

# Highlands Newspaper

FREE Every Thursday

Volume 16, Number 8

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Thursday, Feb. 21, 2019

## Town water quality findings are good; report's issue was with sample timing

Last week, residents within the town limits, who are on town water, received a notice from the Dept. of Water Quality Public

Water Supply division containing information about the town's water supply.

At first glance, the notice is

alarming ... and folks immediately thought something was wrong with the quality of Highlands' water.

•See TOWN WATER page 9

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## Leyland 'shines' at first prom

Eighth-grade Highlands School student Eliza Leyland recently had the opportunity to attend her first prom, her very own night to shine.

Eliza was one of 90 residents from Macon County and surrounding counties to attend

• See LEYLAND page 19

## Investigators still working Robinson case

The investigation into the death of 21-year-old Jeremy Robinson, of Scaly Mountain on Nov. 2018 is still open.

On November 29 at 4:28 a.m. Bryson City Police Officer Graham Page was responding to a call involving a confrontation at the Hot Spot along Highway 19. While in route, Page noticed a body lying on the side of the road,

• See ROBINSON page 5

## Mountain Fresh meatloaf dinners translate into money for HS sophomore class



On Tuesday, Feb. 12, members of the Highlands School sophomore class received a check from Jennifer and Steve Snead-Smith, owners of Mountain Fresh Grocery – proceeds from the meatloaf dinner fundraiser sale garnered the previous week. Sponsor teacher Gina Billingsley said this year represented record sales with 151 meatloaf dinner sold. The Snead-Smiths presented the class with a check for \$1,661. The money raised will go toward the class's events and expenses during their junior and senior years. Pictured from left are: Brooklyn Houston, Jennifer and Steve Snead-Smith, Jordan Carrier, Tessa Wisniewski and Anne Marie Moore.

– Photo by Kim Lewicki

## Highlander arrested for arson

During the early morning hours of February 15, 2019 at approximately 4 a.m., while on routine patrol, Highlands Police Officer Sueyklang observed a pickup truck parked in the parking lot of the 4th Street Market Shell on N. 4th Street engulfed in flames.

The vehicle at the 4th Street Market and Shell gas station was parked within a few feet of steps leading to an occupied apartment above as well as the propane tank storage area.

Officer Sueyklang and Master Officer Parker immediately contacted the Highlands Fire Department for assistance. Both officers tried to extinguish the fire with their cruiser equipped extinguishers, but it was too overpowering.

However, the Highlands Fire Department's quick arrival and actions contained the fire from spreading any farther onto the structure and adjacent portable propane tanks.

•See ARRESTED page 5

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# • THE PLATEAU'S POSITION •

## • MAYOR ON DUTY •

At the time of this posting I will have just returned from Raleigh where I attended the North Carolina League of Municipalities Legislative Dinner. This event is an opportunity for municipal officials to meet with their legislative representatives and discuss the concerns of town and cities. Our delegation, Senator Jim Davis and Representative Kevin Corbin, always attend these events. Let me share with you some of the concerns I shared with them.



Highlands Mayor  
Patrick Taylor

First, both Senator Davis and Representative Corbin are very concerned about the issue of trucks on the Gorge Road. They both have been following the recent accident and ongoing problems. I gave them an update on where the effort to totally prohibit tractor trailer trucks from the Gorge Road stands. They both support a strong state response to address this growing problem.

I also gave them an update on our broadband initiative. I informed them that we anticipate a decision in March from the NC Local Government Commission concerning our request to borrow funds to build the network. While we are currently

moving ahead, I encouraged our representatives to support legislation that promotes the development of broadband in rural areas and small towns.

Proposed legislation to privatize the state ABC Alcohol system is once again being discussed in Raleigh. Such legislation would eliminate state ABC stores in favor of privately owned stores. The state would receive taxes from these stores and local ABC boards would be eliminated. While I support improvements in the current system, I do not want to see it eliminated. Profits from the ABC stores directly benefit nonprofits and local governments. ABC profits go to our Highlands recreation department, the general fund, drug and alcohol treatment programs and several other initiatives. This money stays in the community. I worry that a private system would send tax revenue to Raleigh, and little if any would come back to Highlands. I communicated my concerns to our representatives.

While going to Raleigh was a long trip, the Legislative Dinner was an important event.

Tonight is the February meeting of the Highlands Town Board. It begins at 7 pm at the Highlands Community Center.

A major item will be a review of bear resistant street cans. The public works committee and staff have researched containers. At the top of the list is a bear proof container with a small opening for lunch, paper and drink materials. The containers with small openings will prevent residents and some merchants from dumping loaded garbage

• See MAYOR page 6

## • CLARIFICATION •

In last week's story, "Southside Project decision being finalized" we misrepresented the Chattooga Conservancy's stance on Brushy Mountain and Granite City when we quoted Nicole Hayler saying, "The USFS is claiming Granite City and Brushy Face are old growth and therefore parts will be harvested. We say they aren't old growth and therefore shouldn't be harvested."

To clarify, Hayler said Brushy Mountain and Granite City are old growth and therefore they should not be cut.

We regret the error and are happy to set the record straight.

## • HIC'S VIEW •



"That's right mayor. We now have a intra-forest guided missile. We want 7 pepperoni pizzas with anchovies or else!"

## • LETTER •

### Litter revisited

Dear Editor,

In support of Bell's germane letter in last week's paper concerning the unending litter of beer cans, whiskey and wine bottles along Hwy 28, I would like to add a few comments of my own.

The litter along all the roads is unceasingly shocking, not to mention disgusting. My husband and I comment on it every time we get into the car. We routinely pick up all those beer cans, whiskey bottles and styrofoam food containers along our section of the Bowery Road as well as along the Horse Cove Road as far down as the Lower Lake Road. And one day we'll probably be killed by the cars and trucks that just as routinely speed along those roads.

• See LETTER page 19

## • WEATHER •

	Friday 2/22		Saturday 2/23		Sunday 2/24	
	Daytime	Overnight	Daytime	Overnight	Daytime	Overnight
Temp	52 F	44 F	53 F	47 F	55 F	28 F
RealFeel	51 F	44 F	54 F	43 F	53 F	39 F
Winds	4 g 6	4 g 6	4 g 6	5 g 9	9 g 13	6 g 10
T-Storms	5%	6%	20%	29%	30%	0%
Rainfall	0.24	0.13	0.1	0.92	0.16	0
Snowfall	0	0	0	0	0	0

For Real-time Weather and the Extended Forecast, go to  
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### Highlands Newspaper

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### Letter Policy:

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





**HIGHLANDS VIEW** Great mountain view from 4BR/3BA home. All on one level living. New tile baths and new vanities and large tile shower in master bedroom. Beautiful rolling 3.15 acres offering privacy. Spacious deck is screened and also has removable plexiglass panels for cooler weather. There is a generator and exterior security lights. Nice fire pit in the back yard, basement/crawl space has concrete floor.

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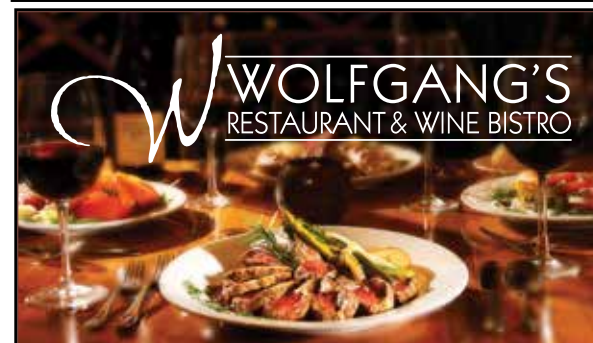
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## ...ARREST continued from page 1

Just minutes before the fire department's arrival, officers evacuated without injury both apartments upstairs, which were occupied by five people who were sleeping in two separate apartments.

An aggressive investigation which is still ongoing has currently led to a suspect identified as Stephen Shiebler, Jr., 51, listed on the arrest report as unemployed and residing in Highlands.



Stephen Shiebler, Jr.

Shiebler, Jr. was arrested at 10:20 a.m. on Feb. 15 and charged with 1st Degree Arson and Burning of Personal Property. A \$125,000 secured bond was issued. His trial date is March 5.

Prior to Shiebler's arrest, at 3:32 a.m., officers came upon the torched vehicle. The incident report lists breaking and entering of the 1986 gray Dodge pickup, theft from the vehicle and arson of the vehicle specifically "the removal of items from the vehicle and setting fire to same, thus causing the adjacent building to char. The personal property taken from the vehicle includes numerous articles of clothing, a tool bag with various tools, a STIHL chain saw, and

a gas can prior to the torching of the truck.

