

# Highlands Newspaper

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Thurs., March 8, 2018

## Why HF&R does what it does

A recent anonymous letter left in the box on the Highlands Newspaper door at 265 Oak Street exemplified the need for citizens to understand the work the Highlands Fire & Rescue De-

partment does and how and why certain tasks are delegated to the department.

The gist of the letter and the reason for the suggestions therein were initiated by the article in the

Jan. 25 edition entitled "HF&R is preparing for the future."

The writer questioned the need for expansion or replacement of the HF&R station on

• See HF&R page 3

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## Highlands School 2018 Golf Team

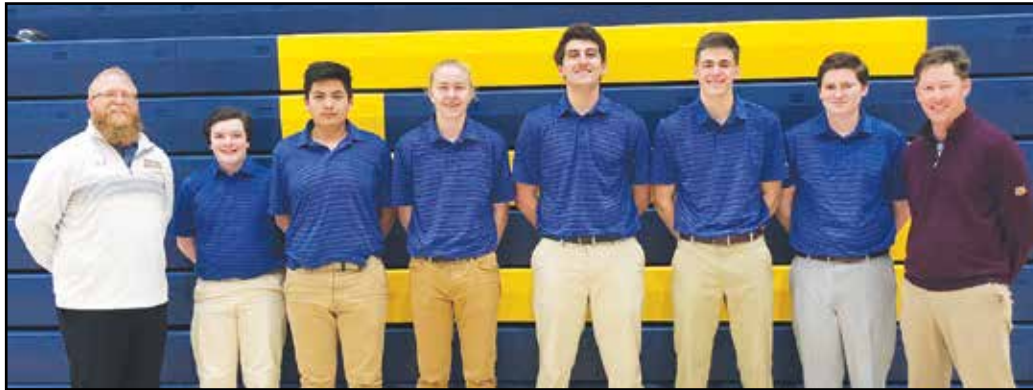


Photo by Kedra McCall

From left: Asst. Coach Jeremy Dooley, Reid Ingate, Jonathan Montalvo, Destin Gearhart, Mattson Gates, Drew Chalker, Samuel Hawkins, and Coach Kevin Gabbard

## MC School System steps up security; Highlands to get new front entrance

Schools across the country have been evaluating their safety and security over the last few weeks since a gunman claimed the lives of 17 students in Parkland, FL last month. Leaders in Macon County have been following suit and have vowed to ensure that every precaution is taken to ensure students in the county are as safe

as possible.

Highlands School is one of the most recent schools in the district to receive a full-time School Resource Officer, a partnership between the Highlands Police Department and Macon County government.

"We are very fortunate to have an SRO on campus every day, all

day. He is an asset to our school in many ways: he gives us added security just by his presence," said Highlands School Principal Brian Jetter. "He interacts with our students on a daily basis and provides them with access to someone who can answer questions they may have about the law, and law en-

• See SECURITY page 8

## Harris Regional Hospital is poised to offer services in H-C area this year

It's no secret people aren't happy with Highlands-Cashiers Hospital since Mission Health took over.

As one person said, "It's like a restaurant with a limited menu and we are receiving less not more. What happens to them? They close."

Tuesday, Feb. 27, at the second forum since November of 2017 at the library in Cashiers, rep-

resentatives from Harris Regional Hospital which is a for-profit hospital in Sylva under the Duke Lifepoint umbrella, listened to citizens' concerns.

Stephen Heatherly, CEO and Lucretia Stargell, VP of Business and Service Line Development said the powers that be have recognized a need in the Highlands-Cashiers area and as they did in

• See HARRIS page 6

## Meet Canine Officer Xena!



In the Feb. 1 edition of Highlands Newspaper, Police Chief Bill Harrell asked the community to help name the department's newest K9 Officer via Facebook and call-ins.

He asked them to pick between Xena, Zoe or Eve.

Xena got 129 votes; Zoe got 55 and Eve got 27, so Xena it is!

She is officially in Highlands with her K9 Handler Officer Kevin Breedlove and her training has begun.

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# • THE PLATEAU'S POSITION •

## • MAYOR ON DUTY •

### Upcoming annual retreat agenda

The town retreat is scheduled for Thursday, March 8. I want to again thank First Presbyterian Church for allowing the town to use Coleman Hall for the retreat. The retreat begins at 9 am and continues into mid-afternoon. The lunch break will be from 11:30 to 12:30. We will order box lunches from a local restaurant. We retreat in Highlands, not at some remote resort at taxpayers' expense.



Highlands Mayor  
Patrick Taylor

The retreat format is a conversation by town staff and board members concerning the priorities for the forthcoming budget. While several other presenters are slated to make proposals or provide updates, it is not a public forum for feedback and questions. Nevertheless, everyone is welcomed to come hear any of the discussions during the retreat.

The only exception to public access is a closed session periods in the afternoon. The general statutes allow closed sessions for confidential discussions related to contract formation and related business matters. Part of the closed sessions will be discussions with

Wide Open Networks representatives concerning contract and proposed business matters.

