

# Highlands Newspaper

FREE Every Thursday

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Thurs., Oct. 26, 2017

## • INSIDE THIS ISSUE •

Mayor on Duty.....	2	Police & Fire.....	14
Healthy Lifestyle.....	8	Shopping Pullout.....	14-17
Hospital News.....	10	Spiritually Speaking.....	18
HS Sports.....	12	Biz Card Directory.....	28-29
Events.....	13	Classifieds.....	30



Sixth-grade science students from Rabun Gap Nacoochee School with Mayor Pat Taylor last Wednesday about to embark on their storm drain marker project throughout town.

— Photo by Kim Lewicki

## Rabun Gap students install drain markers throughout Highlands

The Town of Highlands is a little "greener" thanks to students and faculty at Rabun Gap-Nacoochee School.

On Wednesday, Oct. 18,

Rabun Gap sixth-graders and science teacher Jonathan BySura installed 40 green watershed markers on storm drains throughout the town. These markers warn

passersby that illegal dumping can impact the water supply.

BySura and his classes have been working on this project for

• See **RABUN GAP** page 7

## Macon County is home to another 'Little Library' in the Highlands area

*Libraries may be 'little' but offerings are for every age*

The Macon County Public Library has worked over the last few years to establish little libraries in communities around the county to help increase resi-

dent's access to books. This week, the second Little Free Library in the Highlands area was opened on the grounds of the Old Scaly Schoolhouse at the corner of Buck

Knob Rad and NC 106. The library makes the eighth little library sponsored by either the Macon County Public Library or commu-

• See **LIBRARY** page 6



Cub takes a swim during a lunch break on Mirror Lake. Photo by Don DeBat

## Bear family comes for lunch

Last week, Mirror Lake homeowner Sara E. Benson was greeted by three black bears – a mother and two cubs – who lunched on dogwood berries and grubs along the shore of the lake.

When Benson stepped out on her raised deck to shoot photos and video of the bears she spotted on the shore of the lake, the startled mother bear looked up, lunged forward, barred her teeth and let out a loud "Hiss!" Benson got the message and stepped back,

and the bears continued foraging for lunch.

The baby bears climbed up into the dogwood trees that border Sara's deck and started munching on the red berries. Then, one of the baby bears decided to take a swim in Mirror Lake.

Exiting the water, the baby bear discovered two plastic swans sitting on the lawn. The cub swatted one and bit down on the neck of another.

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# • THE PLATEAU'S POSITION •

## • MAYOR ON DUTY •

### Why clean water is important

Last Tuesday four of my high school friends and I did a guided float trip down the Tuckasegee River. It was a beautiful day, and we all caught Rainbow, Brown and Brook Trout. Being in delayed harvest waters, our guides carefully netted the fish and made sure they were in good condition before releasing them back to the river.



Highlands Mayor  
Patrick Taylor

As our boats were about to dock in the late afternoon, we saw a beautiful ball eagle perched in a tree above the river. It doesn't get any better than that here in Western Carolina.

Well, it did get better for me the next day. I met a group of science students from Rabun Gap Nacoochee School on Main Street. They were with their science teacher, Johnathan Bysura, to do a very important service learning project.

I had the honor to assist in installing the first of some 30 labels that they were placing next to our street stormwater drains. These labels warn folks not to pour chemicals like gas and oil in the stormwater

drains. Their teacher reminded his students that these chemicals eventually end up in lakes and streams and destroy quality water supplies. Mr. Bysura told the students one quart of oil poured into a stormwater drain could potentially destroy a million gallons of drinking water.

This wonderful event made me reflect on the day before where my friends and I fished on a clean river where trout can thrive. I thanked the students for their concern and work. I ended my comments by saying the people of Highlands are committed to preserving the natural environment so that when our students are adults, they too will have beautiful and clean places to live and work.

Another event last week that supports our young people was the Town of Highlands Scholarship Golf Tournament. All money raised goes to providing scholarships for Highlands School graduates. I want to thank the participants of this year's tournament. Commissioners Brian Stiehler and Donnie Calloway again did a wonderful job in organizing this classic fall event. Thanks also goes to Rebecca Shuler who does the administrative work for the tournament and scholarship fund. Wildcat Cliffs Country Club was again wonderful host for the event. Their generosity makes this important fund

•See MAYOR page 3

## • HIC'S VIEW



"looking back on my life and career it's been a lot of dog eat dog, a few cats, five squirrels and one car."

whicsever@yahoo.com

## Need help staying warm this winter?

The Highlands Emergency Council (H.E.C.) will be accepting applications from those requesting financial help for the cost of propane gas, fuel oil, and wood.

Applications will be accepted on:

- Thursday, October 26th, 10am to 6pm
- Friday October 27th, 10am to 6pm

Please come by H.E.C. located on Poplar Street (next to Wilson Gas). Proof of income is required. No applications will be accepted after these dates. Applications must be filled out in person; no applications will be taken over the phone.

## Highlands Newspaper

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### Letter Policy:

We reserve the right to reject or edit letters-to-the-editor. No anonymous letters will be accepted. Views expressed are not necessarily those of Highlands Newspaper.

## • WEEKEND WEATHER •

	Friday 10/27		Saturday 10/28		Sunday 10/29	
	Daytime	Overnight	Daytime	Overnight	Daytime	Overnight
Temp	63 F	42 F	49 F	31 F	42 F	25 F
RealFeel	66 F	38 F	47 F	42 F	38 F	25 F
Winds	5 g 9	4 g 5	5 g 8	5 g 8	8 g 12	7 g 11
T-Storms	1%	3%	40%	4%	1%	1%
Rainfall	0	0	0.1	0.31	0	0
Snowfall	0	0	0	0	0	0

For Real-time Weather and the Extended Forecast, go to • [www.highlandsinfo.com](http://www.highlandsinfo.com) and click on Weather



## C-HHS joins 4-state response to rescue dogs from Puerto Rico



The Cashiers-Highlands Humane Society (CHHS) joined forces with three other animal welfare organizations creating a four-state response to help rescue dogs from Puerto Rico. The groups met in Atlanta on Thursday, October 19th to greet the plane from Puerto Rico carrying more than 120 animals on board. The rescue effort was coordinated by the Humane Society of the United States, which has been on the ground in Puerto Rico assisting in the aftermath of this historically devastating storm.

The CHHS Animal Rescue Team arrived back at the shelter in Sapphire late Thursday evening with 24 dogs and puppies. The animals will be available for viewing and ready for adoption the week of October 30th.

Of the estimated 14,000 animal shelters and rescue groups nationwide, CHHS is one of only 350 in the United States who has been designated as an Emergency Placement Partner with the Humane Society of the United States.



## ...MAYOR continued from page 2

raising possible. The next great day will be in May when graduating students receive their scholarship awards. This financial support can continue as students progress through advanced education.

Another great event was the Highlands Hurricanes Fall Swim Meet held at our covered pool. Two other swim teams competed in the event. It is always an honor for me to make welcoming remarks. I congratulated the young swimmers for their hard work, teamwork and

sportsmanship, some of those civic values that former President Bush referred to in his speech this past week.

The monthly Highlands Town Board meeting is tonight at 7 pm at the Conference Center. The agenda has some major items related to broadband and the construction of the new water tank on Satulah.

By the way, Sallie was also on the fishing trip. She equaled the high number of fish posted by the mayor.

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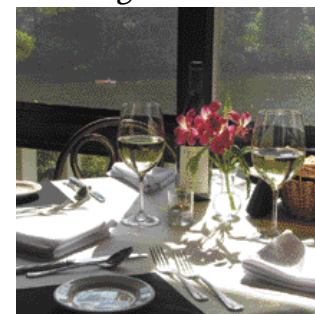


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## ...LIBRARY continued from page 1

nity organizations. The Scaly Mountain Little Library was made possible by Scaly Mountain Historical Society.

The first "Little Library" was installed almost three years ago Oct. 22, 2014, on Main Street in Franklin in front of Town Hall. Macon County Public Library partnered with Read2Me and the Friends of the Library, to provide the free books in common areas to make it possible for everyone to choose reading material.

Since the Macon County Public Library installed its first Little Library, it has since installed little libraries at Iotla Methodist Church, Founders Park in Highlands, Holly Springs Community Club, Otto Community Club, and at Mulberry Methodist Church in Otto.

The new Little Library at the old Scaly Schoolhouse joins another little library located at Cowee School in Franklin. Though they both provide books to the community, they aren't directly sponsored by the Macon County Public Library system.

