

Highlands Newspaper

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Thursday, Sept. 13, 2018

'Nuts & Bolts' of PAC redo outlined

Though "the show will go on" at the current center, if all goes as planned, the expanded Performing Arts Center on Chestnut Street will debut June 2020.

Tuesday, Architect Paul Schmitt explained the nuts and bolts of the expansion including who's working on interior and exterior plans, what the end-product will encompass and what it will mean to the community.

But first, board member

Cynthia Trevathan said Schmitt was the perfect fit for the project that has been in the news lately, but actually in the works for two years.

"We picked Paul for several reasons. He's a Highlander and we've seen his work and his ability to combine the old with the new. He is the perfect person to help us with our mission of creating a state-of-the-art performing art center for the plateau while keeping in mind the uniqueness of our town – the small size, the demo-

graphics, the shifting populations. Plus, he knew where to go to get the right people to include in the project," she said.

Locally, Architect Schmitt, Landscape Architect Hank Ross and Interior Decorator Lucas & Patton are on the project with four other companies that, as it turns out, have worked together on similar projects in other towns.

They are structural, mechanical, plumbing and fire safety en-

• See PAC page 2

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Peggy Crosby Center protects rare trees on campus

By Brian O'Shea

Certified Arborist Cnty Worley has been hard at work at the Peggy Crosby Center campus maintaining several trees that include both heritage (old), and rare (endangered) trees.

One of the rare trees is a Franklinia located in the front yard of the PCC at 348 S. 5th Street. The Franklinia species was discovered by botanists John and William

Bartram. Also being treated is the large European silver fir located in the side parking lot.

Maintenance includes aeration, administering liquid fertilizer deep into the root system, addressing some hardscape issues and maintaining a pollinator garden. All plants added to the campus are native.

"I'm just giving them a tree

• See TREES page 8

Failing wall being rebuilt at Highlands Playhouse

By Brian O'Shea

The deteriorated wooden crosstie wall that used to greet guests at the Highlands Playhouse is being replaced. The new wall will be made of stone to match the walls along Oak Street in front of the Highlands Police Department and on Third Street.

Town Manager Josh Ward said the cost of the project is \$110,000 and has been budgeted out of the

general fund.

Construction began last week and Ward expects work to continue for approximately a month. He added that the old wall was over 20 years old and could potentially fall down if not replaced.

Playhouse Managing Director Lance Matzke said the construction is located next to the entrance to the theater's parking

• See WALL page 10

Highlands School 2018 Boys Varsity Soccer Team



Freddi Lopez, Pablo Jimenez, Brent Sleight, Dillon Schmitt, Jared Shearl, Jonathan Miller, Luis Torres, Caden Smolarsky, Destin Gearhart, Jeffrey Olvera, Lane Tingen, Carlos May Gomez, Carson Talbert, Collin Stoltzfus, Ethan Tate, Drew Chalker, Griffin Green, Garrison Chalker, Hunter Collins, Jake Billingsley and Mattson Gates.

– Photo by Brian O'Shea

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• THE PLATEAU'S POSITION •

• MAYOR ON DUTY •

Highlands promotes health and wellness

Health and wellness are important social determinants and essential to a vibrant community.

I have written on several occasions about the Blue Zone Communities that promote health and longevity by way of diet, exercise, relationships and meaningful work. While Highlands is not designated as one of these communities, a lot of the things we do are very close to that model.



Highlands Mayor
Patrick Taylor

in recreation where improvements can be made, but the heavy lifting of bringing the recreation facilities up to standard has been accomplished.

Another great recreation spot is K-H Founders Park. Children constantly play in the park and many of our older adults love to pass through the park, many times with their dogs in tow on daily walks around town.

Highlands is not alone in promoting recreational venues and the impact on health and wellness.

The Robert Wood Johnson Foundation has given the National League of Cities a grant to create a pilot project focused on promoting healthy cities. Atlanta, Birmingham and Charlotte are included in the 12 cities that have been selected to develop plans to promote health and wellness. I think Highlands is already committed to such efforts.

Hopefully, our community will be able to partner with other entities committed to public wellness such as the newly formed Dogwood Trust.

...PAC from page 1

gineers; architectural acoustics and noise control specialists; theatrical lighting and sound design experts; and theatrical rigging specialists for layout and space planning.

"This is a project that demanded a whole lot more expertise than I could bring to the table, so I put together a team that is interested and capable of working on this project," he said.

Members of the team who have previously worked together include David Eagan of Eagan Acoustics who was Schmitt's professor at Clemson 40 years ago teaching lighting and acoustics.

Some well thought-out components of

One of the areas that I am most proud of in recent years is the renovation and expansion of our Recreation Department. This initiative has been a partnership between the town, county and private sector philanthropy. Lester Norris has done a great job in overseeing the effort.

Our upgrades to the aging recreation infrastructure began with a small tax increase earmarked for recreation improvements some four years ago. During this period, the town has spent more on recreation improvements than the tax has generated. For the next couple of years, the tax will stay in place to recoup the total improvement costs. After that time, I would like to see that tax, 1.5 cent per \$100 of property valuation, redirected to other infrastructure initiatives such as road improvements.

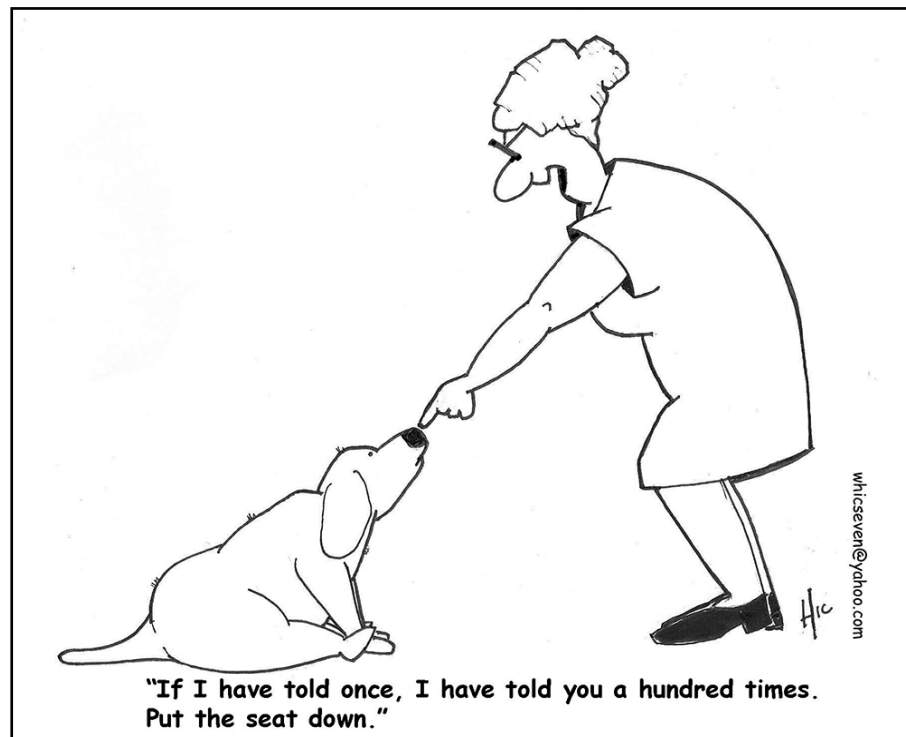
Private donations and in-kind support have been essential to recreation improvements. Lead gifts from Art and Angela Williams have triggered additional private support as was seen in the development of the skateboard park.

We have much to be proud of when it comes to recreation facilities. They serve all the residents on the plateau. Our swimming pool is an innovation that provides year-long swimming. I have been impressed with the wonderful programming that has been an outgrowth of the updated facility.

The basketball court, that also serves pickle ball, and our newly refurbished ball field are all first-rate. Ball teams from all over the region enjoy playing at our beautiful complex. I have been delighted to see so many kids and adult use the recently completed skateboard park.

