

Highlands Newspaper

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Thurs., Oct. 5, 2017

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Town sticking with BCBS

Employees to seek in-network coverage outside Mission Health System

Counties and municipalities across Western North Carolina have been hoping against hope that Mission Health System and Blue Cross Blue Shield of NC would come to some understanding prior to the Oct. 5 cutoff ... but such is not the case.

Over the last week, Macon County and the towns of Franklin and Highlands have consulted

with their insurance agents and their employees to try to determine the best path to take.

"We met with our insurance agent last week and have decided to stay with Blue Cross Blue Shield even though Mission Health System will no longer be our in-network health system," said Highlands Town Manager

•See TOWN page 6

MCAF fills holes left by state & federal funding cuts

With state and federal funding for education dwindling over the years, the mission of the the Macon County Academic Foundation is more important than ever.

Each school year, MCAF works to solicit and then distribute economic resources for the educational enhancement of all students in Macon County, assist educators in providing creative academic programs in their classrooms, and ensure students

the benefits of expanded educational experiences to which they would not normally have access.

"This group does a tremendous amount of work for our teachers and our students throughout the county," said Superintendent Dr. Chris Baldwin. "They spend a lot of time and energy going over each project submission and make the determination whether they can fund it based on their guidelines and

•See MFAC page 10



The Food Pantry is now housed on the bottom floor of HUMC's new Faith & Fellowship Center. The first worship service was Sunday, Oct. 1. It was a combined worship service at 10am which included the 9:09 a.m. (Bluegrass) and 10:50am (Traditional) services. Beginning Oct. 8, the 9:09 worship service will be held in the Faith and Fellowship Center and the traditional worship service will continue to be held in the church sanctuary at 10:50 a.m.

Food Pantry now in HUMC's newly opened Faith & Fellowship Center

In it's 7th year, Sunday's 'Empty Bowl' event raised \$6,000 for Pantry

On September 1, the Food Pantry of Highlands lost its old home and found a new one. For many years it was headquartered in an old house on Third Street, that was recently demolished as a part of the construction project

of Highlands United Methodist Church and make room for the church's new Faith and Fellowship Hall.

The good news is that the Pantry now has a new home, about 100 feet away in the lower ground

floor of the church's new building. It is much more spacious and user friendly than its original space, with open shelving and additional refrigerator and freezer space.

The Highlands Food Pantry
•See FOOD PANTRY page 11

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• THE PLATEAU'S POSITION •

• MAYOR ON DUTY •

Duke Power vs. Highlands is still on

Last Thursday I put on my charcoal gray suit, slipped into my dress shoes and tied my new tie. ZZ Top would have been proud, "I was the sharply dressed mayor."

Got into my CRV, not my old truck, and drove to the Buncombe County Courthouse some 80 miles away. On the courthouse plaza I passed through demonstrators on my way to a North Carolina Utilities Commission hearing concerning Duke Progress Energy rate hike that included coal ash costs.

One demonstrator, an older woman, approached me on my way into the courtroom to ask if I was a utility commissioner. I replied that as the mayor of Highlands I was there to express concerns about coal ash. She smiled and thanked me for coming.

I had crafted a brief statement about coal ash recovery costs. I was informed that since Highlands is a wholesale customer of Duke Energy of the Carolinas, all the Duke Progress customers would speak before me.

Duke Progress and Duke Energy are



Highlands Mayor
Patrick Taylor

separate companies, but all under the Duke corporate umbrella. The NC Utility Commission is considering a 16% rate increase from Duke Progress which includes coal ash costs. They will also hold hearings on Duke Energy of the Carolinas request for a similar rate increase and coal ash recovery costs that will impact Highlands.

At this hearing I wanted to stress to the Commissioners our concern that any rate increase for coal ash costs for Duke Progress would certainly set a precedent for the impending Duke Energy of the Carolinas rate request.

So, I sat in the courtroom for 3 1/2 hours hearing testimony from Duke Progress customers. It was informative, and some speakers had done substantial research. The Duke Progress rate request is for coal ash remediation, construction of two natural gas plants, and to upgrade their utility grid.

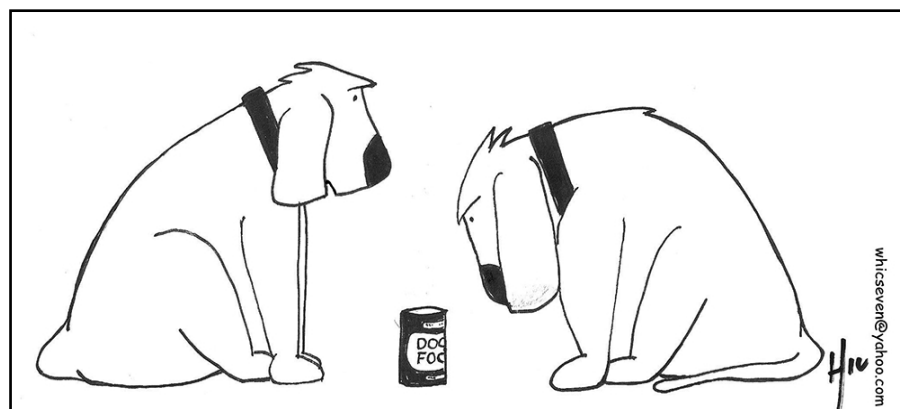
So, at about 10:40pm I had the opportunity to speak. I was about to make my point concerning how this coal ash decision could influence what we are facing with Duke of the Carolinas, when the commission's chairman interrupted me. He said it was late, and I needed to quickly make my point.

Admittedly, the interruption rattled and distracted me. None of the 50 other witnesses before me had been interrupted. I tried to regroup and continue only to be told again to move things along. If that wasn't distracting enough, the chairman again interrupted to say this was not my case and to bring my comments to an end.

Let me summarize the points I tried to make. I asked the Commission to make sure Duke's estimated coal ash costs would be in line with comparable coal ash remediation estimates in other states. I asked why should customers shoulder these costs given a federal plea deal in this matter stated Duke officials had been criminally negligent? Accordingly, I urged the commissioners to require Duke stockholders to share in these cleanup costs.

As Yogi Berra said, "It ain't over until it's over." We are going to continue to fight to get that million dollar coal ash estimate for Highlands reduced. Updates will follow.

• HIC'S VIEW



"I can't explain it, Chuck. Suddenly, I have this primal urge to stalk and pounce."

• LETTER •

Burning fires and health issues

Dear Editor,

I purchased a new condo last year within the city limits expecting to breathe in the fresh summer mountain air. What I inhaled most of the summer was smoke due to open fires burning on private property within 1/2 mile of the city limits.

My neighbors and I endured not being able to open our doors or windows, not being able to walk outside without breathing in the smoke and most of all, I personally had to return to Florida in late September to be treated medically for asthma which I haven't had in more than five years.

This is not what I expected from the town of Highlands and was even more disappointed when the mayor, town council, town manager, fire department, the county, and the state of North Carolina did nothing

to pursue making sure this kind of incident doesn't happen again.

Let me share with you the responses my neighbors and I received once we brought this health issue to the mayor's attention.

The mayor, Patrick Taylor, informed us that 10 years ago the town had jurisdiction one mile outside the town limits but voted to give this responsibility up.

I was informed that Highlands assistant fire chief, Robbie Forrester, does have jurisdiction one mile outside the town limits but no communication was received that they enforced that jurisdiction to prevent a recurrence.

An email was received from Josh Ward, Town Manager, referring me to

•See LETTER page 3

• WEEKEND WEATHER •



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Toll Free FAX: 866-212-8913

Phone: (828) 200-1371

Email:

HighlandsEditor@aol.com

Publisher/Editor: Kim Lewicki

Reporters: Merritt Shaw

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...LETTER continued from page 2

the North Carolina Air Quality's Angela Hopper, and to Jim Tate, Chair of the Macon County Commission.

Whereas it took Angela Hopper all of two hours to inform me that since open fires were legal 500 feet away, there was no interest nor recourse for any further investigation on how far the smoke travelled and the impact on the quality of air.

A message was sent to Jim Tate but a return call was never received.

I told the mayor I felt the "buck was being passed" and since the impact of this 10-year-old decision was jeopardizing the health of Highlands citizens now, this is something that needs to be addressed and reversed.