The inspiration for this project came from the Little Free Libraries, an organization that encourages the sharing of free books, in places where people can have easy access to reading materials.

The mission of the Macon County Little Library is much the same: providing convenient access to all kinds of reading materials and learning opportunities. The Little Li-

brary concept provides a great way to get books into the hands of everyone who would like to read, especially children who may not have transportation to the main library.

The libraries are stocked by the community at-large with the concept of "take a book/leave a book"

"We believe that the Little Libraries are a great way to bring books into the community," said Fontana Regional Library Director Karen Wallace. "The libraries let people pick out new books and drop off books they are finished with. They have been a great addition to the library's community outreach."

There is a ninth little library nearly ready to be unveiled at Union Academy in Franklin. Beale Construction volunteered to build Union's Little Library. The library will hold 50 to 75 books. Another little library will also be erected soon at the Macon County Senior Service Center building.

### MOVIE INFORMATION

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## ...RABUN GAP continued from page 1

more than four months alongside the town of Highlands, city of Franklin, and the North Carolina Department of Transportation. The watershed marker initiative is funded in part by Rabun Gap Middle School and the Rabun Gap ESP program, and spotlights Rabun Gap's commitment to teaching sustainability and a love for the environment. To date, Rabun Gap students have marked 80 drains in Franklin and Highlands, and expect to mark another 30 in the city of Clayton by the end of the school year.

"The goal of our watershed

program is for students to understand and have awareness for the unique environment in which they live," BySura said. "Students are tasked with monitoring the Betty's Creek Watershed, which becomes the Little Tennessee Watershed. The communities of Franklin, Highlands, and Rabun Gap all live, work, and play in the same watershed. It is important for us to teach our young people that water resources, especially here in the mountains, are extremely important and must be protected and conserved."

Highlands Mayor Patrick Taylor installed the first marker

outside the Sotheby's realty office downtown. He thanked the students for their work in Highlands, adding the town has a commitment to preserve the environment.

The public is invited to learn more about the watershed in April 2018 when middle school students present their projects at the annual Watershed Festival, held at the Niles Bolton Middle School Complex on Betty's Creek Road in Rabun Gap. More information will be published about the Watershed Festival as the date gets closer at [www.rabungap.org](http://www.rabungap.org).



Mayor Pat Taylor puts the first drain marker in place in front of Highlands Sotheby's at Main and 4th Street.

## At PAC Sat., Oct. 28 National Theatre of London's 'Who's Afraid of Virginia Woolf?'



The Highlands Performing Arts Center will screen, Live via Satellite, the National Theatre of London's production of *Who's Afraid of Virginia Woolf?* on Saturday, October 28 at 1pm. Sonia Friedman Productions present Imelda Staunton (Gypsy, Vera Drake, the Harry Potter films), Conleth Hill (Game Of Thrones, The Producers), Luke Treadaway (A Street Cat Named Bob, The Curious Incident of the Dog in the Night-Time, The Hollow Crown) and Imogen Poots (A Long Way Down, Jane Eyre) in James Macdonald's critically acclaimed, 5-star production of Edward Albee's landmark play. In the early hours of the morning on the campus of an American college, Martha, much to her husband George's displeasure, has invited the new professor and his wife to their home for some after-party drinks. As the alcohol flows and dawn approaches, the young couple are drawn into George and Martha's toxic games until the evening reaches its climax in a moment of devastating truth-telling. 'Imelda Staunton is at her magnificent best. A first-rate revival of an astonishing play.' The Guardian Tickets are available at the door, online: [highlandspac.org](http://highlandspac.org) or by calling 828.526.9047 Highlands PAC, 507 Chestnut Street, Highlands



Parker Stribling of Sautee Nacoochee hammers in a drain marker in downtown Highlands surrounded by classmates Mattox Payne of Hayesville, Sophia Moore of Sapphire, Ellie Weatherly of Tallulah Falls, and Georgia Mattis of Highlands.



# •HEALTHY LIFESTYLE CONCEPTS•

## The wonderful benefits of nutritious, delicious pumpkin seeds

Alh, the magical season of Autumn has finally arrived, and along with cooler weather we get to enjoy the bounty of the colorful fall harvest. Corn, sweet potatoes, and of course pumpkins can be found at every grocery store and farmer's market. While pumpkins are incredibly rich in beta carotenes and antioxidants such as leutin and xanthin, their seeds are considered one of man's original superfoods.

Modern medicine is just beginning to learn what native cultures suspected for thousands of years- that pumpkin seeds may benefit your heart, liver and immune system, help fight diabetes, and that they offer unique benefits for men's prostate health and as well as women's relief of

menopause symptoms. This is because pumpkin seeds are nutritional powerhouses wrapped up in a very small package, with a wide variety of nutrients ranging from magnesium and manganese to copper, protein and zinc. They also contain a wide array of beneficial plant compounds known as phytosterols and free-radical scavenging antioxidants.

### A Mineral Mega-Food

Just One-quarter cup of pumpkin seeds contains nearly half of the recommended daily amount of magnesium- which has been shown to benefit your blood pressure and help prevent sudden cardiac arrest, heart attack, and



Medea Galligan  
MS Nutrition, CHHC, AADP

stroke, yet an estimated 80 percent of Americans are deficient in this important mineral.

Pumpkin seeds are also a rich source of zinc - one ounce of pumpkin seeds contain more than 2 mg of this beneficial mineral. Zinc is important to your body in many ways, including immunity, cell growth and division, sleep, mood, your senses of taste and smell, eye and skin health, and insulin regulation. Many of us are deficient in zinc due to mineral-depleted soils, drug effects, plant-based diets, and other diets high in grain. This deficiency is associated with increased colds and flu, chronic fatigue, depression, acne, low birth

weight babies, learning problems and poor school performance in children, among others.

Pumpkin seeds have long been valued as an important natural food for men's sexual health. This is in part because of their high zinc content, which is important for prostate health (where it is found in the highest concentrations in the body), and also because pumpkin seed extracts and oils may play a role in treating benign prostatic hyperplasia (BPH, or enlarged prostate). Research suggests that both pumpkin seed oil and pumpkin seeds<sup>2</sup> may be particularly beneficial in supporting prostate health. We are now learning that pumpkin seed oil, which is rich in natural phytoestrogens, is also beneficial for menopausal women. Studies suggest it may lead to a significant increase in good "HDL" cholesterol along with decreases in blood pressure, hot flashes, headaches, joint pains and other menopausal symptoms.

Heart Healthy Anti-Inflammatory Effects

Raw nuts and seeds, including pumpkin seeds, are one of the best sources of plant-based omega-3s (alpha-linolenic acid or ALA). We all need ALA, however, ALA has to be converted by your body into

the far more essential omega-3 fats EPA and DHA - by an enzyme in which the vast majority of us have impaired by high insulin levels. So, while pumpkin seeds are an excellent source of ALA, I believe it is essential to get some of your omega-3 fats from animal sources, such as krill oil, as well. Pumpkin seeds, rich in healthy fats, antioxidants and fibers, may provide benefits for heart and liver health, particularly when mixed with flax seeds.<sup>6</sup> Pumpkin seed oil has been found to exhibit anti-inflammatory effects. One animal study even found it worked as well as the anti-inflammatory drug indomethacin in treating arthritis, but without the side effects.

### Soak, Dry, Roast or Sprout Them

The best way to preserve the healthy fats present in pumpkin seeds is to eat them raw. If you choose to purchase seeds from a bulk bin, make sure they smell fresh - not musty, spoiled or stale, which could indicate rancidity or the presence of fungal mycotoxins. Organic pumpkin seeds are preferred, as they will not be contaminated with pesticides or other harmful chemicals.

However, most nuts and

• See **HEALTHY** page 9



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## ...HEALTHY continued from page 8

seeds have anti-nutrients like phytic acid that can make all the previously discussed important nutrients less bioavailable when you consume them. So if you plan on consuming seeds or nuts on a regular basis, to soak or sprout them. To make them more palatable, you can then dehydrate them in your oven, or better yet and more cost ef-

fectively in a dehydrator.

If you prefer to eat the seeds roasted, do so yourself so you can control the roasting temperature and time. Raw pumpkin seeds can be roasted on a low heat setting in your oven (no more than 170 degrees F or 75 degrees Celsius), sprinkled with Himalayan or other natural salt, for about 15-20 minutes.

