

Highlands Newspaper

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Thursday, June 13, 2019

BlueZones for WNC's Blue Ridge?

Monday night was the official kick-off of the BlueZones Regional Initiative first brought to light by Pat and Sally Taylor.

The BlueZones initiative is about the science of living longer. It involves lifestyle changes on an individual level but also on the community level whereby citizens and policy makers work together to get healthier for life.

In Highlands' case it's a regional initiative because to be viable statistically – that is to have enough data to quantify changes – at least 16,000 people have to be involved which means including communities in Macon and Jackson counties.

In his opening remarks, Mayor Pat Taylor said he became interested in the BlueZones concept a

while back.

"I thought, wouldn't it be great to create a BlueZones area in our Blue Ridge communities?"

Sally Taylor took the reins and ran with the concept and as chairman of the BlueZones organizing committee has gotten positive feedback from Jackson and Macon county governments as well as

• See BLUEZONES page 19

County agrees to raise taxes for schools

By Brittney Lofthouse

Macon County Commissioners voted to increase the ad valorem taxes in the county to .3747, a .0053 increase from County Manager Derek Roland's original recommendation in order to fund educational needs with the school district. The approved tax rate will generate \$53,253,502 for the county's budget.

By increasing the tax rate to .3747, \$419,477 in new revenue will be generated for the school system," said Roland. "This will allow them to pick up the \$310,000 in operating, which was discussed during the continued board meeting last week, and an additional \$105,000 for two stem teachers

• See TAXES page 14

'Legend' marker is planted at 4th & Main streets



Photo by Brian O'Shea

Highlands historian Ran Shaffner has made it his life's work to document and immortalize Highlands' history – its families, its enterprises, its progress and even its legends. On Monday, June 8, "A Legend & Lore" marker was erected in the middle of Main Street near the site of the Moccasin War fought in 1885 between Highlanders and folks from the Moccasin Township just across the border.

• INSIDE THIS ISSUE •

Mayor on Duty.....	2	Word Matter.....	11
Weather.....	2	Events.....	12-13
Letter.....	2	Spitirually Speaking.....	18
DogSpeak.....	9	Classifieds.....	22
Investing at 4,118 Ft.	10	Police & Fire Report.....	22

The money matters of Highlands broadband initiative project

By Brittney Lofthouse

The Town of Highlands is one step closer to providing high-speed internet access to every resident.

During the May meeting of the Macon County Board of Commissioners, Highlands Mayor Pat Taylor informed commissioners that the Highlands Town Board is investing \$4.6 million to expand the town's broadband capabilities to every house within the town limits. Some 3,000 residents and businesses will benefit from the project, which is nearly ready to break ground.

"We already have the loan and approved the construction contract at the May Town Board meeting with no changes," said Mayor Taylor. "We approved an administration contract to oversee the build-out. Construction begins in weeks. We are way ahead of most small towns in NC in providing this essential utility."

While Highlands has been

working on the project for quite a while, the May Macon County Commissioners meeting was the first opportunity for commissioners to learn of the town's efforts and an opportunity to partner with the town of Highlands.

Taylor asked commissioners to consider helping to fund the project to the tune of \$1 million, or \$250,000 over the next four years.

"I asked the county for support since we already provide broadband for customers not living in town by way of Altitude [the town's current limited broadband option]," explained Taylor. "We are asking for a partnership like in recreation where everyone, whether living in town or the county, uses the Highlands recreation facilities. The county pays a significant part of the budget and contributed 350k to recreation capital projects. It's a great and beneficial partnership."

• See BROADBAND page 17

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• THE PLATEAU'S POSITION •

• MAYOR ON DUTY •

Blue Zones, greenways and more

Monday was a day of meetings for me. That evening was the kick-off presentation of the BlueZones regional initiative. Folks from Cashiers, Highlands, Franklin, Sylva, Macon and Jackson counties pretty much filled the PAC Center.

A video broadcast of the event went to Franklin where there was also a good turnout. In my opening remarks I stated that the goal was to create a BlueZones for our beautiful Blue Ridge communities. Tony Buettner, a BlueZones executive, was the keynote speaker. He described a number of communities across the globe where folks live active lives well into their 90s and even past the century mark. BlueZones researchers have identified nine common habits or factors in these communities that contribute to the increased longevity and vitality of the residents. The national BlueZones organization has developed a program and strategies to help communities implement these practices with the overall goal of promoting healthy living in all aspects of the community.

Interest surveys were taken at the end of the presentation. The next step will be for the



Highlands Mayor
Patrick Taylor

BlueZones Organizing Committee to analyze the survey information to determine if there is support in our communities to move forward toward a BlueZone Region. If so, experts from BlueZones would conduct an in-depth study of these communities to assess needs and develop implementation strategies. It will be a grassroots process, where people and organizations will need to step forward to implement and fund the initiative.

If you have questions or feedback, please contact Sallie Taylor at (828) 506-7025. Sallie has served as the chair of the BlueZones organizing committee. I want to thank the committee for all the work it has done. If you missed this initial event, BlueZones has a great website that explains the program in detail.

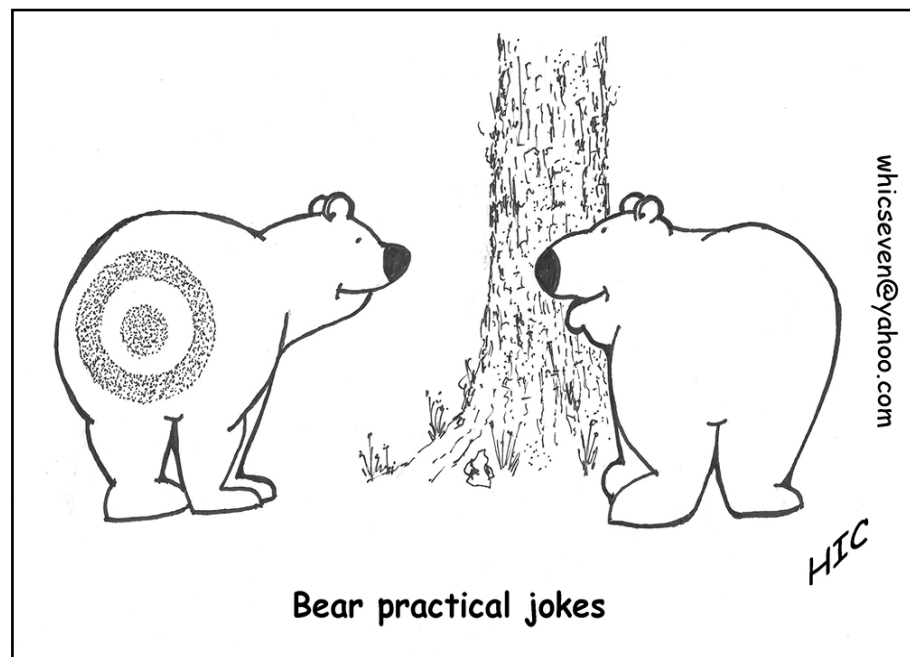
On Monday morning I hosted a meeting of leaders from Highlands, Cashiers and the surrounding region to explore creating a greenway trail from Cashiers to Highlands. Cashiers is in the process of developing a trails and sidewalks that will enable folks to walk throughout Cashiers. Highlands has existing sidewalks and a greenway so why not create a trail that connects the two communities?