The newly completed aerobics room and workout facilities have added to the array of recreational options available. All the rooms where bridge competitions are held have been refurbished. There are still areas

• HIC'S VIEW •



the expansion layout include situating the 85-seat black box theater between the existing performance hall and the new 285-seat performance hall both as a buffer and as a way to share support components without duplication.

In addition, much thought has been given to circulation within the complex, for both patrons and those working behind the scenes.

Hallways behind the performance areas will connect the three areas which not only enables people to move unseen from one area to another but most importantly everything will be on one level.

"This means there is great mobility around the complex making handicap accessibility a non-issue," said Schmitt.

Careful consideration has been given

to acoustics that can be adjusted to accommodate any kind of show – speech, theater, music or concerts.

Tiered seating, retractable seating, a vertically adjustable orchestra pit are just some of the special accoutrements of the center.

First, all the infrastructure will be installed behind the building including sewer, water, rain water piping. Then the parking lot will be constructed so shows can continue in the existing PAC even though parking on the side of the building will be eliminated to make room for the expansion.

Schmitt said the initial infrastructure work will be bid out locally and if all goes as planned, construction on the actual expansion can begin by the end of October.

– Kim Lewicki

- NOTE -

The effects of Hurricane Florence are expected to hit Highlands late Sunday night.

In the event of power outages, authorities ask that citizens NOT call 9-1-1, the PD non-emergency phone number or Town Hall.

Crews are already on stand-by and will begin addressing power outages as soon as they are able.

• WEATHER •

	Friday 9/14		Saturday 9/15		Sunday 9/16	
	Daytime	Overnight	Daytime	Overnight	Daytime	Overnight
Temp	82 F	59 F	79 F	58 F	71 F	62 F
RealFeel	90 F	62 F	86 F	61 F	68 F	52 F
Winds	4 g 9	13 g 35	5 g 12	5 g 16	8 g 20	18 g 27
T-Storms	24%	24%	31%	4%	14%	45%
Rainfall	0	0	0.02	0	0.73	0.4
Snowfall	0	0	0	0	0	0



CULLASAJA CLUB

This may well be the best buy in any of the country clubs in Highlands. It won't matter if it is just the two of you or an extended family, this home has great spaces for everyone to enjoy. As a couple, the main floor has everything that you need including a sun porch with another fireplace and a home office built for two. The living room is bright and opens to the kitchen where even the most proficient chef will enjoy the amenities. The master suite features a private porch and a deluxe bath with a closet to envy. Upstairs holds a great area to read or play games, plus a sleeping room for the little ones. The terrace level boasts a family room that will accommodate the entire family, plus a climatized wine cellar with tasting nook, a large billiards room, and three great guest suites. With wonderful views of the golf course and the mountains and lots of open & covered decks, this home is just about perfect in every way.

MLS# 87857 | Offered for \$1,099,000

HIDDEN FALLS

Custom built home with a spacious great room/dining room featuring vaulted pine ceilings and exposed beams, plus a massive stone fireplace. Open kitchen with breakfast area, granite countertops and wormy maple cabinets. Master suite on main level, 3BR/2BA on the upper level. A lower terrace level has a game/TV room, bunk room and second master suite. Covered and screened decks, fire pit area and 2-car garage. A second deck on this level gets guests outside to enjoy the cool mountain temperatures or easy access to the fire pit. This home is on the electrical grid for the hospital so in the event of a power outage, this area usually gets power restored first; in the meantime a 16KW generator will keep everyone comfortable.

MLS# 87182 | Offered for \$999,000



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\$340,000
MLS# 88439

The master is oversized with an extra large walk-in closet and a newly tiled shower, new granite vanity, and new lighting. The large kitchen boasts white cabinetry and brand new stainless steel appliances and easy access to the one car garage.

\$315,000
MLS# 86979

One level with 3BR/2BA. The great room boasts vaulted ceilings, beautiful hardwood floors and built-ins next to the gas fireplace. The kitchen opens to the great room and has lots of cabinetry and granite countertops.



\$305,000
MLS# 87425

Great location in Chestnut Hill on a level lot with a small fenced yard for a dog in the back. Lovely rocking chair front porch plus a screened porch in the back.

\$298,000
MLS# 86978

One level living with two bedrooms and two baths. The large kitchen boasts white cabinetry and has easy access to the one car garage. Move in ready!



*Under
Contract*

\$290,000
MLS# 82769

Great location in Chestnut Hill. Lovely rocking chair front porch plus a screened porch in the back. Located on a cul de sac with plenty of room to walk the dog or fiddle in the yard. Fenced dog run in back.



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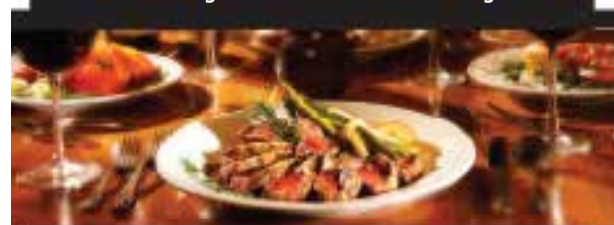
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• OBITUARIES •

Nicole Maria Annesi

Nicole was born January 28, 1971 in Ft. Lauderdale, FL. She was predeceased by her father Alexander A. Annesi, Jr. on December 25, 1982 in Ocala, FL.

She is survived by her parents Diane and Grat Rosazza, of Highlands, NC; her sister Christa Helena Annesi, Sarasota, FL; nephews, David Annesi, Redding, CA and Devon Merritt, Ocala, FL; her uncle Henry Matthes, Jr., Sonoma, CA; and cousins Fletcher Matthes, Victor, NY and Ian Matthes, Roswell, GA.

The ladies clothing shop, Nicole of Highlands, Inc. was in Highlands for 22 years and named after Nicole. Nicole attended Highlands School, Lewisboro School, South Salem, NY and St. Johns' Lutheran School, Ocala, FL.

A memorial service will be held at a later date at the Episcopal Church of the Incarnation in Highlands. Memorial gifts may be given to Legacy Hospice House, 9505 S.W. 110th. St. Ocala, FL, 34480, The Highlands Cashiers Land Trust, Highlands 28741, or the Bell Tower Endowment, (B.T.E.), Episcopal Church of the Incarnation, Highlands.

Anna Lee Henry

Anna Lee Henry, 74 went home to be with the Lord Thursday, September 7, 2018. Anna Lee was a native of Highlands, N.C. and very family oriented.

She was born February 13, 1944 to the late Lemmie Webb and Helen Ruth Henry. She was a member of Blue Valley Baptist Church in Highlands.

Survivors include her two sons, Terry Henry (Linda) of Highlands, N.C. and Billy Joe Henry (Sharon) of St. Cloud FL.; five daughters, Teresa Dalton (Jerry) of Highlands, NC, Brenda Owens (Tommy) of Clayton, Ga., Linda Rollins (Robby) of Franklin, N. C., Lee Ann Hall (Tudor) of Highlands, Kristy Brewer (Justin) of Franklin.

Fifteen grandchildren, Rachael Pinkert, Nicholas Henry, Kathrine Henry, Heather Tejada, Stephanie James, Lauren Dalton,

Adam Henry, Kayla Baty, Alexandria Caruth, Ryan Perkins, Matthew Perkins, Logan Rollins, Christopher Hall, Reese Brewer, and Falon Brewer. Seventeen great-grandchildren, Stella Pinkert, Austin Henry, Hayden Tejada, Emeri Tejada, Henry James, Avery James, Troy Keener, Tilly Dalton, Ash Henry, Archer Henry, Chloe Baty, Payton Baty, Mackenzie Baty, Taylor Hays, Anabelle Hays; Lincoln Perkins, and Jaxon Perkins; two sisters, Juanita Chastain and Patsy McCall and two brothers, Larry Webb and Ricky Webb. She is also survived by several nieces and nephews.