## African Sweet Potato-Peanut Stew



### Ingredients

- 3 cloves garlic
- 2 cups (loosely packed) fresh cilantro leaves and stems
- 1 can (28 ounces) diced tomatoes
- 1/2 cup natural creamy or chunky peanut butter
- 2 teaspoons ground cumin
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground red pepper (cayenne)
- 3/4 tsp sea salt
- 1 cup filtered water
- 2 pounds sweet potatoes, peeled and cut into 2-inch chunks
- 1 can (15 to 19 ounces) garbanzo beans, rinsed and drained
- 16oz fresh green beans, lightly steamed

### Directions

- 1) In blender or food processor with knife blade attached, blend garlic, cilantro, tomatoes with their juice, peanut butter, cumin, cinnamon, ground red pepper, and 3/4 teaspoon sea salt until pureed.
- 2) Pour peanut-butter mixture into slow-cooker or 4 quart pot on low setting; then stir in water. Add sweet potatoes and garbanzo beans; stir to combine. Cover and cook on a very low setting 8 to 10 hours or on high setting for 4 to 5 hours, checking every few hours until potatoes are very tender.
- 3) About 10 minutes before sweet potato mixture is done, gently stir lightly steamed green beans into stew.
- 4) Serve in warm bowls with a garnish of crème fraiche, fresh cilantro and perhaps a slice of homemade bread with grass-fed butter, and take a moment to celebrate fall!

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<b>THURS</b>	<b>ROASTED MEATLOAF WITH MASHED POTATOES, GRAVY AND A LARGE SALAD</b>	<b>\$21.95</b> <b>SERVES 4</b>
<b>FRI</b>	<b>WILD CAUGHT FRIED SHRIMP, BAKED POTATOES, HUSH PUPPIES, AND COLESLAW</b>	<b>\$24.95</b> <b>SERVES 4</b>
<b>SAT</b>	<b>IN-HOUSE SMOKED BBQ, COLESLAW, APPLE AND BACON BAKED BEANS, AND YEAST ROLLS</b>	<b>\$21.95</b> <b>SERVES 4</b>

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# •HIGHLANDS-CASHIERS HOSPITAL NEWS•

## Highlands-Cashiers Hospital: Our role as a 'Critical Access Hospital'

By Jackie Medland  
H-C Hospital President

This month, I'd like to focus on what it means to be a Critical Access Hospital (CAH) so readers can better understand some of the unique features of Highlands-Cashiers Hospital and our dedicated caregivers who so compassionately serve this community.

Our CAH designation means several things. It means we operate within a set of rules established by the federal government, unlike those that exist for larger, typically urban hospitals. It also means that we're located in a remote, rural area surrounded by challenging terrain even in the best of times – let alone the times when we're hampered by severe weather, such as our visit from Hurricane Irma last month.

In 1997, Congress included the Critical Access Hospital (CAH) designation in its Balanced Budget Act to financially

strengthen these small but important hospitals and to increase rural patients' access to important and necessary care.

A facility can only be classified as a CAH if it's over 35 miles from the nearest hospital, or 15 miles away if located in mountainous terrain like HCH.

A CAH must provide "24/7" emergency care and maintain no more than 25 beds with an average hospital stay of less than four days.

Despite their small size and remote locations, CAHs are still required to meet rigorous clinical and environmental standards set by the federal government. In fact, we recently passed an exacting survey of our facility and the care we provide by the Joint Commission, a federally approved inspection and accreditation entity.

As you may have heard, since 2010, there has been a wave of hospital closures across the nation with 80 CAHs closing across the country, including three in North

Carolina.

In America today, more than one rural hospital closes every month. Foreshadowing future risk, one of three CAHs nationwide currently operates at a financial loss.

Thankfully, Highlands-Cashiers – with Mission Health's crucial support – is neither part of this statistic nor your average CAH.

Our generous community sustained our operation last year by providing nearly \$1.5 million in philanthropic support. We're further strengthened by our nearby sister CAHs, Angel Medical Center and Transylvania Regional Hospital, and by Mission Hospital, through which patients can access the next level of tertiary care.

Our patients can also take advantage of the expertise of specialty physicians through the telehealth program, whereby Asheville clinicians are consulted via digital technology.

Our community benefits immensely

from the telehealth program because distance is no longer an obstacle to care.

Over the last year, caregivers at Highlands-Cashiers Hospital have touched 4,200 lives.

Our new ED treats an average of 15 patients per day, and we've seen as many as 30 per day over the past couple months.

At the same time, we serve approximately nine inpatients per day and treat an average of 30 outpatients daily for tests and treatments. Our patient population is unique in that it surges during the summer months, when volumes can as much as triple.

I appreciate the continuing opportunity to work together to create a stronger, healthier community.

Coming soon: Next month I'll share information about our provider teams and the many important clinical services they offer.



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# ACA 'Open Enrollment' begins November 1st !

**Shorter Period for Health Insurance Enrollment: Nov. 1 – Dec. 15, 2017**

**Free Events Happening Around WNC in November**

ASHEVILLE – There are a lot of questions swirling around health insurance this year through the Affordable Care Act (ACA), also known as “Obamacare.” Pisgah Legal Services (PLS) and other ACA Partners of WNC can answer these questions and help with free, unbiased, in-person assistance for the ACA's Fifth Open Enrollment from Nov. 1 – Dec. 15, 2017.

PLS Managing Attorney Jaclyn Kiger says, “There is a lot of confusion about Open Enrollment this year. We want people to know that they can still get health insurance coverage, and that we are here to help. This is our fifth open enrollment, and our trained assisters can answer questions and walk folks through this process.”

Kiger continues, “Enrollment begins Nov. 1, but you can make an appointment now by calling 855-733-3711.”

Here are five key things to know:

1. The ACA Open Enrollment is Happening – the ACA is Still the Law. The law was NOT repealed, and consumers can get health care coverage for 2018.  
2. **Enrollment Time is Much Shorter – from Nov. 1- Dec. 15, 2017. These are new dates and consumers will not have as long to sign up this year. Don't delay!**

3. Financial Assistance Is Still Available Through the ACA. There have been no changes to the financial assistance available to consumers under the ACA. Access to 2018 plans, coverage and subsidies remains the same. Last year 9 out

of 10 people in NC qualified for financial help. Everyone is encouraged to set up an appointment to review your income and health care plan options to make sure you get the best coverage at the right price.

4. Free In-Person Help, Right Here in WNC, is Available. You don't have to go it alone. Trained assisters are ready to help. Appointments can be made by calling toll-free: 855-733-3711 or make an appointment online at [www.pisgahlegal.org/free-legal-assistance/aca/](http://www.pisgahlegal.org/free-legal-assistance/aca/).

**Free open enrollment events are happening across WNC in November.**

To make an appointment call 855-733-3711, unless otherwise noted:

- Nov. 1: 10am-2pm Polk County Public Library, 1289 West Mills St., Columbus
- Nov. 4: 9am-4pm Mountain Projects Inc., 25 Schulman St. Sylva: 828-586-2345
- Nov. 9: 12-7pm Haywood Public Library, 11 Penn. Ave., Canton: 828-452-1447
- Nov. 11:
  - o 9am-4pm US Cellular Center, 87 Haywood St., Asheville. Sponsored by Mission Health
  - o 9am-2:30pm Unitarian Universalists UUTC— 24 Varsity St., Brevard
  - o 9am-1:30pm Pisgah Legal Services— 169 N. Main St., Rutherfordton
  - o 11am-5pm Black Mountain Library— 105 Dougherty St, Black Mountain

5. Blue Cross Blue Shield (BC/BS) is the sole health insurance provider for people in WNC, but multiple plans are avail-

able. We know people have questions this year regarding in- and out-of-network coverage, and we will be available to help you find answers. If you have questions about whether your providers will be covered due to Mission Health and Blue Cross/Blue Shield agreement, call the Mission Health Network at 828-412-6052.

Pisgah Legal Services (PLS), a non-profit law firm, and other ACA Partners of WNC participating organizations give local residents free, unbiased health insurance information and enrollment assistance in the NC Health Insurance Marketplace. These organizations include: Blue Ridge Community Health Services, Council on Aging of Buncombe County, Legal Aid of North Carolina, Mountain Projects, Inc., Sunrise Community, Western Carolina Medical Society and WNC Community Health Services.

Appointments can be made by calling toll-free: 855-733-3711 or make an appointment online at [www.pisgahlegal.org/free-legal-assistance/aca/](http://www.pisgahlegal.org/free-legal-assistance/aca/).

Pisgah Legal Services is a nonprofit law firm providing free civil legal aid since 1978 to help low-income people meet their basic needs, such as protection from domestic violence, avoiding homelessness, finding safe housing, and accessing health care and subsistence income. For more information, call Pisgah Legal Services at 828-253-0406 or toll free at 800-489-6144 or visit [www.pisgahlegal.org](http://www.pisgahlegal.org).