I anticipate no closure and vote on this initiative, nor any other agenda items. For instance, there is a nuisance dog and leash law item on the agenda. While there will certainly be a lively discussion between the staff and board members, any formal adoption of an ordinance will take place at a regular board meeting.

At the top of the agenda is a mid-year financial report by Town Manager, Josh Ward. He will update the board on current revenue levels, department expenditures and the impact of unanticipated expenditures like storm damage and cleanup costs. I expect Josh will report current and projected robust property and sales tax revenues.

The morning session will cover projected budget needs for departments. Highlands is a small town that is actually a complex municipality. My program at the February Community Coffee with the Mayor, held at the Hudson Library, was a reminder. Lamar Nix, our Public Works director, and I did a presentation on our public works departments, i.e. roads, electric, water and sewer. We presented a photo essay on the operation of the sewer and water plants. The technology is very complex, and we have to have licensed personnel to operate the plants. Lamar budgets yearly for scheduled plant maintenance that requires

replacement of expensive components. He will have a detailed list for the retreat discussion.

Department heads from recreation, police and fire departments will also be present to discuss budget items. What I have learned after being mayor for four years is the importance of maintaining capital assets and replacing failing and worn out equipment in a planned

schedule.

After the town retreat, the Town Manager and his staff will assemble a proposed budget. It will be revised as the board and staff work through a series of budget workshops in May. By July 1 a final balanced budget that funds projects and needs for the 2018/'19 fiscal year will have received board approval.

## • HIC'S VIEW •



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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.

## • WEATHER •

	Friday 3/9		Saturday 3/10		Sunday 3/11	
	Daytime	Overnight	Daytime	Overnight	Daytime	Overnight
Temp	46 F	29 F	47 F	36 F	50 F	33 F
RealFeel	44 F	19 F	47 F	32 F	43 F	36 F
Winds	8 g 13	5 g 9	4 g 7	4 g 7	9 g 17	6 g 13
T-Storms	1%	20%	20%	30%	6%	6%
Rainfall	0	0.02	0.02	0.74	0.53	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



## ...HF&R continued from page 1

Oak Street and suggested ways to lessen the work load on department personnel.

"If there was a way to shift the burden of some of these calls to other agencies, perhaps it would lessen the burden for the HF&R members and perhaps eliminate the need for an expansion plan.

"Agencies and businesses must continually evaluate their capabilities based on the resources available," it read.

With that said, Chief Ryan Gearhart, volunteer firefighter MC Commissioner Jim Tate and Highlands Mayor Pat Taylor weighed in on the subject.

Questions:

*Of the 699 calls to which the department responded during 2017, how many of those calls turned out to be an actual house or structure fire? How many would be considered a faulty or false alarm? How many calls responded to were a brush or forest fire? Of these, how many homes were in imminent danger from these brush fires when the calls were made?*

### HF&R Chief Ryan Gearhart

In reality, we MUST run every alarm and assume it is a structure fire until proven differently. Although with the amount of false alarms we have, it is hard to stay in that mindset at times. To that end, the first false alarm is free. After that if it is determined to be a faulty alarm or system problem it costs \$250 per alarm. If it is determined that the system is doing its job, there is no charge.

Brush fires? Technically it is the responsibility of the NC Forest Service or the US Forest Service to fight fires in their realm. However, we respond to the fires in hopes of getting a good knock-down on them since the NCFS and USFS agencies have to come from Franklin, if not further.

Our primary focus on these fires is to protect private properties and structures. Once the forest service guys get on scene, we stay if they need us or if they need us to haul water to them – otherwise we return to the station.

I feel there would be much more damage done to private and government land if we did not respond to these calls.

### MC Commissioner Jim Tate

First of all, the number of calls tended to in Highlands are similar to the increasing call volume experienced by the 10 fire departments in the county.

The insurance industry plays a huge role in determining how fire departments respond. They require a response to virtually all situations and fire calls to set the ISO ratings which determines what homeowners pay for insurance.

If a fire department can't prove set response times, then insurance rates will

sky rocket.

It is the responsibility of the forest services to tend brush and forest fires, however, the county (911) always dispatches the closest fire department for assistance in which ever district the fire is located.

In Highlands that is particularly wise because the NCFS is based in Franklin with at least a 30-minute response time. Highlands can usually have a brush fire knocked down before it gets out of hand in that 30-minute response timeframe.

### Mayor Patrick Taylor

"During the fires of the historic drought two summers ago, I declared a state of emergency with a no outside burning ban.

"Firefighters across the region, including Chief Gearhart, were very concerned that any brush fire could have endangered entire communities.

"I expected, and was so grateful, that the Highlands Fire Department immediately responded to all brush fires in the area. Their work was invaluable. I need not remind people that all of Western North Carolina was vulnerable to the same kind of fire disaster that happened in Gatlinburg," he said.