His response was "the town, county and state have rules and regulations that must be followed. We all have to work within that framework."

I am a retired executive of a major corporation. I was one who challenged rules and regulations and worked to change them; especially if it improved quality of life for my employees.

With all the responses I received and, in my opinion, apparent lack of interest, I can only conclude that the town board, fire department, county, and air quality department are more interested in "hiding" behind the rules and regulations than challenging them and looking out for the health and well-being of their residents.

On a side note, I did write the owners to inform them of the impact of the fires and they have been kind enough to stop the burning. This does not, however, put into place a permanent solution to prevent this from happening again.

Being able to burn fires within "5 inches" of the town limits and having that smoke enter into the town limits is not what I expected from Highlands and its reputation for the fresh mountain air.

It is my hope that this will bring further attention and put into place a permanent solution that will prevent a repeat of this issue thereby protecting the health of the Highlands residents.

**Cynthia Karas
Highlands**

• MILESTONE •

Askew does it again!

Jim Askew traveled to Syracuse, NY this last weekend representing the Atlanta Track Club Masters Team and came home with another National Championship.

In the Syracuse Festival of Races 5K USATF National Championship, Jim ran 28:08 which was 5 minutes and 42 seconds faster than the second-place finisher in the 80-84 age division. Jim was also a member of the 5th place team in the 70+ age division.

Jim is now in first place in the year-long USATF Championship series of races with only three races to go. In two weeks Jim will travel to Boston to compete in the USATF 5K Cross Country Championship.

On the Delta flight back to Atlanta the pilot announced that passenger Jim Askew just won the National Championship for the 5K in the 80-84 age division. The other passengers gave Jim a round of applause and it just happened that a Flight Attendant was serving drinks by Jim. She asked Jim what he wanted and he said champagne. Although



Jim Askew

Jim assured her he was kidding, she presented him with a bottle as evidenced by this picture captured by one of Jim's teammates, Curtis Walker.

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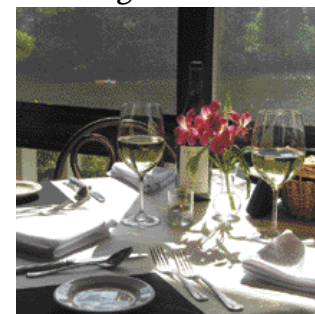


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Obazda

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ENTREES

Octoberfeast Sampler

Platter

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Sauerbraten

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...TOWN continued from page 1

Josh Ward. "We also had an employee meeting and informed them that since we were staying with Blue Cross they needed to make preparations to seek in-network coverage elsewhere."

Since Highlands is on the edge of three states, luckily there are in-network BCBS options in nearby Georgia and South Carolina and of course in Franklin and Sylva through Harris Regional Hospital which is under the Duke Lifepoint

Healthcare umbrella.

Emergency care at Mission's hospitals, including Highlands-Cashiers Hospital, will still be considered in-network, but of course ER care is always higher than primary care in the any in-network system.

Since Mission and BCBS are the instigators in the change of coverage, towns under contract with BCBS can change mid-stream ... before their contracts run out ... without being penalized. Normally, if a municipality or a county wants to change carriers they have to wait until the contract runs out which is usually tied to the end of the fiscal years for which coverage is budgeted.

In Highlands' case that's June 30, 2018.

However, Ward said the town has decided to stick it out in hopes that some arrangement can be made between the two giants in the near future.

"I have been told that this is par for the course and hospital systems and insurance companies often pull this sort of thing. Our agent said it's very likely that an arrangement

will be made between the two in 90 days or so," he said.

Ward said the town is reluctant to change carriers because BCBS is a giant in North Carolina as to coverage and he suspects the town's premiums with another carrier would be higher than what the town pays now.

Which is exactly why Macon County opted to stay with BCBS, as well.

"While this decision was difficult, I can say with confidence it was the best decision for Macon County and the Macon County employees," said County Manager Derek Roland. "From a financial standpoint, switching to a new insurance provider was cost prohibitive. At a minimum, it would have cost the county and employees an additional \$600,000-\$750,000 in this fiscal year alone to switch providers. The vast majority of this increase would have been borne by those employees with dependents. This is a cost that the county nor the county employees can absorb in this fiscal year."

•See TOWN page 11

MOVIE INFORMATION

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• THE INK PENN •

The Magic of Mirmande



Kathy Manos Penn

Magical is the perfect description for the three days we spent in the village of Mirmande, France. My husband and I have vacationed three times in France: a bike and barge trip in Burgundy, a cycling tour of Normandy, and a river cruise in the South of France. This summer, we capped off our river cruise with a stay in Mirmande to visit a high school friend who retired there with her husband.

We couldn't have asked for a more perfect holiday. Our friends picked us up at the train station in Valence, took us to lunch in the countryside and then introduced us to Mirmande. We started with a tour of their home near the top of the hilltop village, accompanied by their dog Kirby, a.k.a., Kirbs of Provence.

After we oohed and aahed over the picturesque simplicity of their stone cottage and marveled at the view, we walked down the hill to L'Hotel de Mirmande to rest before dinner. The village is a vision from a fairytale. Named one of the most Beautiful Villages in France, it charms visitors with ramparts from the 5th century, houses built with beautiful stone facades and winding alleys lined with stone. Add in the fact that the population numbers 525, and you'll begin to get a feel for the tranquility we experienced.

We discovered its beauty is easier to appreciate when walking downhill, as the uphill climb to dinner in my friend's garden was a challenge, making the chilled wine awaiting us a welcome treat. We lingered over our four-course meal and several bottles of wine before wending our way down to our hotel, flashlights in hand.

Day two, we enjoyed warm croissants in the café as we watched the village come alive and chuckled at the antics of the kittens across the street. Next was a trip to the Renaissance palace and town

of Grignan. Because I'm an author, my friend wanted to take me to this village made famous in the 17th century by the letters of Madame de Sévigné, a French writer. The village was a bit more lively but still peaceful. We returned to Mirmande for our afternoon siesta, a tradition in the heat of the summer, before walking to the Café Margot for another leisurely dinner.

Day three was billed as a "day in the life," so we ate breakfast and then took a morning walk with our hosts, a trek they do most days. As we wandered, we were greeted with lilting Bonjours from shop owners and neighbors.

Lunchtime found us touring the pottery in nearby Clionsclat before dining al fresco at La Treille Muscate, where my husband ventured out and ate Toro—yes, bull. Before napping that afternoon, my friend and I hit the shops in Mirmande. I found a dainty bracelet at Le Passage to remind of my visit, and at Au Gre Demes Envies—which means To my Liking in English—I picked up a dress to send to a friend. She'd admired my hostess's dress in a Facebook photo, so we did international shopping via email.

Our last day in Mirmande, we experienced the friendly Saturday market and selected the ingredients for the midday meal. Though we didn't want to leave, we were soon ferried to our hotel in Valence in preparation for catching the early morning train to the Paris airport. It wasn't long before reality intruded on the magic of Mirmande, but thankfully, the memories still linger.

• 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.

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•HEALTHY LIFESTYLE CONCEPTS•

3 great reasons to go gluten-free

Celiac disease, an autoimmune digestive disorder, has sparked this incredible change in the way we eat. Sufferers of the disease and those with gluten sensitivity have been cutting gluten out of their diets for years, but now research has shown that removing or at least reducing the amount of glu-

ten containing foods in our diets may be a wise choice for all of us. Gluten, a protein found in wheat and other grains, has been shown to cause inflammation in the intestinal lining, leading to a condition known as "leaky gut". Symptoms of leaky gut range from food allergies, to eczema and psoriasis, to joint pain, to IBS and colitis, to an ever increasing number of autoimmune conditions.

As you can see, there are many important reasons for going gluten-free, even if you aren't a Celiac sufferer. But most importantly, it's the awesome advantage of cutting out more of the processed foods that seem to be found just about everywhere, including natural grocery stores and markets.

So if you choose to give up bread, pasta, beer and other gluten-containing food and drink,

what can you eat, you may ask? Not only are there several gluten-free grain-like seeds, such as quinoa, buckwheat, amaranth and millet, that can be used to create delicious dishes, but they can also be used to make many different types of gluten-free flours.

