

Highlands Newspaper

Volume 11, Number 48

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Wednesday, Nov. 27, 2013

Wed., Nov. 27

• The Eastern Star will be selling its pumpkin rolls and pecans in front of Bryson's Food Store. Pumpkin Rolls are \$15. Pre-order both at 526-9582 or 342-4378.

Friday, Nov. 29

• Josh Goforth performing with David Holt at the Highlands PAC on Friday at 8pm. Tickets are \$25. Call 828.526.9047.

• Santa in Town Square to hear Christmas wishes.

• Huge sale at Mountain Findings on Spruce St. from noon-4p.

Fri. & Sat., Nov. 29-30

• At The Bascom, from 10a to 5p, Artists Marketplace featuring a wide variety of homemade original artwork – priced to fit any budget.

• Gingerbread House Workshop at The Bascom. 10a to noon and 1-3p. All materials provided. Children under 10 must be accompanied by an adult. \$45 per house.

Sat.-Sun., Nov. 30-Dec. 1

• Huge indoor Yard Sale next to Jill's Consignment Shop on the Cashiers Road. Everything 50% off.

Sat., Nov. 30

• Town of Highlands Christmas Tree Lighting festivities beginning at 6:30 p.m. on Main St. at the Methodist Church. Carols and a visit from Santa.

• Santa in Town Square to hear Christmas wishes after the Tree Lighting

Tues., Dec. 3

• How to sign up for the Affordable Care Act presented by Cynthia Solesbbe with Mountain Projects, at 2 p.m. at the Hudson Library. For more information call 828-400-4177.

'No' to off-premise signs and extra holiday; 'yes' to dark fiber rate

An item pulled from the Consent Agenda spurred discussion concerning town spending and employee compensation

at the Thursday, Nov. 21 Town Board meeting.

Unless a commissioner chooses to pull an item for discussion from the Consent Agenda, those issues are typically passed over.

•See HOLIDAY page 7

Area Rotary Clubs take wheelchairs to Bolivia

What started as a seven-minute speech, ended 10 months later with a partnership between 10 Rotary Clubs, \$40,000 and a project that would change the lives of all involved.

Jim Hardy, who lives in Brevard, volunteers as an ambassador for the Free Wheelchair Missions (FWM). Hardy was told he would have 20 minutes to plead his case to the Cashiers Rotary Club in hopes of generating support. By the time the Cashiers Rotary Club got to Hardy's presentation, he only had seven minutes, which he used to tell the club about Don Schoendorfer, founder of the FWM.

Schoendorfer, who holds a Phd. in mechanical engineering from MIT as well as 60 patents for biomedical devices, founded the FWM in 2001.

While in Morocco with his wife, Shoendorfer saw a woman

•See WHEELCHAIRS page 4

Visits with Santa start Friday, Nov. 29



This year Santa will be hearing Christmas wishes in Town Square on the Friday after Thanksgiving, Saturday, Nov. 30 after the tree lighting, Saturday, Dec. 7 after the parade and Dec. 14 and 21 from 11a-3p.

Photo by Jim Lewicki

• INSIDE •

Letters.....	2
Dining/Eateries.....	4
Events.....	12
Shopping Pullout	16
RE Snapshots.....	19
Investing at 4,118 Ft.....	20
Police & Fire.....	23
Classifieds.....	30

County looks at new solid waste options as landfill 'fills' up

By Brittany Burns

Macon County's solid waste department has stretched the landfill as far as it can to make room for incoming waste. About 30,000 tons of garbage is accumulated in the county landfill annually and trash from the Highlands Transfer station accounts for about 7,300 tons of that.

In 2008, the Highlands C&D Landfill was closed and the county constructed the transfer station to collect waste generated in Highlands. According to Macon County Solid Waste Director Chris Stahl, the primary goal of the transition was to prevent multiple route trucks having to travel up and down the mountain to Highlands each day.

The closing of the Highlands landfill shortened the life

•See LAND FILL page 3

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Holland part of Governor's NC School Safety Task Force

By Davin Eldridge

In effort to keep North Carolina public schools safe, Macon County Sheriff Robert Holland and several other North Carolinians were recently selected by

Governor Pat McCrory to serve on a new Public School Safety Task Force.

McCrory announced on Nov. 13 the appointments to his "Safer

•See HOLLAND page 7

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• THE PLATEAU'S POSITION •

• LETTERS •

Gov. McCrory is doing a good job

Dear Editor,

For the past few months some of the people in Western North Carolina who write letters-to-the-editor want to blame Governor Pat McCrory for the sorry state of affairs in the State. He knew what he was getting into. He knew his popularity would suffer as he carried out his plan to get the State moving again but that his popularity would improve if he could increase employment and add more revenue to the State's Treasury.

North Carolina was broke when he took over. It is going to take several years

to repair the problems he inherited when he became the Governor.

He worked with the legislators to fix our tax laws that have hurt our State. Companies were not coming to our state because of our tax laws. Do you remember when Hickory, NC was the furniture capital of the world? Those industries left the State partially because of our tax rates.

Well over a million people are unemployed in North Carolina. Putting people back to work is the prime interest for Gov. McCrory. Without more people working and paying taxes, teachers, policemen and government works are not going to have their pay increased. Adding thousands of people to the employment list is the only way to increase our state's income.

With the new tax laws several companies have moved into our State

and several businesses have announced expansions. Our unemployment rate is now 8.7%. We have dropped our State's unemployment rate down from being #49 to #44 on the unemployment list of states in the USA.

Our State is now faced with the problems caused by the Affordable Health Care Act. This Act at present seems to be causing more problems than it was suppose to fix.

It is apparent that the people who were in charge of this act did not have the expertise to get it running. It is also apparent that many people who had good health care plans are finding those health care plans being canceled.

The American people were told they could keep their doctors and their health care plans if they liked them. That has now turned out not to be the case. Remember that our Governor Pat McCrory was not the person who made that statement. His one commitment to all the people of North Carolina to try and help them find jobs, period!

Jim Mueller
Glenville, NC

Democrats should stand by their man

Dear Editor,

In 2008, Democrats knew Barack Obama was only a community organizer from one of the most corrupt cities in America (Chicago) yet they voted him into the presidency, giving him the hardest job on the planet. Hey, the man was attractive, had a silver tongue and, after eight years of George Bush, that's all that seemed to matter back in 2008. But voting a community organizer into the presidency of the greatest nation on this planet was quite a leap for the Democrats but they were able to pull it off.

After four years in office, President Obama proved he was just a community organizer and ill equipped to run the mightiest nation on the planet. Incompetence breeds incompetence. Yet, in 2012, the Democrats voted him back into office. He was a little greyer, looked more distinguished and still had the same silver tongue that seems to mesmerize people.

Now, in 2013, Democrats are abandon-

ing their beloved president like rats leaving a sinking vessel. Where's the Democrats' loyalty? They created this mess so they should be faithful and stand with the man they put into office.

Yes, President Obama lied about health care but so what? All presidents lie. Have you already forgotten that famous quote, "I did not have sex with that woman, Monica Lewinski?"

Democrats need to take blame for what they have done to this once great nation and not abandon their leader when he needs them the most. Stand by your man and go down with the ship! Where I come from (law enforcement), loyalty is about sticking with your fellow man all the way to the end! It's how I survived.

Fred Wooldridge
No. Palm Beach, FL

• MILESTONE •



On Thursday, Nov. 21, Clara Lewicki celebrated her 90th birthday with family and friends at Paoletti's Restaurant.

Photo by Rachel Lewicki

LETTERS-TO-THE EDITOR-POLICY

We reserve the right to reject or edit submissions.

NO ANONYMOUS LETTERS WILL BE ACCEPTED.

Views expressed are not necessarily those of Highlands Newspaper. Please EMAIL letters by Sunday at 5 p.m. There is a 500-word limit without prior approval.

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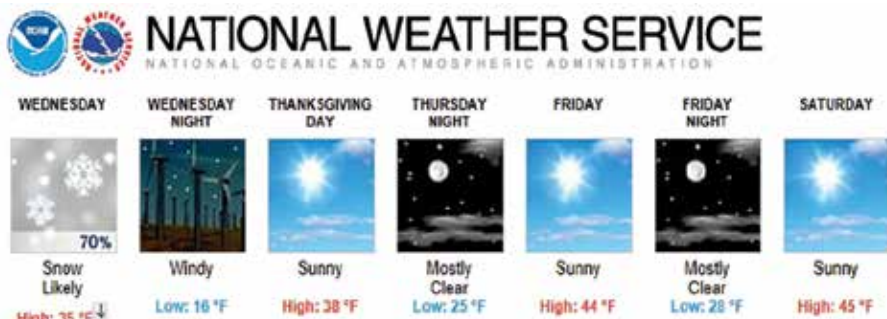
Publisher/Editor – Kim Lewicki

Copy Editor – Glenda Bell; Digital Media - Jim Lewicki

Locally owned and operated Kim & Jim Lewicki

Adobe PDF version at www.HighlandsInfo.com
265 Oak St.; P.O. Box 2703, Highlands, N.C., 28741

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...LANDFILL continued from page 1

of the county landfill, and has contributed to the county's need to develop the landfill to keep it operational in future years.

At the request of Commissioner Paul Higdon, liaison to the solid waste department, Stahl presented the board of commissioners with three plans to consider in moving forward with the landfill.

Stahl began by explaining to the commissioners what the solid waste department was currently doing to address the issue and outlined the benefits and consequences of moving forward with Option I. Stahl explained to the board that Macon County is currently in the process of completing a year-long process of preliminary hydrogeological work just to develop Phase III of the existing landfill. Developing Phase III of the landfill is expected to extend the life and capacity of the property by 16 years.

Continuing with Option I would mean creating a footprint of approximately 22 acres and a capacity of 900,000 cubic yards of airspace. The total cost to the county for Option I would be \$1,642,500 per year, which would be \$812,500 more than what the county is currently paying.

Stahl briefed commissioners on an entirely different method that would abandon having a county landfill all together. Commissioners were informed of a "ship and tip" plan -- Option II -- where Macon County's waste would be shipped to neighboring counties or states. Instead of the cost of developing the current property, the county would instead pay shipping and tipping fees.

A positive in the shipping and tipping option would be the elimination of a "lifespan" or capacity level. Stahl said that if a landfill Macon County ships to reaches capacity, the county would simply look for another location. Stahl said to start, Macon County would likely ship to parts of Georgia.