At the meeting was Hillrie Quinn of the Highlands Greenway. He has been consulting with folks in Cashiers about their trail and walkway initiative. Sam Lupas from Cashiers, and Dogwood Health Foundation board member, attended, as well as, District Ranger Mike Wilkins of the US Forest Service. Dr. Gary Wien of the Highlands Cashiers Land Trust and Jim Aschmeyer, a Highlands resident interested in trails and bikes were also present. Carlton Wheatley of the town's GIS and mapping department served as a resource person for the meeting. Our new assistant planner, Michael Mathis also sat in on the session.

The group looked at topographical maps of the Highlands/Cashiers area. The challenge was to identify potential trails that can connect the two towns. It will be a daunting challenge. The group will continue to explore routes and develop plans for a trail. I will keep you posted.

A fun filled Monday meeting was the Highlands Historical Society dedication of the new folklore marker commemorating the Moccasin Moonshine War of 1885. Ran Shaffner recounted the story of the battle at the corner of Main and Fourth streets. Be sure to check out the new marker located in the plant-er at the intersection.

• HIC'S VIEW •



Bear practical jokes

• LETTER •

Leave speed limits as they are

Dear Editor,

In regards to the article in the June 6 edition, "Speed limits in town likely to decrease." The speed limit east from Franklin is 35 from Buck Creek Road on into Highlands. Instead of worrying about already adequate speed limits why not focus on tourists and summer residents who constantly break traffic laws. They are not the only ones, but they drive right through stop signs and red lights, many without even slowing at all! I have seen many high dollar cars blatantly break the law in and around town consistently over the years with little or no worries. And even more concerning are the idiots from the big cities who walk right on through at intersections in town without waiting for the walk light. Yes, I know they are pedestrians and have the right of way however, they are also breaking the law. Do any of those fools ever get ticketed for that? I live behind a steering wheel and daily dodge people over the centerline, failing to stop, and turning suddenly without a signal. Not easy when driving a loaded truck that doesn't handle like a sports car. There are problems with traffic flow here but speed limits are fine! Bottom line here is coddling to tourists and summer residents.

Derrill Owens

• WEATHER •

	Friday 6/14		Saturday 6/15		Sunday 6/16	
	Daytime	Overnight	Daytime	Overnight	Daytime	Overnight
Temp	70 F	44 F	73 F	54 F	76 F	59 F
RealFeel	79 F	49 F	81 F	57 F	84 F	64 F
Winds	4 g 7	3 g 6	4 g 7	2 g 5	4 g 6	3 g 5
T-Storms	0%	4%	22%	24%	60%	24%
Rainfall	0	0	0	0	0.2	0
Snowfall	0	0	0	0	0	0

For Real-time Weather and the Extended Forecast, go to www.highlandsinfo.com and click on Weather
Rain Inch Totals: Fri. 6/8, 1.80 - Sat. 6/9, 1.92 - Sun. 6/10, 1.55 - Mon. 6/11, 0.80

Highlands Newspaper

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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 No expense was spared to bring this manor to life at the top of Highlands Country Club. The front porch is showcased by 3 beautiful stone arches made from natural Tennessee stone which was hand cut on site and is found in throughout the entire estate. The large stone fireplace with hand carved mahogany mantle and high, wood coffered ceilings in the elegant living room is reminiscent of a Scottish manor house. Heart pine flooring throughout adds to the warmth and beauty. The focal point of the great room is the 2 story stone fireplace and rounded cathedral wood ceilings back dropped with wall of stone. Glass doors lead onto the rear covered porch with stone flooring and another stone fireplace, offering unparalleled views across Blue Valley and beyond. The centerpiece of the well-appointed

kitchen is a custom mahogany wood island with seating for guests. The spacious dining room has walls of windows that overlook the beautiful yard and views of the distant mountains. Double doors take you to the stone terrace where you can sip morning coffee alongside the outdoor fireplace and hidden waterfall. Complete with an outdoor kitchen, this is a favorite spot to entertain guests or just relax with the family. There are six bedrooms for extended family with two gracious master suites that include stunning spa styled baths & private sitting rooms. Don't miss the theater room.

MLS# 90525 | Offered for \$5,000,000



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NEW ON MARKET: If a luxury mountain retreat is what you seek, look no further than this magnificent custom built home located in the private, gated community of HeatherStone Tops. Sitting on just over 4 acres, large and elegant rooms abound this mini estate and surround you with exquisite finishes including hand-carved wood trim throughout. The great room of this stunning residence is graced by soaring ceilings and windows to take in the sweeping views.

MLS# 91136 | Offered for \$1,699,000



NEW ON MARKET: The mountain contemporary home is light and bright inside with skylights and clerestory windows. Originally built by Schmitt Builders, the home had a remodel by renowned Atlanta builder, Keith Ashe, several years ago. The kitchen is open to the great room to make sure everyone is included in the conversation. In addition, there is a den adjacent which could double as a TV viewing area or a separate dining room. Located in Highlands CC.

MLS# 91051 | Offered for \$647,000

NEW on MARKET & PRICE CHANGES!

PRICE CHANGE: A Excellent location for this newly renovated in town 3 bedroom 3 bath home. This one level living is only steps away from the soon-to-be redesigned Performing Art Center/Play House. Offers a large back deck for entertaining, detached, oversized two-car garage, which could be turned into a guest cottage. Incredible private flat back yard with its own art studio. Landscaped yard is beautiful. Walk to Main Street with wonderful shopping and dining!

MLS# 88180 | Was \$ 1,075,000 NOW Offered for \$840,000



PRICE CHANGE: This lovely home features lots of natural wood and re-finished floors. With three bedrooms and two and one-half baths on the main level, it also features a garage, workshop, and additional room downstairs. The owners have made great improvements, including a new deck, retaining wall, new paint, encapsulated crawl space, appliances, and the price includes furnishings with only a couple of exceptions. Lovely back yard and nice patio. Don't wait!

MLS# 88950 | Was \$399,000 NOW Offered for \$379,000



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HIGHLANDS IN-TOWN Located on a very quiet cul de sac with a lovely water feature and stone patio with fire pit which is the perfect spot for sharing an evening with family and friends. The living room has soaring wood ceilings, accented by a stone fireplace and beautiful wood flooring. It opens to a large, perfectly private screened porch which runs the entire length of the home. Within an easy walk to everything Highlands has to offer!

MLS# 90910 | Offered for \$797,000



HIGHLANDS IN-TOWN This lovely home has been remodeled and expanded. The focal point of the great room is a corner stone fireplace and there is plenty of room for dining; this room leads out to the covered and open back deck with a level yard - perfect for pets and play. The kitchen is large with beautiful cabinetry, granite countertops, glass backsplash and farm styled sink. Wonderful location, just a stone's throw from Harris Lake and a short walk to town.

MLS# 90380 | Offered for \$715,000

HIGHLANDS This wonderful, meticulously maintained 4.49 acre estate property is amazing and in a world all its own. The main house is a true mountain cabin, lots of windows, light and airy. Meander down the path to the totally private guest house built in 2003 with 2 bedrooms, 2 baths, wood floors, rocking chair front porch overlooking the pond. Walk a few more steps to a wonderful mountain stream and springs. Each home has its own private drive.