Aside from gluten-free grain options, it is refreshing to realize that all fruits and vegetables, as well as unprocessed meats, eggs and dairy products, are all naturally gluten-free. Which means that as you eliminate gluten from your diet, you can actually get healthier by replacing the empty calories of breads and pasta with mineral-rich, nutrient-dense foods like fresh vegetables, fruits and high quality animal products.



Medea Galligan
MS Nutrition, CHHC, AADP

One of the best ways to heal leaky gut is with the highly bioavailable nutrients found in organic cold-pressed juices, pastured bone broths, and naturally fermented foods. Although the shelves at local markets now boast a variety of gluten-free cookies, crackers

and snack foods, the healthiest (nutrient dense) choices are not just gluten-free, but grain-free as well.

Here are three great benefits of giving up gluten:

1. Effortless Weight Loss

Gluten can be found in wheat, rye, barley, and many packaged foods. By avoiding some of these processed and

• See **HEALTHY** page 9

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...HEALTHY continued from page 8

not-so-nutritious foods, you'll be able to replace them with yummy gluten-free options and opt for fresher ingredients, thus trimming the excess starch and some inches off that waist.

2. Improved Digestion

Often gluten intolerance causes frequent and often uncomfortable digestive issues, including heartburn, GERD, gastritis, bloating and gas. For many who have cut gluten from their diets, they are so happy to finally experience healthy digestion that it becomes easy to stick to healthier food choices.

3. A Renewed Sense of Energy

The vitamins and minerals you ingest could be lost to you when you are coupling foods with gluten. It can also cause mal-

nutrition and a lack of certain important vitamins that increase your energy levels. Anemia also causes people to feel tired, and in the case of Celiac disease, iron isn't being absorbed and the lack of this important vitamin can also make you feel drained. Try going gluten-free, start eating nutrient dense foods like organic juices, bone broths and ferments, and watch your energy levels rise!

• *Medea Galligan has been in private practice as a Certified Holistic Health Coach for close to 20 years. She earned her Master's of Science in Nutrition in 1998 and is a member of the American Association of Drugless Practitioners. She is currently accepting new clients - to contact her please visit her website at www.MedeasHealthyLifestyleConcepts.com or call her at 828-989-9144.*

Caramelized Root Vegetables



Celebrate fall with this warming and delicious recipe. Experiment with different combinations of your favorite root veggies, such as sweet potato, turnip, carrots, butternut or acorn squash, for a sweet and satisfying side dish.

- 2-3 carrots, washed and chopped into thick diagonals
- 2-3 parsnips, washed and chopped into thick diagonals
- 1 daikon root, washed and cut into thick chunks
- 1 sweet potato or yam, and/or 1 cup of squash, peeled and cubed
- 1 large onion, cut in thick chunks
- 2 tbsp melted organic butter or coconut oil.
- 1 tsp sea salt and black pepper
- 1 tbsp. fresh parsley, minced

1. Preheat oven to 375°.

2. Place chopped roots into a large bowl and coat evenly with butter or coconut oil.

3. Season with sea salt and freshly ground black pepper.

4. Place roots into a 9x12 baking pan and cover tightly with aluminum foil.

5. Roast roots, covered, for 35-40 minutes.

6. Uncover and continue roasting 25-30 minutes or until roots caramelize (brown or lightly blacken).

7. Garnish with minced parsley, enjoy on its own or with beef, chicken or grilled fish.



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...MFAC continued from page 1

protocols. They then get out in the community and solicit funding to make those requests possible. The Macon County Academic Foundation and the work that they do is a huge benefit to our school system."

Brian Aulisio, Highlands School mathematics teacher and President of the Macon County Academic Foundation (MCAF), presented a report to the school board last week to highlight the achievements of the foundation over the past year.

In 2016, the foundation awarded \$9,386 toward grants written by Macon County teachers for projects and field trips for their classrooms. The foundation raised about \$9,000 during its annual Macon County Academic Foundation Auction held at Cartoogechaye Elementary School. In addition to the auction, the foundation holds a Christmas movie every year during the holiday season to raise funds.

"MCAF is a tax-exempt way for private businesses and individuals to directly support local public education," said Aulisio. "If you don't like what Raleigh is doing, you can put more money towards us, and we will make sure it goes into the hands of the teachers."

Members of the foundation, which is comprised of representatives from schools in the district, work directly with the community and other nonprofit organizations to bring programs to schools. Aulisio said that, the foundation worked with the Highlands Nature Center to bring a live animal presentation to Iotla Valley Elementary School and Macon Middle School and hopes to be able to provide the program to more schools in the district soon.

"One hundred percent of our money goes to fund field trips and projects in the classroom as well as special programs in our

county's schools," added Aulisio. "Every single grant we fund is publicly available."

According to Aulisio, the foundation works annually to support the visual art and tradesman education throughout the entire district, because those are two areas that have seen the worse budget cuts from the state. He stated that the foundation sent a several Franklin High School students to the Skills USA competition to practice their trade skills in Tennessee and Ohio.

The academic foundation uses nine percent of its budget to fund the annual county wide art show held at the Macon County Public Library. Last year, the foundation approved a grant for \$868 for the show.

The foundation has sponsored history based class field trips to the Biltmore Estate in

Asheville. At Highlands School, they have helped with a science project garden and weather station as well as working together with the Highlands PTO to fund a chemical refrigerator for the school's science department over the last few years.

In 2016, Highlands School received 4.4 percent of the foundation's funds in the form of two grants totaling \$413. Franklin High School received the largest portion of funds from the foundation last year, with five grants totaling \$1,874.

Macon County Academic Foundation Board Members include: Brian Aulisio, President; Lisa Baldwin, Secretary; and Eric Rogers, Treasurer.

School Representatives include: Naomi Albee, Cartoogechaye Elementary; Lisa Baldwin, Iotla Valley Elementary; Megan Rogers, South Macon

Elementary; Shelley Marshall, Mountain View Intermediate; Carla McAllister, Macon Middle School; Kate McMahan, Franklin High School and Madison Cornwell, Nantahala School; Brian Aulisio, Highlands School; and Todd Gibbs, central office. The foundation has one member, Eric Rogers, (Drake Software) from the private sector.

Currently, the foundation has three vacancies — East Franklin Elementary, Macon Early College and Union Academy. Aulisio said they would also like to have more members from the private sector join the foundation board.

The foundation meets every third Thursday in the Macon County board room at the courthouse. The public is invited to attend the meeting and anyone interested in joining the foundation should contact Aulisio at brian.aulisio@macon.k12.nc.us

Bel Canto celebrated its silver anniversary with sold-out crowd at PAC Sept. 10



Sarah Jane McMahon, Sarah Nordin, Jon Jurgens, Christopher Clayton, Tyler Putnam with pianist Stephen Dubberly.

The Bel Canto Recital in Highlands recently celebrated its silver anniversary with a sold-out crowd at the Highlands Performing Arts Center.

This year five world-renowned singers performed. Soprano Sarah Jane McMahon, Mezzo-Soprano Sarah Nordin, Tenor Jon Jurgens, Baritone Christopher Clayton and Bass Tyler Putnam all gave extraordinary performances of opera and

show tunes. And pianist Stephen Dubberly kept the music flowing!

Bel Canto Committee Chair Stell Huie says of the event, "Not only did we have a spectacular concert but the event was a financial success as well. Thanks to the generosity of our donors we will be able to distribute \$50,000 to our beneficiaries or more."

This year, both Sarah Jane and Sarah Nordin were pregnant, but as they say, "The show must

go on."

Sarah Jane was pregnant with her third child and Sarah Nordin with her first.

For the past 25 years Bel Canto has contributed over \$500,000 to support all the music education programs in Highlands.

For more information about the Bel Canto Recital or to get on the mailing list for future concerts, call 828-787-1463 or email highlandsbelcanto@gmail.com.



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...FOOD PANTRY continued from page 1

is designed like a grocery store with clients choosing the food they need based on family size. The Pantry strives to provide nutritious food and a balanced menu, and is able to offer fresh eggs, an assortment of fresh produce and frozen protein along with a wide variety of juices, boxed cereals, fresh breads, and canned soups and vegetables.