Highlands Police Chief Bill Harrell said further charges and information are pending since the investigation is on-going.

"The actions our officers and Highlands Fire & Rescue firefighters took were life-saving and should be commended because without them, this situation could have been far more traumatic," said Harrell. "Their

responses could not have been done any better."

David and Debi Bock, owners of 4th Street Market said they believe this action was not directed at them.

"We are very lucky that the Highlands police saw the burning truck almost immediately after it was started and acted swiftly in alerting the Highlands Fire Department. The propane tanks were not affected, thus avoiding major damage to our store. We are most thankful that they were able to save the two tenants in the upstairs apartment," they said.

— Kim Lewicki

## ...ROBINSON continued from page 1

about a mile from the Hot Spot.

The body was determined to be recently deceased Jeremy Robinson.

Bryson City Police Chief Greg Jones said that the original dispatch call involving the disturbance at the Hot Spot was related to the death, as the last place Robinson was seen alive, was in that parking lot a short time earlier.

The dispatch call was in reference to a disturbance involving a vehicle at the Hot Spot — that vehicle — a 2003 PT Cruiser — was later located near the Swain County Sheriff's Office and the three vehicle occupants — driver Autumn Leford, Alex Dillard and Maurice Jackson were detained for questioning.

"All three of the subjects' stories were consistent, that he jumped out of the vehicle in a suicide attempt, but I am just not buying it," said Jones.

Jones said this week that several people who were not at the scene have come forward to say that Robinson jumped out of the car.

"But I said, 'you weren't there, so how do you know?'" he said.

While the coroner's report says Robinson died from trauma to the right rear side of the head, Jones said although the wounds

during the initial investigation aligned with the story that Robinson had jumped, or fallen, or was even pushed from the vehicle, the questions Chief Jones wants answers to are how he left the vehicle and why.

Jones has requested a full toxicology report, which could take 6-8 months.

"I want to see if he had hallucinations in his system, but that report could take months," he said.

The chief said he would also like the three other occupants in the car, Ledford, Dillard and Jackson to take polygraph tests; first Ledford since she was driving and Robinson was sitting in the front passenger seat. Submitting to a polygraph test would be voluntary at this point.

Jones said no one has been arrested in the case, but it is still open.

Bryson City Police Department is working with Macon County law enforcement including Highlands Police Department to gain additional details. The State Bureau of Investigation is also assisting in the investigation, as well as the Alcohol Law Enforcement. If anyone has any information concerning the case, Chief Jones asks that they call 828-488-3050 or 828-488-2196.

— Kim Lewicki



Drone shot of burned out truck parked alongside the 4th Street Market.

— Photo submitted by the Highlands PD

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## Winter fun in Highlands is on



Highlands ice skating rink at K-H Founders Park on Pine Street is open Thursdays 1-8 p.m. Friday and Saturday 1-10 p.m. and Sundays 1-5 p.m. - weather permitting through March 3rd. The cost is \$5 and includes skates.

— Photo by Brian O'Shea



# •OBITUARIES•

## Betty Zachary Potts

Betty Zachary Potts, 91, of Cashiers, NC, passed away Saturday, February 16, 2019.

Born in Jackson County, she was the daughter of the late Lawton McDuffey Zachary and Martha Otelia Pierson Zachary. In addition to her parents, she was preceded in death by her husband, Carl Potts who died in 2002. Betty was a member of Yellow Mountain Baptist Church and enjoyed reading and putting puzzles together.

She is survived by her children, Terry Potts of Franklin and Sharon Rice of Pisgah Forest; grandchildren, Jerry Rice and Kristy Rice Norris and great grandchildren, Natalie Rice, Matthew Rice, Otelia Duncan, and Micah Norris.

Funeral Service were held Tuesday, February 19, at Yellow Mountain Baptist Church. Rev. Rick Potts officiated. Burial was in the Evitt Cemetery.

Pallbearers were Harrold, Jeremy Stewart, Larry Moss, Jerry Rice, Jimmy Stewart and Jeffery Stewart.

Memorial donations can be made to the Evitt Cemetery, C/O Larry Moss, 1822 Norton Road, Cashiers, NC 28717.

Macon Funeral Home was handling the arrangements.

Condolences can be made to the family at [www.maconfuneralhome.com](http://www.maconfuneralhome.com)



## Thomas Tudor Chambers

Thomas Tudor Chambers passed away peacefully at his home in Highlands, NC on February 8, 2019. He was born on May 13, 1955 to Isabel (Hall) Chambers & the late Overton Chambers II.

Tom was an eighth generation Highlander who grew up and continued to live in the beautiful town. He loved that it was a small town where everyone looked after each other. He felt blessed by his familial roots there and the many friendships from his childhood days. As a child, he enjoyed the Boy Scouts, receiving the rank of Eagle Scout under the Order of the Arrow by the age of 14. Scouting played a large role in his life and he prided himself in the life and leadership skills that it taught him. He later served as a Scout Master and helped both of his sons become Eagle Scouts as well.

After school, Tom started his construction company, which has grown successfully over the last forty years, gaining him prestige for well-crafted historical log home restoration. When Tom was not building log homes, he enjoyed hiking and traveling. He visited many places and people throughout his lifetime, especially any place where nature was prominent, history was strong, and a good time was shared. One of his favorite trips was to wooden onion-dome churches of the Island of Kizhi in Russia.

Tom was an avid bowler, golfer and backpacker, making many friendships and memories along the way. He was a member of the Highlands-Cashiers Board of Realtors, a former Board Member and Advisor of the Highlands Historical Society, and made donations to The Highlands Land Trust along the Kelsey Trail. He was a lifelong member of the Episcopal Church of the Incarnation in Highlands where he served as a Junior Warden and Vestry. A piece of Tom will always remain there as he played an integral role in the procurement and construction of its prominent red doors fashioned from high quality black walnut.

Tom is survived by four children: Spencer Chambers (Mandi) of Blairsville, GA, Samuel Chambers (Jessica) of Maggie Valley, NC, Amanda Chambers of Franklin, NC, Bessie Shaw (Jaret) of Hartwell, GA; two grandchildren, Darby & Delaney (Spencer & Mandi); brothers; Tucker Chambers (Jeannie), Tim Chambers (Karen); the mother of his children, Vickie Chambers; fiancé, Maria James; longtime friend and foreman, Bob Watts; and many nieces, nephews, cousins, close friends and employees.

In one of the last things that Tom wrote, he wanted people to know that he felt very blessed. He loved his family and friends and was blessed by all of the wonderful people he had met throughout his journey in life. He always tried to be happy and felt as though when one door closed another would open.

A memorial service will be held on March 2, 2019 at the Episcopal Church of the Incarnation in Highlands, NC. Visitation will be at 9:30 am with the service beginning



at 11:00 and interment of ashes to follow at Highlands Cemetery. A celebration of Tommy's life will follow at his home. In lieu of flowers, donations may be made to The Leukemia & Lymphoma Society or The American Cancer Society in Tommy's memory.

## Sonja Keener "Gigi" Gibson

Sonja Keener "Gigi" Gibson, 65, of Franklin, passed away Saturday, February 16, 2019.

Born in Macon County, she was the daughter of the late James Donald Keener and Juanita Jones Keener. In addition to her parents, she was preceded in death by her first husband, Jimmy Lee Stewart and a brother, Thomas Keener. Sonja retired from the Town of Highlands where she worked as a human resources director. She was a member of Windy Gap Baptist Church and enjoyed gardening, painting, and making wreaths and crafts.

She is survived by her husband of 11 years, Rev. Carson Gibson; daughter, Amanda Leigh Stewart of Franklin; step children, Sherry Gibson Smith (Jason) and Danny Gibson (Lynn) both of Franklin; brother, David Keener of Highlands; sister, Angela Powell of Crawfordville, FL; and four grandchildren, Ben Gibson, Anna Gibson, Hope Smith and Grant Smith.

The funeral service was held Wednesday, February 20, in the Chapel of Macon Funeral Home. Rev. Jason Smith and Rev. Mark Bishop officiated. Burial was in the Highlands Memorial Park Cemetery.

Pallbearers were Jeremy Keener, Darin Keener, Ben Gibson, Matthew Bingham, Jacob Bingham and Gabe Bingham. Josh Ward will serve as an Honorary Pallbearer.

Memorial donations can be made to the Hospice House Foundation, PO Box 815, Franklin, NC 28744.

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## ...MAYOR continued from page 2

bags in the street containers. These bear proof containers will be an initial step in addressing garbage disposal and bears.