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# • HS SPORTS •

with Kedra McCall

## Varsity soccer still in play

**H**igh school volleyball played Nantahalla and Pine Lake Prep this week.

The varsity was the only team to play in both games. They beat Nantahalla in 3 sets.

On Saturday, they travelled to Mooresville, NC to play the first round of state playoffs against Pine Lake Preparatory School.

They went 4 sets and lost 27-25 in the 4th. Although they lost, they played a great game and had a great season.

High school soccer played Cherokee and Rabun Gap.

They beat Cherokee, 7-2, placing them as conference champions. Later in the week they played Rabun Gap and got

beat 6-0.

The boys' senior night against Hayesville, scheduled for Monday, October 23rd was postponed to Wednesday, October 25th. They will be playing the first round of state and with where and when details coming



later.

As Fall sports comes to an end, Spring sports are getting ready.

Middle school teams have already had tryouts and high school tryouts are soon to come.

Get ready for basketball season, but don't forget to support high school boys soccer as they have a little bit of season left.



Brooke Rehmeier and Abby Olvera jumping for a block against Pine Lake Prep

## Halloween Highlands style – Tues., Oct. 31



Highlands Annual Trick or Treating through downtown is from 6-8 p.m. Tuesday, Oct. 31. Main Street will be closed to vehicular traffic and parking at 5:30 p.m. The Rotary Club will be serving free hot dogs on Main Street in front of the Presbyterian Church, there will be hot chocolate in front of the Methodist church and a DJ with music for dancing in the street.

– photo by Kim Lewicki

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# • HIGHLANDS AREA EVENTS •

## Ongoing

- The pool is now open for public swim 3-6p Mon-Thurs.

## Mon-Fri

- After School Program for Kids at The Healing Garden, 470 Dillard Road, Highlands. The school bus drops off at Dusty's. Ages Kindergarten through 8. Activities, wholesome snacks, homework time, outdoor and indoor play. Discount for monthly enrollments Pick up time 6 pm. Call Michelle at 828-526-9698.

- Movies at the Highlands Playhouse: Movies: Fri-Tues, 2, 5 8 p.m.

## First Mondays

- Shortoff Baptist Church non-denominational Men's Meeting at 7 pm

## Mondays

- At the Rec Park, High Cardio Zumba Fitness with Certified Instructor Tiffany Austin at 5:25 p.m.

## Mon. & Thurs.

- The Joy Program at HUMC from 11:30a to 1:30p. Includes a free lunch and a variety of programs and games. All

seniors are welcome. For more info, call Tricia Smith at 828-338-8167.

## Mon., Wed., Fri.

- Heart Healthy Exercise Class Monday, Wednesday and Friday 8:30-9:30am. Contact Janet Avery at 828-200-7508 for more information.

- Aerobics with Tina Rogers 8-9a.

## Mon.-Fri.

- Lap Swim Monday-Friday 7am-10am 6 lanes and Monday -Thursday 5pm-6pm 1 or 2 lanes. Sharing pool with Water Aerobics @ 5:15.

- Water Aerobics Monday-Friday 10:15am-11:15am and Monday-Thursday 5:15pm-6pm (sharing pool with lap swimmers) and Saturday mornings from 11:15noon.

## Tuesdays

- FREE Community Table Dinner at the Community Bldg. at 6p.

- The Humanist Discussion Group meets every Tuesday morning from 10:30-11:30a in the Meeting Room in the back of Hudson Library,

## First Tuesdays

- The monthly family support group for those with family members, friends, or loved ones living with the challenge of mental illness meets at 7 p.m. at Memorial United Methodist Church, 4668 Old Murphy Road, Franklin. For info call 369-7385.

## 2nd and 4th Tuesdays

- OccupyWNC meets at the 7PM in the Sneak E. Squirrel Community Room (1314 Main St., Sylva. Visit [www.occupy-wnc.org](http://www.occupy-wnc.org) or call 828.331.1524

## Third Tuesday

- The Macon County Poultry Club meets at the NC Cooperative extension office located at 193 Thomas Heights Rd., Franklin on the third Tuesday of each month at 7pm. Meetings are open to the public. Call 828-369-3916.

## Tuesday and Thursdays

- Zumba with Connie at the Rec Park 8:15 a.m. \$5.

- Pickle ball from 11:30a to 1p in the gym at the Rec Park.

- Exercise Class with Tina Rogers are held Tuesday and Thursday at 5:15p.m.

## Wed. through October

- "Where Art & Science Meet" events at Carolina Gallery, 411 N. 4th Street. **1st Wednesdays**

- Family Movies at the Hudson Library at 3:30pm. Call 828-526-3031 for titles.

## 3rd Wednesdays

- Recently released movies at Hudson Library at 2pm. Call 828-526-3031 for titles.

## Wednesday-Saturday

- The Highlands Historic Village is open June-October. It's free. Visit the Highlands Historical Museum, the Prince Houe, Bug Hill Cottage, Furman Vinson's Boat, The Old Jail while taking a break in the peaceful setting that commemorates Highlands' past.

## Thursdays

- Storytime with Miss Deanna at Hudson Library 10:40 am. Open to the public.

- Weight Watchers support group meets every Thursday at 5 pm at Christ Church of the Valley. Call Lisa 828-506-

• See EVENTS page 19

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## Police & Fire Reports

**The Highlands Police log entries from Oct. 7**  
**Only the names of persons arrested, issued a Class-3 misdemeanor or public officials have been used.**

### Oct. 7

• At 1:30 a.m., officers responded to a one-vehicle accident on NC 106.

### Oct. 14

• At 3:20 p.m., officers responded to a one-vehicle accident on N. 4th Street.

### Oct. 17

• At 9 a.m., officers responded to a call of a burglary with forced entry and vandalism at a shop in Highlands Plaza.

### Oct. 18

• At noon, officers responded to a two-vehicle accident on Carolina Way.

• At 6:38 p.m., officers responded to a call of an injured bear in an open area on NC 106 that was later found dead.

### Oct. 19

• At 4:03 p.m., officers were called about a verbal argument at a residence on Upper Lake Road.

**The Highlands Fire & Rescue Dept. log from Oct. 17.**

### Oct. 17

• At 1:55 p.m., the dept. was first-responders to a location on South Street.

### Oct. 18

• At 10:07 a.m., the dept. was first-responders to a

residence on Chestnut Cove.

• At 12:48 p.m., the dept. provided public assistance to a motorist on Clear Creed Road.

• At 2:27 p.m., the dept. was first-responders to a location on Carolina Way.

• At 7:45 p.m., the dept. was first-responders to a residence on Sawmill Road.

### Oct. 19

• At 10:18 a.m., the dept. was called about smoke at a residence on Shortoff Road.

• At 11:31 a.m., the dept. responded to a motor vehicle accident on NC 106.

• At 7:11 p.m., the dept. provided public assistance on Whiteside.

### Oct. 20

• At 9:30 a.m., the dept. responded to a vehicle fire on Cotswold Way.

• At 2:37 p.m., the dept. was first-responders to a residence on Clubhouse Trail.

• At 9:22 p.m., the dept. was first-responders to Log Cabin Lane.

### Oct. 21

• At 2:04 p.m., the dept. responded to a motor vehicle accident on NC 28 south.

### Oct. 22

• At 6:54 a.m., the dept. was first-responders to a residence on Cullasaja Drive.

### Oct. 23

• At 12:32 p.m., the dept. responded to a call about a downed power line on NC 106.

• At 1:55 p.m., the dept. responded to a motor vehicle accident on Hickory Lane.

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## • SPIRITUALLY SPEAKING •

### The 'Christian' responsibility

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-- Andrew Jackson.

**Pastor Steve Kerhoulas**

**Christ Church of the Valley, Cashiers**

**L**ike most of you I also like to read good books. And when I come across a really good one it ends up on my bookshelf as a reward for an author who hit a home run.

So the other day I came across a quote that said what I just did but a whole lot better.

"The best moments in reading are when you come across something – a thought, a feeling, a way of looking at things – which you had thought special and particular to you.

Now here it is, set down by someone else, a person you have never met, someone even who is long dead. And it is as if a hand has come out and taken yours."

Several months ago, I experienced just that -- I personalized a quote from someone long dead that spoke to me so profoundly that I had to do something about it.

The quote was part of a speech delivered by President Andrew Jackson.