She was preceded in death by



her parents and her husband of 50 years, Johnny Henry.

A funeral service was held Monday September 10, 2018 at Blue Valley Baptist Church in Highlands, N. C. with Rev. Oliver Rice officiating. Burial followed at Highlands Memorial Park.

Pallbearers were Nick Henry, Adam Henry, Ryan Perkins, Matthew Perkins, Christopher Hall, Gene Ramey, James Ramey and Kent Henry.

Burial was in Highlands Memorial Park.

Online condolences may be sent to bryantgrantfuneralhome.com. Bryant Grant Funeral Home & Crematory served the Henry family.

Herbert Neville (Herb) James

Herbert Neville (Herb) James, age 83, of Highlands, died on September 7, 2018 at Highlands-Cashiers Hospital. Born in Rabun County, GA, on April 9, 1935, Herb was the son of the late Lawton P. and Irene Picklesimer James. He was preceded in death by a sister, Barbara J. Taylor and a brother, Tom James.

He is survived by his wife, Barbara Calloway James, daughters Leigh Ivy (Brandon) of Valrico, FL; Cindy Reed (Morris) of Highlands, NC; Melanie Carter



(Jeff) of Elizabeth City, NC; sons Allan James (Pam) of Thomasville, GA; and Jeff James (Mary) of Franklin, NC, eight grandchildren Jackie Petrone (Vince), Allan James II (Jessica), Megan James (Laura), Taylor, Michael and Jessica Carter, Jason and Ryan Coggins,

four great-grandchildren, and two sisters Wilma J. Gordon and Geraldine Crowe (Wayne).

For 50 years Herb served the Town of Highlands. He began his career with the Town in 1957 as

a lineman. He was hired as Town Clerk and Treasurer in 1961, where he worked until his retirement in 1989. After retirement, he served sixteen years on the Town of Highlands Board of Commissioners. He retired after 27 years as a volunteer fireman and Treasurer of the Highlands Volunteer Fire and Rescue in 1989.

Herb was recognized for his civic service in 1989 when he was received the "Outstanding Citizen of the Year" Robert B. Dupree Award from the Highlands Chamber of Commerce. He was Vice Chairman of the Macon County Planning Board. He served as

• See OBITUARIES page 9

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2018 Upcoming Events



at the
Center for Life Enrichment



Ambassador (Ret.) Scott H. DeLisi

will be at CLE Wednesday, September 26 and Thursday, September 27 to give two great presentations.

Scott DeLisi served the government of the United States for almost 35 years

as a diplomat, capping his career representing President Barack Obama as American Ambassador to the Republic of Uganda from 2012-2015. Currently, he is serving as the Executive Director of Soarway, a charitable foundation dedicated to helping the

people of Nepal recover from the devastating earthquakes of 2015 and build a stronger, sager, and more resilient future.



SEPTEMBER EVENTS

- **Wednesday, September 26: "But Do You Wear a Uniform?" 35 Years in the U.S. Foreign Service - America's Other Army**
Time: 2-4 Cost: \$25/\$35
Presenter: Scott DeLisi
- **Thursday, September 27: The Four Horseman of the Robot Apocalypse**
Time: 10-12 Cost: \$25/\$35
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**THE CURIOUS MIND
KNOWS NO BOUNDS**

...TREES continued from page 1

booster," said Worley. "It feels really good to pay attention to them (trees) and maintaining these trees is really important to the board of directors (PCC)."

He added that the liquid fertilizer used on the trees' root system is a living agent or a "compost tea" that will continue working long after it was administered.

"It becomes part of the soil-food and it enlightens the soil," he said.

The visit from Worley is made possible through a grant from the Laurel Garden Club in Highlands. For the past six years LGC has awarded approximately more than \$29,000.00 to the PCC, said Lila Howland, co-chair of the grants com-



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Certified arborist Canty Worley of Canty Worley and Co. pumps liquid fertilizer deep into the root system of a rare Franklinia tree at the Peggy Crosby Center.

— Photo by Brian O'Shea

mittee.

"Laurel Garden Club supports and promotes natural landscape plans that use native plants and includes an educational component," said Howland. "The PCC submitted a request for such a plan and we were/are enthusiastic about helping them achieve their goal."

Since 2002 LGC has awarded over \$157, 000 to the community in grants. The amount distributed each year is dependent on the profits from LGC's Kitchen Tours and the sales of a cookbook, Celebrate Highlands (now out of print), which equals approximately \$15,000 per year.

"We live in and love our community and have a strong commitment to promoting good ecological and environmental practices," said Howland. "So many of our native plant species are disappearing, along with the insects, birds, clean air and water that they support."

She added that LGC and the Mountain Garden Club sponsored the organization now known as Land Stewards of the Highlands-Cashiers Plateau to preserve native plants.

"This group has now evolved to be a major promoter and protector of native plants and advocate for the control

• See TREES page 17



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• WORD MATTER •

Let's Get Uncomfortable

It's difficult to write about race in America.

We can't hide from the truth; there's a lot of racial enmity going on in our great nation. It's nothing new but it does seem we hear about and see it way more today than might have been the case, say, ten years ago. It's been suggested the election, twice, of Barack Obama to the U.S. Presidency, re-opened an ugly door, which had been closing, slowly, since passage of the Civil Rights Act of 1964 and Voting Rights Act of 1965.

I've experienced bigotry first hand and can tell you, it's never pleasant. I can't imagine what it feels like being African-American, Hispanic-American, or Asian-American because I'm none of those things. I do know none of us who's skin color or language doesn't give away our 'other-ness' can truly understand the life of those of us who look and sound different.

I've written in the past about my belief that a significant number of white Americans feel threatened by the demographic changes taking place throughout our nation. There's a lot of anger being aimed at both individuals and entire groups of people for no reason other than the people expressing the anger are afraid of what these changes could or do mean to them. More often than not, by a lot, I believe, the anger is an expression of misunderstanding and fear as opposed to anything that has actually directly impacted a person's life. We tend, as humans, to fear things we don't understand. We also tend to hate what we fear.

I don't have a great deal of confidence anything significant is going to change with regard to race relations in America any time soon, but I'd like to offer a couple of notions in hopes of illuminating what it is, exactly, we're discussing.

First, as a practical matter, racism has very little to do with how we feel or how we think. What goes on in someone's mind or heart doesn't necessarily affect anyone other than the person doing the thinking or feeling. Racism has everything to do with how we behave and act towards others.

There are laws in place protecting minorities from overt discrimination on the basis of race, ethnicity or gender in employment, housing, public accommodation, and other aspects of life. There are no laws protecting minorities from how others feel about them or think about them. And yes,



Bud Katz

those thoughts and feelings go both ways.

Second, racist thoughts, feelings and actions are taught and learned. No one is born a racist. Invariably, people are taught to believe in the superiority of one race or the inferiority of others.

There's a powerful line in a Rogers and Hammerstein song from the Broadway musical, South Pacific. The song is called

Carefully Taught.

"You've got to be taught, before it's too late,

Before you are six, or seven, or eight,
To hate all the people your relatives hate,

You've got to be carefully taught."

This sentiment is behind most racial discord in America, or any place else for that matter. The vast majority of racial animosity and racist behavior isn't based on anything logical or reasonable. In my opinion, it's purely emotional and is seldom, if ever, able to be calmly or intellectually discussed or explained.

I grew up in a nearly all white environment, in Brooklyn, New York. The graduating class in my high school had almost 700 students. Two were black, one boy and one girl. I don't recall a single Hispanic-American student in my school at that time.

My own thoughts and behaviors regarding race were shaped by my experience in the Air Force, where I was exposed to many more people who looked, sounded and grew up differently than I did, in the white, ethnic goulash from whence I came. Some I grew to like, respect and hold in high regard. Others? Not so much. Liking or disliking an individual is understandable. Applying that attitude towards an entire race, religion, ethnicity or gender isn't.