I also want to invite everyone to the monthly Community Coffee with the Mayor tomorrow, Friday, at 11 am at the Hudson Library. The program will be about how Highlands can become a BearWise Community. The North Carolina Wildlife Resources Commission has rolled out a new program for communities to adopt for managing the growing bear interactions.

Hope to see everyone at the board meeting and/or the community coffee.

# • WORD MATTER •

## Simple versus Easy



**Bud Katz**

It's understandable why some people confuse the words simple and easy. Even Webster considers each at least partial definition of the other. They both constitute something not difficult to do or understand.

Ah, but as Shakespeare famously wrote, there's the rub. Something simple to understand is often not easy, in practice, to do.

For example, I knew a radio station sales manager who told his sales team he expected eight sales from each of them every day, or one per person, per hour for a typical workday. This was certainly a simple concept to understand. It also was unreasonable if not completely impossible to execute.

If we apply this principle to America's electoral process we can perhaps understand why things are messed up.

If citizens and voters really want to fix the single most egregious and corrupting problem in politics on all levels, all we need to do is force, with our votes, lawmakers on all levels, to reform how money is permitted to influence elections. Simply put, take most money out of politics.

While there may be fundamental disagreement about this, it's a VERY simple concept to understand.

There isn't enough space in this entire newspaper to delineate the hodgepodge of limits and/or absence of limits on every local, state and national election. How much can be contributed by individuals, businesses, associations, political action committees, is, literally, all over the board. It's a significant problem but one with a simple solution. Remove money from the process.

Only actual people are permitted to vote in an election. I'm talking about human beings with a heartbeat, who are qualified and registered to vote. Businesses, associations, political action committees, etc., don't have heartbeats and, as such, don't vote.

Why then do these entities get to finance our elections? Furthermore, why are there strict limits on how much individuals can contribute but either much higher limits or no limits at all on what these groups can contribute? It defies logic.

Money is the most corrupting force in

politics. For example, members of the U.S. House of Representatives run every two years. That means they are always inside an election cycle, are always fundraising, and are always susceptible to potentially significant contributions from outside entities interested in influencing votes on legislation impacting their "special interests." Money

from groups, in the form of campaign contributions, equals influence.

As I said, there's a simple, rather elegant solution: limit the ability to make campaign contributions to individuals and limit the amount each individual can contribute. The problem, of course, is that implementation is not easy. The reason solving this problem isn't easy is because the same individuals and entities benefitting from the system as it currently exists would have to act against their own interests in making the system fairer and more responsive to individual citizens. Why would they do this? I mean, do they care about individual voters? That's a rhetorical question.

These special interests typically strive to influence either tax policy or what they view as unnecessary regulation. Simply put, they want to pay little or nothing in taxes, and they want freedom to do business as they wish. Energy companies, for example, don't want onerous environmental regulation. Gun manufacturers and owners want absolutely no regulation. Banks and financial institutions want to operate without consumer protection oversight.

Individuals mostly want fairness, integrity, transparency, and a voice in the process. They want to be heard on social issues, tax policies, education for their children, health-care for their families and issues involving their civil liberties. They don't want complex, loophole-ridden, 2,000-page tax bills, trade policies that drive up consumer prices, or exorbitant and often unnecessary defense and social program expenditures, except when these matters relate directly to their lives.

We all cherish our freedom, our security, and our ability to chase whatever constitutes for us the American Dream. Jefferson called it, "the pursuit of happiness." However, as I believe is perfectly clear, individuals don't have nearly the same level of access

•See WORD MATTER page 10

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OPEN YEAR ROUND TUESDAY-SATURDAY 9-5

## February is National Pet Dental Health Month!!!

In support of this month dedicated to advocating awareness for the importance of doggy dental health, Posh Paws Pet Spa has decided to extend our January special and will continue to offer a free toothbrushing service with each grooming appointment for the month of February.

## Winter Special through February:

**Free Toothbrushing added onto any Full Service Bath, Mini-Groom, or Haircut.**

# • YOUNGER THROUGH FITNESS •

## LSD for you and me

Since the late 1960s a fitness training method for distance runners has periodically popped up. Back in the day they called it LSD Training.

LSD did not encourage the use of a psychedelic drug. It was an abbreviation for Long Slow Distance Training. The idea was to run at a very slow pace for a longer amount of time than the typical training at high intensity for a shorter time.

I recently read an article about Cardiologist Jack Schaff. He was one of the founders of The Honolulu Marathon. Dr. Schaff advised runners to use a talk-test while they were running. If you could carry a conversation during your run, you were in the appropriate zone. He also encouraged them to stop and walk at an even slower pace periodically, not just when they were tired but when they were fresh into the run.

There are many benefits to LSD running and in extension low-intensity exercise in general. Low-intensity exercise teaches your body to store more glycogen in your muscles. Glycogen is a complex carbohydrate stored in the liver and muscles which our bodies use as an energy source for movement. During low-intensity exercise, the human body can function for long periods of time because the body is able to work in the presence of oxygen. By working longer in the presence of oxygen the body in turn uses more stored body fat in the process.

Another proponent of lower intensity exercise is Dr. Phil Maffetone. Following are two direct quotes from Dr. Maffetone's website:

*"The point is not to see how fast your body can move. The point is to change the way your body gets energy. You want to burn more fat and less sugar."*

*"To burn fat as fuel, cut out sugar and lower your heart rate. We store a very limited amount of carbohydrate in our bodies. Compare this with a relatively unlimited supply of fat ... 87 percent of your body's total available calories are fat."*



Hank Miller  
828-305-9713

Maffetone recommends using a heart-rate monitor while exercising and maintaining a heart rate of 180 minus your age. As an example, if you are 65 years old your appropriate training zone would be 115 heart beats per minute. Maffetone has some variations on this formula in the event of certain conditions.

In addition, a person with cardiac issues or someone utilizing a Beta Blocker or other heart-rate medication, or for that matter, any senior should check with their doctor before utilizing this or any other fitness regimen.

In the above examples you may be surmising that I am suggesting that persons over 50,60,70 and beyond commence a running or jogging program.

I most certainly am not. In fact, let me be very clear on this point. I am against any high impact exercise for older people and I have been aghast during some recent visits to fitness centers out of the area where I observed so-called trainers pushing older people to high-intensity ballistic movements. Pushing oneself in overly fast dynamic movement can be a quick path to a new hip, knee or shoulder surgery!

There are an abundance of boot-camp style programs in recent years that do not require proper health screenings or consider age and proper adaptation time to physical stress. Before beginning a fitness program, research it well and discuss it with your physician. If hiring a trainer review their edu-

cation and make sure they are certified with a legitimate organization based in science such as The American College of Sports Medicine, National Strength and Conditioning Association or American Council of Exercise to name a few.

What I am suggesting is that people who are de-conditioned and/or older can gain major benefits from a lower intensity of exercise. This is especially true if they have failed in the past to maintain a consistent program due to injury or the lack of will power to keep pushing through what is too uncomfortable a regimen to maintain.

Dr. Maffetone's formula will be a very comfortable level of stress for most people, as will exercising in a talk-test zone as promoted for runners by Dr. Schaff.

These lower intensity levels can be formulated for walking, cycling and rowing in the real world or on aerobic exercise machines.

A study conducted by The Berkeley National Laboratory found that so long as a person uses up the same number of calories when exercising; walking and running were equally effective in cardio vascular benefits. In other words, high-intensity versus lower intensity can be equally effective as long as you burn equivalent energy (calories are a measurement of energy usage).

As always, I encourage everyone to move on a regular basis. If moving for you requires a lower intensity, then go for it and significantly reduce your risk of hypertension, heart disease, diabetes, stroke and more.

• 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 and is a licensed NC Massage Therapist specializing in Therapeutic Stretching. Send comments to: [hank@thebestexerciseforseniors.com](mailto:hank@thebestexerciseforseniors.com)



## ...TOWN WATER continued from page 1

According to Director of Public Works, Lamar Nix, the notice was sent to residents to let them know that the date on which water samples were taken the last quarter of 2018 was not the correct date.

"This was an administrative issue concerning the timing of the sample," said Nix. "The samples required are to determine if any Disinfection By Products (DBP) are in our water and the samples are taken quarterly. The sample in question was due for the quarter of October/November/December 2018. The

Water Plant took the sample on December 4. There was no issue with the result, the issue was with the timing. We learned later that the NCDEQ Public Water Supply wanted that quarterly sample taken in November."

Nix said consequently, from now on, if he knows in advance, the town will pull a sample in the particular month within the quarter as required by the Public Water Supply department.