Under this scenario, even though capacity levels would no longer be an issue at the Macon County landfill, a downside to the ship and tip option would be the unpredictable rate costs from year to year. Costs would vary based on distance and location of the outer landfills being used.

"Having surveyed neighboring counties, I estimate that the average cost per ton to ship and tip at this time to be about \$45 to \$50 per ton," said Stahl.

Stahl estimated that Option II's total cost to the county would be \$1,920,000 per year, which is a \$1,090,000 per year increase compared to the current costs.

Careful to explain the drastic cost difference in Option II, Stahl explained that the creation of the Highlands Transfer

Station inflates the numbers.

"My discussion of the Transfer Station, and other operations as well, was to point out that not all of the money collected to operate the landfill itself actually goes toward the landfill operation," Stahl explained. "The point being that the landfill collects approximately \$2 million in tipping fees, but only about \$800,000 is actually attributed to the landfill. The transfer station, recovery operation, recycling processing center, etc. are all ancillary facilities in the solid waste program, but don't in themselves generate revenue. This is only important in respect to an evaluation of landfilling versus shipping out of county. To ship out, you are not replacing \$2 million in operations with \$1,350,000 to ship and tip somewhere else; you are only replacing about \$800,000. Even that is over simplistic because there are various landfill expenses that would still be realized even if we weren't still operating a landfill."

Explaining the current operational costs, Stahl explained that by going with Option II, the county would have to incur those costs as well as additional costs to maintain other services currently under the county's solid waste department's belt.

"Our tipping fee is \$66 per ton. When you hear that you can send waste to a private regional landfill for \$45 per ton (\$25/ton tipping fee and \$20/ton haul fee), that sounds better by comparison," he explained. "The difference is that the private landfill is only a landfill and is not doing all of the other solid waste activities (like recycling, illegal dumping enforcement, etc.) that we are, so it's not an apples-to-apples comparison. The portion of our tipping fee that goes to the landfill itself is about \$27/ton. The rest of the tipping fee helps cover the other operations, like the transfer station, and all of those costs remain even if the landfill goes away. That is why it is actually more expensive for us to transfer waste than it is to operate our own landfill."

Option III, the path commissioners seemed to be most interested in, calls for developing and expanding Phase III. If Phase III was to be expanded, the footprint is projected to be approximately 36 acres with a capacity of 2,800,000 cubic yards of airspace.

"The principle difference between Options I and III is taking advantage of economic of scale and improved geometry of the footprint to reduce the unit cost of development and greatly extend the life expectancy of the landfill," explained Stahl.

The third option would require commissioners to look into the cost of property acquisition in order to have the available space to expand the existing landfill, which

commissioners did during two separate closed sessions during the special called meeting.

By extending and developing Phase III, the lifespan of the landfill would be almost 50 years, a number Stahl was hesitant to give after citing the impossibilities of predicting variables such as population increases and the development of new solid waste disposable methods.

The third option is estimated to cost the county a total of \$1,272,000 per year, which would be an increase of \$442,000 from the total operational costs annually.

After Stahl gave his presentation on the landfill, commissioners met with Stahl again in closed session to continue discussion of property acquisition. No decision was made during last week's special meeting.

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...WHEELCHAIRS continued from page 1



An organized effort between six area rotary clubs enabled 550 wheelchairs from the Wheelchair Mission to be delivered to Montero, Bolivia. Above, Duncan Wheale and Tom Harley put wheelchairs together.

crawling on the ground through traffic and asked his guide why she didn't have a wheelchair. The guide replied that wheelchairs were too expensive for people in that country.

After returning to his home in California, Schoendorfer concluded God had given him talents which should be used to help the less fortunate. He kept thinking about that woman in Morocco, so he went into his garage, took the wheels off his mountain bike, sawed off the legs of a plastic patio chair, bent some metal conduit used by electricians, and built a wheelchair.

Now 12 years later, Shoendorfer's organization has delivered almost 700,000 wheelchairs to people in 84 countries. Each wheelchair costs \$71.88 to be shipped and delivered to a crippled person anywhere in the world.

When the Cashiers Rotary meeting adjourned that day promptly at 9 a.m., Shoendorfer's left with one check for one wheelchair, but many Rotary members in attendance also took his brochures.

In the following weeks, the FWM had received \$26,000 in donations for the project. With \$36,000 more, an entire container of 550 wheelchairs could be purchased and sent anywhere in the world.

Needing the additional funds, the Cashiers Rotary Club then reached out to neighboring clubs such as Franklin Daybreak, Franklin Noonday, The Sylva Club, Cashiers Valley, Highlands and the Highlands Mountain-top club, as well as Rotary's Assistant District Governor Jodie Cook.

Dr. John Baumrucker from The Highlands Mountain-top Rotary had already been to Bolivia on 15 mission trips, so he volunteered to coordinate delivery and distribution of the chairs through four more Rotary Clubs in and near Montero, Bolivia. With all the pieces in place, the chairs were ordered, manufactured and delivered.

Other area Rotarians, Duncan Wheale, Jim Hardy, his wife Alice, and Tom Harley volunteered to go to Montero for a week in May, where they met up with Dr.

Baumrucker.

"After some trials and tribulations with customs, we finally received the 550 wheelchairs from the Wheelchair Mission in Montero, Bolivia," said Dr. Baumrucker. "The Highlands Bolivian Mission has been involved with Rotary International with the distribution of two lots of 240 chairs before this episode.

Dr. Baumrucker explained that problems with customs temporarily delayed the project, but ultimately, the group prevailed and were able to change the lives of complete strangers.

"The chairs were purchased involving chairs Franklin Daybreak, Franklin Noonday, The Sylva Club, Cashiers Valley, Highlands and the Highlands Mountain-top Rotary Club who together paid \$38,000," said Dr. Baumrucker. "The chairs were made in China and the delivery to Bolivia was delayed three weeks but arrived in plenty of time to be distributed by the five people who traveled to Montero for the purpose of giving the chairs away for free. Tom Harley, Duncan Wheale, Jim and Alice Hardy and myself gave away most of the chairs and the rest were distributed by the Rotary Club of Montero with the help of the mayor's office in Montero. Unfortunately the customs held up the delivery of the wheelchairs until the last two days of the team's visit, but that didn't deter the group from doing their duty to the poor people of Montero and the surrounding areas. The gift of a wheelchair not only frees the person who receives it, but also the family who cares for the person who cannot walk."

For the first time, because of the help of complete strangers from across the world, they now had mobility, independence, and some dignity.

The first shipment of wheelchairs was just the beginning, and with countless other individuals all around the world struggling for a means to get around, local Rotary Clubs plans to continue working on the mission to provide wheelchairs to those in need.

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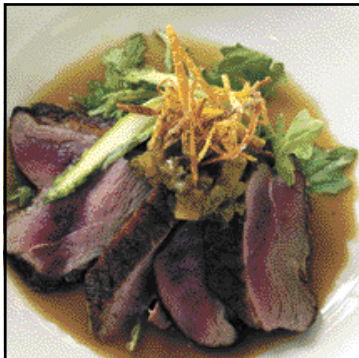
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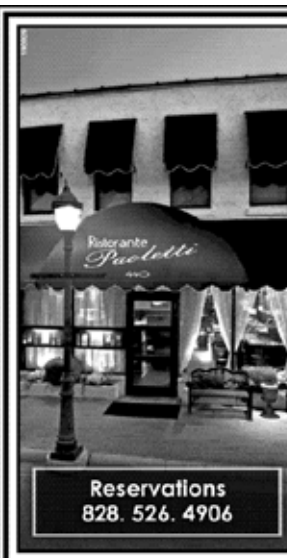
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Law change requires universities to charge tax on meal plans beginning Jan. 1

Students at Western Carolina University, like their counterparts across North Carolina, will find themselves paying a bit more when dining on campus beginning in the spring semester because of a significant change in state law affecting sales tax on university meal plans.

During the legislative session that ended this summer, the N.C. General Assembly repealed a long-standing exemption on sales taxes charged on student meal plans. As part of a tax reform bill, sales tax must now be charged and collected on student meals, effective Jan. 1.

Beginning with billing for the spring 2014 semester, all student meal plans will be charged at a rate of 6.75 percent on the total amount of the plan. Sales tax will be included in spring 2014 bills, which will be mailed to students in the next few weeks.

In addition, the new law also requires that sales tax be charged and collected at all "point of purchase" food sales at any campus dining location, including faculty and staff purchases made with CatCash, which previously were exempt from the tax.

"We realize that any increase in cost is unwelcome news, but we want the members of our campus community to be aware of this change as they prepare budgets for the spring semester," said Keith Corzine, assistant vice chancellor for campus services. "We greatly appreciate the cooperation of students, faculty and staff as we implement these new procedures next semester."

The new cost for meal plans at WCU can be found online at the website www.wcu.edu/current-students/student-accounts-office/tuition-and-fees/fall-2013-spring-2014-undergraduate-tuition-and-fees.asp.

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...HOLLAND continued from page 1

Schools” Task Force, adding that the organization will seek to provide guidance to the Center for Safer Schools, while also considering possible improvements to school safety through future policy and legislative action.

“The group ranges from students and teachers to elected officials, lawyers and law enforcement from across North Carolina,” reads the statement. “School safety is a top priority of my administration,” said Governor Pat McCrory. “One of my first actions after taking office was tasking the Department of Public Safety with developing a comprehensive plan to make our schools safer for students, parents, teachers and administrators. I am pleased to announce a very diverse, talented and functional task force that will provide guidance and sound advice that is needed to improve school safety in North Carolina.”

Joining 20 members representing various areas throughout the state, Holland said he was happy to join the task force, and intended to represent WNC youth to the best of his ability.

“I consider it an honor for the governor to select me to represent law enforcement for the far west and the people I proudly serve,” said Holland in a statement on Monday. “My top priority has always been to protect our most vulnerable citizens and I will take the governor’s appointment seriously and look forward to being a voice for my community striving to make positive improvements in keeping our kids safer.”

...HOLIDAY continued from page 1

However, last week Commissioner Amy Patterson requested that an item to amend the personnel manual as it pertains to employee holidays be discussed in open session.

The amendment would have given town employees 12 paid holidays per year rather than the current 11 – adding a third day to the Christmas holiday break.

Currently, employees get two days off for the Christmas holiday – Christmas Eve and Christmas Day. The twelfth holiday would have been for the day after Christmas.

During a year when Christmas falls on a Thursday, that would mean employees would get off Wednesday, Thursday and Friday and of course Saturday and Sunday.

