the last time you visited Root Cause Farm? How did you feel when you were here?

We frequently hear from people that there is something special about it: something that calls them back, something that helps them care for themselves at the same time they care for others, something that fosters connection and feeds their souls. This year, we're embarking on a new initiative, the Sanctuary Space Project, which will allow people to engage more deeply with the unique energy of this place.

As Root Cause Farm's new executive director, I echo what people have told us about this organization—this place. From my first volunteer night in 2015, I felt a sense of peace here. I feel much the same about our WNC community. I moved to Fairview more than six years ago, and it hasn't stopped nurturing me.

Some places just make us feel good. Consider how you feel in a crowded elevator compared with how you feel sitting in your favorite chair; or the difference between how you walk on a trail surrounded by trees and how you walk on a sidewalk surrounded by concrete buildings. Most of us living in the majesty of the Blue Ridge Mountains understand at some level that place is an important contributor to well-being.



Root Cause Farm's Ali Stone (left) and Janice Brewer with Reverend (and professor) Matt Hoffman. ROOT CAUSE FARM

We may connect differently, but this place affects the quality of our lives. Increasingly, research is documenting what we instinctively know: place has the power to heal. Throughout history, people across cultures have identified spaces as

sacred, recognizing in them spiritual and healing powers. Today, science is confirming the importance of these practices and revealing how place affects our physical and emotional health.

Root Cause Farm has worked for over a decade to foster community as a solution to hunger. Through dialogue and mutual effort, we explore the root causes of hunger as we grow and share food. The Sanctuary Space Project is envisioned as a complementary place of personal refuge; a space that centers silence and solitude in the context of community.

The Sanctuary Space Project is a way to formally acknowledge, honor and hold space for less tangible hungers—the spiritual and emotional hungers in each of us. It grew out of the emergent conversations that happen in the garden, ones in which people open their hearts to share their feelings and needs in response to events that profoundly affect them—at home, in the nation and around the world. People often

wish for camaraderie and space for private reflection during difficult times. As we work to nourish hunger in its many forms, it seems appropriate to dedicate a part of the farm as a place where people can be fed in more private ways.

A Place of Healing

We hope that the Sanctuary Space Project will be a place where people can come to grieve and remember, a place around which to gather in response to collective trauma, and a place to ground communal celebration and recognition. Above all, we want it to be a place of healing.

With support from Professor Matt Hoffman and his "Introduction to Interfaith Leadership" class at Warren Wilson College, we have received seed funding for this project. Matt and his students work with us on Wednesday nights during the growing season and have offered to assist us in facilitating a community dialogue to shape the creation of this space. We hope you will join us and share your needs and desires as we develop this place of intentional healing.

Look for more information in the coming months or email Ali at programs@rootcausefarm.org.

Kelly McNally Koney is the interim executive director at Root Cause Farm. rootcausefarm.org



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American Lotus

One night last month, I dreamed that I was swimming in a mountain lake filled with lotus blossoms. They were all the colors of the rainbow, like some tropical paradise, with frogs singing all around me. I woke up, curiously enough, to the sound of frogs mating and singing (quite early at the beginning of February) but sadly, there were no lotuses.

After a friend had given me several lotus pods, I shook out all the seeds and planted them in the fall. I have been looking forward to having them in our landscape. I kept the dark-brown pods to use as decorative sculptural pieces on an outdoor shrine.

American lotus (*Nelumbo lutea*) is an amazing plant that many people associate with the Far East, but it's a native plant. And it once was a staple wild food source for Native American tribes.

The plants prefer pond borders and the edges of streams. The creamy yellow flowers bloom in summer and can reach nine inches across, with very large leaves. The dried seed pods have become prized in ornamental flower arrangements, as they look like a watering can spout from outer space.

Lotus are hardy in many zones, including WNC, and are native to North America east of the Rockies, extending in range from Canada to Florida, where they can form



vast colonies. American lotus can become fairly invasive, like water lilies; if you are planting them in a pond, you will likely need to thin them out every few years or containerize them (especially if they have shallow, clean water to put their roots down in). Lotus reproduce both by seed and root. And their seeds have longevity when stored, as there are reports in China of lotus seeds being viable after 1,000 years.

All parts of these wondrous plants are edible—the flowers, baby leaves, shoots, acorn-like seeds and the large, fleshy tuberous roots used mostly like potatoes in soups and stews. Green seeds can be boiled like peas, and mature seeds contain sufficient oil within the kernels

to actually make them pop when roasted. The seeds are nutritional powerhouses filled with protein and can be ground into a nutritious flour. They have a unique flavor, somewhere between a chickpea and a chestnut. The baby leaves and stem can be cooked like greens, and the mature, large leaves can be used like banana leaves to wrap meat or fish prior to baking. The roots can reach several feet and are often roasted like sweet potatoes. In Asian cuisine, lotus seeds are boiled and mixed with sugar and added to pastries.

The young shoots are as good as daylily shoots when cooked as they are, tender and sweet. Although it is fine to eat any of the parts raw, cooking removes any bitterness and increases the digestibility. The flowers are also edible and can be dried for cooking. The flower stamens can be dried and used as a tea.

Many of the common names of this plant refer to its unique seeds, which are about a half-inch in diameter, dark brown, and pretty. Some common names are water chinquapin, pond-nuts, alligator buttons, and duck acorns. The genus name, *Nelumbo*, means sacred bean, and the species name, *lutea*, means yellow. The large leaves are distinct and quite different from water lilies, as they are round and unsplit. And while some of the leaves grow directly on the water surface, others rise

above, which give these plants a unique display, especially when the flowers bloom.