MLS# 91073 | Offered for \$695,000



CULLASAJA CLUB With an open floor plan, gleaming hardwood floors, skylights and vaulted ceilings, the cottage lives large. The kitchen boasts stainless steel appliances, granite countertops, desk space and a large island to accommo-date family and friends. The vaulted living room with bar, built-in bookcases, and skylights opens to a covered rocking chair front porch and a screened-in back deck. The seller is offering a home warranty to the buyer.

MLS# 90115 | Offered for \$625,000



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2019 Upcoming Events

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June Schedule

- **Wake Up Your Brain**
Monday, June 17 Time: 2-4 Presenter: Maridy Troy WCU
- **Stay Safe on the Internet**
*Thursday, June 18 Time: 10:30-3:30 Cost: \$75/\$85
Instructor: Nigel Sixsmith*
- **The Dysfunctional Bonapartes**
*Tuesday, June 18 Time: 2-4
Presenter: Max Owre UNC Chapel Hill*
- **France and America: 240 Years of Alliance, Annoyance and Occasional Fisticuffs**
*Wednesday, June 19 Time: 10-12
Presenter: Max Owre UNC Chapel Hill*
- **Apple iPhone**
*Thursday, June 20 Time: 10:30-3:30 Cost: \$75/\$85
Instructor: Nigel Sixsmith*
- **History of the Blockbuster**
*Thursday, June 20 Time: 2-4
Presenter: Rachel Jones Schaevitz of UNC Chapel Hill*
- **Heroines of American Cinema**
*Friday, June 21 Time: 2-4
Presenter: Rachel Jones Schaevitz of UNC Chapel Hill*
- **Inside the Homes of Pablo Picasso**
Monday, June 24 Time: 2-4 Presenter: Kaitlyn Allen of WCU
- **The Vanderbilts: All of Them!**
Tuesday, June 25 Time: 2-4 Presenter: Elliot Engel
- **The Tortured Genius of Edgar Allan Poe**
Wednesday, June 26 Time: 10-12 Presenter: Elliot Engel
- **Thoughts that Transform Grief**
Thursday, June 27 Time: 2-4 Presenter: Jane Williams

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DOGSPEAK • REFLECTIONS FROM LORD BANJO •

Parenting tips for pet parents

I consider Mum and Dad to be pretty good in the parenting department. They love me; they feed me; they walk me; they give me belly rubs, and they take me on trips. I have a dog bed in every room -- though they're often occupied by Princess Puddin'.

Thanks to Mum, I'm also a well-dressed boy. I make quite the fashion statement in my lovely purple velvet robe trimmed in white fur with a purple collar to match. I guess I could be a tad more fashionable if I also had a coordinating leash, but I think the red ones Mum likes are spiffy.

In the healthcare department, much to my dismay, my parents are vigilant about me getting annual everything: shots, senior bloodwork, and dental cleanings. I visit the groomer every six weeks unless I've gotten into the creek or something like deer "you know what" -- then I go ASAP no matter how recently I may have visited.

Though the Royal Parents don't have any two-legged kids, Mum likes to read the weekly parenting column in the paper. As she smiled and shook her head at a recent one, I asked, "What's so funny, Mum?"

"Banjo, this one's about mistakes that parents make, and I'm wondering whether we make any of them with you and Puddin'."

We both agreed that Mum and Dad were not guilty of the first mistake -- paying too much attention to the kids. Sure, they talk to us and pet us, but they don't stop everything they're doing to tend to us. They don't "idolize" us as the article mentioned; they just love us. Mum and Dad do things without us, like ride their bikes, go to plays, and, goodness knows, they take plenty of trips without us.

When they're home reading, watching TV, cooking, working at their computers, and all the other things parents do with



The Royal Pooch Lord Banjo

their time, they'll tend to us if we need something. Lots of the time, though, they're quick to say, "Stop it, Banjo, you don't need to be touched every minute." I disagree with them on that point, but I take it in stride.

I did LOL when Mum read that one mistake was "squatting at the level of a two-legged child" to speak with one. The writer thought this made the parent seem servile. Mum occasionally gets down on the floor to snuggle with me but only be-

cause she won't let me in her lap or on the bed. To talk to me, she stays in her chair or stands upright. I do not require either parent to bow at my feet, even if I am a Royal Pooch so I say they're not guilty on that count.

The article didn't mention that it was bad to play favorites, but I think that's an important point. I think I'm the favorite dog and Puddin's the favorite cat, and I'm OK with that. I do think Puddin' has a slight edge in the snuggle department, though. I don't ever hear Mum or Dad say, "Get down Puddin'; I don't want you in my lap." Mum may fuss a tiny bit when Puddin' gets in the bed and positions herself on Mum's chest blocking the book Mum's reading, but the fussing always comes with a smile.

Despite a slight downgrade in the favoritism area, I give Mum and Dad an A in parenting. They can earn an A+ by allowing me to sleep in the bed with them. There's plenty of room for me to lie in the middle as long as Puddin' stays snuggled on someone's back or tummy. Wouldn't you agree that's a perfect plan?

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

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Fathers and Memories

With Father's Day being this Sunday I've been reflecting on my childhood and my relationship with my own dad. My fondest memories are riding in his old pick-up truck to a local dairy that also had a fishing pond. I had a cane pole with a red cork just waiting to catch a "big one!" I refused to touch a slimy worm so my dad knew that would always be his task. We would sit for hours waiting on the corks to bob. The excitement as a little girl pulling in a fish was huge even though the fish was small! Dad and I would talk and eat our baloney sandwiches from a brown paper bag and watch the corks with anticipation.

We would also visit the dairy and I looked at cows as big lovable dogs. My dad loved to tease me and had me convinced that chocolate milk came right out of black cows! Our relationship grew from moments like this and our one-on-one trips together without ever speaking the words: "I love you" until he was dying of pancreatic cancer and I was 30 years old.

I grew up in a tiny house and watching television with my parents was an evening tradition after sitting around a small kitchen table and doing the dishes by hand (no dishwasher back then...just me!) We loved to watch Andy Griffith, I Love Lucy,



Pat Allen, Owner/BIC
Pat Allen Realty Group
Cell: 828-200-9179
Office: 828-526-8784

Gunsmoke, and the Ed Sullivan Show. It was many years later as an adult that I realized how special those times were and how those memories still warm my heart.

I look at the changing times we live in with cell phones in children's hands, whether texting or playing games. This even happens in restaurants with parents and kids texting or checking emails with little eye contact or conversations. This is where I

think real estate comes in to play. I think of the opportunities the mountains and our area have to offer. Taking children and teenagers to waterfalls, hiking to the top of the mountain with fantastic views God created, learning about salamanders at the Biological Station, picnicking at the Kelsey Hutchinson Park, exploring art possibilities at The Bascom, enjoying the spectacular fireworks on the Fourth of July while the radio plays patriotic music, coming for Thanksgiving and choosing your own Christmas tree from a real tree farm and driving it home on top of your car, watching the annual truly old-fashion Christmas Parade and having a photo with Santa and Mrs. Claus, or ice skating in the winter with little white lights surrounding you as you strive to stay upright!