“I believe in a good day’s work and an honest day’s pay,” said Commissioner Patterson. “Taxpayers already pay for 5,000 manhours for 11 holidays, another day would mean another 500 manhours – my

Along with two residents from neighboring Jackson County; Mary Jane Ferguson, retired educator from Cherokee, and former Smoky Mountain Center manager Greta Metcalf, Holland comprises the westernmost portion of the state.

“North Carolina does not end at Asheville and [Western North Carolina] deserves to have a voice in Raleigh,” said Holland, who has worked in law enforcement for over twenty years—twelve of which he has served as Macon’s Sheriff. “Things are much different here than they are in the east and our needs can vary therefore having input will be very important.”

“I have played an active role in helping to establish legislation and have always been an advocate for children,” said Holland. “I have assisted in implementing a number of programs in our school system regarding school safety. The most important thing I bring to the table is that I have always been a pro-active leader. When it comes to our youth, I have always been a strong advocate keeping their best interest at heart.”

Holland said that he would like to see a concerted effort by all districts to make school safety their top priority. “And not just words,” he said. “As many know, I have been a proponent of additional SROs in our schools and I continue to stand by that. SROs play a vital role in our schools and it’s not just about someone in uniform carrying a gun.”

Governor McCrory will be meeting with the task force in the near future to solidify its purpose and programs.

citizens don’t get a return on this.”

According to Town Clerk Rebecca Shuler, the amendment to the personnel manual concerning the 12 paid holidays mirrors what the state and the county are currently doing. But Commissioner Patterson said if there is a compelling reason, OK, but Highlands doesn’t have to mirror the county or the state.

Commissioner Gary Drake agreed with Patterson.

“I agree we have to stop the spending; this is a little too much,” he said.

In the end, the board voted 4 to 1 to not amend the personnel manual as it pertains to the day after Christmas – a twelfth paid holiday.

Commissioner Brian Stiehler voted against the motion.

Sign Ordinance

Interim Planner Josh Ward presented suggested changes to the sign ordinance.

• See HOLIDAY page 9

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24 BUFFALO WINGS OR 2 LBS CHICKEN TENDERS AND HAND CUT FRIES

\$18.95
serves 4

TUES

IN-HOUSE MADE ITALIAN SAUSAGE LASAGNA WITH A LARGE SALAD

\$18.95
serves 4

WED

CHICKEN OR STEAK POT PIE AND A LARGE SALAD

\$18.95
serves 4

THURS

ROASTED MEATLOAF WITH MASHED POTATOES, GRAVY AND A LARGE SALAD

\$18.95
serves 4

FRI

WILD CAUGHT FRIED SHRIMP, BAKED POTATOES, HUSH PUPPIES, AND COLESLAW

\$21.95
serves 4

SAT

IN-HOUSE SMOKED BBQ, COLESLAW, APPLE AND BACON BAKED BEANS, AND YEAST ROLLS

\$18.95
serves 4

WALK IN OR CALL AHEAD TO RESERVE

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Pizza

6" 10" 14" 16" 20"
*Hand-tossed, Pan,
Thin, Gluten-free and
Whole Wheat crust.*

Appetizers

- * Beadsticks
- * Garlic Bread
- * Pizza Sticks
- * Mozzarella Sticks
- * Wings



Oven-roasted Sandwiches

Grinder, Meatball Sub, Pizza Sub, Italian Steak, Italian Sausage, Cold Italian, Veggie, French Dip, Plowboy, Flatbread Veggie, Gyro, Muffaletta, Turkey Bacon Ranch, BBQ Steak and BBQ and Cheddar Sub & more!

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Specialty Pizzas

Greek Pizza, Philly Steak, Taco Pizza, White, Meat Lovers, Fajita, Vegetarian, Veggie Medley, Chicken Alfredo, Chicken & Pear White Pizza, BBQ, Margarita, Hawaiian BBQ, Mamma Mia Cranberry, Sicilian, Buffalo Chicken and Jalapeno Popper Pizza.



A Variety of
Fresh Salads!



House Specialties
Calzone & Lasagna



Public invited to hear student research presentations at the Highlands Biological Station

This August the Highlands Biological Station (HBS) welcomed to its campus 12 students – 11 from the University of North Carolina at Chapel Hill (UNC-CH) and one student from North Carolina State University – for a semester-in-residence program where students live and learn on the HBS campus.

Now in its 12th year, the Highlands Field Site is a program offered by the UNC-CH Institute for the Environment. The coursework includes mountain biodiversity, landscape analysis (GIS), conservation biology, southern Appalachian culture, and research. At the end of the semester, students present the results of their research at a public closing ceremony.

Research is a significant facet of the program. Each student conducts an internship project with mentors from other local conservation organizations who guide them in their research.

The projects are diverse - this year students are working with staff from Coweeta Hydrologic Lab, the Highlands-Cashiers Land Trust, Highlands Nature Center, the Land Trust for the Little Tennessee, Mississippi State University, United States Forest Service, and The Wilderness Society. As a group, the students

also conduct a "Capstone" research project under the guidance of Steve Foster from Watershed Science Inc. in Franklin, NC.

This year, the group studied the ecology and health of Caney Fork, a tributary to the Tuckasegee River. Together they assessed the habitat for various reaches of the stream, including canopy cover, substrate, surrounding terrestrial habitat, and stability of the bank from erosional forces. They also sampled fish and benthic macro-invertebrates to assess stream health from a biological viewpoint.

The public is invited to hear the students present their research during their closing ceremony on Tuesday, Dec. 10 from 2-5 pm in the seminar room of the Coker Laboratory, 265 North Sixth Street, Highlands, North Carolina.

This will be the students' last night in Highlands. Refreshments will be provided.

If you would like to know more about the program and read the presentation titles, or if you know of a college-level student who would be interested in the program, please visit www.highlandsbiological.org/unc-ie/.

The application deadline is in February 2014.



NC water quality projects granted \$1.8 million, AG announces

Environmental Enhancement Grants help clean up waterways, restore natural habitats

Raleigh: Grants totaling \$1.8 million will go to improve water quality, protect North Carolina's waterways and wildlife habitat, and help farmers with environmental management, Attorney General Roy Cooper announced today.

"North Carolina is fortunate to be home to many natural treasures," Cooper said. "These grants will help preserve and protect these areas so they can be enjoyed by future generations for decades to come."

The grants are the eleventh in a series awarded to environmental projects under a settlement reached in 2000 between the Attorney General's Office and Smithfield Foods, the world's largest pork producer. Under the agreement, Smithfield agreed to provide \$50 million over 25 years to improve the environment and \$15 million to North Carolina State University to fund development of new technologies for the processing and treatment of hog waste.

Since the Environmental Enhancement Grant Program began, Cooper has awarded more than \$21 million to 84 projects. Projects supported by the grants have resulted in the closure of 213 animal waste lagoons, restoration or conservation of more than 20,000 acres of natural areas and wildlife habitat, and the funding of environmental education and research initiatives.

The following projects were selected to receive grants this year to help enhance North Carolina's environment:

The Wildlife Resources Commission has been awarded \$400,000 to create, enhance, or maintain 2,000 acres of priority wildlife habitats on North Carolina farms. With the cooperation of poultry and livestock producers, the Wildlife Resources Commission will educate landowners and resource professionals about installing and maintaining early successional vegetative buffers to enhance water quality and biodiversity.

The Nature Conservancy has been awarded \$300,000 to acquire and protect forested buffers in the Black River Basin. This grant will help acquire 380 acres of bottomland hardwood forest including a grove of 1,700 year-old cypress trees along the Black River and its tributaries in Sampson and Pender counties.

The North Carolina Coastal Land Trust will receive \$300,000 to enhance water quality, conserve and restore wetlands, and protect wildlife habitat in Columbus County. The Coastal Land Trust will acquire 300 acres of bottomland hardwood and cypress gum swamp along the Waccamaw River, a portion of which will be transferred to the North Carolina Division of Parks and Recreation for inclusion in the Lake Waccamaw State Park, pending State approval.

The NC Foundation of Soil & Water Conservation won a grant of \$300,000 to close inactive animal waste lagoons. The Foundation plans to close at least 10 inactive lagoons and provide training on implementation standards and closure plan development to 75 soil and water conservation district employees.

The NC Coastal Federation has been awarded \$210,419 to restore three acres of tidal marsh and floodplain along Ward Creek in Carteret County. By reducing agricultural runoff, the Coastal Federation hopes to restore prime shellfish growing waters and reopen portions of the White Oak River Basin currently closed to shellfish harvesting.

The Tar River Land Conservancy will receive \$155,000 to protect water quality and wildlife habitat in Franklin County. The Land Conservancy will permanently protect 84 acres on Fishing Creek, Wolfpen Branch and the Tar River, which supply drinking water for Warrenton, Enfield, Louisburg, Rocky Mount and Tarboro.

The Pamlico-Tar River Foundation will receive \$101,485 to implement the Greens Mill Run Local Watershed Plan, reducing stormwater volume and nutrient contributions from East Carolina University's main campus. The project will serve as an educational demonstration of proper management techniques for urban stormwater runoff.

The Attorney General's Office is currently accepting applications for the next round of Environmental Enhancement Grants. Letters of intent from those planning to apply for a grant are due by 5PM on Monday, December 2 and proposals are due by 11 AM on Friday, January 17, 2014. To learn more or apply for a grant, visit www.ncdoj.gov/EEG.aspx.

...HOLIDAY continued from page 7

Besides some verbiage clarification concerning open flags sizes and signs on the front and back of buildings the only Planning Board recommendation the Town Board disagreed with was the recommendation to allow off-premise directional signs for large venues.

Commissioner John Dotson said permitting off-premise directional signs for large venues will potentially create a monstrosity.

According to Ward, initially the Plan-

ning Board felt off-premise directional signs should remain prohibited and suggested business owners go to the Zoning Board for a variance. But since according to the N.C. General Statutes, it would be nearly impossible for the Zoning Board to issue a variance for such signage, they suggested the Town Board approve them on a case-by-case basis.

Ward said since several Town Board members initially wanted this to be per-

• See HOLIDAY page 11

Dutchman's Annual After Thanksgiving SALE!