Like it or not, we live in a diverse society. Some places, like Highlands and Cashiers, are less so. Other places, like Asheville, Atlanta, or Greenville, are more so.

It's unrealistic, perhaps even unnatural, to think everyone ever will, or even should, prefer the company everyone else. But we can, and I believe should, be respectful towards one another, behave as pleasantly as our individual disposition allows, and keep our negative feelings, should they exist, to ourselves.

• Bud Katz is a full-time resident of Highlands and a member of the Highlands Writers Group.

...OBITUARIES

continued from page 7

Treasurer of the Board of Trustees of the Highlands Biological Station. He was a member of the Board of Trustees of the Highlands Cashiers Hospital.

Herb was a lifelong member of the Highlands United Methodist Church where he volunteered many hours. Through the years he served as Chairman of the Administrative Board, Treasurer, Trustee, and Building Committee.

A memorial service was held Tuesday, September 11, 2018 at the Highlands United Methodist Church with Reverend Randy Lucas officiating. Burial followed at Highlands Memorial Park.

Donations may be made to the Highlands United Methodist Church – Building Fund.

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• HS SPORTS •

with Kedra McCall

This week high school soccer played Murphy and they won 4-3. Coach Jeff Weller said the

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CHOREOGRAPHY
BY SONIA OCHOA

team started off slowly and allowed Murphy to stick around all game. "We won 4-3 but gave up two PKs along the game that were both made. That put pressure on the team to step it up which it did in the 2nd half."

Weller said the team's offense was sparked by a great "effort" goal by Caden Smolarsky.

"Carson Talbert put away two

more and Luis added one, too. At that point, we were up 4-2. Murphy added a hustle goal to tighten the game," he said.

The boys played very hard the last 10 minutes and produced a lot of scoring opportunities during that time. Several freshman stepped up and provided an offensive spark on spreading the field and opening gaps for attacking players.

"I see this game as a good learning experience. Hopefully, we can build on the positives and learn from the negatives moving further into conference play," said Weller.

The next home game is Monday, Sept. 17 against Swain starting at 6pm.

Middle school soccer played Murphy and Rabun Gap. They beat Murphy 9-0 and finished with a 1-1 tie. Their Tallulah Falls game was canceled due to weather. Their next home game is Monday, Sept. 17. They will also play Swain at 4pm right before the high school team.

High school volleyball played

• See HS SPORTS page 16

...WALL continued from page 1

lot and that he asked construction crews for a favor.

"We asked them to take breaks during showtimes," said Matzke. "You can hear the vibrations through the walls, but after I asked they have been really good about it."

For the week since construction began Matzke said the Playhouse's ticket sales have not drastically suffered. However, he does want to assure the community that the Playhouse is open offering a full schedule of showtimes.

"The construction scared me when they first started but it hasn't affected us much," said Matzke. "You can't see our marquis but we are open for business."

Town crews have torn down the old wall and MJM Poured Wall Co. is contracted to build the new rock wall.

Highlands Playhouse will move its productions to the Highlands Performing Art Center after their 81st season in 2019. It's hoped that the PAC expansion will be completed by early summer 2020. Ward said the town has not decided what to do with the Playhouse building after the theater group moves out.

"Nothing has been determined," he said. "It will take 18 months to complete the PAC, so it will be some time before anything is discussed."

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Past generations lived more physically intensive lives because life required it. Walking, riding horses and hitching up wagons were a normal part of life. It required physical labor to produce food or earn a living for most people. Even washing clothes or cleaning dishes required action. There were no washing machines or dishwashers.

Our species has been on earth a very long time. A recent discovery found Homosapien remains along with flint tools at a site in Morocco dating back over 300,000 years!

For most of these multiple millenni-



Hank Miller
828-305-9713

ums we had to work to live.

In the years since the Industrial Revolution, we have increasingly been granted less physicality in our lives. Since the advent of the Computer Revolution we have become considerably less active. More time in front of screens on phones, tablets and smart televisions with an endless variety of streaming entertainment is working against 299,760 years of human existence which required intensive activity.

The Three Pillars of Fitness all require human body systems to be intensely used.

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- Maintaining muscle mass diminished with inactivity and
- Cardiovascular health.

Maintenance of our skeletal muscular system is crucial for quality of life in all phases of being. As we age, however, it fails fast unless we are proactive.

• See FITNESS page 15



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is one of the crucial steps in roof maintenance. All roof systems are designed to shed water but when they lose this capability due to growths, moisture retention makes the surface a biological Petri dish leading to premature deterioration. There are many forms of microscopic plants that thrive in Western North Carolina's moist environment.

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Cedar shake siding and roofs are popular in the mountains here, but do not stand up to the elements well. Cedar will not decay on its own. It takes moisture and environmental infestations like moss, mold, mildew, lichen and fungi to do that.

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Fall Home Improvement

Upgrade your kitchen to cook like a professional chef

(StatePoint) Of course, cooking like a chef at home requires talent and practice. But there's no doubt about it -- having the right culinary tools, appliances and prep space is essential, too.

To upgrade your kitchen so that you can cook like a chef, consider the following:

Prep Like a Pro

Save time and energy and get a cleaner cut by maintaining your knives. Properly clean, dry and store knives directly after use and regularly sharpen them. Whether that's on a magnetic strip on the wall or an in-drawer organizer, the best options will allow you to see all your knives at once so you can reach for the correct one. Precision slicing? You may also wish to invest in a mandoline.

Bake a lot? Consider ditching the measuring cups by using a digital scale instead. You'll get faster, more accurate results. And the bonus of less to clean-up.

Cook Like a Pro

When it comes to ensuring that there are no limits to what you can do in the kitchen, it's all about having top-notch appliances. Check out the Pro Series Collection of free-standing ranges from ILVE. Known for their handcrafted Italian appliances, the new series offers chef-quality features such as a removable griddle, high BTU brass burners and a built-in warm drawer to keep cooked food at an ideal temperature for serving. Available in a 36-inch single or unique double oven configuration as well as 40-inch and 48-inch sizes with double ovens, the

electric ovens feature multi-function cooking options and included rotisserie accessory. The Pro Series is equipped with features that professional chefs dream of at a price point that the home culinarian can afford. Offered in stainless steel and matte graphite colors, you can get a professional-style cooking experience while maintaining the sleek design of your kitchen.

Move Like a Pro

Do an audit of your current cooking habits, bearing in mind the layout of your kitchen and the organization of go-to ingredients. Are you expending time and energy walking all the way around the kitchen island just to get to the fridge? Are you spending too much time poking around for a particular spice or oil? The optimal flow in your kitchen space will allow for more intuitive food preparation and help you stay light on your feet.

Want to cook like a professional? Update your kitchen accordingly. A few upgrades can help you become a better chef.



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LORD BANJO'S PERSPECTIVE

• DOGSPEAK •

The Funny things Mums worry about

Reclining beneath the fan on our screened porch, I listened to Mum and her sisters reminisce about their mum or Mumsie, as my Dad always called her. We four-legged grandkids referred to her as Ganma, and our

Mums are pretty sure Ganma never forgave them for not having any two-legged kids. We dogs and cats never understood that sentiment, and we made sure to shower Ganma with love every chance we got.

My mum laughed at the things Ganma worried about when Mum was a little girl. Because she was labeled a bookworm and was a bit shy, Ganma worried Mum would never develop social skills and would grow up to be a wallflower. If you've ever met my Mum, you know that didn't happen.

Ganma was also concerned Mum didn't like coffee and only wanted to drink tea. The coffee thing was an issue with Mum's New York aunt who opined that Mum would never fit in if she didn't learn to drink coffee. Isn't it funny the things that worry people? Mum didn't start drinking coffee until she was in her late 20s and survived fine.