*Is it mandated that HF&R members respond to every call for an ambulance as first-responders? Would it be feasible for HF&R to be called for assistance, if needed, by the ambulance personnel after the situation is evaluated by the ambulance personnel on site?*

### HF&R Chief Ryan Gearhart

No, it is not mandated in our contract for service with the county to be first-responders. However, we provide this service as a courtesy to the county Emergency Medical Service (EMS) and the citizens of the Highlands community and can often get there before EMS because of the proximity our volunteers may have to the location. At times, we can get a first-responder on scene and either have the med unit cut back to routine traffic or advise them of some problems the patient is having so they can be more prepared upon arrival.

### MC Commissioner Jim Tate

When an emergency call comes into "911" the dispatcher who receives the call makes the determination on whether to have the Highlands first-responders respond.

The fire department is not dispatched on every single call, only the ones when the dispatcher feels there are obvious signs that extra assistance is needed.

The ambulance crew has full authority to cancel the response or ask for additional response at any time.

*Is it mandated that HF&R "stand by" at Zachary Field when a medical helicopter is landing*

• See HF&R page 10



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## 'Semiramide' at PAC Sat. Live via satellite

The Highlands Performing Arts Center will present the MET Opera's production of Rossini's Semiramide, Live via Satellite on Saturday, March 10 at 12:55 p.m. Beverly Wichman will lead a pre-opera discussion beginning at 12:30 p.m.

Semiramide: This masterpiece of dazzling vocal fireworks makes a rare Met appearance – its first in nearly 25 years – with Maurizio Benini on the podium. The all-star bel canto cast features Angela Meade in the title role of the murderous Queen of Babylon, who squares off in breathtaking duets with Arsace, a trouser role sung by Elizabeth DeShong. Javier Camarena, Ildar Abdrazakov, and Ryan Speedo Green complete the stellar cast. Love, secret identities, revenge and assassination take to the stage in this story from ancient Babylon.

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## ...HARRIS continued from page 1

Franklin when the Labor & Delivery department at Mission's Angel Medical Center was eliminated, they are ready to fill the void.

The Harris Regional system quickly added an OBGYN/Women's Health component to the menu it currently offers in Franklin.

After listening to citizens, Heatherly said it is clear that what is lacking in Cashiers in particular is primary care. Mission has 1 1/2 primary care physicians and a physician assistant in Cashiers – three primary care physicians at the Highlands-Cashiers campus in Highlands.

As such, Harris is currently looking for property in the area on which to build a primary care facility.

"We have an interest at the local and corporate level in helping to meet this community's healthcare needs," he said.

Unlike Mission Health, Harris Regional is a for-profit hospital and is one of two Western North Carolina hospitals associated with Duke Lifepoint which is connected to the Duke University Health System.

Harris Regional is an Acute Care hospital in Sylva and Swain Community Hospital is a Critical Care Hospital in Bryson City like Highlands-Cashiers Hospital.

Heatherly says though Harris is a competitor of Mission, it is also a collaborator. "There are some things Mission does better and when that's the case we send patients to them," he said.

Delivering healthcare to the diverse

geographical area that is Western North Carolina at a local level is a challenge, said Weatherly, but it's one Harris is consistently reevaluating stays poised to fulfill.

Over the last 15 years, Harris's presence in Franklin has grown – most recently with OBGYN services.

The Harris Medical Park of Franklin, located at 55 Holly Springs Park Drive, is a medical park that houses a myriad of providers, practices and specialties. Specialties include, primary care, women's care, pediatrics, outpatient therapy, imaging, lab, orthopedics, pulmonary and sleep medicine.

Last year's swift response to Mission shutting down its OBGYN and Labor and Delivery services, exemplifies Harris's ability to "move on the dime."

Babies are only delivered at the hospital in Sylva – and that won't change, said Heatherly – but all services leading up to and after delivery are offered in Franklin at the Harris Medical Park.

He said as a for-profit enterprise, money is consistently re-invested – because delivering healthcare on a local level equals a return.

As one frustrated citizen said, "There is money to be made here!"

Weatherly said the difference between a nonprofit system like Mission Health and a for-profit system like Harris is the way the money is spent, as well as the way taxes are prepared.

He said whereas nonprofits hold millions in reserve which increases their rating, for-profits reinvest because again "delivering more healthcare equals a return."

"We try to deliver care as locally as possible so those who can't get care get it," he said.

This is where Mission and Harris currently differ.

For the most part, patients at the Highlands-Cashiers Hospital are directed to the main facility in Asheville for most everything except the initial primary care contact and specialists who come to the campus once sometimes twice a week.

One person said she has friends who have picked up and moved from the area because they don't feel they can get the medical care they need since driving to Asheville all the time just isn't an option.

"Mission has taken away everything we

had in the past at the Highlands-Cashiers Hospital and offered nothing to replace it," said another. "That's why people are so angry. They have removed things they needed so now people have just stopped going there and are looking at other options."

Heatherly said Harris's strategic 3-5 year plan is centered around growth. Because it's a for-profit institution, that plan is consistently adjusted and in many times acted upon – as in the OBGYN case in Franklin last year.