There are so many wonderful memories to be made here while leaving cares of the world and cell phones at home. You won't regret creating wonderful memories that last a lifetime.

Happy Father's Day to all!

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• Pat Allen is owner of Pat Allen Realty Group and a Certified Luxury Home Marketing Specialist and is certified in Resort and Second home properties. She chooses to remain an independent firm, allowing for personalized service and decision making, welcomed and needed in a small town. She sponsors many non-profit events and gives back so others can move forward. Her firm was recently selected as a Leading Real Estate Company of the World. She is consistently a top producer and award-winning broker on the plateau. Visit her on the web at Pat Allen Realty Group.com, call 828-526-8784, or 828-200-9179. The office is conveniently located at 295 Dillard Road across from Highlands Decorating Center.

•WORD MATTER•

Say What?

If you wonder where I come up with some of what I incorporate into Word Matter columns for Highlands Newspaper, this offering may send you for a ride.

Most people I know are ambivalent about technology. I'm from a time that goes back to when television first showed up on the scene, and no one, I mean no one listened to anything other than AM radio. I have to confess that the last 30 years has produced some pretty startling and amazing changes in how we use the tools technology has provided us.

It's hard to imagine a world without the Internet, desktop, laptop and hand-held devices, GPS, Google, Wikipedia, and a host of other instruments and applications woven into the fabric of 21st century life.

Most of us recall the emergence of inventions like air-conditioning, transcontinental airline flight, automatic transmissions in automobiles, microwave ovens, etc. All of this leaves me wondering, what more could possibly be on the horizon?

A lot.

I recently came across a smattering of imaginings about some of the promise technology holds for us a few, or more than a few, miles up the road. Thanks to Max Langridge and Adrian Willings of Pocket-Lint.

Many of us probably won't be around for some of these.

SMALL, HI-RISE FARMS

It's not inconceivable that, with the world adding about a billion people every few years, rooftop mini-farms might emerge as a food supply consideration. Rooftop gardens already exist in many urban areas. Livestock grazing on rooftops? Which brings us next to ...

LAB-GROWN MEATS

I was surprised to learn this is already in the pipeline. When scientists figure out a cost-effective way to produce edible, tasty, lower-fat meats in labs it will help solve dietary and environmental dilemmas associated with traditional meat farming.

COLONIZATION OF OTHER PLANETS

This subject of science fiction and speculation dates back generations, to Galileo and Copernicus. When one considers the havoc humans have already wreaked on Planet Earth, and the progress



Bud Katz

already made in space launch technology, this may become a reality sooner rather than later.

ROBOTS IN THE WORKPLACE

We hate to say it, but this is already happening. It's really only speculative in terms of how soon and to what extent robots will all but eliminate the need for humans to do difficult, complicated, dangerous and dull jobs. And, robots can

often work faster and make fewer mistakes!

ELECTRIC AND SELF-DRIVING VEHICLES

Yes, electric and hybrid cars are already here, and at some point, as reliance on fossil fuels diminishes, they'll be the rule instead of the exception. The next step, though, will be self-driving semi- and tractor-trailer vehicles operating in dedicated lanes on Interstate highways. There'll be fewer accidents and less stress on operators.

EXPANDED AND MINIATURIZED SOLAR TECHNOLOGY

Sure, solar panels are here, but they are being developed to operate more effectively and efficiently every year. They will soon be integrated into multi-family properties, and even on top of, or manufactured into car roofs, where they'll power expanding in-car technology and help batteries last longer.

3-D PRINTING

This is already happening on a relatively small scale but the applications in everything from the office environment to health care, from food production to prosthetics and, yes, to weapons are virtually limitless. It all boils down to process time, scale and affordability.

ROBOT SOLDIERS

Thinking Star Wars? Of course you are. While I'd rather imagine a world without war, if wars must be fought, why not do it with expendable, soulless machines instead of human beings on the front lines? This will allow living, breathing strategists and tacticians to determine outcomes. If nothing else, it would all but eliminate Post Traumatic Stress Disorder.

SMART TOOTHBRUSHES, MIRRORS ... EVEN TOILETS

Think for a moment about when you brush every morning and evening, and information is transmitted to your dentist regarding the health of your teeth and gums. Think about gazing into your bathroom mirror in the morning and having information about vitamin deficiencies, vision, and other underlying health issues sent to your

physician. Now, consider the real possibilities of having the deposits in your toilet analyzed in real time and the results reported directly to your doctor.

Every one of these tech-driven enhancements to future quality of life are in

Research and Development and are coming soon, or maybe not so soon, to a world near you.

And, yes, before you ask or say it, I do spend a lot of time on the Internet!



Highlands Country Club

Gorgeous views with end of the cul-de-sac privacy, this 3 bedrooms 3 baths home is the perfect mix of rustic and elegance. 2 fireplaces. Furniture available separately. Offered for for **\$974,900**. Contact Andrea Gabbard 828-200-6742.



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Andrea is one of the top 25 Real Estate Brokers in 2018.

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• HIGHLANDS AREA EVENTS •

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 is open Friday - Monday 10am -5pm (Sundays 12pm - 5pm). Visitors are welcome to enjoy the newly updated Story Walk Trail throughout the week.

• At the Highlands Recreation Dept. pool. Public Swim Monday-Thursday 11a-7p Friday and Saturday 11a-6p and Sunday 1-6p.

Monday - Saturday

• Mountain Findings Thrift Store on Spruce Street is open from 10a to 4p.

• Fiber Magee's Clothing Thrift Store on Laurel Street is open Tues.-Friday 10a to 4p and on Saturday from 10a to 2p.

First Mondays

• Shortoff Baptist Church non-

denominational Men's Mtg at 7p.

Mondays

• At the Nature Center. Free. Garden Tour. 10:30am. Enjoy a walk through the Botanical Gardens with our knowledgeable staff, viewing beautiful native plant life in diverse habitats.

• At the Rec Park, Dance2Fit classes with Tori Schmitt at 5:30pm.

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.

Mon., Wed., Fri.

• Heart Healthy Exercise Class Monday, Wednesday and Friday 8:30am-9:30am.

• Step Aerobics with Tina Rogers 8-9a.

• Gentle Yoga at the Rec park at

9:15-10:30 a.m.. All levels welcome.

Mon., Wed., Thurs.

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

Tuesdays through July 30

• Free Community Yoga and Gentle Movement at The Ball Field with Rachel Kinback, Certified Yoga Teacher, 500hr; 5:30-6:15p. People of all ages and ability levels are invited to meet at the Ball Field for fun, expressive, gentle Yoga and Movement. This 45 min guided practice will be inclusive, so come as you are. Packing a blanket or exercise mat and water bottle is encouraged. The baseball field site is located adjacent to the Highlands Community Building off N. 4th St./ Hwy 106 headed toward Cashiers. Restrooms will be available on site.

Tuesdays

• At the Nature Center. Free. Turtle and Toad Feeding. 11:30am. View our live animals at their most active -- feeding time!

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

• The Highlands Writers Group meets every Tuesday, 3pm in the downstairs boardroom at the Bascom Center for the Visual Arts. Writers at all levels of proficiency are welcome. For additional information, contact Bud Katz, 828-526-3190 or budandlynn@me.com.

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

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.

• Highlands Area Indivisible Group meets at 5 pm in the Meeting Room at the back of the Hudson Library.