He said "You (me) have the highest of human trusts committed to you care. Providence has showered on this favored land blessings without number (yes, God has), and has chosen you (me) as a guardian of freedom, to preserve it for the benefit of the human race. May He who holds in His hands the destinies of nations make you worthy of the favors He has bestowed, and enable you, with pure hearts, and hands and sleepless vigilance, to guard and defend to the end of time, the great charge He has committed to your keeping."

Yes! When I think about what he said and apply it to my life as a follower of Jesus Christ, it stops me in my tracks because God has done the same. God has entrusted, every believer with an even greater responsibility.

We are not only a guardian of freedom, but someone with pure hearts and hands, that is committed to everything involved in being a Christian. Everything!

So, what did I do? After reading President Jackson's quote, I sent a copy of a Bible containing it to our Representative Mark Meadows. I asked Mark to give the copy to President Trump, with the page number so he could read the quote by Jackson.

By the way, I subsequently discovered Jackson is Trump's favorite President.

A few weeks later Mark called and reported that he was with the President and put the Bible into his hands. Now let's pray he reads it!

## Proverbs 3:5

## • PLACES TO WORSHIP •

## John 3:16

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Sundays: 10 a.m.; Worship

Holy Communion 1st & 3rd Sundays

### CHRIST ANGLICAN CHURCH

Rector: Jim Murphy, 252-671-4011

464 US Hwy 64 east, Cashiers

Sun. 8:30a 1928 Prayer Book Service (no music); 9:30a Sunday

School; 10:30a Worship Service

Mon. 6p Bible Study & Supper at homes

### CHRIST CHURCH OF THE VALLEY, CASHIERS

Pastor Steve Kerhoulas • 743-5470

Sun. 10:45am, S.S 9:30am. Wed. 6pm supper and teaching.

Tues. Guys study 8am, Gals 10am.

### CLEAR CREEK BAPTIST CHURCH

Pastor Jim Kinard

Sundays: School: 10 a.m.; Worship: 11 a.m.

1st & 3rd Sunday night Service: 7 p.m.

Wednesdays – Supper at 6 p.m.

### COMMUNITY BIBLE CHURCH

www.cbchighlands.com • 526-4685

3645 Cashiers Rd, Highlands, NC • Sr. Pastor Gary Hewins

Sun.: 9:30am: Sunday School

10:30am: Middle & High School; 10:45am: Child. Program,

10:45am: Worship Service

Wed.: 5pm Dinner (\$7 adult, \$2 child), 6pm CBC U.

### EPISCOPAL CHURCH OF THE INCARNATION

The Rev. Dr. Maurice L. Goldsmith • 526-2968

Sundays: Education and choir rehearsal, 9 am,

Holy Eucharist Rite II, (sanctuary), 10:30, nursery available

Mondays: Centering Prayer at 3 pm in the library

Thursdays: Holy Eucharist Rite II.

### FIRST BAPTIST CHURCH HIGHLANDS

828-526-4153 • www.fbchighlands.org

Dr. Mark Ford, Pastor

220 Main Street, Highlands NC 28741

Sun.: Worship 10:45 am; Sun.: Bible Study 9:30 am

Wed.: Men's Bible Study 8:30 am; Prayer Mtg 6:15 pm; Ch. 5p

### FIRST PRESBYTERIAN CHURCH

Curtis Fussell & Emily Wilmarth, pastors

526-3175 • fpchighlands.org

Sun.: Worship: 11 a.m.; School: 9:30

Mondays: 8 a.m.; Men's Prayer Group & Breakfast

Wednesdays: Choir: 5:30p

### GOLDMINE BAPTIST CHURCH

(Off Franklin/Highlands Rd)

Sunday School: 10 am, Worship Service: 11 am

### GRACE COMMUNITY CHURCH OF CASHIERS

Non-Denominational-Contemporary Worship

242 Hwy 107N, 1/4 miles from Crossroads in Cashiers

www.gracecashiers.com • Pastor Steve Doerter: 743-9814

Services: Sundays 10am - Wed. - 7pm; Dinner - Wed. 6pm

### HAMBURG BAPTIST CHURCH

Hwy 107N. • Glenville, NC • 743-2729 • Pr. Nathan Johnson

Sunday: School 9:45a, Worship 11a & 7p, Bible Study 6p

Wed. Kidsquest 6p.; Worship 7p.

### HIGHLANDS ASSEMBLY OF GOD

Randy Reed, Pastor 828-421-9172 • 165 S. Sixth Street

Sundays: Worship: 11

### HIGHLANDS CENTRAL BAPTIST CHURCH

Pastor Dan Robinson

670 N. 4th Street (next to the Highlands Civic Center)

Sun.: Morning Worship 10:45 a., Evening Worship, 6:30 p.

Wednesday: Prayer Service, 6:30 p.

### HIGHLANDS UNITED METHODIST CHURCH

Pastor Randy Lucas 526-3376

Sun: School 9:45a.; Worship 9:09, 10:50.; Youth 5:30 p.

Wed: Supper: 5:15; youth, & adults activities: 6; Handbell

rehearsal, 6:15; Choir Rehearsal 7. (nursery provided); 7pm

Intercessory Prayer Ministry

### HOLY FAMILY LUTHERAN CHURCH: ELCA

Chaplain Margaret Howell • 2152 Dillard Road • 526-9741

LutheranChurchoftheHolyFamily.yolasite.com

Sun: School and Adult discussion group 9:30 a.m.;

Worship/Communion: 10:30

HEALING SERVICE on the 5th Sunday of the month.

### MACEDONIA BAPTIST CHURCH

8 miles south of Highlands on N.C. 28 S in Satolah

Pastor Zane Talley

Sundays: School: 10 a.m.; Worship: 11, Choir: 6 p.m.

Wed: Bible Study and Youth Mtg.: 7 p.m.

### MOUNTAIN SYNAGOGUE

at St. Cyprian's Episcopal Church, Franklin • 828-524-9463

### MOUNTAIN BIBLE CHURCH

743-2583 • Independent Bible Church

Sun: 10:30 a.m. at Big Ridge Baptist Church,

4224 Big Ridge Road (4.5 miles from NC 107)

Weds: Bible Study 6:30 p.m.; Youth Group 6 p.m.

### OUR LADY OF THE MOUNTAINS

### CATHOLIC CHURCH

Parish office (Father Francis): 526-2418

Mass: Sun: 11 a.m.; Sat. at 4p

### SCALY MOUNTAIN BAPTIST CHURCH

Rev. Marty Kilby

Sundays: School – 10 a.m.; Worship – 11 a.m. & 7

Wednesdays: Prayer Mtg.: 7 p.m.

### SCALY MOUNTAIN CHURCH OF GOD

290 Buck Knob Road; Pastor Donald G. Bates • 526-3212

Sun.: School: 10 a.m.; Worship: 10:45 a.m.; Worship: 6 p.m.

### SHORTOFF BAPTIST CHURCH

Pastor Rev. Andy Cloer

Sundays: School: 10 a.m.; Worship: 11 a.m.

Wednesdays: Prayer & Bible Study: 6 p.m.

### COMMUNITY BIBLE CHURCH OF SKY VALLEY

Sky Valley, GA • 706.746.3144 • 696 Sky Valley Way #447

Pastor Gary Hewins

Worship: Sun. 9 a.m., with Holy Communion the 1st & 3rd Sun.;

Tues: Community Supper 5:30 followed by Bible Study.

### THE CHURCH OF THE GOOD SHEPHERD

1448 Highway 107 South, Office: 743-2359 • Rev. Rob Wood

June-Sept: Sunday Services: Rite I, 8a, Rite II, 9:15 & 11a

Nursery available for Rite II services

Sept 6-Oct 25- Informal Evening Eucharist- 5:30 p.m.

Thursday: Noon Healing Service with Eucharist.

### UNITARIAN UNIVERSALIST FELLOWSHIP

85 Sierra Drive, Franklin • uufranklin.org

Sunday Worship - 11 a.m.

### WHITESIDE PRESBYTERIAN CHURCH

Rev. Sam Forrester/Cashiers

Sunday School: 10 am, Worship Service: 11 am



# ..EVENTS continued from page 13

3555.

• NAMI Support Group for individuals dealing with mental illness and the family members of individuals dealing with these challenges from 7 – 8:15 pm. at First United Methodist Church Outreach Center on West Main Street beside Bryant's Funnel Home. Call Donita for more info (828) 526-9510.

## 2nd Thursdays

• Sapphire Valley Needlepoint Guild meets at the Highlands Rec Park at 10 a.m.