Their conversation made me think of things the Royal Mum worries about regarding moi. First, she and Dad worried about my not wanting to go out the side door after dinner. I go out that door every morning and all day long, but I put my foot down—actually, all four feet and my whole body—at night. After literally dragging or sliding me across the wood floor a few times, they surmised that my vision might not be what it used to be. Duh-uh!

We have a perfectly good front porch with a bright light and only a few steps, and when I headed to the front door a few times, the Royal Parents finally got the picture. They only had to say once, "Banjo, you want to go out?" and up I sprang. Well, OK, I never spring, but it was clear I had no issue going outside when we used the front door. Mum and Dad can be surprisingly slow on the uptake.

Lately, Mum is worried I'm getting senile. Me? Senile? I am ROFL. What behaviors prompted that ridiculous idea? I go downstairs



The Royal Pooch Lord Banjo

with whoever gets up first—unless I'm exceptionally tired or someone is exceptionally early—and then I return up stairs to wait for the next parent. When Mum is the late riser, she's noticed I sometimes plop down at the top of the stairs instead of following her. "Are you waiting for Dad," she laughs, "Have you forgotten he's already downstairs?" Forgetful? Seriously? How 'bout I dozed for thirty minutes and simply lost track of who was where? Like people waking up and not knowing at

first where they are.

Last but not least, she worries when I don't leap at the chance to take a walk with Dad. It used to be Mum and Dad called me lazy. Now they ask, "Do you hurt? Are you tired?" They should realize I think it's too hot for a walk long before they do. Dad blames my reluctance on my wanting to hang with Mum, and that's not far from the truth, but it's more that once I'm comfortably ensconced beneath Mum's desk, I don't want to move. I mean, if Mum were lying on the couch reading, she wouldn't want to go for a walk, either.

Are some of these worries really what humans call "projecting," as in Mum worries she's getting forgetful and projects that onto me? Whatever the reason, I think my silly parents worry about the strangest things. Perhaps I should worry about them worrying, but then who in this family would "Keep calm and carry on?"

• Find similar stories in his book, "Lord Banjo the Royal Pooch," available locally at Mountain Paws in Highlands, Books Unlimited in Franklin, and on Amazon. Contact him at inkpenn119@gmail.com.



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...FITNESS continued from page 11

Loss of muscle mass makes us prone to frailty, loss of bone density and falling, along with the inability to perform tasks of daily living. In addition, it can take away the joy of life associated with going, doing and having fun. Physiologically, loss of muscle mass tips the scale on maintenance of a healthy body fat ratio because muscles burn calories even at rest. We all know today that obesity is a leading cause of heart disease, stroke, diabetes and cancer.

There are two types of skeletal muscle fibers in the human body: 1. The darker tissue like in a chicken leg is defined as slow twitch or Type 1 muscle. Type 1 is dark because it has a high percentage of myoglobin which is similar to hemoglobin in the blood. This type of tissue has high oxygen content and contain the fibers which allow us to do endurance tasks. Marathon runners are an example of people who rely heavily on Type 1. We will be more concerned with slow twitch fiber in the third column of this series regarding the cardio vascular system.

In today's topic we are concerned with Type 2 muscle fiber also defined as fast twitch. Type 2 in humans is comparable to the white meat found in a chicken breast and wing. It doesn't have the high level of

dark colored myoglobin found in slow twitch muscle. It's the power fiber. It is activated for explosive movements like sprinting and for power activities such as moving a heavy object or standing up from a chair. Due to its make-up it is the muscle fiber most associated with mass.

Since we no longer have the daily physical requirements of our ancestors and we are living longer, there is a real need to stress our fast twitch muscle fiber. The most expedient way is to regularly perform some form of resistance exercise. Long repetitive exercise as in jogging, walking, biking or swimming will not stimulate Type 2 muscle enough to stave off age-related muscle loss. Slow movements with a significant amount of fatigue in a relative short amount of time is the most effective manner to maintain and grow fast twitch muscle. Properly performed exercises including calisthenics and weight lifting are most expedient.

I have found that the most proactive way to get the most beneficial muscle growth is to design an exercise program which utilizes groups of muscles together in ways that mimic real life movements. For most of us, exercises that fatigue muscles in

• See **FITNESS** page 21

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‘Buy Land, They’re Not Making It Anymore’

– Mark Twain

A couple of weeks ago Bee and I joined a dozen downtown business owners for dinner at the invitation of Mayor Patrick Taylor and his wife Sallie. We were joined by Gary Wein and Julie Schott of the Highlands-Cashiers Land Trust, who immediately told us “we’re not here to ask for money, but we’d like each of you to become an Ambassador for the Highlands Cashiers Land Trust.”

All of us wholeheartedly accepted the invitation. I must admit I’ve always wanted to be the Ambassador to Ireland...but this

appointment will do for now.

Gary’s 20-minute presentation was concise and heartwarming, and I left the dinner fully realizing the incredible and positive impact the Land Trust has on our Real Estate business here on the Plateau. Here’s the Mission Statement of the Highlands Cashiers Land Trust: “To Protect Valuable Land Resources for all Generations.” Whether you’re Buying property or Selling property, the Land Trust adds real and permanent value to your investment. Access to Nature and outdoor recreation are not only important

“investment drivers” for you to consider, they are the very reason people live here and are moving here.

Investment & Future Value...that’s our business! Let’s take a look at a few numbers The Highlands Cashiers Land Trust is responsible for. They have 309 acres under protective ownership, the total value of this acreage being just over \$22 million dollars. The Highlands Cashiers Land Trust maintains 13 public properties in Highlands alone, including 13 miles of trails. Sunset Rock, the Satulah Mountain Preserve, and “Shadow of the Bear” at Rhodes Big View. The Land Trust conserves over 3,100 acres of forests, wetlands, open spaces, and scenic vistas in Macon and Jackson counties.

The Highlands Cashiers Land Trust deploys a very basic strategy, to gain Conservation Easements from property owners. As a Land Owner you may be in a position to consider donating the development rights of a parcel to the Highlands Cashiers Land Trust and structure a permanent Conservation Easement.

By placing your land under the loving “Trust” of HCLT, they will monitor the care and condition of your land, limit development to appropriate levels, protect the endemic species of plants and animals present...and it’s forever! In turn you receive incredible benefits which include a federal tax deduction, a NC state tax credit, and a reduced County property tax assessment. You



Pat Gleeson, Owner, BIC White Oak Realty Group
828-782-0472

still own the land, but the Highlands Cashiers Land Trust become the stewards of the land.

I realize that I may never become the Ambassador to Ireland, but I am honored to become an Ambassador to the Highlands Cashiers Land Trust. In Closing, I must share this quote from the HCLT’s brochure by the great “Wilderness Prophet” John Muir who once said “thousands of tired, nerve-shaken, over-civilized people are beginning to find

out that going to the mountains is going home...”

Thank you Highlands Cashiers Land Trust, and all of those involved!

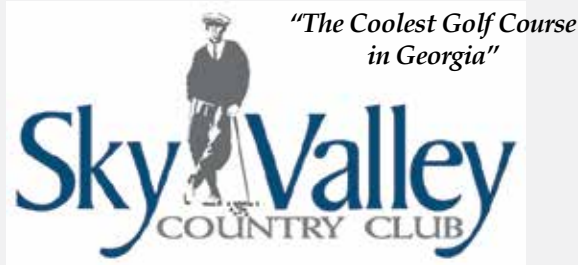
• Pat Gleeson, his wife Deborah (aka Bee), and their dog Gemma are owners and brokers of White Oak Realty Group, located in downtown Highlands on 4th Street across from the Old Edwards Inn. White Oak Realty Group, founded in 2009 by Susie deVille, is one of the leading boutique brokerage firms on the Highlands-Cashiers Plateau. You can reach Pat, Bee, and Susie deVille at 828.526.8118.