3 Days ONLY


Friday, Saturday, Sunday

All Christmas Decorations & Wood Furniture – 25% OFF! Upholstery, Bedding and all Home Accessories – 10% OFF

342 Main Street Come Early!

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WOOD FIRE PIZZA AT

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WINTER DINNER SPECIAL
 2 WOOD FIRE PIZZAS, 4 HAND-MADE BREAD STICKS
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 HOUSE SALAD. SERVES FOUR.....19.99
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PIZZA MENU

RED MARGHERITA
 TOMATO SAUCE, FRESH MOZZARELLA, PECORINO, FRESH
 BASIL AND OLIVE OIL.

WHITE MARGHERITA
 GARLIC INFUSED OLIVE OIL, FRESH MOZZARELLA,
 PECORINO, BASIL MUSHROOMS

TUSCAN
 TOMATO SAUCE, GRANDE MOZZARELLA, BASIL,
 ROASTED RED PEPPERS, SWEET SAUSAGE, HOT PEPPER
 FLAKES

FIG & PIG
 TOMATO SAUCE, GRANDE MOZZARELLA, GORGONZOLA,
 FIGS, PANCETTA, RED PEPPER FLAKES, PECORINO,
 OLIVE OIL AND ARUGULA

BUFALINA
 TOMATO SAUCE, FRESH MOZZARELLA, HAM, PECORINO,
 ARUGULA AND OLIVE OIL, BLACK PEPPER

PEPPERONI
 TOMATO SAUCE, GRANDE MOZZARELLA, PECORINO,
 PEPPERONI


PANCETTA
 TOMATO SAUCE, GRANDE MOZZARELLA, ROASTED RED
 PEPPER, MUSHROOMS, PANCETTA,

CARNIVORE
 TOMATO SAUCE, GRANDE MOZZARELLA, SWEET
 SAUSAGE, PEPPERONI, HAM, PANCETTA.

BBQ CHICKEN
 BBQ SAUCE, GRANDE MOZZARELLA, BBQ CHICKEN, RED
 ONIONS, RED PEPPER FLAKES, GREEN ONION,

4 CHEESE
 TOMATO SAUCE, GRANDE MOZZARELLA, PECORINO,
 PROVOLONE, GORGONZOLA, MUSHROOMS.

CHOOSE 3
 TOMATO SAUCE OR GARLIC INFUSED OLIVE OIL. PLUS
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 TWO TOPPINGS

ALL PIZZAS ARE 10.95

DINE IN OR TAKE OUT

**PIZZA AVAILABLE FROM 11AM TO 8PM MONDAY -
SATURDAY, SUNDAYS 11 TO 6**
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Hard Candy Christmas set for Nov. 29-30 at WCU

The 26th annual Hard Candy Christmas Arts and Crafts Show will be held from 10 a.m. to 5 p.m. Friday, Nov. 29, and Saturday, Nov. 30, at the Ramsey Regional Activity Center on the campus of Western Carolina University.

More than 100 fine artists and master crafters will offer a wide assortment of heritage and contemporary items, including pottery, woodcrafts, jewelry, folk art, glass art, specialty sweets and breads, heirloom ornaments and miniatures, and fresh mountain greenery.

The Hard Candy Christmas show re-


calls simpler times, when the holidays were celebrated with an apple, an orange and a piece of hard candy in the stocking, and many gifts were handmade. From its 1987 beginning, Hard Candy has grown into Western North Carolina's largest Christmas arts and crafts show, held each year on the weekend following Thanksgiving.

Admission is \$4, with children 12 and younger admitted free. For a complete list of exhibitors, visit www.mountainartisans.net. For more information, call 828-524-3405 or e-mail djhunter@dnet.net.

Community Thanksgiving Dinner

This year's Community Thanksgiving Dinner was cancelled due to weather but all the donated food was given to the Highlands Food Pantry for distribution and to the food pantry in Cullowhee.

Tree of Lights



This December At Highlands-Cashiers Hospital

Place an ornament on the Hospital Christmas Tree in memory of, or in honor of, a family member or friend with a gift of \$10.00 or more. These bells (in honor of) and stars (in memory of) will display the name of your friend or loved one. Your tax-deductable donation will go toward nursing scholarships offered by Highlands-Cashiers Hospital.

Given in memory or honor of _____
(Circle one)

Given by: _____
 Address: _____

Amount donated \$ _____

Send acknowledgement to: _____
 Address _____

Date: _____ A donation in the amount of \$ _____ has been made by: _____
(Name of Donor)

(Address of Donor)

To Highlands-Cashiers Hospital

Signature of Hospital Auxiliary member receiving donation

...HOLIDAY continued from page 9

mitted, the Planning Board agreed 5-1 and recommended that businesses holding large events should be allowed to provide clear directions to their unique venues.

Commissioner Dotson said there was no provision for the amount of signs allowed, or what constitutes a large venue. "Where does it stop?" he asked.

Commissioner Patterson asked why a "large venue" would get special treatment over another venue?

Commissioner Brian Stiehler, who was initially for the idea, said he was originally concerned about safety on NC 106 where patrons of OEI events at The Farm cause traffic problems.

"I agree with Commissioner Dotson, however – where do you draw the line? This is something we don't want to open up."

Commissioner Dotson went on to say that businesses are basically asking the town to "help them with their business." "People pick the places of their business," he said.

The board agreed not to take the Planning Board's recommendation on off-premise directional signs, but to accept everything else – with clarifications as noted – and to have a public hearing at the December Town Board meeting, Dec. 12.

Town Manager Bob Frye said a public notice about the public hearing will be posted in both newspapers.

Blade Directional Signs

Also discussed and accepted unanimously were the new blade directional signs which constitute the last piece of the wayfinding project. Blade directional signs to dining, shopping, the Rec Park, public bathrooms, etc., will be posted in 29 places in town – on traffic arms and singular poles – with no more than two per post.

Dark Fiber

Finally, the board agreed to amend its ordinance and to go into the business of leasing no more than three of its dark fibers per entity for \$5 for one fiber per 1,000 ft.

Since Northland Communications has its own cable throughout the area and town, it hasn't expressed an interest in leasing the town's fiber, but Highlands

Cable Group and the Education Research Consortium (ERC) have.

The town isn't running any more fiber – at this point it's more interested in wireless – but since there is fiber to the water and wastewater plants, the Rec Park, the Community Building, the ballfield and the school, commissioners feel they should capitalize on it.

"The point is to have more competition in town to keep prices down for our citizens," said Drake. "I think our citizens will benefit in the long run."

MIS/GIS Director Matt Shuler reiterated that leasing fiber that already exists is better than an entity coming in running more fiber and potentially crowding out a pole that then has to be replaced and trimmed around by town crews.

Town Engineer Lamar Nix said it would be cheaper for someone to lease the town's fiber than to run their own – possibly having to replace a pole that is too short – and paying a pole attachment fee of \$10 per pole.

– Kim Lewicki



Blade directional signs were OK'd at the Town Board meeting and are on their way.

MC Public Health Dept.'s December Ladies Night Out Program

At the upcoming December 10 Ladies Night Out Program, the topic will be Stress and Depression. Join Ladies Night Out this month to learn more about this important topic.

This program will be held two times this date in the cafeteria at AMC. One will be at 4 p.m. and one will be at 6:30 p.m., so you can

choose which one you want to attend. The same presentation will be given at both meetings. All women are asked to encourage all the women in their life, who are over the age of 13 years, to attend with them. For more info call Dawn Wilde Burgess at (828)349-2426

Antique & Designer Furniture SALE! Friday, Nov. 29 – noon to 4p At Mountain Findings Resale Shop



Club Chairs, Wing Chairs, Dining Table/8 Chairs, Chest, English Pine Server, "Nun's" Table, Lamps with Silk Shades, English Side Tables, French Bar Stools, English Majolica, Paintings & Art Work & so much more.

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532 Spruce St. (off Cashiers Hwy) Highlands • 828-526-9929

Proceeds from sale benefit Mountain Findings Thrift Store



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HIGHLANDS AREA UPCOMING EVENTS •

Through Tues., Dec. 3

• Bosnia Mission Fundraiser: Help build Barns in Bosnia. \$10 per ticket and win an iPad and more! A 32GB Wifi + Cellular iPad: Value \$729, a 32GB iPod Touch: Value \$299, an iTunes Gift Card: Value \$100. All proceeds to fund the Highlands United Methodist Church Bosnian Mission Trip scheduled for May 2014. Limited to only 1000 tickets sold. You do not have to be present to win. All items shipped directly to you. Tickets can be purchased at the Methodist Church Office at 315 Main Street.

Through Nov. 27

• Macon County Boys Basketball Registration Time (ages 6-14) Sign your son up for Ma-

con County Community Basketball, building memories, connecting with friends, and, running up and down a court learning fun skills and how to be a part of a team. Register online 24/7 by visiting www.MaconCountyBoysBasketBall.com or register in person at the Highlands Recreation Park. Deadline is November 27. For more information, call Michelle Munger at (828) 342-3551 or the Highlands Recreation Park at (828) 526-3556.

Thurs., Fri., Sat., Sun. through Dec. 22

• The movie Hunger Games: Catching Fire at The Highlands Playhouse. Showings are Thurs.-Sun., 4 and 7 p.m. Tickets are \$8. Call 828-526-2695 for advance

tickets.

Mon/Thurs.

• Hatha Yoga. 10:45a at the Episcopal Church. 828-482-2128. RYT, YA

Wed.

• Hatha Daybreak Yoga. 7:45a. Coleman Hall in the First Presbyterian Church. 828-482-2128. RYT, YA.

Wed., Nov. 27

• The Eastern Star will be selling its pumpkin rolls and pecans in front of Bryson's Food Store. Pumpkin Rolls are \$15. Pre-order both at 526-9582 or 342-4378.

• Everyone is also invited on the day before, Wednesday to Christ Anglican Church for the fifth annual Cashiers' Community Thanksgiving Worship Service. In Greek, the word for "thanksgiving" is "eucharist." We often call it the Lord's Supper or Holy Communion. By whatever name you may call it, we will celebrate God's goodness with singing, readings from the Bible, and Eucharist. Please come and join the people of Christ Anglican at 6 pm for this service of celebration and Thanksgiving.

• Raffle tickets on sale through Nov. 27th to support the shelter pets at the Cashiers-Highlands Humane Society. Tickets available at the CHHS shelter (2 miles east of the Cashiers Crossroads on Highway 64), and Chivaree Southern Art & Design (on Highway 107 N. next to Zoller Hardware). First prize: an engraved painting with collage on Masonite with antique printed materials by renowned artist Aaron Hequembourg. Estimated retail value: \$1,500. Second prize: \$100 store credit at Chivaree. You don't need to be present at the drawing to win, but it's going to be on Nov. 27th (Wednesday before Thanksgiving) -- wine & cheese reception with the artist at Chivaree, 4pm-6pm! Raffle tickets are \$5/each, 100% of ticket proceeds go to CHHS. You can buy them by phone, too: 828-743-6195, 10am-5pm Mon-Sat.