## 3rd Thursdays

• Kidney Smart Classes in Franklin: from 4:30-6pm, Angel Medical Center, Video Conference Room, 3rd Floor, 120 Riverview St. Contact Majestic 828-369-9474

## 2nd and 4th Thursdays

• Indivisible Highlands, a non-partisan activist group meets weekly at the Hudson Library at 5p. For more info call 770-823-0601

## Thurs., & Sat.

• Zumba with Mary K. Barbour at the Rec Park from 11a to noon. For more information, call 828.342.2498.

## First Friday of Every Month

• Dive-in Movie Night at the Rec Park. PG and PG-13 movies. 6-9 p.m., \$7 adult; \$5 children under 12. \$20 family of 4 (\$4 for each additional person) Free popcorn per admission. Bring your own float. Food allowed in designated areas. For movie title call 828-526-1595 or 828-526-3556.

## .Fridays & Saturdays

• Art's at the Lodge. Live Music 4-8 p.m.. Cocktails in Art's or on the lawn at the Lodge. On Spring Street.

## Saturdays

• Farmers Marketplace in K-H Founders Park from 8a-12:30p.

• At The Bascom, Pottery Sale in the barn from 10a to 5p.

• Scrabble at Hudson Library from 1-4 p.m. Bring board if possible. All are welcome. 727-871-8298.

• The Bascom Knitters on the Terrace at The Bascom from 10 am until noon or downstairs in The Bascom Library room.

## Thurs., Oct. 26

• At the Nature Center, Halloween Enchanted Forest - All Ages • 6 – 7:30 pm • \$1/person. Celebrate Halloween the natural way! Guided tours of our Botanical Gardens will lead you trick-or-treating around the trail to meet some

native animal characters. Activities will be available in the nature center as well.

## Fri., Oct. 27

• At TJ Bailey, Cashiers, 104 Hwy 107 south. Robert Comstock Women's Trunk Show.

• Community Coffee at the Hudson Library in the Meeting Room from 11a -Noon w/ Mayor Patrick Taylor on the topic of "The Broadband Resolution & Our Partner."

## Sat., Oct. 28

• "The Rocky Horror Picture Show" movie at The Playhouse at 10 p.m.

• At TJ Bailey, Highlands, Town Square. Robert Comstock Trunk Show.

• At The Bascom, the Moulthrop family of wood turners will present their work from 10a to noon.

• Rabun Gap-Nacoochee School will hosts the second annual Run The Gap 5K at 10 a.m. Saturday, Oct. 28. Entry is \$15 for adults, \$10 for children 12 and under. Proceeds from this race will support the RGNS Alumni Association Scholarship. The 5K will be RFID Chip timed by Finish Well Timing, and it is a USATF Certified Course. Walkup registration starts at 9 a.m. or register online at [www.racesonline.com/events/rabun-gap-nacoochee-school-s-run-the-gap-5k](http://www.racesonline.com/events/rabun-gap-nacoochee-school-s-run-the-gap-5k).

• At PAC, Live via Satellite, National Theatre of London's "Who's Afraid of Virginia Woolf?" at 1 p.m. Tickets are available at the door, online: [highlandspac.org](http://highlandspac.org) or by calling 828.526.9047 Highlands PAC, 507 Chestnut Street, Highlands

## Sun., Oct. 29

• 5th Sunday Singing and Devotion 10 a.m., at Blue Valley Baptist Church. Special singers Foxfire Boys. Question? Call Rev. Oliver Rice at 706-782-3965.

## Tues., Oct. 31

• Town's annual Main Street Trick or Treat. Streets 6-8 p.m. Streets closed to vehicular traffic at 5:30p.

## Fri., Nov. 3

• Dive-in Movie Night at the Rec Park. PG and PG-13 movies. 6-9 p.m., \$7 adult; \$5 children under 12. \$20 family of 4 (\$4 for each additional person) Free popcorn per admission. Bring your own float. Food allowed in designated areas. For movie title call 828-526-1595 or 828-526-3556.

## .Thurs-Sun. Nov. 9-12

• Highlands Wine & Food Festival. Call the Chamber of Commerce for details.

• At TJ Bailey, Highlands, Town Square. Peter Millar Trunk Show.



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1.5 level acres. Private, adjacent to National Forest. Renovated, hardwood floors, open kitchen with custom island, granite and stainless steel appliances, wood-burning fireplace. Large deck and covered porch. Unfinished partial basement w/workshop, sink, deep freezer, Generac. Furnishings negotiable.

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Tammy Mobley, BIC  
770-337-1000





Gentleman's farm style property. Great 2 story farmhouse on over 29 acres. Pasture land, mountains and views. Close access to Lake Glenville and Cashiers. This property has it all. 3 beds, 4.5 baths and a guest home. \$795,000 MLS #87111

#### LOT LISTING

Exclusive gated community just minutes from Cashiers. 2.05 acres, nearly level, cleared building site, driveway finished. Community water system and 3br septic permit. \$58,000 MLS #85824



#### New Price

Broadview Acres 3br/2ba with great rental history. Vaulted ceilings, gas fireplace and new carpet. Relax in the bright sun room or bbq on the open deck. \$370,000 MLS #85526



Only minutes to Main Street, this 3br/3ba home in desirable Mirrormont area has been updated with all the bells and whistles. Gorgeous hard woods and large back decks with both open and enclosed areas for enjoying the cool mountain air. \$595,000 MLS #86293

#### LOT LISTING

Great investment lot with VIEWS on .55 acres. Close-in to downtown Highlands. 3 bedroom septic in hand. Don't miss the opportunity to build your mountain dream home today. \$29,900 MLS #83654



One level like new home in Blue Valley. Set on 2.51 acres with 3 bedrooms and 2 baths, vaulted ceilings, stacked stone fireplace, and hardwood flooring. Exterior features spacious covered and screened deck overlooking waterfall/pond in yard. \$515,000 MLS #87118



2br/2ba very private Highlands Falls Country Club condo, offered fully furnished. Vaulted ceilings, screened porch and open back deck with views. \$225,000 MLS #85769



Great 3br/2ba sits high above the 13th fairway at Highlands Falls CC. \$525,000 MLS #86238.

#### LOT LISTING

2 lots in Cullasaja Club at an incredible price. Views of Black Rock and Whiteside Mountain with long range views into SC. Walk to the clubhouse location. \$40,000 each lot, MLS #81514 & #81530



Wonderful Art & Crafts style home with lots of character! 4br/4.5ba in Falling Waters. Large open kitchen, covered decks on 2 sides plus a spacious screened porch. \$849,000 MLS #86261



2br/2ba updated with vaulted ceilings, hardwood floors and a beautiful sunroom overlooking the wooded back yard. All one level with attached car garage and paved drive makes this a great year-round home. \$298,000 MLS #86978

#### New Price



One owner and very little use on over 5 subdividable acres makes this home highly sought after. 3br/3.5ba offering complete privacy. Gourmet kitchen, floor to ceiling fireplace in great room, master suite. 2 guest suites and many other high end finishes throughout. \$850,000 MLS #86239



Soaring tongue and groove cathedral ceilings with 2 story stone fireplace. Large 4br/4ba in Trimont Mountain Estates. \$699,000 MLS #86288



3br/3ba Highlands Mountain Club condo. Remodeled top to bottom with granite in kitchen, marble baths, wood floors and more. Move in ready! \$275,000 MLS #86242



Great buy between Highlands and Cashiers just off Norton Road. Open floor plan, large windows and stone fireplace. Updates to kitchen include granite countertops. Upper level has 2 guest rooms and additional living area overlooking the lower level. Open deck is perfect for grilling and relaxing outdoors. \$243,000 MLS #86614



Custom built with 3br/2ba in private gated community just 9 miles to downtown Highlands. Back deck overlooks pond and has winter mountain views. \$250,000 MLS #86605



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# • INVESTING AT 4,118 Ft. •

## Design Trends: materials, finishes, and styles

*"There are three responses to a piece of design – yes, no, and WOW! Wow is the one we aim for." ~ Milton Glaser*

New York Times best-selling author and contributor to O Magazine, Dr. Martha Beck has a unique

coaching tool called "Your House as Your Life." In the exercise, Martha asks you to think about the yuckiest area, room, shelf,

closet, or drawer in your entire house and then to describe it in detail. Your descriptions reveal much more than the physical and/or emotional properties of the space. Amongst the word tumble coming from your stream of consciousness thinking are little jewels of insights that give you an indication of not only where you may be stuck or in pain, but also clues as to how to find the path forward out of your personal Hell. During my coaching certification training with Martha nearly a decade ago, I did this exercise and found the process to be equal parts fascinating and liberating.