The inventory comes from multiple sources: some is purchased from Manna FoodBank in Asheville, local churches make donations, there is an occasional food drive and the US Department of Agriculture provides a small quarterly allotment. However, much of the food must be purchased from retail and wholesale sources.

Although the annual budget for the Food Pantry is only \$36,000, it served 957 families or 3,996 people in 2016. Between 55 and 65 families use the Pantry every week with the need for food increasing in the winter months.

It is open every Monday afternoon and is staffed by the Director Marty Rosenfield and a large crew of volunteers.

One of the unique elements of this Pantry is that it allows its clients a choice in the food they believe is best for their family.

This past Sunday, October 1 was the annual Empty Bowls fundraiser that benefits the Food Pantry.

Now in its seventh year, this event was once again held in Coleman Hall, at the First Presbyterian Church in Highlands.

Roughly 350 patrons purchased a handcrafted bowl for \$20 to take home

after they enjoyed soup, bread and desserts contributed by Bake My Day, Highlands Country Club, Lakeside Restaurant, Meritage Restaurant, Old Edwards Inn, Martha Porter, Marty Rosenfield, Rosemary's at The Bascom, and the Sports Page Restaurant.

This year about 280 bowls were crafted for the luncheon and 25 bowls were crafted for the Silent Auction. The event raised \$6,000.

Most of the ceramic bowls were made by potters who are members of The Bascom's Dave Drake Studio Barn. Additional bowls were made by Trish Salmon, in Asheville. Special this year were handcrafted wooden bowls which were made by the Western Carolina Woodturners specifically for the Silent Auction.

The Highlands Food Pantry opened in 2005 as a joint mission of the Friendship Center and Highlands United Methodist Church, where it is has been housed since its founding.

The Pantry is open to anyone in need whose income falls below federal poverty guidelines; in Macon County one in six persons face food scarcity 365 days a year.

Funds raised through Empty Bowls provide almost 25% of the Food Pantry's annual budget. For more information about the Food Pantry, or the Empty Bowls event, please call 828-526-0890 or visit www.internationalfriendshipcenter.org

Next year's event is Sunday, October 7.

...TOWN from page 6

However, effective October 1, the Town of Franklin, which has 63 employees, opted to leave Blue Cross Blue ShieldNC.

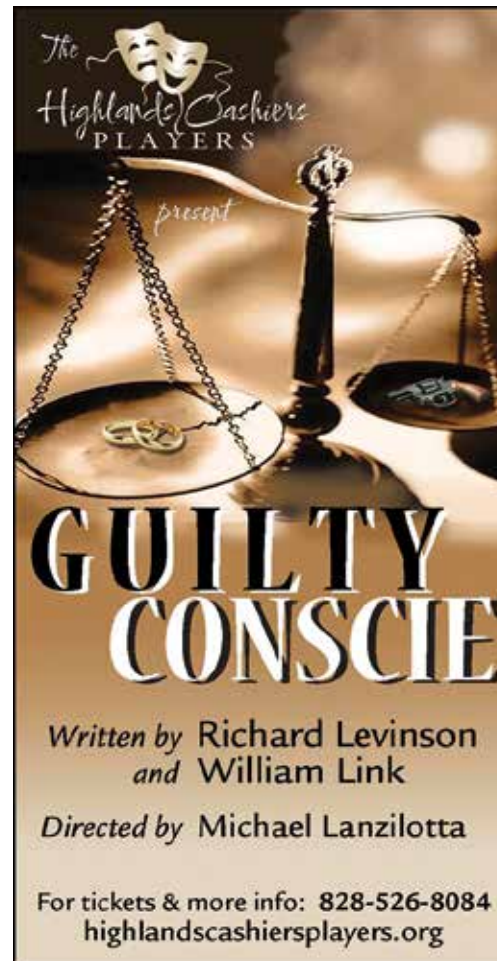
"The Town of Franklin is now with the North Carolina League of Municipalities insurance otherwise known as Med Cost. It is actually around \$4,000 less than our current annual plan with Blue Cross Blue Shield," said Summer Woodward, Franklin Town Manager.

Luckily, BCBS of NC has a reciprocal agreement with BCBS of Georgia and South Carolina which is why coverage in those areas near Highlands is in-network.

In Clayton, GA there are primary care physicians affiliated with Mountain Lakes Hospital and the Northeast Georgia hospital system in Gainesville, GA.

Those who want to stay in the in-network BCBS system within a 50-mile radius, should go to <http://www.bcbsnc.com/content/providersearch/index.htm#/doctor>. There are lots of options.

— Kim Lewicki



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Home games wrapping up but still playing

This past week was full of heart and hard work from teams. Some came out on top and some came up just a tad short. No matter what the score at the end, teams didn't give up.

Middle school volleyball only had one game this week. It was their last home game. 8th graders were recognized on game night for their middle school career. They played Cullowhee Valley and went to 3 sets. They lost in the third set for their first loss of the season. The girls have had a strong season and hope to finish out well, too. They will not have anymore home games but will be playing Tri-State finals on Saturday, October 7th in Rabun Gap.

Middle school soccer played Tallulah Falls, Swain, and Murphy. In all games they came out with a win. They beat Tallulah Falls 9-2, Murphy 9-0, and Swain 8-2. Their next home game will be on Monday, October 9th against Murphy starting at 4pm.

High school volleyball played Murphy, Rosman, and Rabun Gap. Both JV and varsity lost to Murphy in 2 sets and 3 sets.

Later in the week they played Rosman



at home. JV played them in 2 sets and lost. Varsity went all the way to the 5th set and finished out with a win.

The crowd was strong, especially the student section this night. The next day they played Rabun Gap. JV lost in 2 sets and varsity won in 4 sets.

Their next home game will be tonight, October 5th.

They will be playing Hiwassee Dam with JV starting at 5 pm and varsity following. This will be cancer awareness night so wear your pink to show your awareness and support of those affected by cancer.

High school soccer played Cherokee, Hayesville, and East Henderson. They beat Cherokee 8-2 and Hayesville 3-2. They lost to East Henderson 6-3 but played well. Their next home game will be Wednesday, October 11th. They will be playing Blue Ridge. They will start at 6 pm. Come out to support the boys as they play their rivals.

Show your Highlander Pride and show these teams your support in their upcoming games.



Middle Schooler Connor Briggs sending it up the field against Tallulah Falls

• 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 Wellness Place, 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 11:15-noon.

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.occupywnc.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 Cot-

tage, 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 828-506-3555.

• 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 Out Reach 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

• See **EVENTS** page 19

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Police & Fire Reports

The Highlands Police log entries from Sept. 11 Only the names of persons arrested, issued a Class-3 misdemeanor or public officials have been used.

Sept. 11

- At 1 p.m., officers responded to a call for service at Nancys Fancys where someone had removed a chain across the parking lot without permission.

Sept. 21

- At 1:45 p.m., officers responded to a two-vehicle accident on S. 4th Street.

- At 5:30 p.m., officers responded to a call for service at a residence on Brock Court where a man was being threatened.

The Highlands Fire & Rescue Dept. log from Sept. 18.

Sept. 18

- At 7:58 a.m., the dept. provided mutual aid to Cashiers.

Sept. 19

- At 9:21 a.m., the dept. was first-responders to Cliffside Lake.

- At 9:58 p.m., the dept. was first-responders to Old Duffers Lane.

Sept. 21

- At 5:14 p.m., the dept. was first-responders to a residence on Harbison Orchard Road.

- At 9 p.m., the dept. joined a search on Bullpen Road.

Sept. 22

- At 12:14 p.m., the dept. responded to a fire alarm at a residence on VZ Top.

- At 10:38 p.m., the dept. responded to a fire alarm at a residence on Clubhouse Trail.

Sept. 23

- At 8:51 a.m., the dept. was first-responders to a residence on Old Toll Road.

Sept. 24

- Twice the dept. responded to a fire alarm at a residence on Falls Dr. West. Once at 4:27 a.m., and again at 6:09 a.m.

- At 11:17 a.m., the dept. was first-responders to a residence on Foreman Road.

- At 11:38 a.m., the dept. stood by at Zachary Field for the MAMA helicopter.