Thurs., Nov. 28

• "Upcoming Thanksgiving Feast!" The Gathering Table, a local Thursday hot-meal and fellowship ministry, in combination with their host, Christ Anglican Church, is planning a "Feast of Food Fit for Thanksgiving" on Thanksgiv-

ing Day. Everyone is invited to the Gathering Table at Christ Anglican Church from noon until 3 pm to enjoy a free, home-cooked Thanksgiving dinner. Christ Anglican's facilities are located 1/4 mile east of the Cashiers' crossroads, at 464 U. S. Hwy. 64E. Freewill offerings will be accepted, To-Go dinners will be available, and a free, winter weather clothing distribution will be offered on a first come, first served basis.

Friday, Nov. 29

• Josh Goforth will be performing with David Holt at the Highlands PAC on Friday at 8pm. Tickets are \$25 and available online: www.highlandspac.org or by calling 828.526.9047.

• Santa in Town Square to hear Christmas wishes.

Fri. & Sat., Nov. 29-30

• At The Bascom, from 10a to 5p, Artists Marketplace at the Dave Drake Studio. Features a wide variety of homemade original artworks by many of the region's finest artisans, priced to fit any budget. Call 526-4949.

• Gingerbread House Workshop at The Bascom. 10a to noon and 1-3p. All materials provided. Children under 10 must be accompanied by an adult. \$45 per house. For more information, call 526-4949.

• Hard Candy Christmas Arts & Crafts Show at WCU's Ramsey Center in Cullowhee, NC. 10a to 5p. \$4 for Adults for the two-days. Children under 12 free. www.mountainArtisans.net

Sat., Nov. 30

• Town of Highlands Christmas Tree Lighting festivities beginning at 6:30 p.m. on Main Street at the Highlands United Methodist Church. Carols and visit from Santa.

• Santa in Town Square to hear Christmas wishes after the Tree Lighting

• The Nantahala Hiking Club will take a 7-mile moderate-to-strenuous hike to Albert Mt. Via Yellow Patch, returning on the Appalachian Trail to Betty Creek Gap. Meet at Westgate Plaza in Franklin at 9:30 am, drive 44 miles round trip. Call leader Gail Lehman, 524-5298, for reservations. Visitors welcome, no pets please.

Sat., Nov. 30

• Small business Saturday. Re-

member to Shop Local!

Mon., Dec. 2

• Affordable Care Act Workshops at the Macon County Library on Siler Road from 6-7 p.m. in the meeting room. Presented by Cynthia Solesbee a certified health care navigator.

Tues., Dec. 3

• How to sign up for the Affordable Care Act presented by Cynthia Solesbee with Mountain Projects, at 2 p.m. at the Hudson Library. For more information call 828-400-4177.

Wed. & Thurs., Dec. 4-5

• The Highlands Emergency Council Christmas Gift Program for Children final signups will be December 4 from 10: a.m. to 6 p.m. and December 5 from 10: a.m. to 6: p.m. at the Highlands Emergency Council Building located at 71 Poplar Street. Signs ups must be in person. Please, no phone calls.

Wed., Dec. 4

• Affordable Care Act Workshop at the Macon County Library on Siler Road from 10-11a in the meeting room. Presented by Cynthia Solesbee a certified health care navigator.

Thurs., Dec. 5

• Taize at Episcopal Church of the Incarnation at 5:30p.

Friday, Dec. 6

• The Nichols Center brings a Celtic Christmas to Rabun on Friday at 7 pm. Get in the spirit of the season with The Caledonia Swing Band and Friends. They will perform traditional and contemporary holiday music from Ireland and Scotland. This is the music of Old World traditions that inspired our Appalachian sounds. You can enjoy these and other performances at the Nichols Center on Fridays at 7 pm. The Nichols Center is located behind Blue Ridge Music at 629 Duggan Hill Drive in Clayton, Georgia. Admission is \$10. For more information contact Blue Ridge Music at 706/782-9852. A concession is available for your enjoyment. A portion of the profit from these performances is donated to the Southern Highland Music Foundation.

Saturdays, Dec. 6 & 13

• The Franklin Chamber of Commerce will host Franklin's 1st Annual Gingerbread House

Evening of top-rate bluegrass at PAC Friday after Thanksgiving



Friday after Thanksgiving the Highlands PAC presents the 4 time Grammy Award Winner David Holt with Josh Goforth. Come enjoy an evening of great Bluegrass. David is well known for his TV and radio series; he is the host of PBS's Folkways, The Great Scenic Railway Journey and Riverwalk. In 2002 David Holt along with Doc Watson won two Grammy Awards for the best Traditional Folk Recording of Legacy. He was also the musician in the movie, Oh Brother Where Art Thou. Tickets are \$25 and are available online at www.highlandspac.org or by calling 828.526.9047. Presented by Ray & Diane McPhail and Doug & Barbara DeMaire.

HIGHLANDS AREA UPCOMING EVENTS •

Competition. The competition will be an added feature of Franklin's Winter Wonderland Celebration December 6 and 13 from 5pm until 9 pm. The gingerbread creations will be located in the Board Room at Franklin's Town Hall (lower level) on Main Street. Entry forms and rules for the competition can be picked up at the Chamber and are available on the Chamber's website at www.VisitFranklinNC.com. Deadline for registration is Monday, November 25 and can be mailed or delivered to the Chamber. For additional information call the Chamber at 828-524-3161.

Sat., Dec. 7

- Town of Highlands Christmas Parade at 11 a.m.
- Santa in Town Square to hear Christmas wishes after the Parade.
- Highlands Nature Center will open for a special afternoon of winter natural history fun

Playhouse showing

'Hunger Games: Catching Fire'
Fri. Nov. 22 thru Sun. Nov. 24

(Thurs., Nov. 21 is the last showing of Last Vegas)



Fri.-Sun, Nov. 22-24

At Highlands Playhouse: Hunger Games starring Jennifer Lawrence, Josh Hutcherson, Liam Hemsworth. Showtimes are 4 & 7:30pm. Thursdays through Sundays. For tickets in advance call 828-526-2695. Hunger Games will show each week Thurs.-Sun through Dec. 22.

and learning. This free event will have activities for all ages from 1-3:30pm followed by a lecture for mature audiences at 4 pm by James Moore on Darwin's 'Sacred Cause.'

• Annual carol-sing at First Presbyterian Church after the parade at 2 p.m. The church is on the corner of Main and 5th streets.

Sat., Dec. 7

• Affordable Care Act Workshop at the Macon County Library on Siler Road from 10-11a in the meeting Room. Presented by Cynthia Solesbee a certified health care navigator.

Tues., Dec. 10

• At the upcoming December 10, Ladies Night Out Program, the topic will be Stress and Depression. Guest speaker will be Cindy Miles, Certified Laughter Yoga Teacher. Stress causes many illnesses in today's world. This program will be held two times this date in the cafeteria at AMC. One will be at 4p.m. and one will be at 6:30 p.m., so you can choose which one you want to attend. The same presentation will be given at both meetings. All women are invited to attend one of these meetings and are asked to encourage all the women in their life, who are over the age of 13 years, to attend with them. For more about Ladies Night Out, please contact Dawn Wilde Burgess at (828)349-2426.

Thurs., Dec. 12

• HCP's annual FREE Holiday Reading "Christmas From Around the World" at 7:30p at the Performing Arts Center. Directed by Vangie Rich. Wonderful reading and music followed by a cookie and punch reception.

Sat., Dec. 14

• Santa in Town Square from 11a to 3p.

Sat., Dec. 21

• Santa in Town Square to hear Christmas wishes from 11a to 3p.

Monday, Dec. 23

• Red Cross Blood Drive at Lowe's, 0717 Franklin Blood Drive (Georgia Highway; Franklin, NC, 11 am – 3:30 pm. Please call Stacy Lawson (828) 349-4654 for further information or to schedule an appointment.

Saturday, Dec. 28

• Red Cross Blood Drive at

the Otto Community Blood Drive at the Otto Community Center - Meeting Room (Highway 441 South; Otto, NC) 8 am – 12:30 pm.

Free Holiday-related Support Group forming

Bonnie Gramlich, Licensed Professional Counselor at The Counseling and Psychotherapy Center of Highlands is offering a free support group for those feeling lonely or troubled at this time of year. The group will meet on Tuesdays at 6p. for one hour beginning on Nov. 26 through Jan. 7. The group will meet at the Peggy Crosby Center. This free group is open to all but registration is required, Call Bonnie at 828-342-0546.

Please call Phyllis Castle at (828) 524-3473 for further information or to schedule an appointment.

Eastern Star Pumpkin Roll and nut fundraiser coming up

Pumpkin Rolls

Highlands Chapter #284 Order of the Eastern Star is once again selling pumpkin rolls. We will be selling pumpkin rolls in front of Bryson's Food Store on Wednesday, November 27. Pre-orders may be made by contacting Paula Gordon, Secretary, at 526-9582 or 342-4378 and leaving a message with your name and phone number. Pre-orders are requested as this will be the ONLY time in 2013 that you will be able to purchase a pumpkin roll, but -- you don't have to pre-order to be able to get one. Don't miss out. Pumpkin rolls are \$15 each.

Pecans

Eastern Star will also be selling pecan pieces and pecan halves from the 2013 crop. The pecans are in 16 oz bags and will be on sale. Please call Paula Gordon, Secretary, at 526-9582 or 342-4378 and leave a message with your name and phone number.

First Presbyterian Church to hold Annual Carol Sing after Parade



There will be a Christmas Carol Sing at First Presbyterian Church at 2 p.m. on Saturday, December 7, after the parade. If you enjoy singing familiar Christmas Carols, you won't want to miss this! Stell Huie will be the song leader with Angie Jenkins at the piano. Make this a part of your Christmas tradition! The church is located at the corner of Main and Fifth Streets. Handicap entrances are located on Fifth Street and on Church Street.