Tuesday and Thursdays

• At the Rec Park, Dance2Fit with Tori Schmitt at 7:30am.

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

Wednesdays

• At the Nature Center. Free. Mad Science. 2:30pm. Try your hand at scientific inquiry with a brief hands-on program aimed at youth ages 7+ (younger ages are welcome with supervision).

• At Community Bible Church, 5-5:30p - Dinner – Free (Donations Appreciated) 5:45-7p - G.R.O.W. Get

Real on Wednesdays – Classes offered on money management, addition, discovering your spiritual gifts and personality type, studying the bible, evangelism, parenting, marriage, grief, and more. All are welcome! Visit www.cbchighlands.com for class schedule.

• Power Flow Yoga with Nalicia Allio a certified Yoga Instructor 12-1pm and 6:30-7:30pm.

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

• Through July 18, The Church of the Incarnation announces that a Grief Support Group will be offered on Thursdays, from 4 – 5:30, beginning June 6 through July 18. The group will not meet on July 4th. The purpose of the group is to offer support for those suffering from life transitions, such as terminal illness, death of family or close friend, miscarriage, and relationship or job loss.

• At the Nature Center. Free. Exploration Hike 2:30pm. Visit forests, streams, and other spots across our campus, experiencing unique habitats and honing your observation skills.

• Storytime at Hudson Library, 10:40 am. Open to the public

• Kids Zone at Hudson Library, 3:30- 5 pm. A different STEAM Program each week.

• 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 Out Reach Center on West Main Street in Franklin Call Donita (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

• 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

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.

Fridays

• At the Nature Center. Free. Turtle and Snake Feeding. 11:30am. View our live animals at their most active -- feeding time!

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

First Fridays

• The Bascom at Sotheby's series features different artists each month with a reception the first Friday of every month at Highlands Sotheby's International Realty from 4-5:30p at the corner of Main Street and Highway 64 across from The Old Edwards Inn. The public is invited to come meet the artist, view the exhibit and have some wine.

• At the Rec Park Pool. Movie Float-in 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.

Fourth Friday

• Community Coffee with Mayor Pat Taylor at the Hudson Library in the Meeting Room from 11a until noon.

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.

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

• At the Nature Center. Free. Creature Feature. 11:30am & 2:30pm. Experience one or more of our live animal ambassadors up close while learning about their fascinating adaptations.

• Free music in the K-H Founders Park on Pine Street 6-8 p.m.

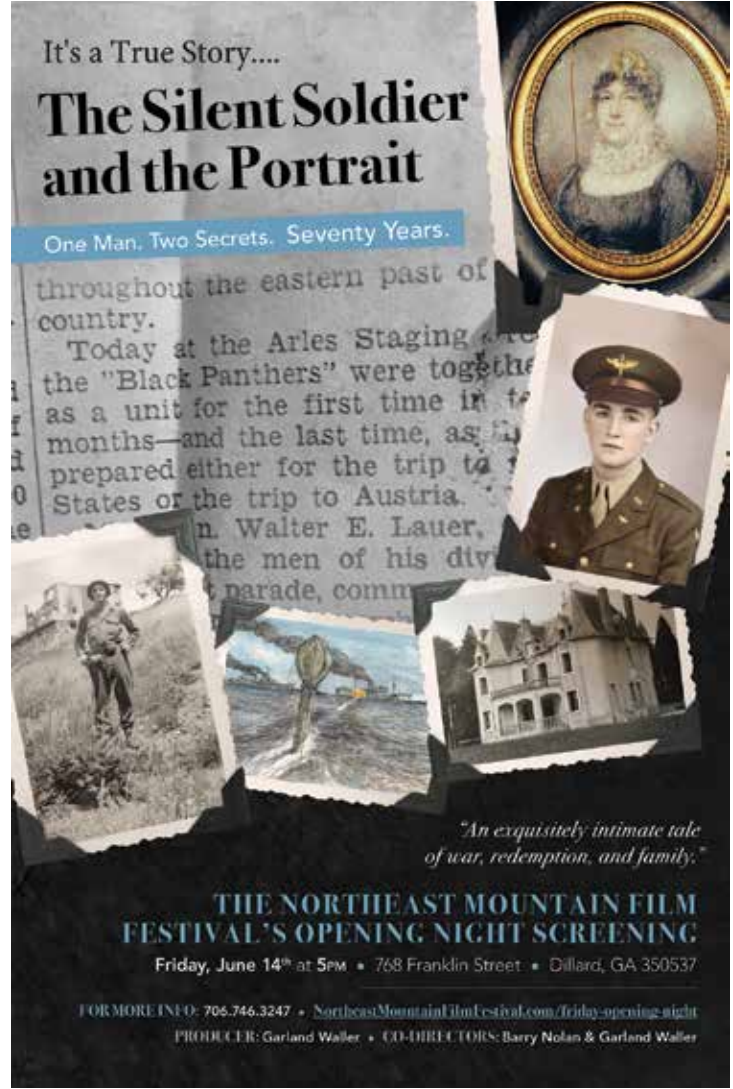
Sundays

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

• Church in the Wildwood, hymn singing each Sunday through Labor Day weekend from 7-8 p.m.

Thurs., June 13

• At CLE, Strom Thurmond's America. Time: 2-4 Cost \$25/\$35 Presenter: Joseph Crispino. To register please call 526-8811 or visit



It's a True Story....

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throughout the eastern part of country.

Today at the Arles Staging the "Black Panthers" were together as a unit for the first time in months—and the last time, as prepared either for the trip to States or the trip to Austria.

n. Walter E. Lauer, the men of his div parade, comm

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PRODUCER: Garland Waller • CO-DIRECTORS: Barry Nolan & Garland Waller

• HIGHLANDS AREA EVENTS •

www.clehighlands.com. Cost is \$25 for members/\$35 nonmembers. Walk-ins are welcome!

Fri., June 14

- Garden themed Artist Talk featuring Kirk Moore of Oakleaf Flower and Garden 10-11a in The Bascom Library

- Live music at Town Square from 6-8 p.m. Silly Ridge Roundup

- The Northeast Mountain Film Festival opening night screening at 5 p.m. at 368 Franklin Street, Dillard, GA. "The Silent Portrait and the Soldier"

Sat., June 15

- The Highlands Plateau Greenway will conduct its monthly work day on the Greenway Trail from 9a-noon. If you are interested in participating, please email highlandsgreenway@nctv.com or leave a message at 828-482-2346. We'll meet at the large upper parking lot behind the Recreation Center at 9a for a brief orientation session, and you will be furnished with the necessary tools and safety equip-

ment. The Annual Meeting will follow at noon at the Rec Park picnic tables.

- Clothing swap at the Highlands Rec Park from 2-7p. \$5 admission. Please bring donatable items, clean and ready-to-wear clothing, shoes, accessories. Swap your unwanted clothing for "new to you" items. All unclaimed items and the \$5 admission fee will be donated to The Atlanta Mission ThriftStore - a homeless mission in Gainesville, GA.

- 9th Annual Three Potter's Symposium at the Dave Drake Studio Barn. \$5 at the door. Listen to three ceramics talk about their inspiration and processes as they demonstrate a variety of wheel-thrown and hand building techniques.