• See **POLICE & FIRE** page 29



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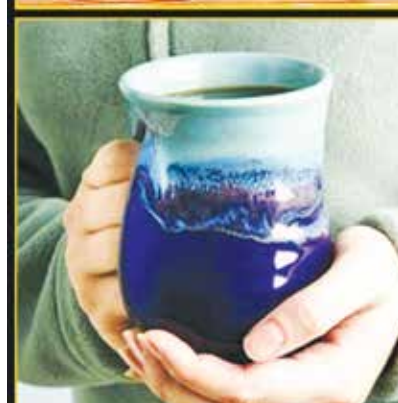
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Highlands United
Methodist Church



Violence comes in many forms. There are the obvious scars left in the wake of physical acts of violence. Hurricanes, tornadoes, earthquakes and other natural disasters can level large swaths of earth with violent fury. And then there are words.

Words. The world is filled with far too many damaging words.

Scars left behind by the violence of words are not always so easy to see. Of course, when violent words beget violent words, and civil discourse becomes increasingly uncivil, the effects of verbal violence in the world are easily recognizable.

The proliferation and prominence of social media has ratcheted up the use of violent words to a fever pitch. Under the imagined invisibility cloak of perceived anonymity, we are free to let our baser selves roar. We have armed ourselves with weapons forged in the bowels of hell. And whether lurking in the safety of internet shadows, firing off an angry and piercing email, or inciting innuendo and injury by passing along a juicy bit of behind-the-back gossip, when our words harm, maim and wound, we are complicit in humanity's crisis of harmful speech run amok.

At least that's the way the New Testament Book of James sees it. "So also the tongue is a small member, yet is boasts of great exploits. How great a forest is set ablaze by a small fire! And the tongue is a fire. The tongue is placed among our members as a world of iniquity; it stains the whole body, sets on fire the cycle of nature, and is itself set on fire by hell" (James 3:5-6).

Though I wouldn't go so far as to claim the status of "wordsmith" for myself, I've had a long love affair with words. Though I may lack the skill of the poet, somewhere along my life's journey I developed a poet's heart.

And the older I get, the greater my appreciation for words grows. I've watched words call people to action, witnessed words bring calm and invite reconciliation. I've listened to "a word fitly spoken" become "like apples of gold in a setting of silver" (Proverbs 25:11). I've seen words change a room, transform a moment, stir a heart and renew hope.

In the beginning, God spoke the world into being and called it "good." And we who have been created in God's Image either contribute to God's good creation with words that build up and inspire, or diminish it with careless, unkind and toxic speech.

Words matter, plain and simple. And words matter because people matter. And people matter because God says so.

So please do us all a favor and choose your words well today. We're all ears!

Proverbs 3:5

• PLACES TO WORSHIP •

John 3:16

BLUE VALLEY BAPTIST CHURCH

Rev. Oliver Rice, Pastor (706) 782-3965

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

Sunday night services every 2nd & 4th Sunday at 7

Wednesdays: Mid-week prayer meeting: 7 p.m.

BUCK CREEK BAPTIST CHURCH

828-269-3546 • Rev. Jamie Passmore, Pastor

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

CHAPEL OF SKY VALLEY

Sky Valley, GA • 706-746-2999

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.

CHRISTIAN SCIENCE CHURCH

283 Spring Street

Sunday Service: 11 a.m.

Testimony Meeting: 5 p.m. on the 3rd Wed.

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

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.

Fridays

• Live music in Town Square from 6-8 p.m.

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.

Fri., Oct. 6

• At The Bascom from 4-6 pm, Exhibitions Reception for Innovative Fibers: A Survey of Contemporary Textiles, The Bunzl Gallery through January 7, 2018. American Craft Today...Chairs, The Loft Gallery through Dec.10. Alice Ballard, a Conversation with Nature, The Joel Gallery, through December 3. Gallery Hours: Mon.-Sat. 10a to 5p and Sun. 1-5p.

• The High Mountain Squares will host their "Harvest Day Dance," Friday night, October 6th, at the Memorial United Methodist Church, 4668 Old Murphy Rd, Franklin NC from 6:15 to 8:45 PM. Mr Ken Perkins from Pelzer, SC will be the caller. We dance Western Style Square Dancing, main/stream and plus levels. Come join us. Everyone is welcome. For information call 828-342-1560, 828-332-0001.

Sat., Oct 7

• The Highlands Performing Arts Center begins the Live via Satellite Series on Saturday, with the MET Opera's production of Norma beginning at 12:55pm, with a pre-opera discussion at 12:30pm led by Beverly Wichman. This new production of Bellini's masterpiece, Norma, stars Sondra Radvanovsky as the Druid priestess and Joyce DiDonato as her rival, Adalgisa—a casting coup for bel canto fans. Tenor Joseph Calleja is Pollione, Norma's unfaithful lover, and Carlo Rizzi conducts. Sir David McVicar's evocative production sets the action deep in a Druid forest where nature and ancient ritual rule. Tickets are available online: highlandspac.org, at the door or by calling: 828.526.9047. Highlands Performing Arts Center, 507 Chestnut Street, Highlands

• Macon County Health Dept. Flu Shot Clinic 10 a.m. to 2 p.m. at Highlands First Baptist Church. \$30 for the regular dose and \$50 for the high dose. Insurance will be filed.

• Macon TRACS 10th Annual Blue Jean Ball! at the Macon County Fairgrounds 6-8:30 pm. Cowgirl & cowboy attire encouraged. BBQ Dinner, Cake Walk, Music & Dancing, Silent Auction & Raffles! Adults \$15 Children & Take-out \$7

• ColorFest! A Dazzling Display of Hand-Craftsmanship at the 9th Annual Dillsboro's Fine Arts & Crafts Fair, 10am - 4pm

Mon., Oct. 9

• The Battle of Sugartown, Chapter of the North Carolina Society, Daughters of the American Revolution (DAR), will hold its monthly meeting at 11:30 in the Boiler Room Restaurant at 1024 Georgia Road in Franklin. All DAR members and prospective members are welcome.

• "The Importance of Digestive Health" with Medea Galligan, MS Nutyriton, CHHC AADP, at the Highlands Community Building on Poplar Street from 6-8 p.m. It's free. For more infor, call the Rec Dept. at 828-526-3556.

Thurs-Sun., Oct. 12-22

• Highlands-Cashiers Players production "Guilty Conscience" at PAC. For tickets call the HCP box office, 828-526-8084, or reserved on line at highlandscashiersplayers.org.

Oct. 13

• At TJ Bailey, Cashiers, 104 Hwy 107 south. Madison Creek Trunk Show.

• The Vega String Quartet will perform for area students at 7 p.m. at the Albert Carlton Cashiers Community Library. Wear pajamas and come for hot chocolate and musical bedtime stories. It's free.

Sat., Oct. 14

• Highlands Own Art & Craft Show at the Highlands Civic Center at the Rec Park 9a to 4p. Professional and closet crafters with a little something for everyone.

• At TJ Bailey, Highlands, Town Square. Madison Creek Trunk Show.

• Fun-filled auction to benefit HUMC's new Faith & Fellowship Hall from 5-7pm at Scudder's Gallery. For more info, contact 828.526.3376.

• The Vega String Quartet will perform at the First Presbyterian Church of Highlands at 5 p.m., by reservation only. No tickets will be sold at the door. To reserve your place for the concert and for further information, please call the festival's office at (828) 526-9060.

Sunday, Oct. 15

• "Bending the Arc" documentary about the work Dr. Paul Farmer, Ophelia Dahl, and Jim Yong Kim have done to provide world-class level medical care in unlikely places like Haiti. It will be shown at the Martin-Lippscomb Performing Arts Center as a fund-raiser for Highlands Friends of Haiti at 6 p.m. at the Martin-Lippscomb Performing Arts Center. Tickets are \$50 and are available at incarnationwnc.org and beginning October 1st at the Church of the Incarnation in Highlands.

Mon., Oct. 16

• See EVENTS page 22



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Changing Times in our World

What a mess the world is in these days! Hatred has become rampant and perhaps, with sophisticated communications, we are more aware of it. Everyday we are on guard for the next attack. Terrorists and hate-filled lunatics are out to kill us at random and other countries want to ruin us finan-

cially to the point we are dependent on them.