Our spaces reveal ourselves to us. At the very same time, we are creating our spaces either very deliberately or passively. It cannot be ignored the impact our environment has on every aspect of our daily lives. The designs, materials, styles, colors, furnishings, and decorative accessories we see, touch, and use every day all have an energy that shape us in subtle and significant ways. Therefore, as I advise my teenage son on a regular basis, "Choose wisely."

So, what are the trends and latest design elements on the horizon, and how are they shaping (and will continue to shape) our choices for how we create and define our spaces? What are we seeing now that provides us a glimpse into the crystal ball for what is to come?

Overall, if I had to find just two words to describe the current and coming vibe, I would say modern minimalism. Everyone seems to be focusing on essential living and asking him or herself, "What is it that I truly love and need?" Clutter and its sibling, oversized or over-stuffed anything, are gone. In its place are clean, sparse spaces. Palettes are white on white, white on off white, or white and gray. Splashes of supremely bold colors are making their entrance – on walls and in rugs, pillows, art, and decorative accessories.

Marble, marble, marble. Marble is everywhere and fits effortlessly into the sleek and simple aesthetic of the modern trend. No longer just the domain of kitchens and bathrooms, I'm seeing people use marble slabs in their offices for everything from desk tops to mouse pads.



Susie deVille  
White Oak Realty  
Group  
828) 526-8118.

Metallics will continue to be a trend in the coming months, but taste is moving away from reflective surfaces and toward more muted and warm finishes. Look for satin or brushed brass and chrome in kitchens and baths, as well as in light fixtures throughout the home.

Beam me up, Scotty! More and more, voice-activated assistants in the home will be used to play music, dim your lights, read you the news headlines,

place orders online, and more. The smart home ecosystem will continue to evolve and become more sophisticated and integrated into daily living.

Flooring changes are on the horizon. Parquet hardwood flooring, arranged in geometric or unique patterns, is coming back into vogue, along with gray, wood flooring that gives a softer, weathered look. Porcelain tile planks, designed to mimic natural wood grains, will continue as popular choices for bathrooms and other spaces prone to dampness.

Geometric tile patterns continue in kitchens and baths, with a special nod to funky pattern choices like the vintage and fun fish scale pattern. Iridescent accents on kitchen back splashes and in ribbons of tile on bathroom walls add a shimmery look to an otherwise tailored space.

We will continue our attempts to bring the outdoors in with indoor showers that feel as if you are showering outside. Window walls opening to views of thick and private screens of vegetation and select landscaping give the freeing experience of being outside, while in the comfort of being indoors.

I checked in with local designer and owner of The Summer House, Paula Jones, to see what her observations are for trends in interiors. Paula noted, "Many, if not most, of our traditional collections have been replaced with 'modern' contemporary offerings.... Gray and white are everywhere! Here in the mountain resort area, there is the challenge to find the right blend of furniture, lighting, and accessories that reflect our surroundings while

• See INVESTING page 25



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Main Street

# COUNTRY CLUB PROPERTIES

Wright Sq. 828-526-2520 | [www.ccphighlandsnc.com](http://www.ccphighlandsnc.com) | [ccp4info@frontier.com](mailto:ccp4info@frontier.com)



This family home main level has open floor plan and stunning custom built kitchen. Dining area opens up to large screened in porch. One bedroom, full bath, half bath and bonus room all on the main level. Upstairs is a private master suite with large bathroom. Partially finished basement with two-car garage, bonus room and full bath. Beautiful 6-acre lot with gorgeous landscaping complete with a basketball court. Offered at \$599,000. mls #87025



Charming English cottage close to town on Upper Lake Road and features privacy with water frontage on Laurel Lake. Tasteful finishes include antique brick hardwood with lots of light and native stone. Main level living with an additional 3 guest bedrooms upstairs. Offered at \$1,195,000 mls #86018



Great quiet neighborhood close to Sky Valley. 3 bedroom 2 bath with many upgrades. Granite countertops, stainless appliances, stacked stone fireplace, cathedral ceilings, wood and tile floors. Terraced back yard with beautiful landscaping. Offered at \$299,000. mls #86128



Walk to town from 1.71+/- acre inside town limits! Beautiful lot with lush woods and perennial native landscaping! Public sewer and water. Subdividable. Wrap around and balcony decks. Spacious rooms Metal roof. Large parking area. Move in ready! MLS# 86235 Offered for \$379,000.



Outstanding long range mountain views. Located on 1.20+/- acres at the end of a quiet, private road. 2 bedrooms 3 baths with extra sleeping quarters. Offered at \$495,000. mls #83791



Close to downtown, this special setting consists of over 3 acres with a ridgeline view and easy care yard. The dwelling is spacious with a mountain contemporary flair. 3 bedrooms, 4 baths, 3-car garage plus an office, family room, and outdoor living room. Gallery surrounds the vaulted living room with a sunken conversation pit with fireplace. Additional fireplace on the covered outdoor living room. Includes two possible additional building sites. Offered at \$895,000. mls #82990



Mirror Lake Area: Old Highlands Charm in this completely restored Mountain Cabin. Two bedrooms and two full baths. Detached carport. Screened front porch. Offered at \$399,000. MLS # 86056.



This beautiful gated white two-story home located in Highlands Springs and Falls with 3 bedrooms and 3 baths plus a large deck to look down on a babbling creek. Has two-car attached garage and is on over an acre of land. Offered at \$375,000. mls #85690



Stunning waterfall is the shining star of the fully renovated 4 bedroom 3 bath that sits on 1.75 acres and abutts USFS lands on one side. New kitchen with eat-in breakfast room, formal dining room or den, large open living room with cathedral ceilings. 3 fireplaces and deck. Offered at \$555,000. mls #83894



Located about 15 minutes from town off Buck Creek road, with all paved road access to this mountain cabin. House has a cathedral living room with gas fireplace and open kitchen with updated appliances, a master bedroom with huge bath on the main floor. Upstairs has a loft bedroom and bath. There is a 3-car garage with an RV garage together with a guest apartment above. Offered at \$279,000. mls #86362



Stunning and spacious home. The master suite, spacious en suite with tub and walk through shower, his and her offices, laundry, and a 2-car garage. Upper level can be bonus room or guest suite with large bath. Lower level has 3 bedrooms family room with morning kitchen, and an additional 2 car garage.. Offered at \$1,575,000. mls #81664



5 Bedroom 5 bath home at Highlands Country Club. Usable lot with lovely landscaping. Seller has golf membership. 45 KW Generator. Sophisticated irrigation system which allows full property irrigation and a 19-station window and deck flower box irrigation drip system. Offered at \$1,495,000. mls #85242



Wonderful move-in condition home in Wildwood Mountain loaded with custom features. Main level features wood floors and a flowing floor plan. Living room with stone fireplace, covered porch. Custom kitchen features granite countertops and stainless steel appliances. There is a master suite and 2 guest rooms in the upper level and 2 baths. Additional lot available for purchase. \$369,000. mls #85417



Walk to town townhouse. Totally renovated in Trillium Place. Main level living room, dining room, kitchen, half bath and large covered back porch. Upstairs has 2 bedrooms and one bath. Offered at \$399,900. mls #86236



Wonderful 4 bedroom, 4 1/2 bath on a large private lot. Designer finishes throughout, with great room spaces and a huge dressing area and walk-in closet. Offered at \$1,695,000. mls 86251



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## • BIZ/ORG NEWS •

### Four new faces at Highlands Sotheby's

Highlands Sotheby's International Realty continues to grow with an expanding team of exceptional brokers and sales production. The leading real estate sales company in Highlands over the last three years and a top producing company for seventeen years, Highlands Sotheby's is leading the pack again in 2017 with 66 million in sales. The Sotheby's team recently added the following brokers:

**Kay and Joe Deckman.** Joe has a B.S. in civil engineering and a B.S. in business administration from Lehigh University. After an extensive corporate career with public and private companies, Kay and Joe have spent the last few years in Manhattan managing a large project serving as President of Environmental Interiors. Kay and Joe moved back to Highlands to reengage in the real estate market where they were brokers previously since 2009. "Highlands Sotheby's is a an excellent choice for us with their strong reputation for professionalism and success," said Joe. As members of Highlands Falls Country Club, they are excited to reunite with friends on the Plateau.