Lotus flowers are woven throughout history, dating back thousands of years in India, China, Greek culture and Egyptian folklore, where they were held as sacred symbols of beauty and fertility. It is the national flower of India and Vietnam.

Lotus also has a long history of medicinal uses around the world. The seeds are used in Chinese medicine to treat high blood pressure, diabetes, and gallstones. Water-soluble polysaccharides in lotus seeds have also been shown to enhance the immune functions of the human body. When I was seeking treatment locally from an acupuncturist for heart issues, lotus seed and root were part of the medicinal tea I was prescribed.

Lotus plants are also sought after by wildlife. Ducks and other waterfowl eat the seeds, and beaver, muskrat and bears go after the roots. Lotus is without question one of the more majestic, beautiful and magical flowers on the planet, and my hope is that we will have a good colony of them within the next few years.



Contact Roger at
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A Nice Nest for Baby Birds

Since the time has come for baby birds to arrive, I thought it would be a good time to talk about nests.

Security First

A bird's primary consideration when choosing a nesting site is security. Along with protection from predators, proximity to food is of vital importance to the success of a bird's offspring.

Feed Them

Abundant and easily obtained sources of food allow for more time to be devoted to better nest site selection and construction of higher-quality nests, along with more time and energy to be vigilant in defense of the nesting territory from interlopers and predators. A study published in the journal *Biology Letters* found that birds with winter access to the extra nutrition that feeders provide will lay their clutch of eggs earlier and fledge an average of one more chick per clutch compared to their counterparts with no access to feeders.

Keep in mind that in March, there is still not much food out in nature yet. The bug and plant selection is still low due to winter.

Here's how some of WNC's birds nest.

Eastern Bluebirds. Bluebirds nest in natural cavities or nest boxes or other artificial refuges. Among the available natural cavities, bluebirds typically select



Robins usually return to the same area to nest each year and may occasionally use last year's nest after some renovation. DMARQUARD / CC BY-SA (<https://creativecommons.org/licenses/by-sa/3.0>)

old woodpecker holes in dead pine or oak trees, up to 50 feet off the ground.

Chickadees. Chickadees are cavity nesters. They will excavate their own nest site in rotten or decaying wood or use an old woodpecker hole or a nesting box. They add a cozy nest on a moss base. Mountain chickadees may excavate a cavity in very loose wood. They will also nest under rock crevices in a bank or in

a hole in the ground. They add a cozy lining of fur to the nest.

Wrens. A male house wren may lay claim to a nesting cavity by filling it with hundreds of small twigs. If the female likes what she sees, she will then take over, adding the nest cup and lining it with grass, inner bark, hair and feathers.

Robins. Robins usually return to the

same area to nest each year and may occasionally use last year's nest after some renovation. The American robin will use mud in its nest to give it strength. You can put out a small pan of mud and nesting materials (short strings, yarn, dry grasses) and watch the robins come collect materials to make their nests.

Hummingbirds. Hummingbirds use spider webs as glue to attach their nests to tree branches and as a binding agent for the building materials. Their nests are about the size of a golf ball.

Goldfinches The American goldfinch is one of the latest breeding songbirds, waiting to nest until mid-to-late summer when thistle seeds and down are readily available. They prefer to nest in habitats with trees and shrubs and usually place their nest four to ten feet high, often near a water source (such as a bird bath).

Cardinals. Cardinals do not usually use their nests more than once. The female builds a cup nest in dense shrub or a low tree. The nest is made of thin twigs, bark strips and grasses, and then lined with grasses or other plant fibers.

Be vigilant out there and help protect nests and newborn chicks.

Steve Muma is co-owner of Wild Birds Unlimited at 10 Crispin Court, Suite D, 102, Asheville. asheville.wbu.com.



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The SECURE Act

The Setting Every Community Up for Retirement Enhancement (SECURE) Act was signed into law in December of last year. The policy changes and new requirements resulting from the enactment are wide ranging and will likely affect all American retirement savers in some way.

It is a bipartisan package of laws designed to enhance access to and grow retirement savings options for savers, including more access to workplace savings plans. Certain provisions were also included in reaction to people living and working longer, including changes to required minimum distribution (RMD) laws and broader access to lifetime income and annuity options. It will affect many retirement plans in place today, such as individual retirement accounts (IRAs) and 401(k)s.

Enhance Access to Income

Many people think Social Security will be enough to retire on, and don't realize that the little savings they have put aside have poorly prepared them for increased life expectancy. The SECURE Act will enhance access to lifetime income for retirement savers, as well as allow for a rollover of a workplace annuity option to an IRA or other retirement plan if for any reason the lifetime income option is no longer offered by the plan.

Additionally, any plan must provide a lifetime income disclosure, which will be a great planning tool to illustrate the amount of monthly payments a plan participant would receive if the total benefits under the plan were converted to a lifetime income stream.

RMD Pushback

To help seniors who are still working, the triggering date for RMDs has been increased from age 70½ to age 72. This provision allows for more flexibility for retirement savers who may not want to take early distributions from their retirement savings, either because they are still working or simply because they want their savings to continue to grow. If an individual reached age 70½ prior to January 1, 2020 (when the rule went into effect), the previous rules apply and RMDs must be taken by April 1, 2020. It is important that you talk with your financial, tax, legal, and retirement/estate planning professionals to determine what effect the SECURE Act may have on you personally.



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

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PUBLISHER Sandie Rhodes sandie@fairviewtowncrier.com

OFFICE MANAGER Elizabeth Trufant office@fairviewtowncrier.com

EDITOR Clark Aycock copy@fairviewtowncrier.com

ART DIRECTOR Lisa Witler ads@fairviewtowncrier.com

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