Federal Deadline requires state's CDL holders to provide certifications, medical cards to NCDMV by January 30, 2014

An upcoming requirement for commercial drivers aimed at making the roads safer will go into effect Jan. 30, 2014. That's when the state's commercial drivers must meet a federal regulation to report to the North Carolina Division of Motor Vehicles. Commercial drivers who don't meet the deadline could risk losing their privilege to drive any vehicle in the state.

Since the regulation became effective in 2012, the Federal Motor Carrier Safety Administration has provided two years

for commercial drivers to certify whether they drive interstate or intrastate and for what purpose. If required, they must also provide their current DOT medical card to NCDMV by the 2014 deadline.

NCDMV supplies information and a special Form CDL-MED-1 on its website to help drivers report and certify their driving. The form should be signed, scanned and emailed to a special DMV address or turned in to any driver license office.

If NCDMV does not receive the re-

quired information from a commercial driver, the Division will notify the driver that he/she is no longer medically certified to operate a commercial motor vehicle. Drivers will have 30 days to respond, or their entire North Carolina driving privilege will be cancelled.

More than 312,000 North Carolina drivers hold commercial licenses. As the January deadline approaches, NCDMV is sending notices to the remaining 197,000 drivers who have not yet reported. Dur-

ing the past two years, NCDMV notified CDL holders about the requirement with their license renewals, in the state's Commercial Driver's Manual and on the DMV website. Additional reminders were distributed through the N.C. Trucking Association and other groups.

Drivers must continue to provide a copy of their medical card to their employer and carry a copy with them at all times. Commercial drivers with questions about complying with the requirement should call (919) 861-3599.

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U.S. Forest Service offers new digital maps for mobile devices

The U.S. Forest Service now offers access to a variety of visitor maps for people using Android and iOS devices.

"This mobile app makes it easier than ever to plan your visit to a national forest or grassland," said U.S. Forest Service Chief Tom Tidwell. "By putting important forest information right at your fingertips, it will encourage more Americans to get outside and explore their forests."

The digital maps are part of USDA's work toward reaching President Obama's initiative to create a paperless government that also provides the American public with better, more accessible information. Online customer surveys also indicated a desire for more online products and information, such as maps. The Forest Service is currently working on the first phase of a website redesign, expected to debut early in 2014, which centers on a map-based tool for planning trips onto our nation's forests, grasslands and other special places.

The PDF Maps Mobile App, developed by Avenza Systems Inc., is available as a free download from iTunes and the Android Play Store. The app provides access to Forest Service maps, such as motor-vehicle-use maps, which are free while pages from national forest atlases are 99 cents and forest visitor maps are \$4.99. Prices are pending for other agency maps.

The maps are geo-referenced with the user's location appearing as a blue dot. The app works on iPhones (3GS or newer) and iPads with WiFi+3G. It also works with Android 4 or newer operating systems on devices with at least 1 gigabyte of memory.

Through the app, users can purchase and download professionally created maps

that are stored on their devices. They can use the maps based on their location when GPS is available. The maps also will allow users to measure distance and area, find coordinates, open a current view in Google maps, plot place marks, add notes, enter their own data and add photos as attributes. Almost 700 Forest Service maps are available through the app.

In areas of national forests and grasslands where Internet connections are unavailable, the app and static maps work well if users download the maps prior to their visit. The apps and maps also will be useful for wildland firefighters.

In geographic areas with Internet availability users will be able to use the products with live data. The interactive map is expected to be available on a limited basis starting in March 2014.

Paper maps are still available for purchase online at the National Forest Store.

The Forest Service differs from other federal government agencies in how the Forest Visitor map is funded. The Agriculture Adjustment Act of 1938 calls for the sale of maps as the funding mechanism to revise and produce maps for the public. In 1999 the Act was amended to include products available through the web as "geo-referenced data."

The mission of the U.S. Forest Service, an agency of the U.S. Department of Agriculture, is to sustain the health, diversity and productivity of the nation's forests and grasslands to meet the needs of present and future generations. The agency manages 193 million acres of public land, provides assistance to state and private landowners, and maintains the largest forestry research orga-

nization in the world. Public lands the Forest Service manages contribute more than \$13 billion to the economy each year through visitor spending alone. Those same lands provide 20% of the nation's clean water supply, a value estimated at \$7.2 billion per year.

The agency has either a direct or indirect role in stewardship of about 80 percent of the 850 million forested acres within the U.S., of which 100 million acres are urban forests where most Americans live.

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(StatePoint) With the housing market recovery underway and interest rates low but on the rise, experts say now is a good time to buy a home.

While searching for a home can be exciting, it's one step in the process. Determining your budget and assembling a team of specialists to help navigate the process can be just as important.

Discover Home Loans is offering tips to help make starting the search for your home as easy as possible.

Lay a Financial Foundation

Prior to searching for a home, it's important to get a handle on your finances. Obtain a copy of your credit report and identify items that may affect your score and repair them.

Put together a framework to save money for a down payment, which can range from 3.5 percent to 20 percent of the total purchase price of the home depending on the lender and type of loan you choose. Establish a budget and contribute to a high-yield savings account regularly. For convenience purposes, consider

making automatic deposits.

Secure a Mortgage Banker

The next step is finding a mortgage banker you can rely on and have a rapport with. Look for one who will educate you about the loan process and help you make choices that best fit your financial situation. Other important differentiating factors are choosing a mortgage banker who specializes in purchase loans and provides fully underwritten pre-approvals. It's also important that your mortgage banker and realtor work as a team to determine the best loan solution for you.

Identify a Budget Range

Once you've found a mortgage banker, work with them to identify how much you can spend on your home. The best way to do that is to get preapproved for a loan. A preapproval means you qualify for a particular loan amount based on your verified income and credit information.

"You may have heard stories about people who find the perfect house and then can't secure the financing. There's no reason to leave

this as an open question," says TJ Freeborn, Mortgage Professional at Discover Financial Services.

Getting a fully underwritten preapproval from your mortgage banker will give you confidence during the home shopping process. Plus, having a preapproval helps the seller take your offer seriously.

Find a Realtor

Finally, find a realtor who specializes in your area. Ask friends and family for recommendations, or look for suggestions from a reputable business. For example, Discover Home Loans has partnered with one of the largest real estate networks and can match you with a reputable agent.

"Your realtor should be a resource who can help you identify what's important in a house and community and find potential properties to look at," says Freeborn.

Once you've found the home you're interested in buying, notify your mortgage banker to finish the financing process.

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• REAL ESTATE SNAPSHOTS •



Located in Highgate with a great mountain view, this home is the epitome of a mountain home. Beautifully landscaped, large covered deck w/fireplace. 5/5 1/2 in main house. There is also an amazing guest cabin with 2 bedrooms, 1 1/2. \$2,175,000. MLS#77222.



"Fishtales" Located in RiverWalk on the Cullasaja river. Fish from your own dock or paddle to Mirror Lake. This special log home built by Tommy Chambers boasts 4 bedrooms/4 1/2 baths plus large wrap around deck with fireplace. \$1,500,000 MLS#75272



Perfect for a large family, this home has a golf course and mountain view in Highlands Falls. Plenty of room for all with a bunk room, family room with game and media area. Large covered decks, screened porch, sun room 5/6 1/2 \$1,450,000 MLS#76033



This great home is in like-new condition. Two master suites on the main floor, plus two guest suites upstairs with a bonus loft area. The large covered deck overlooks a rushing stream. Lower family room plus an additional guest area and great storage. \$950,000 MLS#77880



Old Edwards Club 3/3 1/2 Open floor plan with master on main, guest rooms and family room on the lower level. Private parking, walk to clubhouse. Beautifully appointed and fully maintained. \$897,500 MLS #77931



Hidden Springs - Shortoff Road. Custom built home completed December 2004. Spacious great room/dining room with vaulted pine ceilings & exposed beams. 3/2 1/2 plus a bonus room, Screened porch with mountain view. \$795,000 MLS#77180



Great in town location, completely remodeled 2008 on nearly 2 acres. All the new upgrades in kitchens and baths. 3/3 with 2 half baths plus an office. New granite & stainless kitchen, hardwood floors. \$787,000 MLS #66051



Like new home built by John Lupoli, well screened from the road beside a flowing stream with mountain & golf views. Great open floor plan with beautiful hardwood floors & a beautiful stone fireplace. 3/3 1/2. \$750,000 MLS #77373



New Owners have refreshed and restored this classic cabin on 2 acres in Rustic Falls development in Horse Cove! 4 beds/4 1/2 baths, three floors of living space, open and screened porch/decks, wood burning fireplace, two car carport and barn! \$625,000 MLS #78483



Wonderful cottage overlooking Mill Creek with its sounds of rushing water just two blocks from Main Street & an easy walk to dining, theatre & shopping. This two story cottage features master & a second suite on the main. Roomy screened porch. \$537,500 MLS #77846



Magical mountain views from this VZ Top condo with 3br/2ba, cozy fireplace, bright and airy. Just 4 steps to walk into from the street. \$235,000. MLS# 77067



Highlands Falls CC free standing condo with 3br/3ba, beautifully furnished, golf course view and zero maintenance. \$425,000. MLS# 74042



English cottage in The Cotswolds. 3br/3.5ba, very private with long winding driveway, lovely landscaping and views. \$797,000. MLS# 75521



On Lake Sequoyah. Adorable 3br/2ba furnished cottage with wood floors, stone fireplace, family room and lovely yard. \$349,000. MLS# 77512



Broadview Acres. Great mountain view from this 4br/3ba where lower level has a separate apartment. \$387,000. MLS #76950



Mountain views from this 3br/3ba with family room in Highlands Falls CC on private acre lot adjoining USFS. \$497,000. MLS# 73006



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— John Wesley

My parents have the above quote from Wesley hanging in the kitchen in the house where I grew up here

in Highlands. I saw it every day – thought about it every day. And wondered just how I could rise to the challenge of his stirring words.

When I left Highlands right after turning 17 and headed to UNC-Chapel Hill, I stopped reading those words on a daily basis. I was off on an adventure of learning, self discovery, and world travel that eventually took me to Boston and



to London (and later, around the globe) for a career in publishing. I eagerly sought out new experiences and different cultures; I met amazing people everywhere I went and enjoyed the fast-paced life of urban living abroad.

About 10 years later, Wesley's words rose up in me – tapped me on the shoulder. I can remember the moment clearly. I was walking

a London street and was almost stopped dead in my tracks by what I would later refer to as my "marching orders" from Wesley: "Susie, are you doing all the good you can?"