The specific DBPs Public Water Supply was interested in for the 2018 quarter of Oct., Nov., Dec., were Haloacetic Acids (HAA5)

and Trihalomethanes (TTHM).

HAA5 is a group of disinfectant byproducts that are formed when disinfectants, such as chlorine or chloramine, are used.

TTHM is a group of four chemicals — chloroform, bromodichloromethane, dibromochloromethane, and bromoform — formed, along with other disinfection by-products, when chlorine or other disinfectants used to control microbial contaminants in drinking water react with naturally occurring organic and inorganic matter.

On the Department of Water Quality Public Water Supply website, the town's sampling schedule

is listed as well as what the samples are being taken for.

However, there is no indication of the exact month the samples are to be taken — just a "begin" date and an "end" date.

For instance, beginning Jan. 1, 2019 and ending March 31, 2019, one sample is to be taken for DBP precursors (Total Organic Carbon and alkalinity) but a particular month is not designated.

For the Total Coliform sampling, the begin date is Feb. 1, 2019 and the end date is Feb. 28, 2019 during which time seven samplings are to be taken. Also during that time, two DBP samplings are to be taken.

Samplings determining if lead

and copper are present in the water are to be taken 20 times between June 1, 2019 and Sept. 30, 2019.

In none of those examples is a specific day or month (in the quarterly case) indicated.

Over the course of 2019, 12 samplings ranging from nitrate to carbon and much more are required; some once during the specific sample period, some twice, some seven times and some 20 times.

"Hopefully, we will know in advance which month within the quarter the Public Water Supply department wants this done," said Nix.

— Kim Lewicki

## B.E.A.R. Taskforce attends NC Wildlife Resources Commission BearWise Conference



Pictured front row from left: Gerri Tully, Elaine Carlton, Cynthia Strain. Back row from left: Kelly McDuff, Scott McDuff, Mayor Pat Taylor, Colleen Olfenbuttel Wildlife Biologist for the NC Wildlife Resources Commission and Debbie Lasiter.

Highlands Town Mayor Pat Taylor and Highlands residents with the Highlands B.E.A.R. Task force attended the annual BearWise conference conducted by the NC Wildlife Resources Commission recently.

BearWise.org is the NC Wildlife Resources Commission's initiative to deal with human/bear interaction. Its goal is to limit human impact on bear behavior, and to eliminate bear incidents with humans.

BearWise.org has six Bear Basics that were discussed:

- Never feed or approach bears
- Secure food, garbage and recycling
- Remove bird feeders when bears are active
- Never leave pet food outdoors
- Clean and store grills
- Alert neighbors to bear activity
- Reports of bear/human interactions.
- Bear proof trash cans for residents and businesses.
- 

Bear Behavior

- Bear Ordinances
- Bear relocation programs
- How females having access to a large garbage/food sources causes them to produce larger litters of

## Chamber is taking grant requests

The Highlands Area Chamber of Commerce is accepting advertising grant requests for local events that are scheduled to occur before June 30, 2019.

These grants are used to promote events that generate overnight visitors and increase tourism to Highlands and Macon County. Funding is provided by the Macon County Occupancy Tax. Event promotions must reach markets beyond a 50-mile radius of Highlands.

The deadline for this round of grants is Friday, March 15, 2019. Contact Bob Kielytyka at [president@highlandschamber.org](mailto:president@highlandschamber.org) or call 828-526-5841 for grant guidelines and application.



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# • HOSPITAL NEWS •

## Mission Health implements flu restriction policy for visitors

There has been an increase in reported influenza-like illnesses throughout North Carolina. According to the North Carolina Public Health Division, the influenza-like illness activity in the state has reached more than 6 percent, and local transmission has increased.

As a result, we are implementing the Mission Health Visitor Restriction Policy, which means that only partners and immediate family members older than 12 will be allowed in patient care areas. On January 3, Mission Health asked friends and family of patients to limit visitations based on recommendations from Mission Health's infection prevention department. However, the number of reported flu cases has continued to increase statewide, triggering a threshold at

which Mission Health will now restrict visitations.

This precaution is being implemented at Mission Hospital, member hospitals and affiliates in the western North Carolina region. This includes CarePartners in Asheville, McDowell Hospital in Marion, Transylvania Regional Hospital in Brevard, Blue Ridge Regional Hospital in Spruce Pine, Angel Medical Center in Franklin and Highlands-Cashiers Hospital in Highlands.

We understand these restrictions may pose a hardship for some, but our utmost concern is for the health and safety of all our patients and our entire community, and we implement restrictions only when absolutely necessary.

We are also urging community members who become ill with symptoms of the flu to contact their primary care provider, seek care at a walk-in clinic like Mission My Care Now, conduct an online visit with a doctor or visit a nearby urgent care facility. It's important to avoid the emergency department unless there are signs and symptoms of severe illness, as it can expose the patient to other illnesses and expose others to illness as well.

Learn more about your options for care and how you can help lessen the impact of the flu on our community this season at [missionhealth.org/flu](http://missionhealth.org/flu).

Visitor restrictions will remain

until reported flu-like activity decreases.

Hand sanitizing stations are available at hospital entrances and throughout the buildings. People who have not yet received the influenza vaccine are urged to do so immediately and to ensure their children have been vaccinated.

Your efforts are truly appreciated in helping keep our patients, team members and visitors safe.

• *Mission Health, an operating division of HCA Healthcare, is based in Asheville, North Carolina, and is the state's sixth largest health system. In 2018, for the sixth time in the past seven years, Mission Health has been named one of the nation's Top 15 Health Systems by IBM Watson Health (formerly Truven Health Analytics). Mission Health is the only health system in North Carolina to achieve this recognition. Mission Health operates six hospitals, numerous outpatient and surgery centers, post-acute care provider CarePartners, long-term acute care provider Asheville Specialty Hospital and the region's only dedicated Level II trauma center. With approximately 12,000 colleagues and 2,000 volunteers, Mission Health is dedicated to improving the health and wellness of the people of western North Carolina. For more information, please visit [missionhealth.org](http://missionhealth.org) or @MissionHealthNC.*

## ...WORD MATTER continued from page 7

or influence with elected officials. Money talks.

These special interests have hijacked our electoral system for their own agendas. They really don't give a hoot about voters or the rights of American citizens. Yet it is they who control and influence both the people and the

process so important to the rest of us.

The solution to the problem of money in politics is simple. Eliminate anything but limited individual contributions. For the reasons delineated above, doing that is not easy.



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To get to know HCA Healthcare, visit the HCA Today blog at [hcatodayblog.com](http://hcatodayblog.com).

To learn more about our growing family, visit [caretogethernc.com](http://caretogethernc.com).

 **MISSION HEALTH**

# • HIGHLANDS AREA EVENTS •



## Hospice House Foundation of WNC to break ground on SECU Hospice House in Franklin Fri., Feb. 22

Hospice House Foundation of WNC (HHFWNC) is breaking ground on the construction of a Hospice House to be located at 272 Maple Street in Franklin, NC at 2 p.m., Friday, Feb. 22.

This freestanding hospice inpatient facility will house six patient suites and serve the six far western counties of NC and northeast GA. It will give hospice patients in this rural mountain region a new option for inpatient care, increasing the percentage of Western NC residents living within 35 miles of such a facility from 0% to an estimated 74%.

Amenities will feature a therapeutic spa, for patient comfort and relaxation, and patient rooms with balconies overlooking a beautiful mountain-range, bestowing a sense of peace and serenity. Patient/family living space will include a kitchen, dining room, family/living rooms, sun/screen rooms, interfaith chapel, and private meeting space. The Franklin Hospice House will provide a home-like setting with 24-hour inpatient and respite care, while providing for the physical, emotional, and spiritual suffering of people facing serious illness and easing the overwhelming burden felt by their loved ones. It is estimated that the facility will serve 200 hospice patients per year.

The project has garnered much community support, including a \$1 million challenge grant from the NC State Employees' Credit Union (SECU) and numerous other gifts ranging from \$5 to \$300,000. In recognition of SECU's leadership gift, the Franklin Hospice House will be named, SECU Hospice House. Michele Alderson, President of HHFWNC and one of its founding Board members, expressed incredible gratitude, on behalf of the entire Board, for the donors in our communities...for their support and trust. She also expressed confidence that the start of construction

will bring about additional support from the community, helping to close the gap to HHFWNC's Campaign goal.

Building construction, which has been awarded to Western Builders of Sylva, and will take 12 months to complete. SECU Hospice House is expected to open early 2020 and will be operated by Four Seasons Compassion for Life, a respected not-for-profit hospice care provider already serving far western NC.