- The 2019 Author's Tea at the HUMC. The Tea will feature local author Diane McPhail and her new book, "The Abolitionist's Daughter." The book will be available and also on sale May 1. The tickets will be \$25 and the book will be \$26.

- Low country Shrimp Boil. K-H Founders Park. 5-8 p.m. Rain or

Shine. Tickets are \$60. Go to www.foundersparkhighlands.org or at The Dry Sink on Main Street in Highlands.

- Live music at K-H Founders Park on Pine Street. 6-8 p.m. Andalyn **Mon., Wed., Fri., June 17, 19, and 21, 24, 26, 28**

- At CLE, Beginning Drawing Workshop (6 sessions) Time: 1-4 Cost\$ 120/\$135 Instructor: Freddie Flynt. To register please call 526-8811 or visit www.clehighlands.com. Cost is \$25 for members/\$35 nonmembers. Walk-ins are welcome!

Mon., June 17

- At CLE, Wake Up Your Brain. Time: 2-4 Cost \$25/\$35 Presenter: Maridy Troy. To register please call 526-8811 or visit www.clehighlands.com. Cost is \$25 for members/\$35 nonmembers. Walk-ins are welcome!

Tues, June 18

- At CLE, Stay Safe on the Internet. Time: 10:30-3:30 Cost \$75/\$85 Instructor: Nigel Sixsmith. To register please call 526-8811 or visit www.clehighlands.com. Cost is \$25 for members/\$35 nonmembers. Walk-

ins are welcome!

- At CLE, The Dysfunctional Bonapartes. Time: 2-4 Cost \$25/\$35 Presenter: Max Owre. To register please call 526-8811 or visit www.clehighlands.com. Cost is \$25 for members/\$35 nonmembers. Walk-ins are welcome!

- At the Nature Center. Free. Starlight Stroll 9-10p. Explore the myths and mysteries of the night sky on a night stroll to Sunset Rock! Hear stories of the stars and learn to identify constellations.

Wed., June 19

- At CLE, France and America: 240 Years of Alliance, Annoyance and Occasional Fisticuffs. Time: 10-12 Cost \$25/\$35 Presenter: Max Owre. To register please call 526-8811 or visit www.clehighlands.com. Cost is \$25 for members/\$35 nonmembers. Walk-ins are welcome!

June 20-July 6

- At the Playhouse, "The Buddy Holly Musical." For ticket call 828-526-2695 or go to [house.org.](http://highlandsplay-

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Thurs., June 20

- At CLE, Apple iPhone. Time: 10:30-3:30 Cost \$75/\$85 Instructor: Nigel Sixsmith. To register please call 526-8811 or visit www.clehighlands.com. Cost is \$25 for members/\$35 nonmembers. Walk-ins are welcome!

- At CLE, History of the Blockbuster. Time: 2-4 Cost \$25/\$35 Presenter: Rachel Jones Schaevitz. To register please call 526-8811 or visit www.clehighlands.com. Cost is \$25 for members/\$35 nonmembers. Walk-ins are welcome!

Fri., June 21

- At CLE, Heroines of American Cinema. Time: 2-4 Cost \$25/\$35 Presenter: Rachel Jones Schaevitz. To register please call 526-8811 or visit www.clehighlands.com. Cost is \$25 for members/\$35 nonmembers. Walk-ins are welcome!

- Live music at Town Square from 6-8 p.m. Ben & Marce

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...TAXES continued from page 1

without reduction to capital.”

Prior to Tuesday night's budget vote, which was passed 4-1 with Commissioner Paul Higdon dissenting, Roland had already recommended a tax rate of .003694, which would have been a .000133 increase above the revenue-neutral level to increase \$1,050,000 in recurring revenue. When originally recommended, the more than \$1 million was said to be needed to cover increased funding for Operations (\$500,000), Technology (\$300,000), and Annual Capital Outlay (\$250,000).

During the budget work session last week, the Macon County Board of Education made their case to commissioners for additional funding for the STEM coordinator position, two new STEM positions, \$75,000 for operating costs of Macon Early College, and \$60,000 to fully fund a 2% supplement for teacher and teacher assistants.

While Roland recommended allowing the school board to use

capital outlay funds to cover their operation needs, commissioners decided to increase taxes to fully cover the school system's request.

Commissioner Higdon said he would have voted in favor of the county manager's original tax increase but couldn't justify an additional increase.

This marks the second year in a row county commissioners have increased funding to the school system. In addition to the \$1.35 million increase to the school system's operational and capital outlay budget increase, county commissioners will be completing a more than \$3 million expansion program to South Macon Elementary School and will begin a multi-million dollar renovation project to Macon Middle School.

With aging schools and an increase in operation costs, commissioners will soon need to consider a way to fund the school system and keep the budget in check. One possible way to do that in the future is to consider an education specific sales tax.

North Carolina offers individual counties the option to increase the 6.75 percent statewide sales tax to an even 7 percent, with all revenues from the extra quarter-cent going back to the county — the base 6.75 percent sales tax is shared between the county and state.

In Jackson County, nearly two-thirds of Jackson County voters voted in favor of a referendum question allowing the county to increase the county's sales tax by one fourth of a cent in 2016. The measure increased the county's sales tax from 6.75 to 7 percent and is expected to generate an additional \$1.2 million a year for the county.

When Jackson approved the measure in 2016, it became the 28th of 100 counties to adopt the extra quarter-cent, joining its neighbor Haywood County.

As it stands, funding for the school system, including capital outlay projects and infrastructure needs, are funded out of the county's general budget, which is funded through the county's property taxes; meaning Macon County landowners and homeowners pay

the bill. Neighboring counties like Jackson County, and Rabun County, GA, have taken a different approach to funding school needs by approving an education-specific sales tax that generates revenue for infrastructure needs. Rather than raising property tax rates to generate additional revenue from property owners, a sales tax revenue would mean anyone shopping in Macon County and paying a sales tax, would be funding the school improvements, rather than just residents.

Commissioners are agreeable to the idea.

“I personally think this is a discussion we should have,” said Commissioner Ronnie Beale. “Especially if we ever have serious thoughts about a new high school. The sales tax earmarked for schools would be the most equitable method of funding for this amount of money — 60 million minimum.”

Both Commissioners Gary Shields and Jim Tate also said they would like to learn more about the sales tax and were favorable to the idea. Neither Karl Gillespie nor Paul Higdon responded to a request for comment on the matter.

In order for Macon County to consider the quarter cent sales tax increase, the Macon County Board of Commissioners would have to vote to put the referendum on the ballot for voters to either approve or deny. By state statute, the entire quarter cent sales tax would be returned to the county in which it was generated, while the majority of sales tax collected in the county is reimbursed to other counties in the state.

When Jackson County passed the referendum in 2016, Macon County Commissioners said they would consider voting to place the measure on the county ballot, if the voters asked for it. North Carolina state statute dictates that such a referendum must be on the ballot in an even year, meaning the next opportunity to consider the measure would be in 2020.

THE DRY SINK
HIGHLANDS, NC

The Wildfire LED Fire Lantern

BACK IN BLACK
at The Dry Sink!