**David Parker.** David has a BA in Management and Marketing from the University of South Alabama. He led a comprehensive career in business development, management,

marketing and customer service. In the mid-1990s while living in Atlanta, David and his wife, Jacque, visited Highlands for the first time and it was love at "first visit." They planned their relocation strategy and moved here 15 years ago. David has been active in the local community by forming his own community management company, serving as Development Director for The Bascom and serving as the



**Joe and Kay Deckman**



**David Parker**



**Doug Treadwell**

golf services manager for Highlands Country Club and Wildcat Cliffs Country Club. He looks forward to bringing his extensive sales and negotiation skills to clients in real estate transactions.

**Doug Treadwell.** A top producer of John R Wood Real Estate in Naples with over 50 million in sales since 2010 and over \$20 million in sales for the year 2013. With over 30 years of experience in real estate, Doug has had a varied career in virtually all aspects of the real estate industry. He has a strong background in business with an emphasis on Management, Sales, Financing, Leadership, and Team building. Doug brings this business approach to the sale of homes while working with both sellers and buyers. His approach is to provide information to the client by providing historical trends along with information on the future direction of the market. "It really isn't so much about what the property is worth today, but what will the property be worth in 6 months or 6 years that is important to sellers and buyers." Doug recently purchased a home in Highlands and looks forward to focusing on the buyer and seller pipeline between Naples and the Plateau.

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# • THE INK PENN. •

## Almost Elton John lights up the night

What's not to like about a rock 'n roll concert at an intimate venue? One that's easy to get to, with free parking, and a drinks truck offering fun mixed drinks along with wine and beer?

On a beautiful October night, I attended "Remember When Rock Was Young," an Elton John tribute provided by Almost Elton John; a band of Atlanta-area musicians led by Craig A. Meyer as Elton. My inspiration for attending was to see KG Fletcher, my singing author friend who writes romance novels and is a singer in the band. (Her books are available on Amazon.)

From the get-go, it was a joyful evening. Almost Elton John (AlmostEltonJohn.com) tours all over the country, but they staged this Friday concert in their hometown at the Church of the Redeemer to benefit Autism Speaks (www.autismspeaks.org). I got my tickets as soon as I saw the event posted on Facebook and invited a friend to go with me.

Our evening was off to a great start when we wandered over to a tent thinking it might be where we'd find the bar but instead found a friendly crowd who invited us to partake of their hors d'oeuvres. I met Kathy from Kansas City, who'd flown in for the event and was there with her sister who lives in Atlanta. My friend connected with another gal over the topic of dogs. We drug ourselves away to stand in the drinks line to have our one cocktail before the concert began.

The concert was marvelous, and I understand now why folks say that Craig Meyer sounds more like Elton than Elton does. If you could see his moves on stage, you'd realize he must be pretty darned fit, and the voice—oh the voice. The voice, the moves, the sparkly outfits all combine



Kathy Manos Penn

to create a spectacular show. Let's not forget his musicians: KG Fletcher is a backup singer but also has a star turn as Kiki Dee in "Don't Go Breaking My Heart." She and Courtney Loner, both dressed in black, supply not only the backup singing but the backdrop to Elton's over the top sparkle.

As far as fundraising, the best was yet to come. The proceeds from ticket sales went to Autism Speaks, as did donations before the show, and then there was the auction. The high bid would have the opportunity to join Elton on stage while he sang a song to the winner. Bidding started at \$100, and soon it was a battle between a gentleman near the front and Kathy from Kansas City. It made my heart sing to know that over \$1,000 went to benefit research and treatment of those affected with Autism for that one song. Kathy was the winner, and Elton sang "Your Song," just to her. I was astonished when she joined in for the second verse. It turns out she's also a singer.

But it didn't stop there. Before the final song of the evening, Elton invited the second highest bidder to make his donation. Once again, over \$1,000 went to Autism Speaks, and two guests joined Elton on stage for another special song. Come to find out after the concert that Kathy from Kansas City was especially motivated to make the winning bid, as she is the great-aunt of a young man on the spectrum.

What a wonderful evening. Great music, a good cause, and new friends made it an event I won't soon forget.

• Find Kathy's new book "Lord Banjo the Royal Pooch" and her collection of columns, "The Ink Penn: Celebrating the Magic in the Everyday," locally at The Molly Grace in Highlands and Books Unlimited in Franklin and on Amazon. Contact her at [inkpenn119@gmail.com](mailto:inkpenn119@gmail.com).

## ...INVESTING continued from page 22

introducing fresh, new looks. The 'rustic driftwood' finishes fit that category, with undertones of tan. It blends the old with the new. Imagine the bark of a tree. Lights and darks, browns, and grays.

"Lighter colors are being requested ... light beige/gray tweed or the occasion-

al white sofa paired with a print fabric on chairs and a pop of color in accent throw pillows is a great look!" said Paula.

On a personal note, perhaps my favorite trend of all is the advent of hand-drawn print and patterns, including typewriter let-

• See INVESTING page 29



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# • BIZ/ORG NEWS •

## Highlands School 3rd Grade classes get dictionaries from Rotary



Yearly, The Interact Club, a service branch of the Rotary Club of Highlands, gives new dictionaries to all 3<sup>rd</sup> grade students at the Highlands School. Cynthia Dendy, Rotarian at the Rotary Club of Highlands, who is in charge of the Interact Club, help direct and distribute the dictionaries on October 5, 2017.



## Annual Scholarship Golf Tournament 1st Place winners for 2017



The Town of Highlands held its annual Scholarship Golf Tournament on October 19th at Wildcat Cliffs CC. "The continued support from the membership of Wildcat Cliffs is incredible. For the last seven years, they have been willing to allow us to use their beautiful facility for the benefit of Highlands School students who are furthering their education. The golf course was impeccable as was the attention to detail and the service," said Town Commissioner and event chair, Brian Stiehler. Mayor Pat Taylor echoed those comments and added they are an important part of the Highlands Community. Pictured are first place team consisted of: Chip Baggett, Benjamin Baggett and Jeff Baggett

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# • BIZ/ORG NEWS •

## HFCC continuing to grow croquet in WNC



On October 11, Highlands Falls Country Club celebrated with a ground-breaking ceremony to expand their croquet complex. Located in Highlands, NC, Highlands Falls Country Club (HFCC) currently offers one full size croquet lawn, and a small (approximately 40%) practice lawn area. The existing croquet space has quickly become too small to accommodate the 241 croquet members in the club.

During the winter months of 2017, the idea of expansion at HFCC took shape. By August 2017, the necessary funding was in place to make the idea a reality. HFCC will be replacing the small practice lawn area with a second full size lawn. The second full size lawn will run continuous with the existing full-size lawn, giving club members various options for configuring the lawn space. HFCC will have the option to set the lawn space as two full size lawns, three 80% lawns, or four half lawns, (or a mix of the three).

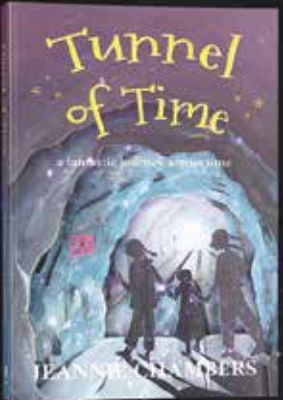
In addition to the lawn expansion, the existing pavilion space that is used for social gatherings will also be expanded. The covered pavilion will double in size to accommodate the growing croquet population at HFCC.

## Recycled Eclipse glasses get new homes



Five members of the Board of the Peggy Crosby Center packaged the eclipse glasses collected for recycling. Approximately 2,000 glasses were contributed to PCC. These used and unused eclipse glasses will be sent to Astronomers Without Borders. AWP will distribute them to schools in South America and southeast Asia for use during eclipses in 2019.

AVAILABLE DECEMBER 1, 2017




### Tunnel of Time

Do you think it's possible to be one place one minute, and then a completely different place the next? I'm talking a REALLY different place. My name is Gracie Hitt, and I did just that along with my sisters, Lizzie and Reba Dee. A normal Saturday at the County Fair turned out to be the most extraordinary time of our lives.

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## ..INVESTING continued from page 25

ters and messages on textiles, pillows, glass, and china. I imagine my affinity for this trend is rooted in my love of the written and spoken word, as well as in my joy in seeing script (that you would see on a journal page) across any surface. I recently saw a set of white dinner plates with poetry written in black script across the porcelain. Love at first sight.

Regardless of trends and styles that are in fashion, you are obviously free to opt out of the comings and goings

of “what’s in” and simply continue to enjoy your interior spaces just as they are. But, if you are looking to breathe a little new energy into any literal or figurative dark corners in your life, trying on a fresh approach with bold choices can work wonders.

• *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 South Fourth Street in the heart of the retail district in Highlands. For more information, visit WhiteOakRG.com or call (828) 526-8118.*

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8

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30

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9