Harris is ready and able to move into the Highlands-Cashiers area -- as soon as this year-- starting with the primary care facility. But Heatherly said there is no reason it has to stop there.

If the opportunity to purchase the Highlands-Cashiers Hospital complex came about, Heatherly said it's likely Harris would be willing to listen.

He did stress that if that ever happened certain procedures – like delivering babies -- would still only be done at Harris Regional in Sylva, "but that's a lot closer than Asheville," he said.

Other surgical procedures would likely be on the menu at the Highlands-Cashiers Hospital if Harris bought it – similar to procedures offered prior to Mission buying the hospital.

Weatherly said procedures like tonsillectomies, appendicitis, gallbladder – procedures that are common – would likely be available at the H-C Hospital if Harris got involved.

However highly technical and skilled procedures like joint replacements and heart-related operations would still be done at the facility in Sylva or even sent to Mission.

"If you need a joint replacement, for instance, you want a doctor who is highly skilled in that area simply because he or she does such a procedure routinely," he said.

Starting with a primary care facility somewhere between Highlands and Cashiers and possibly somewhere down the road segueing to Highlands-Cashiers Hospital ownership was music to people's ears Tuesday night.

"This would be a win/win for Harris and a win/win for patients," said one.

– Kim Lewicki

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## Taco Dinner for Polio Plus Friday, March 9

The Highlands Rotary Mountaintop will hold its second annual Taco Dinner at the Highlands Recreation Park on Friday, March 9, 2018. All proceeds will be donated to Rotary's Polio Plus campaign and to district 7670's CART program. The tickets are \$10 per person and no more than \$50 for a family and you can have all the tacos you can eat! The \$50 maximum includes only immediate family members and not to an extended family. The dinner will commence at 5pm and run until 8pm.

Tickets are available from Rotary Mountaintop members or at the door at the Highlands Civic Center at the Rec Park.



## Harris Regional Hospital to offer free dinner and educational talk March 20

Harris Regional Hospital will offer a free educational event on orthopaedic services, physicians and solutions at 6:00 p.m. on Tuesday, March 20 at the Albert Carlton-Cashiers Community Library located at 249 Frank Allen Road in Cashiers. Orthopaedic surgeon Dr. Anthony McPherron will present the session. Dinner will be served. Please call 844.414.DOCs (3627) to register.

Dr. McPherron practices alongside Douglas Gates, MD; Ryan Slechta, MD; Jud Handley, MD; Lawrence Supik, MD; Alexis Willey, PA-C and Brian Hass, PA-C at Harris Orthopaedics and Sports Medicine. The group is located on the second floor of Harris Regional Hospital/A Duke LifePoint Hospital and also sees patients at the Harris Medical Park of Franklin alongside Harris Family Care of Franklin and other specialists provided by Harris Regional Hospital.

Harris Orthopaedics and

Sports Medicine provides the full range of orthopaedic and sports medicine services including imaging technologists, specially-trained nurses, physician and occupational therapists, and certified athletic trainers that offer comprehensive care in musculoskeletal health including recovery after joint replacement, sports medicine, traumatic injury and much more.

- About Harris Regional Hospital & Swain Community Hospital

Harris Regional Hospital, established in 1925, is an 86-bed acute and specialty care facility serving Western North Carolina with more than 100 physicians practicing in locations throughout a multi-county region, including Harris Regional Hospital Medical Park of Franklin, an outpatient facility in Macon County.

Swain Community Hospital, established in 1950, is a 48-bed Critical Access Hospital serving

a multi-county region with primary care, emergency medicine and subspecialty care including a pain clinic and a transitional care unit. Harris Regional Hospital and Swain Community Hospital began an affiliation in 1997 and joined Duke LifePoint Healthcare in 2014.

- About Duke LifePoint Healthcare

Duke LifePoint Healthcare, a joint venture of Duke University Health System, Inc. and LifePoint Health® (NASDAQ: LPNT), was established to build a dynamic network of hospitals and health-care providers. The joint venture, which brings together LifePoint's experience in community-based hospital management and Duke's world-renowned leadership in clinical service, is strengthening and improving healthcare delivery by providing community hospitals the clinical, quality and operational resources they need to grow and prosper.

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## ...SECURITY continued from page 1

forcement.”

Highlands Police Chief Bill Harrell, who started his career in Macon County as a school resource officer, believes having one of his officers at Highlands School has provided several benefits to

the community at large.

“It has provided students and the staff with a person in law enforcement that they have access to at any time,” said Harrell. “It has provided the first line of defense against the threat of an active

shooter coming onto the campus to do harm. I believe that it has also given parents a peace of mind knowing that their kids are being watched by a Highlands Police Officer.”

One area of improvement already in the works at Highlands School is to secure the front entrance of the school to limit access during the school day.

“Highlands School’s front doors need to be replaced because they mechanically are not working properly,” said Board of Education member Stephaine McCall. “It does not really tie into the recent threats at Macon County’s Franklin High School, Union Academy or in Parkland, FL, but our front doors are certainly an important part of the safety of our children.”