The Dry Sink Main Street Highlands, NC

• H-C HOSPITAL NEWS •

Highlands-Cashiers Hospital Gears Up for Summer

As we enter summer here in Highlands, Cashiers and the surrounding communities, our area's population typically skyrockets, as does the need for Highlands-Cashiers Hospital's (HCH) services. I'd like to welcome those who return year after year and update all community members on our services and programs.

The last several months saw the hospital become a part of HCA Healthcare. Through it all, we continue to provide the community with the same level of excellent care as always, without interruption.

A time of change is also an opportunity for education, and I want to reintroduce you to all we have to offer in the way of care and services.

Did you know...

- That you don't have to go to another facility if you need a colonoscopy? We offer this and many other preventive services, such as mammograms and bone density screenings, right here at HCH.

- That if you are having problems falling asleep, staying asleep and getting high quality rest, we offer ambulatory sleep screenings? This means that you can come to the hospital, get fitted with wearable sensors that monitor your rest and go through the assessment in the comfort of your own home. This screening study can determine if a more comprehensive, inpatient study is needed to diagnose and treat your sleep disorder.

- That we are here for you if you experience symptoms of a serious health issue such as stroke or heart attack? Our emergency department (ED) team uses the same clinical protocols as the team at Mission Hospital, and our emergency physicians are able to diagnose and treat you, consult with Mission Health specialists and, if necessary, transport you to a higher level of care.

- That our brand new, state-of-the-art helipad is now open? It is immediately adjacent to our emergency department and allows for even more efficient emergency care, especially when patients need

to be transported off the mountain to Mission Hospital or another facility.

- That we employ a certified lymphedema specialist in our Rehabilitation Services department? Lymphedema is a condition where pain and swelling occur due to fluid retention after the surgical removal of lymph nodes. It is an especially common condition for those who have had mastectomies for breast cancer. We are the

only member hospital in the health system to offer these important services.

- That your HCH provider can connect to providers at Mission Hospital through telemedicine – a real-time consultation that happens between a patient and the physician at a distant site through use of in-



Jacqueline Medland
PhD, RN
CEO and CNO
Highlands-Cashiers
Hospital

teractive telecommunication equipment?

- That in partnership with our sister Mission Health hospitals, we offer rotating cardiology, orthopedics, urology and vein clinics to our community each month?

- That HCH is a gateway to some of the best care in the nation? Mission Health has repeatedly been ranked as one of the nation's Top 15 Health Systems by IBM Watson Health™.

This ranking is based on an objective review of operational and clinical outcome data such as complication rates.

In the midst of change – both anticipated and unforeseen – HCH stands ready to continue serving our patients and making our community stronger and healthier.



Make your best life now.

Your relationship with your primary care doctor is the key.

Call 828-213-3222 or visit
missionhealth.org/bestlife



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KING**

Friday & Saturday
June 21 & 22 8pm

Broadway



Broadway's Next Hit Musical

Saturday, June 29
8pm

Highlands Performing Arts Center 507 Chestnut Street, Highlands NC
Tickets available online: www.highlandspac.org or by calling 828.526.9047

GEM SHOW

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• BIZ/ORG NEWS •

Highlands Smokehouse rises again



The Highlands Smokehouse quietly opened about two weeks ago, but there really isn't anything "quiet" about it. Business has been brisk since day one. There are familiar faces from co-owner Don Reynolds' days at Mountain Fresh Grocery. From left is Managing Partner Tom Goldacker, Pit Master Gave Murray, Kaysie Allen, Reynolds, Candi Allen and Kitchen Manager Dan Lefebvre. Don knows BBQ but what's different this time around is the recipe and the process. There is a genuine pit BBQ manned by people who know how to use it. The food is fresh all the way around featuring recipes all their own. "We are really happy to bring artisan BBQ back to Highlands. We are lacking in casual eating places, and we are here to serve locals and Highlands visitors. It is good to be in a position to focus on a specific, smaller menu - this allows Highlands Smokehouse to offer true fresh cooking," said Reynolds. Highlands Smokehouse is open six days a week, 11a-9p. Closed Tuesday. (828) 526 3554.

Artists on display monthly at Sotheby's



Friday, June 7 was another collaboration between select Bascom artists and Highlands Sotheby's International Realty. From left are Craig Berry, Bascom artist Annell Metsker, David Parker, Andrea Gabbard, Jack Calloway, and Bascom artist Cynthia Berg. On the first Friday of every month Sotheby's hosts a wine & cheese 'Meet and Greet' from 4-5:30pm at the downtown office (114 N. 4th street). Everyone is invited to come out and support the Bascom and their featured artists. The next gathering is Friday, July 5.

Chamber's Kieltyka to retire 6/30

The Executive Director of the Highlands Chamber of Commerce and Visitors Center, Bob Kieltyka, has announced his plan to retire from his position on June 30. Kieltyka has held the position since 2007.

Board Chair Hilary Wilkes says, "Bob has seen the organization through many successful years as the Highlands business community and tourism landscape grew in new and exciting directions. The current and past boards and the entire community benefitted greatly from Bob's commitment to Highlands and dedication to the Chamber of Commerce and Visitors Center. We are all very appreciative of Bob's service and excited for him as he embarks on this next phase of his life."

Kieltyka's announcement comes on the heels of two banner years for the Highlands Food and Wine Festival, an initiative that began with the Chamber of Commerce during the beginning of his term (then called Highlands Culinary Weekend.) The organization also developed a new branding strategy for marketing Highlands and is nearing the launch of a new digital strategy including a new website and CRM system that will allow target marketing and visitor newsletters as well as manage the growing amounts of data that can be deployed to make local businesses more successful by merchandising them online and in the e-newsletters. Another recent initiative included the restructuring of the chamber membership program in 2018 that allows members to serve more of a community-building and sponsorship role through their contributions to the organization.

The accomplishments of the past few years have paved the way for that will keep the chamber fresh, relevant and a valuable resource, said Wilkes.

The search is underway for Kieltyka's replacement.

...BROADBAND continued from page 1

Mayor Taylor believes a county/town partnership would be beneficial for the county and the town plus because "Highlands residents pay a significant portion of the total Macon County tax bill," he said.

Also, if the county chooses, it could pay additional costs to expand the fiber network beyond Highlands and into other areas of the county in the future.

The county has a specific fund within the existing budget to expand broadband throughout the county – making a partnership between the two governments likely.

According to Highlands MIS/GIS Director, the town is building and owning all of the fiber on the aerial poles and is paying JBL Communications \$4.397 million for that construction.

"The town will retain a portion of those fibers for Smart City Grid uses, such as metering and monitoring of our electric grid and water grid. While these systems will not go in place immediately, we are planning for them," said Shuler. "We just had to have the fiber first. The plan is for Wide Open to lease the remaining fibers for their network from the town, which will recoup its loan payments in 20-25 years."

Wide Open will operate the system and independent providers like Northland, Highlands Cable Group, Frontier or Al-

titude be Wide Open customers to deliver broadband packages to businesses and residents who will choose which provider they want to use.

Town Manager Josh Ward said the town will be leasing dark fiber to Wide Open Networks to assist in paying back the loan.

"The Town will pay the loan off in 15 years – which is the length of term – but the leasing of dark fiber will take 23 years or so to recoup the full amount borrowed."

Whether Wide Open is involved that long is unknown at this time.