Political parties are destroying each other and it is apparent that their rhetoric is about their career and not for the good of the country as a whole. There seems to be no end in sight or a solution to the stress we all feel as a culmination of current events. Well, actually

there is and we, on the Highlands/Cashiers Plateau, live it each and everyday. It's almost as if we live on a different planet.

Having lived in Highlands full-time for 23 years, I have been socialized in a different way. To wake up each day in an area where I can revel in nature's beauty with mountain views that are a reminder that there is good and beauty in the world, or rushing waters of the Cullasaja River that offer promise that life will go on -- sometimes faster than we would choose -- but will be there for the next generations to appreciate.

Golden sunrises and glorious sunsets that turn from reds to pinks on a golden palate are promises of a new day that follows -- offering us a new beginning. Waterfalls give us beauty and mountains beckon us to reach their top. We can either focus on our days that remain on earth and choose to be grateful for our blessings or become bitter with current circumstances and those of the past. It is made clearer here the road we should choose.

I choose to be grateful to live in a town where I can walk into Mountain Fresh Grocery each morning and Dustin starts my Cappuccino (skinny with 1 Stevia) without me saying a word. And Sherry greets all with a smile and you know her faith is rock solid. Sheila genuinely cares for people and it shows, as the pain in her feet is a daily challenge. JT's creative mind and entrepreneurial spirit is an inspiration to us all. I can stroll Main Street when time allows and marvel at the great boutiques privy to us.

I choose to be grateful when restaurateurs come out to talk with you and welcome you by name. Managers, such as Jacque at Wolfgang's, is always smiling and accommodating. Chef Wolfgang



Pat Allen
Pat Allen Realty Group
Cell: 828-200-9179
Office: 828-526-8784

makes an appearance to make sure everyone is happy and well fed. Jason, at the Log Cabin Restaurant, is genuinely happy to see you and aims to please. The hostesses and wait staff at ...on the Veranda are so very nice and Dale, Janelle and Daniel make you feel like family. The bartender makes sure your drink of choice is perfect. Taylor at

Meritage always has a joke for you and Andrea is very welcoming to all. Julio and Arthur at Paolettis love to see you and greet you at the door. Laura and Travis at Lakeside are always happy you're there. It happens everywhere you go!

I choose to live in a town where you can enjoy a favorite libation at our pub, the Ugly Dog, and clog or watch cloggers on Wednesday and Friday nights or stop in the Hummingbird Lounge at Old Edwards Inn and listen to the soothing voice of Cy Timmons, who takes you back with the sounds of Johnny Mathis, Elton John, Barry White and more. His humor is sure to cheer you as well. Chris Duffy on our radio station, WHLC 104.5, keeps us informed of weather, events and lost cats and dogs. The music is relaxing and memories are jogged many times a day.

I love our many non-profit events that bring out generosity in people. I love the food and wine dinners and the Highlands Food and Wine Festival in November of which we are a proud sponsor! I love the arts that are such a part of our town -- the Performing Arts Center, the Highlands Playhouse (now showing first run movies, also!) and The Bascom Fine Arts Center. I love the spa and rooms at the Old Edwards Inn and the fact that The Park on Main has all dog-friendly rooms!

I choose to be grateful for our small-town Christmas parades in Highlands and Cashiers, where

you are taken back to a more innocent time when kids' eyes light up seeing the floats, horses, camels and of course, Santa, all the while gathering candy being thrown their way.

I love a town that still does traditional Thanksgiving, where families gather to reminisce. Where the 4th of July fireworks light up a small town to "oohs and ahhs" and everyone lines the streets with blankets and lawn chairs.

More importantly, I am grateful to live in a town where there is genuine concern for each other...where we know people's troubles -- health wise and otherwise. I just experienced this first hand with my husband, Pat's, sudden death in May. It seemed as if the entire town mourned and many still do. You walk down Main Street and shopowners come out to say "hello" and chat. Where everyone knows your dog and stocks up on treats for them! Where everyone knows your name and shares your concerns as well as your triumphs. Where those of us fortunate enough to "give back" can experience firsthand the needs of others and know who to help or which cause to support.

With all this being said, it explains why more and more people are choosing to live here full-time versus only having a summer place. New beginnings allow for better endings. Come and explore and let us help in your search for the right home for you in our magical place on earth. I wouldn't live anywhere else!

• *Pat Allen is owner of Pat Allen Realty Group and a Certified Luxury Home Marketing Specialist and is certified as a Resort and Second Home Property broker. She chooses to remain an independent firm, allowing for personalized service and decision-making. She is consistently a top producer and award-winning broker on the plateau. Visit her on the web at Pat Allen Realty Group.com or call 828-526-8784. Or 828-200-9179. Conveniently located at 295 Dillard Road.*

THE TOWN OF HIGHLANDS

presents the

35th annual

Highlands Own Art & Craft Show

Join us Saturday

OCTOBER 14, 2017

at the Highlands Civic Center
600 N. 4th Street
Highlands, NC 28741

FROM 9AM UNTIL 4PM

Professional and Closet Crafters from near and far are coming together to provide a little something for everyone.

For more information or to register, please call Town Hall at (828)526-2118



Adorable 3bd/3ba Rondette sits on a beautifully landscaped yard with a small brook that runs through the back yard. Mother-in-law suite with kitchenette and separate entrance. Offered fully furnished! \$174,900 MLS #86068

LOT LISTING

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

Newly Priced



Sitting at the end of a cul-de-sac, this 3bd/3ba home is located inside the gated Heatherstone Tops community. Enjoy the long range views or gaze at the stars from your expansive deck. Open floor plan, large windows, hand hewn timbers, high quality finishes throughout. Truly magical, must see. \$620,000 MLS #85309



Pristine 2bd/2ba condo in Highlands Falls CC. Many upgrades including new flooring, crown moulding and fresh paint. Vaulted ceilings and stone fireplace grace the living room. Walk out on to your deck to enjoy mountain and golf course views. Offered furnished. \$269,000 MLS #85050

LOT LISTING

Easy build .81 acre lot in prestigious Cold Springs Saddle & Lake Club. Private lake access and just minutes to downtown Highlands. \$82,500 MLS #83190



Pristine! Spacious 3bd/3ba w/ 2 half bath home. Features stone fireplace, wood floors, highend finishes, expansive screened porch and more. Open kitchen/living keeps the conversation flowing. Master on main with 2 lower level guest suites to offer privacy for visitors. \$895,000 MLS #86445



A few short miles to town, dining, shopping and arts. Close to it all but privately set in the Highgate community. Beautiful mountain views and adjacent to Forest Service land. Oversized custom front door welcomes you as you enter into vaulted wood ceilings and hardwood floors. Soaring stone fireplace is the centerpiece of the living room that opens to large covered porch & fireplace. \$997,000 MLS #85858



Spectacular views of the sparkling cliffs of Whiteside Mountain and Devil's Courthouse. Great 3br/5ba estate on 3.2 acres with 1br/1ba guest home. Custom iron gates at the entrance to driveway with home set privately back on property. \$1,195,000 MLS #86756

LOT LISTING

Rare find on Cullasaja Drive. 1.12 acres with with Mirror Lake frontage. Site and house plans available. \$395,000 MLS #72715



Mountain, lake and fairway views from custom home in Cullasaja Club. 4bd/4ba/2 half bath, large stone fireplace, chef's kitchen, master suite, 2 guest suites, bunkroom, family room w/ breakfast bar, billiards area and more. \$1,290,000 MLS #85998



A total of 3.46 acres on 2 lots with amazing views and a meticulously kept 3br/2ba home. Enjoy your afternoons on the deck, relax in the gardens or go for a hike to ease your worries away. Perfect as a mountain getaway or year round home. \$490,000 MLS #86766



New Listing

Great home at a great price! Recently updated 3br/2ba one-level home. Vaulted ceilings, wood floor and fireplace. Screened in back porch and mountain views. This is a must see. Maintenance free living is waiting for you. \$315,000 MLS #86979



Meticulously maintained 3bd/3.5ba home with separate guest quarters, private pond, grand workshop and beautifully kept yard. \$495,000 MLS #85284

LOT LISTING

Exclusive 2.31 acre Highlands Falls Country Club homesite with stream. Build your dream home with views of Whiteside Mtn. and Cashiers Valley. \$199,000 MLS #86974