...HS SPORTS from 10

Smokey Mountain and Blue Ridge. Neither JV nor varsity could beat Smokey. JV lost 2-0 and varsity lost 3-0.

They then played rivalries, Blue Ridge. Due to Blue Ridge not having JV, only varsity played. They pulled out a win in three sets. Head coach Katy Postell said she was really

• See HS SPORTS page 17



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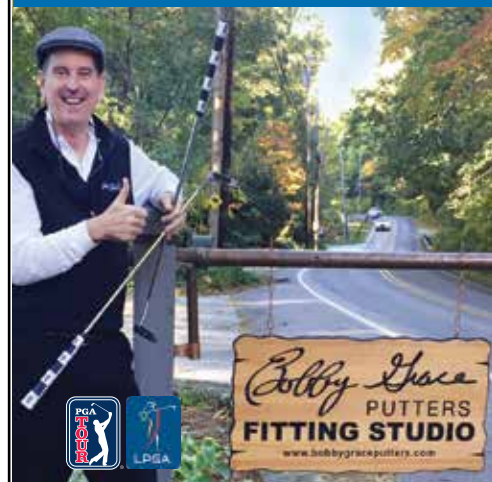
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...TREES continued from page 8

of non-native invasive species, and includes members and organizations from many environmental sectors of the community that share the same concerns," said Howland.

PCC Property Manager James Plemmons said LGC has supported the PCC's landscape plan for years and said LGC is always helpful and looks at the plans to make sure they fit in with the aesthetic of Highlands.

"They (LGC) have limited funds and we feel very honored to be one of the groups they support," said Plemmons.

Howland said when LGC awards grants to organizations, they closely monitor the use of funds.

"Indeed, we do monitor the progress and use of the grant money, by observing the progress and keeping in touch with the key people involved," said Howland. "I and others on the grants committee drive through the PCC and walk about several times a month. We do not hesitate to step in with suggestions if we think they are necessary. This is true of all our grant projects."

Worley said not only is the PCC board preserving the trees, but passing by the PCC is a main thoroughfare for children walking home from school. The sidewalk runs past the pollinator garden and is made up of all native plants and provides habitat

for wild life.

"We want to teach them about natural habitats," said Worley. "Hopefully they can see the importance of it and get a better understanding of this."

Howland said the PCC's landscape plan is a good example of organizations doing what they can to conserve the area.

"Our community is blessed with a number of organizations dedicated to preserving the environmental integrity of these mountains," said Howland. "Blessed is the word, and we all work together for the good of the common cause of keeping this plateau the pristine and naturally abundant paradise it still is."

...HS SPORTS from 16

impressed with how the girls held it together. She said Ava Schmitt, coming in for her first game as setter - "was crazy good."

Their next home game is tonight, Sept. 13. They play Cherokee, JV starts at 5 and varsity follows.

Middle school volleyball played both Rabun Gap and Eagle Ridge. Though the girls didn't win against Rabun Gap, they beat Eagle Ridge.

Their next home game is Thursday, Sept. 20. They play Eagle Ridge at 4:30.

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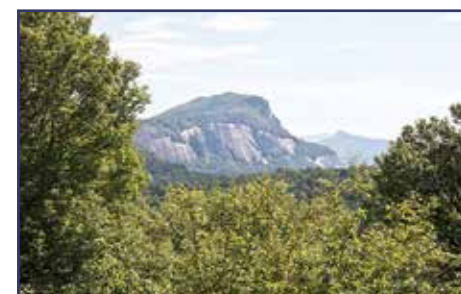
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A beautiful contemporary home situated on a serene and gently sloping hill on 46 acres of home property with magnificent surround and distant mountains. The home has two wings. Part of the house can be used as an in-law suite with its own kitchen, bedrooms, and living area. Surrounded on three sides by National Forest. Approximately 20 minutes from Western Carolina University. The boat ramp to Bear Lake is about 10 minutes away. Top of the property would be ideal for a mountain cabin with magnificent long range mountain views. There are roughly three acres of cleared land which could be used for maintain horses. There is an additional 19.7-acre parcel available for purchase near the listed property Co-listed with Jody Lovell.



336 N Big Bearpen Mtn Rd, Highlands NC • \$995,000 MLS# 89133A

This is a beautifully situated traditional home in HFCC on North Big Bearpen Mountain Rd with some of the most spectacular views in the area of Whiteside Mountain, Shortoff Mountain, Chimney Top Mountain in Cashiers, and distant Mount Toxaway. The waterfall on HFCC golf hole #15 is visible from the home's front deck. Open floor plan. The stone fireplace provides a focal point for the living room and dining area. The two master bedrooms are on one end and two bedrooms on the other end. There is a finished lower level with full bath and a deck with long range mountain views. Country club living with 24x7 manned security gate.



• SPIRITUALLY SPEAKING •

Keys to Healing Strained Relationships

Pastor Dr. Gary Hewins
Community Bible Church



Here is a strategy to help you and me restore or at least redefine our strained relationships. Most people are weak when it comes to reconciling with another person. Most people are strong when it comes to ignoring problems in relationships, as a result, friendships take a nose dive, churches split and marriages and families suffer.

1. Reconciling with another over an offense doesn't necessarily mean the relationship will continue as if the offense never happened, this may be too high of an expectation too soon. New boundaries or different expectations may be necessary to give the relationship a chance to really recover. Think of a new context where the relationship has a better chance of healing.

2. Righteous anger is for God to express. You and I are not God. I doubt Jesus let the sun go down on his anger towards the moneychangers (John 2). I don't see Jesus all embittered and resentful in ministry, do you? He was not bound by his anger the next morning or the morning thereafter. Believers who keep pounding the righteous indignation drum eventually diminish their potential to bring about change in other people's hearts. Worse yet, they can hinder transformation in the future. Be careful that your expectations of people, that don't know any better, aren't too high. You were there once and you too lacked the capacity to think the way you do now. Let's not forget that.

3. Forgiveness has a "for" as a prefix just like foreknowledge and forecast. The point is this. We should expect to be wronged and hurt and missed and betrayed before it ever happens. Why are we so surprised when a potential offense takes place. Aren't we all humans still being worked on by God? Fore-giveness is something decided well in advance of an wrong, not just after. Jesus died for you and me two centuries in advance. Prepare to fore-give today before a wrong is committed. Be proactive in grace not reactive in judgment.

Sometimes I think we avoid confrontation because we don't have a plan or we don't know what to say. Here is a good strategy for settling an issue with another. (C.F.P.).

4. CONFESS: Sit down with someone, look them in the eye and confess. If you feel awkward you are probably doing the right thing. Take ownership of your wrong and express only your wrong. Own only your wrong and the inappropriate manner in which it took place. Own your omission, callousness, anger or indifference. To confess is to verbally agree with God and in this case share that confession with another. By confessing appropriately, you model to the other how they too can confess. Be big enough to make yourself small enough to reconcile. Meekness is "power under control".

5. FORGIVENESS: Ask for the other person's for-

• See SPIRITUALLY page 22

Proverbs 3:5

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.

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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

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Rector: Jim Murphy, 252-671-4011

464 US Hwy 64 east, Cashiers

8:30a quiet service, 9:30a Sunday School; 10:30a Worship

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First Thursdays 5p bi-lingual Holy Eucharist

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Pastor Brent Metcalf • 743-5470

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Tues. Guys study 8am, Gals 10am.

CHRISTIAN SCIENCE CHURCH

283 Spring Street • Sunday Service 11 a.m.

Testimony meeting: 3rd Wednesday at 5 p.m.