"Four Seasons' patient census in the six most western counties of NC has grown significantly over the past year", said Millicent Burke-Sinclair, Ed.D, MBA, chief executive officer for Four Seasons, adding that "this speaks volumes to the need for a Hospice House in this area." Burke-Sinclair added that this new facility reinforces Four Seasons' commitment to assuring a full complement of quality and compassionate trusted care for our region. Four Seasons plans to employ 10 employees at the future SECU Hospice House in Franklin and will provide inpatient care regardless of ability to pay.

"HHFWNC was founded with the intent of securing funds for the construction of a Hospice House, the first step in filling the critical need in continuum of end-of-life care in our rural mountain region and looks forward to a long-standing partnership with Four Seasons for its operation," said Michele Alderson.

• HHFWNC is a 501(c)3 organization whose mission is to raise funds for a hospice inpatient facility for the six far western counties of North Carolina and northeast Georgia. The demographics in this region speak volumes to the need for a hospice inpatient facility...roughly 25% of this area's population is 65 or older (over 50,000 individuals!); yet the closest hospice houses are over an hour's drive for most people.

To learn more about this important regional initiative, contact HHFWNC's President, Michele Alderson, at 828-524-6375.

### NOTE

• Sign Up now for Macon County Spring Soccer. For information, call the Reck Park at 828-526-3556.

• The Rec Park is now taking teams for the Spring Men's League Basketball league through February 1st. For any other information contact Lester Norris or Maxine Ramey at 828-526-3556.

### Ongoing

• Movies at the Playhouse – NEW SCHEDULE – Fri. & Sat. 1, 4, and 7 p.m.; Sunday 1 and 4 p.m.; NO MOVIES MONDAY; Tues., Wed., and Thurs. 1, 4, 7 p.m. Tickets are \$10 / \$2 off on Tuesdays.

• The Bascom has gone to winter hours. We will be open Friday - Monday 10am -5pm (Sundays 12pm - 5pm). The Bascom galleries and shops will be closed Tuesdays - Thursdays. Admin offices and The Dave Drake Studio Barn are open normal business hours. Visitors are welcome to enjoy the newly updated Story Walk Trail throughout the week.

### Monday - Saturday

• At the Bascom, 10am - 5pm, Sunday 12pm - 5pm: Open Studio in The Dave Drake Studio Barn. For more information call 828-526-4949.

• At the Bascom, Art By Appointment private ceramic classes in The Dave Drake Studio Barn. For more information call 828-526-4949.

### Monday - Friday

• At the Bascom, You Too Can Raku by appointment class in The Dave Drake Studio Barn. For more information call 828-526-4949.

### First Mondays

• Shortoff Baptist Church non-denominational Men's Mtg at 7p.

### Mondays

• At the Bascom, 10am - 1pm: Studio Alive drawing group, For more information call 828-526-4949.

### Mon. & Thurs.

• The Joy Program at HUMC 11:30a to 1:30p. Includes a free lunch and a variety of programs and games. All seniors are welcome. For more info, call Tricia Smith at 828-338-8167.

### Mon.-Wed.

• Hip Hop classes with Tori Schmitt 5:30-6:30.

• Gentle Yoga at the Rec park at 9:30-10:30 a.m.. All levels welcome.

### Mon., Wed., Fri.

• Heart Healthy Exercise Class Monday, Wednesday and Friday 8:30am-9:30am.  
• Aerobics with Tina Rogers 8-9a.

### Mon., Wed., Thurs.

• Pickle Ball at the Recreation Department Gym 10:30am -1pm

### Tuesdays

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

• At the Bascom, 3pm - 5pm: Writers group. For more information call 828-526-4949.

### 2nd and 4th Tuesdays

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

### Third Tuesday

• The Macon County Poultry club meets to discuss topics related to raising backyard chickens. For more information please call 828-349-2046 or 828-369-3916.

• The Humanist Discussion Group meets from 10:30-11:30a in the Meeting Room in the back of Hudson Library.

### Tuesday and Thursdays

• Exercise Class with Michelle Lane at 5:30. A combination class with many different styles of exercise at Rec Park.

### First Wednesdays

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

### 3rd Wednesdays

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

### Wed. & Fri.

• Duplicate Bridge 12-4pm at Rec Park.

### Thursdays

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

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

• Hip Hop classes with Tori Schmitt at 6:30-7:30 at the Rec Park.

### 2nd Thursdays

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

### 3rd Thursdays

• Highlands Area Indivisible group meets at 5 p.m. at the Highlands Hudson Library.



# • HIGHLANDS AREA EVENTS •

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

## 1st and 3rd Thursdays

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

## Fourth Thursday

• At the Hudson Library, Kids Zone LEGO Club. Intended primarily for kids in grades 1-5, LEGO Club allows creativity and STEM skills to develop together as kids enjoy making LEGO creations.

## First Fridays

• At the Rec Park Pool. Movie Night - all ages First Friday night of every month. Pool opens at 6:30p and movie starts at 7 p.m. Call for movie title and prices. For any other information call 828-526-1595.

## Friday - Monday

• At the Bascom, 10am - 5pm (Sundays 12pm - 5pm): Free Admission to exhibition spaces and SmArt Space for children. For more information call 828-526-4949.

## Saturdays

• At The Bascom, Pottery Sale in the barn from 10a to 5p.  
• Scrabble at Hudson Library from 1-4 p.m. Bring board if possible. All are welcome. 727-871-8298.

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

• At the Bascom, 10am - 12pm: Community Knitters group, For more information call 828-526-4949.

## Sundays

• Live Music in OEI's Hummingbird Lounge 8 p.m. to close with Paul Jones.

## Through March 10

• At The Bascom, SOUNDWAVE, Western Carolina University MFA and InkSpace BFA Exhibition. For more information, call 526-4949.

## Through Feb. 24

• At The Bascom, hear + there, a collaborative installation by The Bascom's Winter Artist Residency Program. For more information, call 526-4949.

## Feb. 21

• At The Bascom, February Resident Artist Series (Making and using molds from plaster, clay, or whatever we can find. For more information, call 526-4949.

## Feb. 22-28

• Book Fair at Highlands School in

the media center. Preview Day will be the 21st, students can make wish lists during this time. Grandparent's Day is February 22, during lunch, and the late night will be the same night as Science Fair (28th).

## Fri., Feb. 22

• Community Coffee with Mayor Pat Taylor at the Hudson Library in the Meeting Room from 11a until noon. The subject: Highlands as a Bear-wise town with guest Cynthia Strain, chair of the B.E.A.R. Taskforce.

• Hospice House groundbreaking at 272 Maple Street is at 2 p.m.

## Sat., Feb. 23

• The Nantahala Hiking Club will take a moderate 6-mile hike, elevation change 520 ft., from Warwoman Dell to Martin Creek Falls on a lovely leisurely section of the GA. Bartram Trail. Meet at Smoky Mtn. Visitor Center at 9am, drive 15 miles round trip. Call leader Mary Stone, 369-7352, for reservations. Visitors welcome.

• The Nantahala Hiking Club will take a moderate-to-strenuous 9.2-mile hike, elevation change 800 ft., on the Cataloochee Divide in the Smoky Mtn. Nat'l. Park to the Appalachian Highland Science Learning Center, with beautiful views along the way. Meet at Waynesville Ingles at 9 am, drive 30 miles round trip (100 miles from Franklin) Hike is limited to 15. Call leader Keith Patton, 456-8895, for reservations.

## Sat., Feb. 24

• The Nantahala Hiking Club will take a moderate 4.5-mile hike in the Smoky Mtn. Nat'l. Park, elevation change 500 ft., along Deep Creek (with two waterfalls along the way), then cross over to Sunkota Ridge, and return to Deep Creek. Meet at Dillsboro Huddle House at 10am, drive 40 miles round trip. Call leader Jody Burtner, 828-788-2985, for reservations. Visitors welcome.

## Sat., Feb. 29

• At PAC, I'm Not Running by David Hare. at 1 p.m. Live via Satellite Series featuring the National Theatre (London.) with a pre-opera discussion 30 minutes prior. Tickets are available online: [www.highlandspac.org](http://www.highlandspac.org), at the door by calling: 828.526.9047. Highlands Performing Arts Center, 507 Chestnut Street, Highlands.

## Sat., March 2

• At PAC, Donizetti's La Fille Du Régiment. Live via Satellite featuring the Metropolitan Opera (NYC) at 12:55 with a pre-opera discussion 30 minutes prior. Tickets are available online: [www.highlandspac.org](http://www.highlandspac.org), at the door or by calling: 828.526.9047.