Recently updated 2br/2ba home in a great community. Vaulted ceilings, hardwoods, fireplace and custom built-ins grace the open living room. Master suite with large walk-in closet, dual vanities in bath and access to screened porch. Large sunroom off the back of the home with another screened porch off the front. Maintenance free living includes landscape care, outer home maintenance, road and water/sewer maintenance. \$298,000 MLS #86978



Under Contract

Golf course cottage sits on the 6th fairway of Lake Toxaway's premier golf course. Popular open floor plan, features hard wood floors, vaulted ceilings with a floor to ceiling stone wood burning fireplace. Large master bedroom off the main level. Two bedrooms upstairs each with full baths. Enjoy outdoor dining on the large covered deck with panoramic view of the golf course. Offered fully furnished. \$399,000 MLS #83669



BERKSHIRE HATHAWAY
HomeServices
Meadows Mountain Realty

41 Church Street
488 Main Street
2334 Cashiers Road
Highlands, NC 28741
828.526.1717

www.MeadowsMountainRealty.com

..EVENTS continued from page 19

HCP's 'Guilty Conscience' opens next week at PAC



Megan McLean (left), playing the role of Jackie Willis, attempts to strike up a friendship with the wife of the defense attorney, Mrs. Jamison, played by Lauretta Payne, in HCP's upcoming play Guilty Conscience by Richard Levinson and William Link, opening October 12 to run through October 22 at Highlands Performing Arts Center.

Highlands • \$475,000 5BR/3BA & Mountain Views!



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.

Anchor All Realty
Tammy Mobley, BIC
770-337-1000

• The All Male Beauty Pageant at the Highlands Playhouse with festivities beginning at 7 p.m. with a free wine bar. The show begins at 8 p.m. For tickets and more information. Call Dr. John Baumrucker at 200-0902.

Wed., Oct. 18

• "Where Art & Science Meet" lecture at Carolina Gallery, 411 N. 4th. Street hosted by Highlands Biological Garden Director Dr. Jim Costa.

Thurs., Oct. 19

• At Jannie Bean Custom Jeweler on South 2nd Street, Highlands, Men's Night Out 5-8 p.m. Great food, beverages and door prizes.

• Wildcat Cliff Country Club will once again host the annual Scholarship Golf Classic. The event kicks off at 7:30am with breakfast and practice on the range tee and putting green. A 9am shotgun start is followed by cocktails, lunch and awards ceremony. The cost for the

event is \$150 per player. For information or to register your team, please contact event co-chairs, Rebecca Shuler (526-2118) or Brian Stiehler (787-2778).

Fri., Oct. 20

• At TJ Bailey, Highlands, Town Square. Rodd & Gunn Trunk Show.

• At TJ Bailey, Cashiers, 104 Hwy 107 south. Mac Jeans Trunk Show.

Sat., Oct. 21

• The Sky Valley Fallfest from 10a to 4p. Admission is free. Live entertainment, arts, crafts and food. Haybale trail and rides. Pumpkin painting, games, inflatables and more. For more information call 706-746-2204.

• At TJ Bailey, Highlands, Town Square. Mac Jeans Trunk Show.

• At TJ Bailey, Cashiers, 104 Hwy 107 south. Rodd & Gunn Trunk Show.

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. Beware the forest in the last half hour as it will turn from enchanted to haunted and the animals will definitely be more "trick" than "treat." Activities will be available in the nature center as well during this time. (828) 526-2221.

Fri., Oct. 27

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

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.

Thurs-Sun. Nov. 9-12

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

Vega String Quartet returns to delight this fall

While the regular season of the Highlands-Cashiers Chamber Music Festival is over there is still one more special program to look

forward to. October 13 and 14 the Vega String Quartet will return for a mini-residency.

The Quartet is passion-

ate about educating students about chamber music. In fact, they founded The Emory Youth Chamber Music Program in 2006 to provide intensive small ensemble training to young Atlanta-area musicians.

They are continuing that educational outreach locally. Area students will be able to attend special presentations on Friday, October 13 when the musicians visit schools in Cashiers and Highlands, thanks to the generosity of the Cullasaja Women's Outreach.

The fun continues on Friday evening at 7 PM for a Pajama Concert. All ages are invited to attend this light-hearted event at the Albert Carlton Cashiers Community Library for hot chocolate and Musical Bedtime Stories.

On Saturday, October 14, the quartet will perform for the residents of Chestnut Hill Retirement Community. Then at 5 P.M. you are invited to attend the final performance of the Highlands-Cashiers Chamber Music Festival's 36th season at the First Presbyterian Church of Highlands. This performance by the Vega String Quartet is by reservation only, and no tickets will be sold at the door.

To reserve your place for the concert and for further information, please call the festival's office at (828) 526-9060.



A Permanent Eclipse at the Rec Park



This radiant total solar eclipse measures 50 inches in circumference.

If you missed the Highlands Eclipse, worry not – there's a new eclipse in town! On display at The Rec Park is an artistic rendering of the eclipse, made this past summer by local elementary-aged children at the Highlands Rec Park. The project was the culmination of a free weekly art class cosponsored by The Bascom Art Center and the Art League of Highlands-Cashiers.

Since 2009, The Bascom and Art League together have offered weekly visual arts classes to the children enrolled in the Rec Center's summer camp.

In anticipation of the August 21 total solar eclipse, Grant Benoit, the Bascom Community Artist in Residence, planned an 8-session curriculum based on the Solar System and scientific imagery. In one lesson, students compared planets and human habitability. They, then, divided into teams – Team Aliens Do Exist and Team

Aliens Don't Exist – where heated debate ensued. The resultant mixed media alien puppet projects yielded groundbreaking evidence of extraterrestrial life that the science community no longer can deny.

Grounding the projects in science and expanding each week with both knowledge of the planets and new art techniques was the theme of the camp.

The result was a radiant total solar eclipse measuring 50 inches in circumference. The children used paint, bottle caps, and various layers of board. The finished piece features each of the students' names on the many sun rays that outline the circular object. The public may find Highlands' permanent eclipse on display at the Civic Center at 600 North 4th Street. It is displayed alongside the many Rec Camp group projects that children have created since The Bascom and Art League began the program in 2007.

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'Bending the Arc' documentary showing is a fundraiser for Highlands Friends of Haiti



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Thirty years ago, while much of the world was being ravaged by horrific diseases such as AIDS and tuberculosis, three remarkable young people, barely out of their teens — Paul Farmer, Ophelia Dahl, Jim Yong Kim — came together in a squatter settlement in Haiti.

Determined to provide a world-class level of medical care to the Haitians who would soon become their friends, they founded Partners in Health in Cange, Haiti, and faced obstacles so enormous they weren't even considered surmountable by the rest of the world.

"Bending the Arc" is a powerful documentary about this extraordinary team and their work. It will be shown at the Performing Arts Center in Highlands Oct. 15 as a fundraiser for the Highlands Friends of Haiti, which works alongside Partners in Health and the Episcopal Church of the Incarnation.

Farmer, Dahl and Kim managed to bring together the resources to build real health clinics in areas that had been ignored by everyone else — where patients were as likely to arrive by donkey as by ambulance — and stocked them with the same medical supplies that could be found in places such as Harvard Medical School.

Idealistic but inexperienced, they suffered tragic early failures that made them question the way they were delivering healthcare. This led them to develop, in partnership

with the patients themselves and guided by medical anthropology, a revolutionary and controversial model: training their friends and neighbors — ordinary Haitian villagers — as healthcare workers.

And most remarkably — despite enormous resistance from the outside world — they treated diseases that the experts had determined could not or should not be treated in the poor due to the expense and difficulty.

The ground-breaking work they began in Haiti — creating a model of how to deliver the highest-quality care in the most unlikely places — would eventually grow to have massive global effects.

They expanded beyond Haiti to Peru, then onwards to Rwanda. They averted a deadly MDR-TB epidemic, treating dying patients against official World Health Organization policy. They took on AIDS — becoming the first doctors in the world to treat AIDS patients in rural settings with full courses of antiretrovirals.

As a result, world policies changed, deeply entrenched ideas transformed, and millions of lives were pulled back from the brink of death.

Through remarkably candid interviews, stunning never-before-seen archival and on-the-ground footage shot amid a deadly epidemic, the audience is immersed in the struggle of these dedicated characters.