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

Rev. W. Bentley Manning • 526-2968

Monday-Friday: Morning Prayer at 8:15a. Sundays: 8 am

Holy Eucharist Rite I; 9 am Sunday School; 10:30 am Holy

Eucharist Rite II. Childcare available at 10:30

FIRST BAPTIST CHURCH HIGHLANDS

828-526-4153 • www.fbchighlands.org

Dr. Mark Ford, Pastor

220 Main Street, Highlands

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 & Communion: 8:30 & 11 a.m.; School: 9:30

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

Wednesdays: Choir: 6p

GOLDMINE BAPTIST CHURCH

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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

• PLACES TO WORSHIP •

John 3:16

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.: Bible Study 10a; Morning Worship 10:45a., Evening Worship

6p. 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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Sun: School and Adult discussion group 9:30 a.m.;

Worship/Communion: 10:30

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Pastor Zane Talley

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

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

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

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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.

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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.

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Thursday: Noon Healing Service with Eucharist.

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Sunday Worship - 11 a.m.

WHITESIDE PRESBYTERIAN CHURCH

Rev. Sam Forrester/Cashiers

Sunday School: 10 am, Worship Service: 11 am

Highlands PD part of Appalachian Regional Drug Enforcement Coalition

Unified law enforcement operations deliver positive impacts on protecting our communities from inherent dangers, risks, and poisons. – Chief Bill Harrell

Operation Unicoi Pipeline slams the door on criminal organization responsible for trafficking more than 150 kilograms of methamphetamine in North Georgia and Clay County, NC.

On Wednesday, September 5, multiple law enforcement agencies swarmed on suspected methamphetamine traffickers in North Carolina and Georgia. Officers executed numerous search warrants in Georgia and Clay County, North Carolina. This unified law enforcement effort, dubbed “Operation Unicoi Pipeline” is the result of a 16 month investigation. This investigation revealed Charles Michael Ledford and Bobby Roger Burch were responsible for the distribution of more than 150 kilograms of methamphetamine in North Georgia and Clay County, North Carolina over the past two years. Authorities seized more than 15 pounds of crystal methamphetamine, stolen firearms, and currency derived from methamphetamine distribution. The street value of the seized illegal narcotics is more than \$725,000.00.

Authorities found over 3 pounds of methamphetamine hidden in a battery of Bobby Roger “Rob” Burch’s truck in Gainesville, Georgia. Burch had just left Charles Michael Ledford’s residence in Conyers and was traveling to Hayesville, North Carolina. Authorities executed search warrants at Ledford’s residence and found another 12 pounds of methamphetamine. Authorities also executed a search warrant at Michael Byers’ residence in Young Harris, Georgia and found 1 ounce of methamphetamine. North Carolina authorities executed numerous search warrants in Clay County, North Carolina and seized a cache of guns and illegal narcotics from Burch’s residence. Clay County, North Carolina has confirmed many of these guns are stolen

Charles Michael Ledford, 48, of Conyers was arrested for trafficking methamphetamine. Ledford was transported to the Rockdale County Detention Center.

Burch, 47 of Hayesville, NC was arrested for trafficking methamphetamine. Warrants are pending in Clay County, NC for Maintain Vehicle/Dwelling/Place for Controlled Substances, Possession with Intent to Manufacture/Sell/Deliver Methamphetamine, and Possession of Stolen Firearm. Burch was transported to the Hall County Detention Center.

Michael Dean Byers, 46, of Young Harris was arrested for trafficking methamphetamine in Georgia and Sell and Deliver

Methamphetamine and Trafficking in Methamphetamine in Clay County, NC. Byers was transported to the Towns County Detention Center.

This is an active investigation and additional arrests are expected. Agencies request that anyone with information about this organization contact the Appalachian RDEO or any of the participating agencies.

The following agencies have active roles in this investigation: the Towns County Sheriff’s Office, the Clay County, North Carolina Sheriff’s Office, the Rockdale County Sheriff’s Office Special Investigations Unit, Macon County Sheriff’s Office K9 Unit and Special Response Team “SRT,” the Highlands Police Department, the Cherokee Indian Police Department, the Swain County, NC Sheriff’s Office, the North Carolina State Bureau of Investigation, the DEA, the Hall County Sheriff’s Office Multi Agency Narcotics Squad, and the GBI’s West Metro Regional Drug Enforcement Office.

For additional information about Appalachian RDEO or to provide tips on criminal activity look for ARDEO@appalachianrdeo on twitter or follow on facebook@appalachianrdeo and/or Instagram.

The Appalachian Regional Drug Enforcement Office is a multi-agency unit that consists of the following Sheriff’s Offices: White County, Lumpkin County, Towns County, Banks County, Jackson County, Habersham County, Stephens County, Rabun County, Franklin County the Cleveland Police Department, the Lavonia Police Department, and the Toccoa Police Department, along with the Georgia National Guard Counter Drug Task Force, the Department of Public Safety, and the Georgia Bureau of Investigation.



• POLICE & FIRE REPORTS •

Highlands Police entries from June 30. Only the names of persons arrested, issued a Class-3 misdemeanor or public officials have been used.

Aug. 15

• At 4:54 p.m. officers responded to a two-vehicle accident in the Mountain Brook Center parking lot.

Sept. 1

• At 2:10 p.m., officers responded to a two-vehicle accident at S. 4th and Oak streets.

Sept. 6

• At 2:45 p.m., officers responded to a two-vehicle accident at Main and 3rd streets.

The Highlands Fire & Rescue log from Aug. 31.

Aug. 31

• At 12:43 p.m., the dept. was first-responders to a location on Main Street.

Sept. 1

• At 10:21 a.m., the dept. was first-responders to a residence on Old Walhalla Road.

• At 1:54 p.m., the dept. stood by for the MAMA helicopter at Zachary Field.

Sept. 3

• At 11:56 a.m., the dept. responded to a fire alarm at a residence on Brushy Face.

• At 12:15 p.m., the dept. responded to a Co2 alarm at a residence on Hickory Knut Gap Road.

• At 4:59 p.m., the dept. was first-responders to a location on Main Street.

• At 10:16 p.m., the dept. was first-responders to a residence on Edwards Creek Road.

Sept. 5

• At 12:19 p.m., the dept. responded to a vehicle fire at the pull off on the Jackson/Macon county line.

• At 3:23 p.m., the dept. was first-responders to a residence on the Franklin Road.

Sept. 8

• At 3:05 p.m., the dept. was first-responders to a location on Main Street.

• At 4:09 p.m., the dept. was first-responders to a residence on W. Knoll Drive.

Candidate Phillip Price in Highlands Sept. 17

Phillip G. Price, candidate for US House North Carolina District 11, will be in Highlands on Monday, Sept. 17 from 6:30 p.m. till 8:30 p.m. for a Town Hall meeting hosted by the Macon County Democratic Party’s Highlands Precinct.

Phillip and the Highlands Precinct welcome everyone to join them in the Hudson Library Community Room located at 554 Main Street, Highlands.

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Kim Bonsteel, LAc — acupuncturehighlands.com

...FITNESS continued from page 15

12 to 15 repetitions are best. If the muscles severely fatigue in lower numbers of repetitions, it is most likely too heavy for older people's joints and connective tissue.

Muscle responds to safe over load with hypertrophy. Hypertrophy is growth of muscular cells; the opposite of atrophy. Atrophy is maintenance free! Hypertrophy requires effort.

For more information on this topic you can view a video I made entitled Senior Strength Training Video. It can be found at www.thebestexercisesforseniors.com toward the bottom of the front page.