## Wed., March 6

• Prevent Medicare Fraud with Senior Medicare Patrol! This workshop is aimed at teaching seniors to spot, stop, and report healthcare fraud. This informational workshop will be held at The Crawford Senior Center on Wednesday at 9:45 a.m. The key to preventing healthcare fraud is to protect yourself. For more information about services at the Crawford Senior Services Center, please call (828) 349-2058.

## Sat., March 30

• At PAC, Wagner's Die Walküre at 12 noon. Live via Satellite featuring the Met-

ropolitan Opera (NYC) with a pre-opera discussion 30 minutes prior. Tickets are available online: [www.highlandspac.org](http://www.highlandspac.org), at the door or by calling: 828.526.9047.

## Sat., May 11

• At PAC, Poulenc's Dialogues Des Carmelites, at 12 noon. Live via Satellite featuring the Metropolitan Opera (NYC) with a pre-opera discussion 30 minutes prior. Tickets are available online: [www.highlandspac.org](http://www.highlandspac.org), at the door or by calling: 828.526.9047. Highlands Performing Arts Center, 507 Chestnut Street, Highlands.

## Winter Pool schedule

• **Lap Swim:** Monday-Friday 6-10a. 6 lanes and Monday-Thursday 3:30-7p. 1-2 lanes (shared Pool) and Saturday 10-11a 2 or 3 lanes.

• **Adult Swim:** 18 years plus Monday-Friday 11:30-1:30p no lap lanes and Saturday 10-11a shared with lap swim. Available Equipment: water weights, adult pool noodles, fins, water jog belt & kickboards.

• **Public Swim:** Monday-Thursday 3:20-7p Saturday 11am-6pm, Sunday 1-6pm and Sunday 1-6p.

• **Water Aerobics:** 18 years plus Monday-Friday 10:15-11a.

• **Aqua Dance and Fitness:** Monday 5:30-6:30p.

• **Baby and Me class:** Ages 6 month-3 years Friday 5:30-6p.

• **Movie Night:** all ages First Friday night of every month. Pool opens at 6:30 and movie starts at 7p. Call for movie title and prices

• **Pool Parties:** available Friday, Saturday and Sunday evenings 6-8p.

Call the pool at 828-526-1595 if you have any questions concerning the pool.

## 'The Madness of King George III' live via satellite at PAC Feb. 23

The Highlands Performing arts Center will present the National Theatre of London's production of The Madness of King George III, live via satellite on Saturday, February 23 at 1pm. This play was originally scheduled for early December 2018 but was cancelled because of the snow.

Written by one of Britain's best-loved playwrights Alan Bennett (The History Boys, The Lady in the Van.) The cast of this new production includes Olivier Award-winners Mark Gatiss (Sherlock, Wolf Hall, NT Live Coriolanus) in the title role, and Adrian Scarborough (Gavin and Stacey, Upstairs Downstairs, After the Dance).



It's 1786 and King George III is the most powerful man in the world. But his behaviour is becoming increasingly erratic as he succumbs to fits of lunacy. With the King's mind unravelling at a dramatic pace, ambitious politicians and the scheming Prince of Wales threaten to undermine the power of the Crown and expose the fine line between a King and a man.

Tickets are available online: [highlandspac.org](http://highlandspac.org) or at the door. No charge for Students. Highlands Performing Arts Center, 507 Chestnut Street, Highlands NC

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## • BIZ/ORG NEWS •



Past President of the Rotary of Highlands, Christy Kelly, was the featured speaker at the February 5 Rotary meeting. Kelly shared how her own cancer experience has led her to become an advocate for medical advancement at the legislative level. "While medical advancements have rendered most cancers as more of a chronic disease than a death sentence," Kelly explained, "it is the cost of medical care that desperately needs attention." Kelly will return to Washington DC in September to continue lobbying for changes. She invites others to learn more by visiting [www.fightcancer.org](http://www.fightcancer.org). Pictured (from left to right): Christy Kelly and Jerry Moore, Rotary President

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## ALL ABOUT BOOKS

## • INK PENN •

## What is it about boarding schools?

More specifically, what is it about boarding schools that makes them the setting for so many novels? Christopher Swann's "Shadow of the Lions" is set in a boarding school in the mountains of Virginia. When I read reviews of the book in both the Atlanta Journal-Constitution and the Wall Street Journal, I knew I had to get it. I wasn't disappointed.

Though several reviewers compare it to John Knowles' "A Separate Peace" and the movie "Dead Poet's Society," both set in New England boarding schools, I found it not quite as deep, though nonetheless suspenseful. I loved it as much for the setting, which features Virginia and Asheville, North Carolina, as I did for the plot.

The lions are those at the entrance to Blackburne, the school where the mystery begins. One friend vanishes during his senior year; the other goes on to become a writer of some note, all the while haunted by the disappearance of his friend. The fast-paced plot will keep you up late trying to speed read to the conclusion.

I enjoyed it so much, I had to get copies for my friends who have a vacation home in the Virginia mountains and for a Georgia friend. That "Shadow of the Lions," Swann's first book, won multiple awards and was reviewed in publications like the WSJ was all the more impressive to me when I read that he teaches high school English in Atlanta.

I taught high school English, though for only four years, not his twenty. Having met many local authors who aspire to break into the big time, it warmed my heart to read of Swann's amazing debut, and as an avid reader and former English teacher, I can assure you his success is well deserved.

Devouring his book made me reflect on the several other boarding school books I've read through the years. "A Separate



Kathy Manos Penn

Peace," set at a boys school during WWII was the first followed by "A Secret History," set in a co-ed school. Both involve student deaths.

Curtis Sittenfeld's "Prep" takes place at a co-ed school in Massachusetts and is filled with the "cruelty of cool" as one reviewer describes it—the cruelty of class, money, and social norms that comes into play at a prestigious boarding school. I couldn't put the book down but sometimes found it painful to read.

"The Lake of Dead Languages," set in a girls schools in the Adirondacks, has more of a gothic feel with its tapestry of mythology and legend. It focuses less on teenage angst and more on mystery.

Returning to boys schools, Joanne Harris's "Different Class" set in England is another page-turner. The Washington Post description says it all: "It's Goodbye, Mr. Chips meets The Bad Seed...[A] rich, dramatic tale that builds to a surprising conclusion." I was surprised to learn that Harris is also the author of "Chocolat," a very different book that was made into a movie starring Johnny Depp and Juliette Binoche.

So back to my question: What is it about boarding schools that makes them the setting for so many novels—particularly dark novels? Is it the isolation? Is it the hierarchy that's inevitably set up among the students? Is it the humiliation inflicted on the vulnerable few? Perhaps it's some combination of these factors and more. Whatever it is, the boarding school setting has produced some classic novels. Hopefully, another one will come our way soon.

• *Kathy is a Georgia resident. Find her books "The Ink Penn: Celebrating the Magic in the Everyday" and "Lord Banjo the Royal Pooch" at Books Unlimited in Franklin and on Amazon. "Lord Banjo the Royal Pooch" is also available at Highlands Mountain Paws. Contact her at inkpenn119@gmail.com, and follow her on Facebook, www.facebook.com/KathyManosPenn.Author/.*



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The full moon is a perfect time to experiment in the kitchen. Your emotions and senses are heightened and now is the time to play around with some new spices.

Berberere is one of my favorites; it's an Ethiopian spice blend that is great for stews, meats and vegetables. It's a complex melody of hot spices and deep flavor.

Below is a recipe for Berbere Chicken. Cook it low and slow, and let the flavors open up and intensify.

Pair with a nice crisp bottle of white wine, and enjoy!

## Berbere Chicken

## Ingredients from The Spice &amp; Tea Exchange:

- Berbere Spice Blend
- Ginger Sugar
- Saffron Yellow rice (optional)

## Ingredients from Grocer:

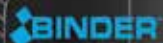
- One pack of boneless and skinless chicken thighs.
- 4 TBS of butter
- 1 medium white yellow onion
- 1 package of baby bella mushrooms
- 2 heads of broccoli
- 14 oz can of chopped tomatoes
- 2 cans of coconut milk
- 1/2 cup of fresh cilantro (use parsley if you don't like cilantro)

## Directions:

- Add butter to skillet on low-medium heat and add chopped onions.
- Cook till translucent and add 1 Tbs of ginger sugar, stir till sticky.
- Add chicken, coconut milk and Berbere Spice Blend and let simmer for 1 hour. Low and slow is the key to this recipe! Let all the flavors come together and open up! Stirring occasionally to prevent burning. I like to add the chicken thighs whole, and then shred them.
- After the chicken is cooked through and shredded, add broccoli, mushrooms, and tomatoes. Cook for 5-8 more minutes.
- Serve on top of Saffron Yellow Rice, and garnish with cilantro. Enjoy!