• See HAITI page 25



..HAITI continued from page 24

ters as they fight ancient diseases, scrape together funding while the lives of their friends are on the line, face scorn and hostility from the global health establishment, and suffer heartbreaking mistakes from their own lack of experience.

Reaching far beyond the issue of healthcare, it's a grander narrative about how the evolution of humanity takes place: how moral imagination, strategy, and sheer will can together change the trajectory of the world, bending the arc of the universe forever.

Dr. Paul Farmer, physician and anthropologist, is chief strategist and co-founder of Partners in Health, Kolokotronis University Professor and chair of the Department of Global Health and Social Medicine at Harvard Medical School, and chief of the Division of Global Health Equity at Brigham and Women's Hospital in Boston. He also serves the U.N. Secretary-General as Special Adviser on Community-Based Medicine and Lessons from Haiti.

Ophelia Dahl, daughter of Roald Dahl ("Charlie and the Chocolate Factory") and

actress Patricia Neal came to Haiti in 1983, as a volunteer at the small Eye Care Haiti clinic in the impoverished Central Plateau. Dahl is chairwoman of Dahl & Dahl LLP, which manages the literary estate of her late father. She also serves as vice president on the board of Roald Dahl's Museum and Story Centre.

Dr. Jim Yong Kim is president of the World Bank Group. A physician and anthropologist, Dr. Kim has dedicated himself to international development for more than two decades. Before joining the World Bank, Kim served as director of the World Health Organization's HIV/AIDS Department, President of Dartmouth College and held professorships at Harvard Medical School and the Harvard School of Public Health.

Bending the Arc will be shown Sunday night October 15, 2017 at 6:00 PM at the Martin-Lipscomb Performing Arts Center in Highlands. Tickets are \$50 and are available at incarnationwnc.org and beginning October 1st at the Church of the Incarnation in Highlands.

'Norma' Live via Satellite at PAC Saturday



The Highlands Performing Arts Center begins the Live via Satellite Series on Saturday, October 7th with the MET Opera's production of Norma beginning at 12:55pm, with a pre-opera discussion at 12:30pm led by Beverly Wichman.

This new production of Bellini's masterpiece, Norma, stars Sondra Radvanovsky as the Druid priestess and Joyce DiDonato as her rival, Adalgisa—a casting

coup for bel canto fans. Tenor Joseph Calleja is Pollione, Norma's unfaithful lover, and Carlo Rizzi conducts. Sir David McVicar's evocative production sets the action deep in a Druid forest where nature and ancient ritual rule.

Tickets are available online: highlandspac.org, at the door or by calling: 828.526.9047 Highlands Performing Arts Center, 507 Chestnut Street, Highlands



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Highlands and Cashiers

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Saturday's concert is at 5 PM - \$33/person by reservation only; tickets will not be sold at the door. Call 828-526-9060 or email hccmfnc@gmail.com for tickets.



• BIZ/ORG NEWS •

The Carolina Gallery opens with a flourish



The Carolina Gallery of Fine Art on Carolina Way above Posh Paws opened this weekend to a packed house. The gallery features regional and local artists. The opening theme “Where Art Meets Science” includes presentations and discussions throughout October. 20% of sales during the month of October will go to the Highlands Biological Foundation. Pictured are onlookers with Cindy and Rick Trevathan and artist Rosemary Stiefel (left) and gallery owner Mary Lou Carpenter (right). The gallery is open noon-6p Wednesday through Monday and by appointment anytime. Gallery: (828) 526-3705 or (828) 526-8833 or (828) 524-0887.

Photo by Kim Lewicki

Satulah-bration at K-H Founders Park celebrated with chili and music



Though not a fund-raiser per se, the folks at the H-C Land Trust plan to make the chili cook-off part of its annual Satulah-bration. The event which featured live music by the Colby Dietz Band, kid crafts and family games was a way for the Land Trust to thank those in the community who support them and to celebrate Satulah Mountain and all the 3,000+ acres the Land Trust has conserved over the years. The event also raised awareness about the work the Land Trust does in the community. For more than 100 years, the trust has acquired land for conservation as well as caring for public parks and trails like Ravenel which includes Sunset, and Sunrise rocks, Satulah Mountain and the Kelsey Trail, to name a few.

Photo by Kim Lewicki



Highlands Historic Village

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'All Male Beauty Pageant' rescheduled for Monday, Oct. 16

Thanks to Hurricane Irma, the All Male Beauty Pageant had to be rescheduled on October 16. As before, the pageant will be held at the Highlands Playhouse beginning at 8pm. A free wine bar, sponsored by Bryson's Food Store will begin at 7pm.

This show is the principle fundraiser for the Bolivia Mission this year and the main focus will be raising funds for the completion of the Mama Joanna House.

This facility was planned to be a three-phase project, but when Joanna Baumrucker passed in August 2016, the outpouring of donations made it possible to continue construction in one phase.

The home still needs some donations to complete the construction and then several of the Rotary Clubs in the area are submitting a grant to furnish the facility. Volunteers from all over the world can rent the facility as an alternative destination to local hotels. The new facility will have a full kitchen, dining area for eating and meetings and eight rooms with private baths.

The boys in the foster home will run the facility with the help of the administrative staff and the local Rotary Club, thus

giving the young men working experience and a small income for their work. They will take training classes in the hospitality industry and their experiences should give them confidence to further their careers as they grow older.

Even the young children learn life skills working in the home and making wooded items like pens, cutting boards and rustic benches that are sold in Montero or brought to the US and sold here. Some of these items are available at the Farmer's Market on Saturday mornings at the K-H Founders Park and will be on display at the Highlands Own Show at the Recreation Center on Saturday, October 14.

The Highlands Bolivian Mission has been active in Bolivia for 20 years and has hosted groups from Johns Hopkins Medical School, the University of Mississippi and UNC-A in addition to youth groups from Highlands and other volunteers from the USA and several other countries. Volunteers are always welcome. Information about the mission or the Pageant can be obtained by calling Dr. Baumrucker at 200-0902.



The nearly completed "Mama Joanna House" in Montero, Bolivia.



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..POLICE & FIRE continued from page 14

- At 3:45 p.m., the dept. was called to Bullpen Road for a possible search.
- At 4:35 p.m., the dept. provided public assistance on Horse Cove Road.
- At 5:22 p.m., the dept. investigated smoke at a residence on US 64 west.

Sept. 25

- A little past midnight the dept. responded to a motor vehicle accident on US 64 west.
- At 4:19 a.m., the dept. was first-responders to a residence on Brooks Road.
- At 6:39 p.m., the dept. was first-responders to a residence on Jenkins Lane.
- At 10:03 p.m., the dept. provided mutual aid to the Cashiers FD.

Sept. 26

- At 12:41 p.m., the dept. was first-responders to a residence on Mount Lori.

Sept. 28

- At 9:08 p.m., the dept. responded to a call of a power line down on Flat Mountain Road.

Sept. 29

- At 1:54 p.m., the dept. was first-responders to a resi-

dence on Rocky Hill.

- At 6:42 p.m., the dept. was first-responders to a residence on Upper Lake Road.

- At 7:16 p.m., the dept. responded to a motor vehicle accident on Buck Creek Road.

- At 7:33 p.m., the dept. responded to a fire alarm at a residence on NC 106.

Sept. 30

- At 12:53 p.m., the dept. responded to a fire alarm at a residence on Valhalla Road.

- At 2:57 p.m., the dept. was first-responders to a residence on Picklesimer Cemetery Road.

- At 3:35 p.m., the dept. responded to a fire alarm at Chestnut Hill.

Oct. 1

- At 9:34 a.m., the dept. provided mutual aid for the Cashiers FD.

Oct. 2

- At 2:35 p.m., the dept. was first-responders to a residence on Brushy Face.

- At 3:41 p.m., the dept. was first-responders to a residence on Clubhouse Trail.

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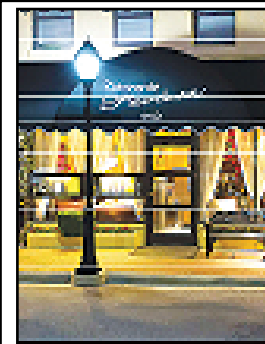
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