• Hank is a local fitness trainer specializing in the age 50 and over population. He is certified by The American College of Sports Medicine as an Exercise Physiologist, Certified Cancer Exercise Trainer and is a licensed NC Massage therapist specializing in Therapeutic Stretching. For comments email: hank@thebestexercisesforseniors.com

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FLOWERS from My Sister's Garden at Highlands Farmers Market in K-H Founders Park on Pine Street 8a to noon on Saturdays. (9/6)

JACUZZI, WHIRLPOOL BATH, 23 jets, 72" x 60", 3 years old, cost \$6,500; sell for \$1,800 404-358-3076. (st. 7/19)

WANTED

NOW HIRING CNAS AND HOLOOKING TO BUY ANTIQUE GOLF CLUBS AND GUNS; collections considered. Call Robert 828-526-7888. (st. 7/12)

HELP WANTED

HOUSEKEEPING PROFESSIONALS at Highlands-Cashiers Hospital. Generous shift differentials, paid time off, health insurance, and retirement benefits for full time roles. Apply today: missionhealth.org/careers. (st. 9/13)

SKYLINE LODGE is hiring maintenance landscapers and yard men. Call 828-526-2121. (st. 9/13)

BUSY, FAST-PACED RETAIL STORE needs someone with a good work ethic and good customer service skills for a part time position. Being comfortable working with computers is essential. Occasional Saturday work will be needed. Please send all inquiries to: info@biz-spot.net (st. 7/26)

FULL-TIME SALES POSITION. Weekends & holidays a must. Great hours with a great salary. Nancy's Fancys. 828-526-5029. (st. 7/19)

OLD EDWARDS INN is looking for Assistant Manager and Full-Time Breakfast Server - Half Mile Farm, Part-Time Sales Assistant - Acorns, Senior Sales Manager - Events, Entry Level Sales - Events, Spa Concierge & Attendants, Madison's Reservationist, Cooks, Front Desk Manager, Front Desk Supervisor, Front Desk Agents, Bellmen, Housekeeping Supervisor, Housekeepers, Hostess, Bartenders, Servers, Bussers, and Dishwashers **SOME POSITIONS MAY INCLUDE A SIGNING/RETENTION BONUS!** Please call Pat Turnbull at (828)787-2697 (9/13)

ASSISTANT INN MANAGER- HALF MILE FARM OLD EDWARDS HOSPITALITY. Group, Highlands, NC Contact: Pat Turnbull 828-787-2697. (9/13)

FULL-TIME BREAKFAST ATTENDANT - HALF MILE FARM, HIGHLANDS, NC. The Breakfast Attendant is responsible for breakfast set up, food and beverage prep/service, breakdown of the breakfast bar while delivering exemplary guest service. The Breakfast Attendant meets and greets all guest as they arrive and thanks them as they depart as well as interacts with the guest

to ensure all needs are met and to answer any questions they may have. Contact: Pat Turnbull 828-787-2697. (9/13)

MADISON'S RESTAURANT -

RESERVATIONIST - To assist in the duties of the Food and Beverage Department maximizing bookings by delivering a delightful yet efficient reservations service; our reservations are meticulous at administration ensuring that every detail of a customer's reservation has been accurately recorded following established procedures. Full-time, year-round position. Contact: Pat Turnbull 828-787-2697. (9/13)

CHURCH CUSTODIAN NEEDED.

First Baptist Church Highlands. Job Description available on request. Bids being accepted. 828-526-4153. (st. 5/24)

SALES ASSOCIATE - Highend retail clothing store in Highlands and Cashiers, NC. Full time, part time and seasonal. Inquire to 828-200-0928. (st. 5/10)

FRESSERS COURTYARD CAFE hiring cooks, counter help and food runners. Call 828-526-8847. (st. 4/19)

WOLFGANGS RESTAURANT is looking for experienced waitstaff, bartender, line cook, busser, and backer. Please call Jacques at 828.526.3807. (st. 4/5)

PAOLETTI'S ON MAIN STREET.

Now hiring for 2018 season. Bartender, Servers, Bus person, cook. Call 828-526-4906. Email resume to amp28741@yahoo.com. (st. 3/29)

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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- Dishwasher
- Positions in the ice cream dept.
- Pizza
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GUTTER CLEANING, METAL FABRICATON roof repairs, debris removal. Call 371-1103. (st. 4/26)

SC HOME SERVICES. All things wood. We fix, build, modify or adjust cabinetry. 25 years experience. 772-214-4990. (st. 6/28)

MURPHY'S PAINTING CO. Interior & Exterior Painting, Sheetrock Repair, Wallpaper Removal, Log Homes, Decks. Insured. Free Estimates. 828-524-1391 or 828-332-0525. (st/ 6/28)

PROTECTIVE COATINGS INC. Custom interior/exterior painting, pressure cleaning decks. Log home staining. Water damage repair. Insured. Call 828-421-6361. (st. 3/22)

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WATER DIVERTED CRACKS REPAIRED? Call Daniel at DC Coatings Asphalt patching maintenance and repair at 828-421-7405 (st. 3/1)

HIGHLANDS-CASHIERS HANDI-MAN - Can fix anything inside or out. Carpentry, painting, pressure washing, lawn care, hauling, and will monitor house during winter. Free Estimates. References. Call Tony. 828-200-5770 or 828-482-0159. (9/20)

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

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. 8/9)

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OPPORTUNITY, 3 acre prime location in Scaly Mountain, NC. 7 rental units including US Post Office. Located across from new Dollar General on Hwy 106 (Dillard Rd.) & Hale Ridge Rd. 10% ROI. For more information contact Sandy Hall (828) 526-3752

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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 ddmars15@aol.com or call/text to 239-980-0531. Please leave a message. (st. 7/20)

RENTALS

APARTMENT FOR RENT. 2bed/1bath, Scaly Mountain, NC. \$650 per month, utilities included. Annual lease first month and \$650 security deposit. No pets. References required. Contact Sandy Hall 828-526-3752. (st. 9/13)

BEAUTIFUL RIDGE TOP HOUSE. Mirror Lake. 3BR/2.5BA, covered porches, upgrades. Available Sept 1st. Yearly lease, \$1,700/

month. 678-576-8312. (st. 8/30)



VACATION RENTAL: In-town Highlands 3bd/3ba. One Oct week available 2018. Perfect for Food & Wine Festival, Thanksgiving/Christmas. \$420 nightly. Visit our web site for more details, 29brockcourt.wordpress.com/ or call Chambers Agency 828-526-3717. Open year-round. (9/27)

LUXURY APARTMENT INTOWN. Walk to Main Street. 1BR 1BA. \$3,500 per month. 3 month minimum. Sorry, no pets, no smoking. Adults only. 828-421-1709. (st. 5/10)

SOUTHERN BELLS RESTAURANT on Cashiers Road for lease. Experienced restaurateurs only. Call 706-782-6252. (st. 5/3)

FALLS ON MAIN - Up and Down units available. Call 706-782-6252. (st. 5/3)

...SPIRITUALLY from page 18

giveness knowing that the earnestness and thoroughness of your confession is all you can control. You may or you may not receive forgiveness from the other and this is above your pay grade.

6. REPENT: This is most often left out and it is so important. Earnestly commit to overcome the temptation to commit the same offense again. Even more so, commit to an alternative direction totally contrary to your blunder. Consider asking the person you hurt for help in doing so. Turn an adversary into a helper or ally whenever appropriate. Sometimes a person's forgiveness is just rhetoric. An earnest confession coupled with earnest repentance provides a greater likelihood of freedom and true forgiveness.

A person's wisdom yields patience; it is to one's glory to overlook an offense (Proverbs 19:11). Here is something to remember: When we point out the speck of sawdust in another's eye and fail to notice the huge pressure treated 2x10 lumber in our own eye, we fail to realize that each came from the same tree.

Get freed up today be confessing, asking for forgiveness and repenting on a vertical and horizontal plane and wake up tomorrow free to meet the day and the likelihood that someone may get on your nerves and you on theirs.

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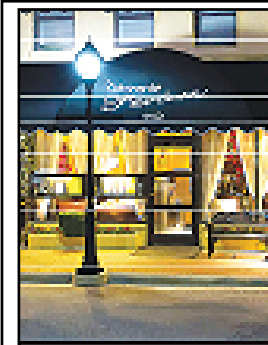
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