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# • INVESTING AT 4,118 Ft. •

## What to consider if you are buying to rent

About 50% of my buyers inquire about rental opportunities for a property they are purchasing. Occasionally some are looking strictly for an investment property, but usually, they are looking to offset expenses. This requires extensive investigation on the part of the buyer, and a professional broker can help guide the way.

The first question I ask; is when are you willing to rent it?

If the owner plans to use the property all of the major holidays – Memorial Day, 4th of July, Labor Day, Columbus Day, Thanksgiving, Christmas and New Years – that knocks out the best rental opportunities.

Then it must be determined if the property is able to be rented during the win-



**Carl Romberg**  
**BIC Landmark Realty Highlands Office**

ter months or must it be winterized? There are still many dates that rentals are needed, but if you are looking for the income, those factors must be taken into account.

The next question concerns the location. Many neighborhoods and developments have restrictions on rentals. Just a few of the restrictions include: a minimum number of nights; no more than one rental

per month; no children; the rentals must run through the development's management company; or rentals are not allowed.

There are multiple options of handling vacation rentals. Sites such as Airbnb, HomeAway, VRBO and Evolve offer the ability to manage the property yourself. Many real estate companies offer turn-key rental management programs. The big differences are the fees charged. For the rental sites, this can be an annual fee; a percentage of each rental booked through the site; and additional fees for other services that are provided like collection of taxes or processing payments.

Full service brokerage fees are usually based on the length of the rental and depend on the level of service provided.

To prepare a property for rental, items that need to be considered include: an analysis of the amenities of the property; properly furnishing and stocking the property; how housekeeping and maintenance will be handled; a sufficient supply of linens for turnovers and how they will be cleaned; and obtaining the proper property insurance.

Once the property is ready to be rented, the next steps involve marketing: professional photography; setting competitive rates; determining how inquiries, reservations, deposits and cancellations will be handled; screening guests; compliance with the North Carolina Vacation Rental Act; and reviews from guests.

Other items that also need to be considered include: accounting; collecting and remitting occupancy taxes; income tax implications; IRS regulations; and tax implications upon the sale of a property. It is advisable to obtain the input from a qualified CPA on these issues.

As you can tell, there are many items to be considered, and each owner must determine if it is something they wish to pursue.

Obviously, numerous owners have determined that it is worth their effort, or the expense to hire a property manager. As for strict income properties, there are many that certainly provide an excellent return on the investment when managed properly.

Are you ready to do your homework to determine if a rental property suits your needs?

• *Carl Romberg is the Broker in Charge of Landmark Realty Group's Highlands Office located at 225 Main Street. Feel free to stop by and visit with him, or reach him at 678-936-9309 or [carl@landmarkerg.com](mailto:carl@landmarkerg.com)*

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Andrea is one of the top 25 Real Estate Brokers in 2018.  
Highlands Sotheby's International Realty is the top selling firm in Highlands since 2013 as per HCMLS Navica.



# Highlands Varsity and JV teams finish regular season strong

By Brian O'Shea  
Plateau Daily News

## Highlands boys varsity basketball team shuts down Blue Ridge and takes regular season championship

Highlands boys varsity basketball team descended upon Cashiers and scored a solid victory against Blue Ridge on Friday with a final of 74-39.

With Hiwassee Dam's win over Nantahala, Highlands clinches the regular season championship and gives them the first seed in the conference tournament.

"Varsity boys have done well this season, but we are a long way from wanting this season to end," said Head Coach Brett Lamb. "We have played well at times and need to be playing our best going into the playoffs."

Lamb added that the conference tournament is going to be challenging.

"Tournament will be tough having to face Blue Ridge again on their home court and then playing either Nantahala or Hiwassee Dam who both will be out to knock us off," he said.

The Highlands junior varsity boys basketball team defeated Blue Ridge at home as well on Friday with a final of

48-40. This clinches the regular season championship for Highlands JV team.

## Highlands girls varsity basketball team hits the road and wins at Blue Ridge

Highlands girls varsity basketball team faced rival Blue Ridge and things were neck and neck at the beginning of the game on Friday, but Highlands ended up taking the victory with a 49-35 final. The game began looking like it was going to be a nail biter, but after halftime is when things started going downhill for Blue Ridge. About midway through the second half Highlands established a 27-point lead.

Highlands finished 10-13 in regular season, 4-2 in conference and earned 2nd place in the regular season of the Little Smokey Mountain Conference.

"I thought we had a pretty good regular season," said Highlands Head Coach Jake Page. "Started off the season a little slow but have picked it up here in the second half of the season. Played some pretty tough teams during the regular season, which I think has made us get better throughout the year. My girls are playing hard and competing."

As of press time, it is not known if Highlands will progress in the Conference Tournament that began on Tuesday at Blue

Ridge. If any Highlands teams win on Tuesday, they will play in the tournament championship on Thursday at Blue Ridge.

— Photos by Brian O'Shea



From left are highlands Jeffrey Olvera and COPnnor Briggs putting pressure on Blue Ridge Jake Pressler on Friday when Highlands clinched the regular season championship.



Highlands Mattson Gates feels the pressure from Blue Ridge Fisher Druffel (left) and Carter Ferrin.

Blue Ridge Kaitlyn Stewart and Julia May Schmitt work for position under the hoop on Friday.



# • SPIRITUALLY SPEAKING •



## A Real Cool Thing About Highlands

Dr. Gary Hewins  
Community Bible  
Church

**W**e live in a very beautiful place. You know this. We can enjoy the thunderous sounds of rushing rivers, the exhilaration of gorgeous gorges, and the serenity of mountain vistas. Who doesn't enjoy a cool mountain breeze or a serene snow shower? Maybe it has been a while since you were an urban dweller. Have you forgotten the stifling heat radiating off the concrete jungle you came from or the smog-laced skyline obscuring your view of construction cranes?

We live in an area where people literally stand at risk on the side of the road, on sharp curves, with cameras in hand to gaze at a mountain vista. These earthy pilgrims are seemingly looking to capture something more than a photograph. Some feeling. Some connection. Some inspiration. For many, our flora, fauna and topography seem to foster a process of mystical personal reflection.

Natural beauty is both wonderful and medicinal. Is this not why we hike or dangle our feet in a mountain stream? Whether you find yourself on our plateau on a permanent or semi-permanent basis or perhaps you picked up this paper while on a spontaneous visit, reflect upon the following:

The voice of God is like rushing waters. All creation worships Him. The heavens declare the glory of God. Rivers clap their hands before God all day every day. Rocks even cry out in worship when others will not. Mountains bow down before Him. He is the image of the invisible God, the firstborn over all creation. For by Him all things were created that are in heaven and that are on earth, visible and invisible, whether thrones or dominions or principalities or powers. All things were created through Him and for Him. And He is before all things, and in Him all things consist. And He is the head of the body, the church, who is the beginning, the firstborn from the dead, that in all things He may have the preeminence (Col. 1:15-18).

While you walk, gaze and enjoy the beauty all around us here in Highlands, go ahead and reflect. Know this, you too are created and knitted together by the hand of God. You are no accident, and neither is your being here among these mountains. The reason you are here is not to worship creation but He who is the Creator. He is drawing you to Himself, to His heart. He uses many things to capture your attention. Look a little closer. Open your heart a little more. Invite the Master of our

• See SPIRITUALLY SPEAKING page 19

## Proverbs 3:5

### BLUEVALLEY 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 in 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 • 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

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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;

Choir 5p

### FIRST PRESBYTERIAN CHURCH

Curtis Fussell & Emily Wilmarth, pastors

526-3175 • fpchighlands.org

Sun.: Adult Ed.: 9:30a.m.; Worship 11 a.m.

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

Wed.: Choir: 6p

### GOLDMINE BAPTIST CHURCH

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

Wed. Kidsquest 6p.; Worship 7p.

# • PLACES TO WORSHIP •

John 3:16

### 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.: 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

Intercessory Prayer Ministry

### HOLY FAMILY LUTHERAN CHURCH: ELCA

Chaplain Margaret Howell • 2152 Dillard Road • 526-9741

LutheranChurchoftheHolyFamily.yolasite.com

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

Worship/Communion: 10:30

HEALING SERVICE on the 5th Sunday of the month.