Macon County Schools Superintendent Dr. Chris Baldwin said replacing the doors aren’t only important for safety, but just for the functionality of the school.

“The new front door at Highlands School will be a security door,” said Dr. Baldwin. “This door will be equipped with a camera and a remote-entry mechanism

which will allow the door to be unlocked from the front desk. The door will be locked during school hours.”

Principal Jetter said that the new door will provide Highlands School with a level of safety that hasn’t been there in the past.

“The new front doors should give us a level of security that we haven’t had before because we can control entry through those doors,” said Jetter.

Chief Harrell said the doors are a good step in the right direction to better secure the facility, but he still has some safety concerns he would like to see addressed in the Middle School building in the near future.

“I still would like to have additional cameras on the first and second floors of the Middle School,” said Harrell.

The school district is in the process of evaluating the safety of all facilities and additional upgrades and changes could be budgeted for the next fiscal year as a complete plan for the school system is further evaluated.

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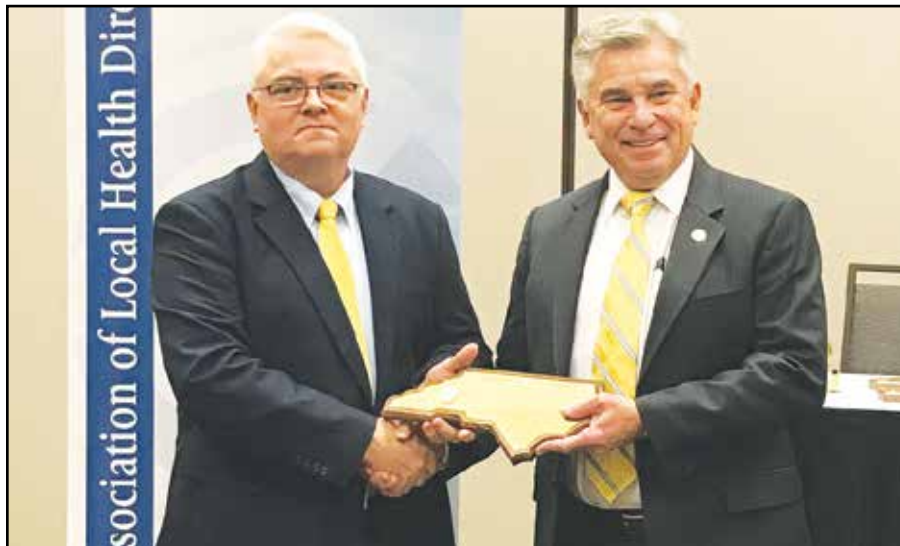
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# • BUSINESS / ORGANIZATION NEWS •

## NC Asso of Local Health Directors honors Senator Jim Davis as Legislator of the Year



From left: MC Health Dept. Director Jim Bruckner with Sen. Jim Davis

The North Carolina Association of Local Health Directors recently honored State Senator Jim Davis of Macon County as Legislator of the Year. The award was presented at the NCALHD annual meeting awards luncheon in Raleigh. The awards luncheon was held in conjunction with the State Public Health Leaders meeting, also in Raleigh.



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From left: HCP Board of Directors, Craig Eister, Megan McLean, Lee Lyons and Paul Herron

## March 8 HCP tickets go on sale for first performance

Highlands Cashiers Players Season ticket holders may start booking their seats on March 8th dinner and the first performance of the season – four, comedic, one-act plays.

These light-hearted one-acts will be performed at the Martin-Lipscomb Performing Arts Center on Chestnut Street Thursday through Saturday, March 15-17 and March 22-24.

The plays will be performed between courses of dinner served downstairs. Wine will be available at a cash bar. The Dinner Theater will start seating at 6:30. Reservations are required. Tickets may be purchased by calling the box office at 828 526 8084 or on line at [highlandscashiersplayers.org](http://highlandscashiersplayers.org) starting March 8.

Online ticketing is a new service provided by HCP. If ticket holders would like to be at a certain table with friends, please specify that when calling for reservations.

“Each year the HCP Dinner Theater shows keep getting better,” says, Producer Donna Cochran. “In our effort to encourage new talent to join HCP, four new directors will be working with veteran HCP actors as well as two actors that are joining us for the first time. And this year Chef Doug Van Orsdall is cooking for the show so I know the food will be fabulous.”

## ...HF&R continued from page 3

*or taking off? Could or should this task be undertaken by hospital personnel since it is generally a Mission helicopter? Does Mission in Asheville and Franklin have the local fire and rescue personnel stand by for each helicopter landing or take off?*

**HF&R Chief Ryan Gearhart**

No, in Franklin and Asheville they do not require a fire department to be present when they are landing because the copter home bases are secured.

If at any time they have to land out in the county, it is requested that a fire department be there since these places are not secured. Zachary field for example. At any given time, there may be children playing soccer or various other activities going on. It is our job to go out to the field and make sure there is no one on the field and unlock the gate so the ambulance has access from Buck Creek Road.