I could make an intelligent argument that by publishing the works of the finest academics and scholars in the world, I was doing good work. But I knew that was a

•See INVESTING page 21

• REAL ESTATE SNAPSHOTS •

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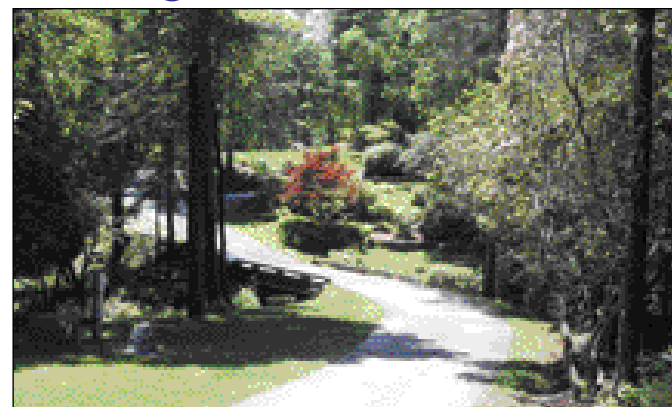


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Parade Issue: Dec. 5

Real Estate Transactions for 2013: – Dec. 26

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...INVESTING continued from page 20

hollow assertion. I knew precisely what Wesley was urging: dedicate your life to giving, in every possible way.

I returned to Highlands thinking my way of giving back would be in the classroom. I began volunteering at Highlands School in high school English classes, with a plan of teaching creative writing. I discovered immediately that many of the students were not reading or writing on grade level. I ditched my creative writing plans and sought remedial teaching materials from the director of the Macon County Literacy Council. "Highlands needs a literacy council, Susie. You ought to start one," she told me. I brushed her comment off immediately, and told her that I was not qualified to undertake such an endeavor. "Think about it," she said as she handed me books for my students.

Her words, like Wesley's, stayed with me.

Soon thereafter, with the incredible support of the Highlands Rotary Club, the Literacy Council of Highlands was born. Our first board meeting (Derek Taylor, Jeffrey Owens, Tammy Lowe, Anne deVille, and I) was held on the living room floor of the cabin I rented in Mirror Lake! That was April of 1993.

Over the last 20 years, hundreds of dedicated volunteers have transformed the lives of thousands of students in our community. People from all ages and all walks of life have stepped forward, offering their time, talent, and treasure to help teach reading, writing, English as a Second Language, GED preparation, as well as tutor in all school subjects.

After the Literacy Council launched, I was fortunate to be a part of the creation of the Peggy Crosby Center. With the gifts from Phil and Peggy Crosby, the Duke Endowment, the Kate B. Reynolds Charitable Trust, and others, we renovated the former Highlands-Cashiers Hospital building and turned it into a community service center housing nonprofit, county, and for-profit organizations. During my years as the center's director, I witnessed another tsunami of community support, love, and compassion.

I stayed as the center's di-

rector until 2 days before my son, Adam, was born. In 2001, I began my career in real estate and vowed to make a donation to a local nonprofit in honor of my clients at Closing. Over the last 12 years, I have happily given to the incredible organizations in Highlands and Cashiers that do so much to serve so many.

Now it is time to do more.

I am issuing a challenge to this truly one-of-a-kind community: for every gift you make (before December 20th) to a Highlands-Cashiers nonprofit (churches included), I will match your individual gift up to \$100. I will give a total of matching gifts up to \$25,000, so make your donations now!

When you make your gift, please photocopy your check and send the copy (with account numbers redacted, please), along with the mailing address of the organization to me at POB 1078, Highlands, NC 28741 or susie@whiteoakrg.com. Send your check to your desired recipient. I will then send a matching gift (again, up to \$100) to the same organization (or church).

If you need guidance as to the specific nonprofit organizations and/or the work they do in our community, just give me a call or email me. I can step you through your giving options.

I will need your copies of checks no later than December 21st so that I may make my matching gifts before year end. Please also note that qualifying organizations or churches must be Highlands or Cashiers based.

We are all blessed to live in this phenomenal community. Join me in taking Wesley's words to heart. Thank you for all you do to serve, to bring light, and to lift spirits. Each of us needs all of us.

• Susie deVille, ME, ABR, SFR, is Owner/Broker-in-Charge of White Oak Realty Group. Her areas of expertise include real estate investments, niche marketing, social media, and strategic property positioning. An expert in entrepreneurship and anthropology, Susie applies her acumen in human behavior toward negotiating and advocating on behalf of her clients. White Oak Realty Group's sales office is located at 125 S. 4th St. in the heart of the retail district in Highlands. For more information, visit WhiteOakRG.com or call (828) 526-8118.

• REAL ESTATE SNAPSHOTS •

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Rev. Sam Forrester
Whiteside Presbyterian Church
Cashiers

Heavenly Father, you who have created the heavens and the earth and all that is in them. You who sustain all life and redeem your people. We come before you because you are the sovereign Lord Almighty, the one and only true and living God. Hear now our prayer and guide us in your ways.

Father, we are a sinful people. A people who have forgotten what you have done for us. We have sinned grievously against you in all we have done. We have killed the most innocent among us and refused to follow your guidance on what marriage is and the purpose for intimacy. Life has become cheap and unappreciated. We have abandoned the moral guidance of your Word and charted our own course and it is leading us to disaster.

There is no hope for us as long as we refuse to hear your Word and conform our lives to your standard. Father, we need you, we need your guidance, lest we fall deeper and deeper into sin and become completely lost.

I don't see how we can avoid judgment even now. But I know that even when you send judgment, revival will follow. Hear the plea of the remnant of your people today and send your judgment and follow it with your revival.

You made a covenant with your people to be their God and to have them as your people. All who open their ears and listen and their heart and believe on your only begotten Son, Jesus Christ will be brought into this covenant and will find salvation. The people of this nation are in desperate need of salvation. Please, heavenly Father, send revival and change hearts. Save this people.

You have ever been gracious to this nation. It was founded upon the principles of your Word. George Washington in 1779 speaking before the American people declared it was "the duty of all nations to acknowl-

Proverbs 3:5 • PLACES TO WORSHIP • John 3:16

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Wed.: Men's Bible Study -8:30 a.m., First Baptist Church

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Tue. Guys study 8am, Gals 10am.

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Sundays: School – 10 a.m.; Worship – 11
Wednesdays -- 7 p.m.

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10: 45am: Worship Service
Wed.: 5pm Dinner (\$7 adult, \$2 child), 6pm CBC University

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Thursdays: Holy Eucharist, (chapel), 10 am

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Wednesdays – Choir – 7

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Sundays: Worship – 11

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Pastor Dan Robinson
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Sunday: Morning Worship 10:45 a., Evening Worship, 6:30 p.
Wednesday: Prayer Service, 6:30 p.

HIGHLANDS UNITED METHODIST CHURCH
Pastor Paul Christy 526-3376
Sun: School 9:45a.; Worship 9:09 & 10:50.; Youth 5:30 p.
Wed: Supper; 6; 7:15 – children, youth, & adults studies; 6:15 –
Adult choir (nursery provided for Wed. p.m. activities)
Thurs:12:30 – Women's Bible Study (nursery)

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Worship/Communion – 10:30

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p.m.

Wed: Adult Bible Study & Youth – 7 p.m.

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Rev. Sam Forrester/Cashiers
Sunday School – 10 am, Worship Service – 11 am

• POLICE & FIRE REPORTS •

Highlands PD log entries from Oct. 31. Only the names of persons arrested, issued a Class-3 misdemeanor, or public officials have been used.

Oct. 31

• At 11:55 p.m., a person who entered The Lost Hiker on Carolina Way after being banned from the location, was reported trespassing in the establishment

Nov. 1

• At 8 a.m., a larceny from a vehicle at Green Mountain Builders on Laurel Street was reported. Two backpacks were taken from the vehicle.

The Highlands Fire & Rescue Dept. log entries from Nov. 16

Nov. 16

• At 9:22 p.m., the dept. was first-responders to assist EMS with a medical call at a residence on Brookside Lane. EMS transported.

• At 7:32 p.m., the dept. assisted with traffic at a vehicle accident on NC 106.

Nov. 19

• At 1:40 p.m., the dept. provided mutual aid to SkyValley FD. the call was cancelled en route.

• At 2:13 p.m., the dept. was first-responders to a residence on Mt. Dora Dr. where a person had fallen and injured their face. EMS transported to the hospital.

• At 2:58 p.m., the dept. was first-responders to Main Street for a medical call. EMS transported to the hospital.

• At 5:12 p.m., the dept. was first-responders to Clubhouse Drive for a medical call. EMS transported to the hospital.

Nov. 20

• At 11:38 a.m., the dept. responded to a call from Madison's Restaurant for a possible chemical reaction in the kitchen where bleach had been poured into a sink with ammonia. Building was evacuated and the health dept. was called.

Nov. 21

• At 10:07 a.m., the dept. provided mutual aid to the Cashiers FD and WCU University for a structure fire at WCU where a Subway was on fire.

Nov. 22

• At 11:36 p.m., the dept. was first-responders to a residence on Hemlock Drive where a 85-year-old male had fallen. EMS transported to the hospital.

Nov. 23

• At 10:27 a.m., the dept. was first-responders to a residence on Buckberry Road for a medical call. EMS transported to the hospital.

• At 3:01 p.m., the dept. was called to Highlands-Cashiers Hospital to secure the landing zone for MAMA 2.

Nov. 24

• At 10:44 a.m., the dept. was first-responders to a residence on Cook Road for a medical call. EMS transported to the hospital.

• At 8:58 p.m., the dept. was first-responders to Clubhouse Trail for a medical call. The patient refused transport to the hospital.

...SPIRITUALLY SPEAKING continued from page 22

edge the providence of Almighty God." He also called the nation to "unite in rendering unto Him (God) our sincere and humble thanks for His kind care and protection of the people of this country." Father, we have strayed from this goal and fallen into a selfish, sinful view of our world. We have let our nation fester in unbelief and failed to follow your commands.

Dear God, nothing but an act of your grace can save us. We come this thanksgiving season asking you to hear our prayers, humble our hearts, confront our souls, help us turn from our wicked ways, hear our pleas and forgive us and right this nation, placing it back on a solid and secure foundation.

Gracious One, you and you alone

can restore our nation. Pour out on those who will not listen to the message of grace given in your Son the despair that overwhelms. Open hearts and draw them to yourself. If ever a people needed you, it is the American people, for they have become blind and deaf to the truth.