### MACEDONIA BAPTIST CHURCH

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

Pastor Zane Talley

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

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

### MOUNTAIN SYNAGOGUE

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

### MOUNTAIN BIBLE CHURCH

743-2583 • Independent Bible Church

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

4224 Big Ridge Road (4.5 miles from NC 107)

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

### OUR LADY OF THE MOUNTAINS

### CATHOLIC CHURCH

Rev. Father Casmir - 526-2418

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

### SCALY MOUNTAIN BAPTIST CHURCH

Rev. Marty Kilby

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

Wednesdays: Prayer Mtg.: 7 p.m.

### SCALY MOUNTAIN CHURCH OF GOD

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

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

### SHORTOFF BAPTIST CHURCH

Pastor Rev. Andy Cloer

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

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

### COMMUNITY BIBLE CHURCH OF SKY VALLEY

706.746.3144 • 696 Sky Valley Way #447, Pastor Gary Hewins

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

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

### THE CHURCH OF THE GOOD SHEPHERD

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

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

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

Thursday: Noon Healing Service with Eucharist.

### UNITARIAN UNIVERSALIST FELLOWSHIP

85 Sierra Drive, Franklin • uufranklin.org

Sunday Worship - 11 a.m.

### WHITESIDE PRESBYTERIAN CHURCH

Rev. Sam Forrester/Cashiers

Sunday School: 10 am, Worship Service: 11 am



## ...LEYLAND continued from page 1

Night to Shine 2019 held recently at Bloemsmas Barn in Franklin.

Night to Shine is an unforgettable prom night experience, centered on God's love, for people with special needs ages 14 and older. Cartoogechaye Baptist Church in Franklin joined other churches and organizations in all 50 states and 16 countries to host Night to Shine, making an impact that was felt all over the world as individuals each with their own unique journey was celebrated.

This year on February 8th, more than 500 churches from around the world came together to simultaneously host Night to Shine for approximately 90,000 honored guests through the support of 175,000 volunteers. Locally, Franklin's Night to Shine had over 180 volunteers who worked under the direction of Carol Anne Elliott who started the event last year in Macon County.

Night to Shine was started in 2015 by Tim Tebow, a former NFL quarterback. The original idea started the year before at an event at one church. The event is supported by the Tim Tebow Foundation and has quickly spread across the coun-



Eliza Leyland

try and world continuing to grow each year giving more people the chance to enjoy the prom experience. This year's Night to Shine marked the fifth anniversary of the event.

The theme of this year's Night to Shine event was a "Snow Ball," with the venue decorated with snowflakes, snowmen, snow covered trees and other winter decorations. Guests even enjoyed a light snow flurry as they entered the event or had their pictures taken. Guests received a handmade hat and scarf set as a gift from local volunteers who crocheted or knitted the sets.

Every guest of Night to Shine walked down a red carpet surrounded by a friendly crowd cheering them on and paparazzi capturing the moment. Once inside, guests received the royal treatment, including hair and makeup stations, shoe shining station, corsages and boutonnieres, a catered dinner, prom favors for each honored guest, a respite room for parents and caretakers, prom pictures, music and dancing. Limousine rides around the venue were also available for the guests.

Guests danced the night away with music played by disc jockey Tony Curtis with

Radio Shack

Curtis TV, Inc. with help from Dave Linn. Special guests, Summer Brooke and the Mountain Faith Band, also entertained the crowd.

At 8 p.m., all participants locally and around the world were crowned together as king or queen of the prom with a complimentary crown. The evening was the guests' opportunity to be the king or queen of the prom but not just for one night, but forever as a memory they can take with them for the rest of their lives knowing how much they matter. Night to Shine is a night for all to shine and know that they are loved and accepted.

The local event is made possible by the generosity of the community with donations ranging from dresses and tuxedos to money

to help fund the event. Jewelry, shoes, ties, vests, flowers, food, haircuts, limousine rides and much more were donated from the local community as well as surrounding communities. Participants were provided with everything they needed to make this prom a magical evening at no cost to participants and their parents or caretakers.

Applications for Franklin's third annual Night to Shine to be held near Valentine's Day will be accepted starting October 1st through December 31st. The event is open to all people aged 14 and older with special needs, no one is turned away. For more information or to see pictures from this year's event, go to Cartoogechaye Baptist Church's Night to Shine Facebook page.

## ...SPIRITUALLY SPEAKING continued from 18

skyline to reveal His love for you, to you. As you enjoy all that is here...consider whispering a simple prayer...Christ Jesus, show me You too.

Concrete awaits your return and such wonderful revelations take so much more

effort with so much less time, that's why you don't want to leave. Enjoy today, remain in the moment, capture who you were intended to capture today. He is so much more than a photograph.



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## ...LETTER continued from 2

I never thought the litter on the roads into Highlands could possibly compete with what is everyday common along every road, major or minor, in Louisiana and Mississippi (my two home states, so I know), but I am proved wrong; they look exactly the same.

And besides the disgusting look of it, don't you love knowing that the car or truck hurtling toward you in the other lane, going 30-50 mph is being "driven" by a beer-swilling, wine-guzzling, whiskey-drinking, phone-texting and who-knows-what-else moron? (Gee, can we say moron anymore, or is it politically incorrect nowadays?)

Alice Nelson  
Highlands

## • POLICE & FIRE REPORTS •

Highlands Police entries from Jan. 8. Only the names of persons arrested, issued a Class-3 misdemeanor or public officials have been used.

### Jan. 8

• At 11 a.m., officers responded to a call of a breaking and entering where two flat screen TVs were taken as well as a soundbar and sub-

woofer all valued at \$1,000.

### Jan. 9

• At 10:17 a.m., officers received a report of an assault on a female in a motel on Main Street where she was grabbed by the arm and thrown to the ground.

### Feb. 12

• At 8:20 a.m., officers responded  
• See **POLICE & FIRE** page 20



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or visit [OldEdwardsInn.com/RoseWineDinner](http://OldEdwardsInn.com/RoseWineDinner).

# ...POLICE & FIRE REPORT continued from page 19

to a one-vehicle accident onto NC 106 near Woodcrest Way.

•Officers received a report about the larceny of a 1/2 cord of firewood valued at \$150 taken from the field/woods near a residence on Hickory Hill Road.

## Feb. 15

•At 3:32 a.m., officers responded to the breaking and entering of a 1986, grey Dodge pickup, theft from the vehicle of numerous articles of clothing, a tool bag with various tools, a STIHL chain saw, a gas can and arson of same and personal property at the

4th Street Market thus causing the building to char.

• At 10:20 a.m., officers responded to a call for service from Mountain Fresh Grocery where a shoplifting incident had occurred.

• At 10:50 a.m., Steven Andrew Shiebler, 51, of Highlands, was arrested for first-degree arson and burning of personal property. He was issued a \$125,000 secured bond. His trial date is March 5.

**The Highlands Fire & Rescue log from Feb. 9, 2019.**

## Feb. 9

• At 8:16 p.m., the dept. provided public assistance at a residence on Choctaw Ridge Trail.

## Feb. 12

• At 8:51 a.m., the dept. provided public assistance a a motor vehicle accident on NC 106.

## Feb. 13

• At 12:59 p.m., the dept. was first-responders to a residence on US 64 west.

• At 4:06 p.m., the dept. responded to a fire alarm at a residence on Morewood Road.

## Feb. 14

• At 2:45 p.m., the dept. responded to a fire alarm at a residence on Sagee Dr.

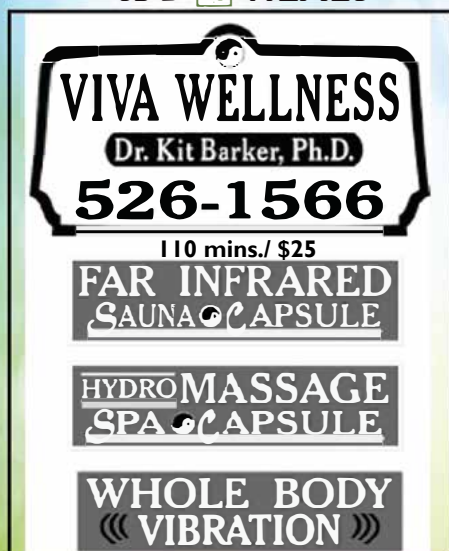
## Feb. 15

• At 3:32 a.m., the dept. responded to a vehicle fire at the 4th Street Market.

## Feb. 18

• At 1:56 p.m., the dept. investigated smoke on NC. 28 south.

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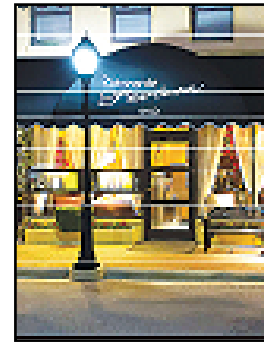
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