It was the same way at the old landing spot at the hospital. The spot at the hospital was right on the side of the road and our job was to keep traffic from interfer-

• See HF&R page 13

## 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 THE SKY

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

9:30a Sunday School; 10:30a Worship Service

Mon. 6p Bible Study & Supper at homes

### CHRIST CHURCH OF THE VALLEY, CASHIERS

Pastor Brent Metcalf • 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](http://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

Rev. W. Bentley Manning • 526-2968

Sundays: Education and choir rehearsal, 9 am,

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Thursdays: Holy Eucharist Rite II.

### FIRST BAPTIST CHURCH HIGHLANDS

828-526-4153 • [www.fbchighlands.org](http://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](http://fpchighlands.org)

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

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

Wednesdays: Choir: 6p

### GOLDMINE BAPTIST CHURCH

(Off Franklin/Highlands Rd)

Sunday School: 10 am, Worship Service: 11 am

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### HAMBURG BAPTIST CHURCH

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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

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### HOLY FAMILY LUTHERAN CHURCH: ELCA

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

Worship/Communion: 10:30

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### MACEDONIA BAPTIST CHURCH

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

### MOUNTAIN SYNAGOGUE

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### MOUNTAIN BIBLE CHURCH

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### SCALY MOUNTAIN BAPTIST CHURCH

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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

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

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### WHITESIDE PRESBYTERIAN CHURCH

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# • HEALTHY LIFESTYLE CONCEPTS •

## Table Salt & Sea Salt: What's The Difference?

One of the biggest challenges of eating healthy in a modern world has to do with reducing the amount of salt and sodium in our diets. According to the American Heart Association, consuming too much salt can cause high blood pressure. High blood pressure can cause heart disease and other health problems, and it is not surprising that The Dietary Guidelines for Americans suggest reducing salt/sodium in your daily diet. What most people do not realize is that the reason salt is so dangerous to our bodies is not just because of the quantity of salt, but also because of the quality of salt consumed.

Believe it or not, what we know as "salt" today has nothing to do with salt in its natural form. What remains after rock salt is processed and "chemically cleaned" is sodium chloride -- an unnatural chemical form of salt that your body can't recognize or use properly. Table salt is actually 97.5% sodium chloride and 2.5% chemicals such as moisture absorbents, and iodine. Dried at over 1,200 degrees Fahrenheit, the excessive heat alters the natural chemical structure of the salt.

Unfortunately, this form of salt is in almost every preserved product that you eat. Therefore, when you add more salt to your already salted food, a fluid imbalance results. Typical table salt crystals are totally isolated from each other. When your body tries to metabolize table salt crystals, it must sacrifice tremendous amounts of cellular energy, which overburdens the elimination systems. In order to break sodium chloride down into sodium and chloride ions, water molecules move out of your cells, causing dehydration in the cells and swelling in the vessels and tissues, also known as edema. For every gram of sodium chloride that your body cannot get rid of, your body uses 23 times the amount of cell water to neutralize the salt. Eating common table salt causes excess fluid in your body tissue, which can contribute to kidney and gall bladder stones, rheumatism, arthritis and gout, as well as cellulite.

While your body needs sodium to hold water in the blood vessels and regulate water balance in all parts of the body, if too much sodium is consumed, too much water is then held in the body, and the amount of blood



**Medea Galligan**  
MS Nutrition, CHHC, AADP  
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increases. If it increases too much, serious problems will arise. The increase in blood makes the heart work harder, which results in high blood pressure. When high blood pressure is not controlled, it can lead to a heart attack, stroke or kidney disease.

So how much sodium is too much?

Health experts recommend 1,100 - 3,300 mg of sodium per day for healthy adults. The American Heart Association recommends no more than 1,500 milligrams of sodium per day for most people. The average person consumes 2,300 to 6,900 mg per day, which contributes to the prevalence of serious health issues we see today. Salt/sodium is found in most processed foods, and just one teaspoon of salt contains 2,000 mg of sodium. By just by replacing processed (including frozen) meals and snack foods with fresh foods and making your own soups and stews instead of buying canned, you would eliminate a significant amount of dangerous table salt from your diet.

### The Numerous Benefits of Sea Salt

Salt is essential for life -- you cannot live without it. However, most people simply don't realize that there are enormous differences between the standard, refined table and cooking salt most of you are accustomed to using and natural health-promoting salt. Unlike refined table salt, sea salt balances and nourishes your body with minerals. While the sodium content of table salt and sea salt are exactly the same, sea salt in conjunction with water and in the right proportion is essential for not just the regulation of blood pressure, but overall health and vitality. It helps maintain the electrolytes in the body, which are essential for processing information and communication of the brain cells and supplies essential minerals directly to our cells to enhance and improve the body's immune system and increases resistance against infections and bacterial diseases. Since sea salt is not refined like table salt, it contains the key minerals that are absolutely essential to our health: magnesium, calcium and potassium, as well as iodine, iron and zinc.