Heavenly Father, we know you can do these things we ask. We lift our voices in praise and thanksgiving that you are the sovereign Lord Almighty. That you love and care for your people. We thank you for the wonderful grace given in your Son Jesus Christ. For the salvation and sanctification you give to all who hear and believe in him. We know that even in the midst of a sinful world you have your people and you keep them safe. For this we are eternally thankful.

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• HEALTH MATTERS •

Periodontal Disease impacts more than your smile

Taking good care of your teeth and gums can reduce your risk of heart disease, a new study shows. The study's results are

just the latest to support numerous findings that have previously established a link between oral health and heart health.

Scientists have long noticed that the condition of a person's teeth influences other parts of their body, including the lungs and circulatory system, as well as their overall health. Previous studies have even found a link between gum disease, also known as periodontal disease, and obesity.

According to the new study, which was conducted by the Columbia University Mailman School of Public Health, as gum health improves, so does heart health. Researchers believe that this is because healthy gums help to slow the progression of a condition called atherosclerosis, which is the hardening of the arteries.

For the study, researchers looked at bacteria samples taken from participants' teeth and gums, checking for signs of inflammation. Researchers also measured plaque formation on the subjects' arteries and monitored their gum and heart health over the course of three years.

The findings showed that, over time, those who did not take better care of their teeth saw their gum health decline. This decrease in oral health correlated with an increase in inflammation and the progression of artery calcification, which is a known risk factor for heart disease and stroke.

Gum health can be substantially improved by receiving treatment for existing gum disease, such as gingivitis (also known as periodontal disease), getting routine dental exams as well as cleanings twice a year and following a dental health regimen, including brushing twice daily, flossing frequently and using mouthwash.

The Wilbanks Smile Center offers various treatments for gum disease issues. A thorough examination and evaluation by Dr. Joseph Wilbanks will determine what you need to keep your teeth and gums as healthy as possible. Call 706-886-9439 or toll-free at 800-884-9439.

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• HEALTH MATTERS •

What to ask your doctor about skin cancer

(StatePoint) While skin cancer is highly prevalent and incidence rates are rising, it also remains one most treatable types of cancer. But you need to remain vigilant about your skin and share any changes or concerns with your doctor before they become bigger problems.

In fact, one in five Americans will develop skin cancer in their lifetime. However, the disease is 95 percent curable if diagnosed early.

"Staying vigilant about the health of your skin is crucial to early diagnosis and more effective intervention," says L. Michael Hone, President and CEO of Caliber Imaging and Diagnostics, a medical technology company that develops diagnostic tools for skin diseases.

It's all about regular screenings, says Hone, who recommends making an appointment with your dermatologist on an annual basis.

Though the incidence of skin cancer in the United States

is on the rise, there's good news -- new innovations in skin cancer detection are making thorough, regular screenings easier for patients.

For example, the VivaScope, by Caliber I.D., offers a noninvasive optical biopsy of the skin, so patients don't need to have any portion of their skin cut or removed to check for cancer and can receive results immediately. As the only FDA 510(k) cleared, noninvasive skin imaging technology that enables physicians to make an accurate diagnosis of skin diseases through the direct visualization of cells, it is used for the diagnosis of melanoma, basal cell carcinoma and squamous cell carcinoma, as well as for the accurate noninvasive diagnosis of benign lesions and dermatoses.

At your next doctor's visit, here are topics to discuss regarding your risks of developing skin cancer and what you and your doctor can do to check for it:

- Risk: While anyone can develop skin cancer, the risk is ele-

vated by overexposure to harmful UV rays, a family history of the disease and a lighter complexion. Ask your doctor to assess your risk and offer you ways of mitigating the threat.

- Self-exam: Between doctor's visits, you can perform self-exams on a monthly basis. Using a full-length mirror as well as a handheld mirror, look for changes in your skin that could be indicative of skin cancer. Don't forget to check your scalp and nail beds of your toes and fingers. Your doctor can offer you guidelines for what to look for and how.

- Screening: Ask your doctor about innovations in skin cancer detection that offer a noninvasive

alternative to a biopsy. More information can be found at www.caliberid.com.

By being informed and inquisitive, you can make the most

of your next visit to the doctor.

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Did you know holiday stress can make you fat

(StatePoint) During the holidays, it can be all too easy to overeat. But there's more at play when it comes to packing on pounds this time of year. Another holiday tradition that can affect your weight is stress.

Here are some important things to know about your body's response to stress:

Stress Hormones

We all have a built-in stress response. It's a complicated set of physiological reactions that help keep you alive during dangerous situations. Here's how it's supposed to work:

You experience an acute stressor. Thousands of years ago, this could have been a tiger trying to eat you. Today, it could be the in-laws coming to stay with you over the holidays. In response, adrenal glands release the stress hormone cortisol into

your bloodstream, initiating an increase in blood sugar used for immediate energy to fight, run or slam on your car brakes.

Once the stressor is dealt with, the cortisol leaves your system and things return to their normal metabolic state. But unfortunately today, many of us are constantly stressed, causing significant metabolic imbalances.

Chronic Stress

From when we wake up to when we go to bed, the average person deals with hundreds of low-grade stressful events, like rush hour traffic, projects with impossible deadlines, troubles with kids, spouses or pets.

According to Michael A. Smith, M.D. host of "Healthy Talk" on RadioMD.com and senior health scientist with the Life

•See FAT page 27



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NC Food Banks to get \$2 million in grants to fight hunger

AG Cooper awards money from consumer settlements

Raleigh: Food banks across North Carolina will get \$2 million in new grants to help fight hunger, Attorney General Roy Cooper announced Monday.

The money comes at a time when the state's food banks are working harder than ever to help needy families. Approximately one in five North Carolinians lack access to enough food to eat, including more than one in four children under the age of five.

"Food banks are a lifeline for many people in our state, and they need our support," Cooper said. "We're investing in our food banks to help struggling families and encourage others to get involved by donating or volunteering in their local communities."

A total of \$2 million in grants will be distributed to food banks statewide through the Food Bank of Eastern and Central North Carolina. The funds come from food and pharmaceutical consumer settlements achieved by Cooper's office.

Last year, North Carolina's food banks distributed nearly 130 million pounds of

nutritious food to people in need and the need is growing. Approximately 2 million North Carolinians sought help from a food bank last year, according to the NC Association of Feeding America Food Banks. The state's food banks partner with more than 2,700 agencies such as food pantries, soup kitchens, food delivery programs, Meals-On-Wheels, and feeding programs for seniors, children and families.

Cooper previously awarded \$741,220 to the state's food banks in 2011 as part of a price fixing settlement with major vitamin manufacturers and \$100,000 to the state's food banks in 2004 as part of a settlement with Salton, Inc.

Local food banks include the Highlands Emergency Council: 71 Poplar St, (828) 526-4357; The Food Pantry on Church Street Alley behind the Highlands United Methodist Church, 526-3376; and CareNet in Franklin: 130 Bidwell Street (828) 369-2642.



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...FAT continued from page 25

Extension Foundation in Fort Lauderdale, Florida, this state of affairs is chronically elevating cortisol levels, which means blood sugar is constantly being mobilized for energy.

"And when you don't burn the sugar, it gets stored as body fat," says Dr. Smith. "This is just one of the metabolic imbalances caused by too much cortisol. There are many other problems caused by chronic stress that can pack on the fat."

For example, too much cortisol, which results in a drop in serotonin, can drive sugar cravings and significantly increase appetite.

Solutions

Feeling tense? Try some stress reduction activities, like jogging, meditation or breathing exercises.

Also, consider adaptogenic herbs, which have long been used for their mood balancing and stress reducing effects. For example, a number of clinical trials demonstrate that repeated administration of rhodiola extract exerts energizing effects that increase mental focus.

For more information about reducing stress and suppressing appetite, visit www.LEF.org/apetite or call the toll-free number 1-855-840-4615.

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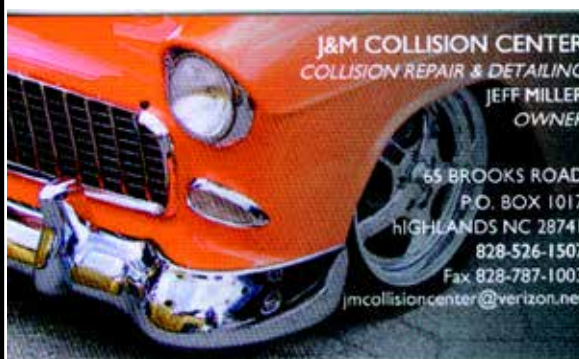
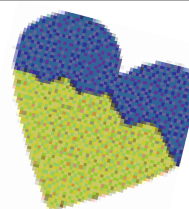
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• BUSINESS/ORGANIZATION NEWS •

Kiwanis Club of Franklin distributes dictionaries



Highlands School 3rd grade teacher Jayme Christy with her class,.



Highlands School 3rd grade teacher Donna Sizemore with her class.

The Kiwanis Club of Franklin Macon County just completed their annual distribution of dictionaries to all third graders in Macon County. Teachers give a lesson on dictionary usage and the students get to keep the dictionaries. Shown here is Kiwanian Chris Brouwer with the happy students and third grade teachers Jayme Christy and Donna Sizemore.

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Sign up for Christmas Gift-Giving program

Wed. & Thurs., Dec. 4-5

• The Highlands Emergency Council Christmas Gift Program for Children final signups will be December 4 from 10: a.m. to 6 p.m. and December 5 from 10: a.m. to 6: p.m. at the Highlands Emergency Council Building located at 71 Poplar Street. Signs ups must be in person. Please, no phone calls.

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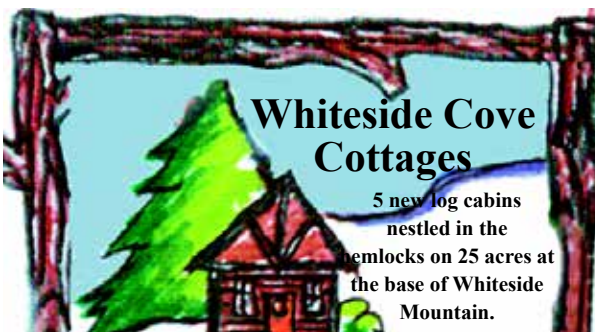
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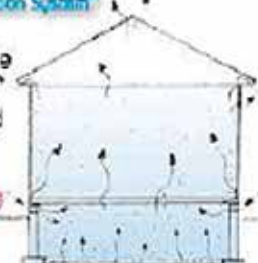
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