There are other trace minerals in sea salt as well, over 100, all of which your body needs to function properly. The health benefits of sea salt are numerous, and include:

• See **HEALTHY** page 13

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## • POLICE & FIRE •

The Highlands Police log entries from Feb. 25. Only the names of persons arrested, issued a Class-3 misdemeanor or public officials have been used.

Feb. 25

• At 8:44 p.m., Gregory Bozeman, 60, of Dothan, AL, was arrested on two counts for violation of a valid protective order. He was taken to the Macon County Detention Center with no bond.

The Highlands Fire & Rescue Dept. log from Feb. 25  
Feb. 25

• At 6:13 a.m., the dept. provided public assistance to a motorist on Main Street.

• At 4:41 p.m., the dept. was first-responders to a residence on Horse Cove Road.

Feb. 27

• At 12:25 p.m. the dept. was first-responders to a residence on Pine Street.

• At 12:50 p.m., the dept. provided mutual aid to the Scaly FD.

• At 8:40 p.m., the dept. was first-responders to a residence on Ring Road.

Feb. 28

• At 11:05 a.m., the dept. responded to a fire alarm at N. 4th Street.

• At 12:04 p.m., the dept. responded to a fire alarm at a residence on Morewood Road

## ...HF&R from page 10

ing with the landing of the helicopter. The main reasoning behind us doing the standbys? We have been requested by Johnny Grindstaff, who is in charge of flight operations, to be present when they fly in. It is likely this practice will continue until a secured landing spot is found in Highlands.

**MC Commissioner Jim Tate**

Though this practice isn't mandated, it is currently a very wise decision since the MAMA helicopters are currently using the Zachary Park field on Buck Creek for landings.

Having fire department staff on site, helps clear people off the fields as well as assist with traffic control. I don't know why the hospital staff doesn't assist.

*Note: It is not likely that future anonymous letters will be given the "light of day" in this manner. Highlands Newspaper doesn't print anonymous "letters to the editor."*

— Kim Lewicki

## ...HEALTHY from page 11

• Providing our essential minerals, also known as electrolytes, needed for all metabolic functions in our cells and body

• Supporting healthy sleep cycles  
• Improving digestion and assimilation of nutrients by helping to improve HCL levels

• Promoting efficient working of the liver, kidneys and the adrenal glands

• Aiding in food absorption from the intestinal tract and maintains the level of sugar in the blood, hence reducing the risk of diabetes

• Preventing and treating muscle cramps, irregular heartbeats and atrial fibrillation (AFib)

• Acting as a strong natural antihistamine by regulating blood pH levels

What About Iodine?

While it is also added to some table salts during processing, iodine occurs naturally in salt harvested from the sea. The recommended daily allowance for iodine is 150 micrograms, which we need for proper thyroid function. Because of our depleted soils, trace amounts of iodine are no longer present in conventionally grown produce. The daily use of sea salt in cooking and seasoning meals, as well as in making fermented foods like sauerkraut, is a perfect way to make sure that you are receiving enough iodine, as well as other essential minerals, in your diet.

For more information on the purest sea salt available and its numerous health benefits, please visit [www.Celtic-SeaSalt.com](http://www.Celtic-SeaSalt.com).

## Plateau Pick-Up is April 21

The Highlands Chamber of Commerce is hosting its annual Plateau Pickup on April 21 – cleaning litter on the Gorge Road between Highlands and Franklin.

If you're interested in volunteering, call the Highlands Chamber of Commerce at 828-526-2112. Volunteers will meet at the Highlands Visitor Center at 10 a.m.

Wear comfortable clothing and shoes and the Chamber will provide the supplies needed for the clean-up – vests, gloves, litter pick up tools, and garbage bags. All volunteers will receive a tee-shirt as a "thank-you" gift.

Following the event, volunteers will be treated to a hamburger and hotdog cookout at Cliffside Lake.



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## LOST DOG

Emma. Yellow lab. About 80 pounds. Rainbow collar with info. She is chipped. Last seen on 370 Sassafras Gap Road/Clear Creek area. 28 south. Contact Dori Moschouris 828-421-7403



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## HELP WANTED

### First Baptist Church of Highlands

is seeking an Administrator Assistant. It will be for 30 hours a week and salary will be based on experience. Strong computer experience is required. Please call 828-526-4153 to set up an appointment for an interview. (3/29)

**INTERVIEWING FOR PART-TIME, YEAR AROUND, AUDIO/VISUAL TECHNICIAN** for Highlands United Methodist Church. Sundays and special events. Call 828-526-3376 or stop by church for an Application. (st. 3/1)

**HIGHLANDS INN & HIGHLANDS INN LODGE** now accepting applications and interviewing for all positions. Front Desk, Housekeeping, Night Audit, Breakfast Host & cook. Full time and part time available. Call 526-5899 for appointment or stop by 96 log cabin lane

for application. Resumes or questions may be emailed to sales@highlandsinnlodge.com. (st. 3/1)

**SKYLINE LODGE** - housekeeping staff ,front desk clerks,and maintenance workers wanted for 2018 Season.We offer training. Call 828-526-2121 for an application .Background checks done .(st. 2/22)

**DO YOU LIKE TO CLEAN & ORGANIZE?** - Private club seeking a few energetic individuals with a happy state of mine to join our staff in the housekeeping department. Early hours, competitive pay and benefits, one daily meal provided, uniforms provided. If you are interested, please send a letter to HCC. PO Box 220, Highlands, NC 28741 (3/1)

**INTERVIEWING FOR FULL-TIME YEAR AROUND SECURITY POSITION** for a private community in Highlands. Shift is 3 pm to 11 pm M-F. Full benefits. Call

828-526-4161 or 706-982-5526. (st. 2/1)

**AT DUTCHMANS:** Full-Time Sales Associate (year-round). REQUIREMENTS: Retail experience a must, need to be able to work weekends and holidays, ability to work in a fast-paced sales-based environment, may include long periods of time standing, positive and friendly attitude, computer skills, interest in interior design. PREFERRED: 2+ years retail or customer service experience, POS experience. (st. 2/1)

**NOW HIRING SECURITY OFFICERS** - In the Franklin, Highlands & Cashiers area. \*Clean background. Clean driving record.\* Must be 21 years of age. Please apply at: NC Works 23 Macon Ave, Franklin, NC 828-369-9534 or call 864-888-0518 for more info. (2/15)

**CYPRUS INTERNATIONAL CUISINE.** Hiring All Positions. Please Contact Dan At Cyprus332@gmail.com. Or Visit Us At 332 Main St. Highland NC (st. 1/11)

**MOUNTAIN FRESH GROCERY** has full and part-time positions available. Competitive wages in all positions. Please come in person to 521 east Main Street in Highlands to apply or call 828-526-2400.

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**FIREWOOD FOR SALE.** Seasoned hardwood. Call Matt at 828-482-2214. Please leave message. (st. 10/5)

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**DO YOU HAVE POT HOLES NEED WATER DIVERTED CRACKS REPAIRED?** Call Daniel at DC Coatings Asphalt patching maintenance and repair at 828-421-7405 (st. 3/1)

**MURPHY'S PAINTING CO.** Interior & Exterior Painting, Sheetrock Repair, Wallpaper Removal, Log Homes, Decks. Insured. Free Estimates. 828-524-1391 or 828-332-0525. (3/1)

**HEALTHY COOKING CLASSES IN YOUR HOME.** Learn simple techniques & recipes to make fresh foods taste delicious, as you save money and improve your health! Call Medea Galligan, MS Nutrition, Health Coach at 828-989-9144 and leave your name & number to schedule your class.

**HIGH COUNTRY PHOTO/KEVIN VINSON:** scanning photos, slides & negatives to CD or DVD for easier viewing. Video transfer to DVD. Everything done in house. Leave message at 828-526-5208. (st. 3/1)

**HIGHLANDS-CASHIERS HANDI-MAN** - Can fix anything inside or out.

Carpentry, painting, pressure washing, lawn care, hauling. Free Estimates. References. Call Tony. 828-200-5770 or 828-482-0159. (4/5)

**MOLD AND MUSTY SMELL IN YOUR HOME?** Call for free inspection. 828-743-0900.

**REAL ESTATE/BIZ FOR SALE HOMES FOR SALE:** 3Bd 2&1/2Ba home includes 1Bd 1Ba cottage 2 miles from downtown Highlands. By owner 803-315-0715. (st. 2/22)

**3.20 ACRES UNRESTRICTED.** Power underground, borders National forest, 190 degree view. 10 min to Main Street. 3 septic fields, 1 well 7 g.p.m. 2 house foundations established and approved by county inspectors. 2Bed/2Bath Clayton home livable while building. Spring rights and more land available. For beautiful sunsets contact gracefamilia@yahoo.com. (st. 9/21)

**1.21 ACRES FOR SALE BY OWNER - OTTO, NC** - \$28,000. Lot 12 Quail Haven Road. Otto, NC. Price not firm...open for negotiation. Please email if interested to ddmarsh15@aol.com or call/text to 239-980-0531. If no answer please leave a message. (st. 7/20)

**RENTALS VACATION RENTAL:** In-town Highlands 3bd/3ba, walk-to-town condo. Book now! Available fall 2017 & 2018. \$2500 week includes housekeeping. <https://www.vrbo.com/4473684ha> more info at Chambers Agency 828-526-3717.



**VACATION RENTAL:** 3Bd 2&1/2 Ba home \$2400 monthly 1Bd 1Ba cottage \$1200 monthly All utilities included, fully furnished. 803-315-0715 2 miles from downtown Highlands. (st. 2/22)

**TWO SMALL OFFICE SPACES** near town, or combine for 800 square feet. 828-526-5558. (st. 1/11)

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