"By law we can only have a 10-year lease agreement with Wide Open," said Mayor Pat Taylor. "They will pay us a monthly payment from their operations that will service the bank loan. After 10 years we may continue with WON to continue paying the note or pick another operator and continue the same arrangement to service the loan."

The mayor said the goal is to pay back the loan in full with funds coming from the operation of the network. After the loan is paid, the town could make a profit from the network operation.

"An indirect benefit will be the ability to maintain a Smart City Grid system through the fiber network that will improve efficiencies and save utility costs in the long run.

At Tuesday night's MC Board of Com-

mission meeting, commissioners decided not to allocate \$250,000 for Highlands broadband in the FY 2019-'20 budget but to wait and discuss it again in July after the budget is passed.

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• SPIRITUALLY SPEAKING •



Do you believe in the Son of God?

— John 9:35

Pastor Sam Forrester
Whiteside Presbyterian Church,
Cashiers

This is the most important question you shall ever have to answer. Why, is it so important? The importance has to do with where you will spend eternity. Are you going to spend an eternity with God in heaven or in hell with the devil? We are told in I Corinthians 2:9 "Eye has not seen, nor ear heard, nor have entered into the heart of man the things which God has prepared for those who love him." What this means is God is preparing for those who believe in him something that is far more wonderful than we can even imagine.

But he is also preparing a place of eternal punishment for those who do not believe. Revelation 14:11: "And the smoke of their torment goes up forever and ever; and they have no rest day and night, those who worship the beast and his image, and whoever receives the mark of his name." So, who are these that refuse to believe on God's Son? Revelation 21:8 "But the cowardly, the unbelieving, the vile, the murderers, the sexually immoral, those who practice magic arts, the idolaters and all liars — they will be consigned to the fiery lake of burning sulfur. This is the second death." So, it is clear from God's word that all men have a choice to believe on God's only begotten Son or not to believe.

So, what does Scripture teach about how to believe on Jesus. John 3:16 says "For God so loved the world that he gave his only begotten Son, that whoever believes in Him should not perish but have everlasting life." God loved the works of his hands and he loved it so much that he gave the world a gift, His one and only Son, Jesus Christ. He also made a promise that whoever places their hope and trust in this Son and in him alone they shall be spared suffering for the guilt of their sins. Since men are sinners from birth something has to happen in man's heart before he can believe. In John 6:44 Jesus says, "No one can come to Me unless the Father draws him, and I will raise him up at the last day." So, God has to come to a man and draw him to Jesus. Then, Jesus makes it clear in John 14:6 "I am the way, the truth, and the life. No one comes to the Father except through Me." God must do a work in your heart to draw you to Jesus, and then, in Jesus you have the way to come to heaven.

The purpose of the Gospel of Jesus Christ is two-fold. It is to separate those going to heaven from those going to hell. That means there are only two types of people in this world. Those committed to themselves and those committed to Jesus Christ. Men of course want to separate people into many different classes, and then, they want to assign weight as to the worth of all these different classes. They see their class as the most important and others as less than human. This is the foundation of such sins as hate and racism. This is what causes men to oppress others and try to silence those they do not think are worthy of life. This is why what you believe, concerning the question we started with is so important. The answer you give will determine what kind of person you are, and where you will spend eternity.

Please, do not let another day go by that you do not search your heart and discover where you are on this question. Know that you must believe with all your heart that Jesus Christ is the Son of God, for that is the only way you can live this life in the love of God and the only path that will bring you to Heaven.

Proverbs 3:5

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CHRISTIAN SCIENCE CHURCH

283 Spring Street - Sunday Service: 11 a.m.

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

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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;

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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

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Sun.: Worship 8:30a Adult Ed.: 9:30a.m.; Worship 11 a.m.

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• PLACES TO WORSHIP •

John 3:16

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Sundays: Worship: 11

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Pastor Dan Robinson

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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

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Wednesdays: Prayer Mtg.: 7 p.m.

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WHITESIDE PRESBYTERIAN CHURCH

Rev. Sam Forrester/Cashiers

Sunday School: 10 am, Worship Service: 11 am

...BLUEZONES continued from page 1

citizens in Cashiers, Sylva, Highlands and Franklin.

Enter Tony Buettner, BlueZones co-founder and keynote speaker whose fee was paid for by an anonymous donor.

He described five areas across the world where the majority of folks live active, happy, disease-free lives well into their 90s and 100s. Namely, on the Italian island of Sardinia; Okinawa, Japan; Loma Linda, California; Costa Rica's isolated Nicoya Peninsula and Ikaria, an isolated Greek island.

Though these are relatively small, stress-free communities that don't live the helter-skelter, stressful lives of most Americans, according to Buettner, whose brother Dan is the writer in the scenario, BlueZones researchers have identified nine common habits or factors in these communities that contribute to the increased longevity and vitality of their residents.

These are habits that constitute a lifestyle not a fad.

They are: moving naturally by walking or bicycling as a daily habit; having purpose which is something that makes you get up in the morning; down-shifting daily by communing with nature, praying, meditating; sticking to the 80% rule which is whole foods and minimum meat; eating plant-

based meals; enjoying wine at 5; belonging to the right tribe for you; putting loved ones first; and belonging to a group in the community – faith-based or something else.

The national BlueZones organization has developed a program and strategies to help communities implement these practices with the overall goal of promoting healthy living in all aspects of life with the end goal being less stress, disease, medical bills, etc.

Highlands is ahead of the game in that sidewalks, the Greenway Trail and accessible hiking trails are ways to promote walking and connectivity in the town – something not all towns have. This promotes “moving naturally through life” which is high on the list toward longevity.

It also has farm-to-table options at some eateries and restaurants which means whole food options and not processed foods. This is another biggie in the scenario since all processed foods are full of sugar, salt and chemicals – a no-no if longevity and health is the goal.

Interestingly, however, Buettner said this region has 50% more diabetes than the rest of the state

Participants at Monday night's presentation were asked to fill out a short survey to determine their interest in moving forward with the initiative.

Unfortunately, most of the people who attended the presentation were over 50 and though Buettner said it's never too late to get started, the idea is to instill this lifestyle in the younger generation so it's a life-long commitment that comes naturally; a lifestyle supported by a community that offers healthy choices within its “Life Radius” – town, grocery stores, worksites, restaurants, schools and churches.

At this point the organizing committee will analyze the survey information to see if there is support in the region's communities to move forward as a BlueZones Region.

If so, experts from BlueZones will conduct an in-depth study of these communities to assess needs and develop strategies for each community in the region.

This begins with a 2-3 day visit by the BlueZones national team and experts. If the community is ready, they will return in 21-30 days with a site visit readiness report and proposal and will then work with the community and potential funders at which point the decision will be made to continue or not.

Buettner said it is a grassroots process, where people and organizations need to step forward to implement and fund the initiative as a public/private endeavor.

Funders could be organizations like the newly formed Highlands-Cashiers Health Foundation whose mission is to promote health in the Highlands and Cashiers com-

munities and who has the money to do so.

If the region is all in and strategies are put in place, in time, Buettner said there will be a measurable increase in well being in the population – lower healthcare costs and claims, improved productivity in the workplace, less tobacco usage, a more active population, a drop in obesity rates, increased consumption of fruits and vegetables, and even a boost in economic vitality.

To learn more go to the BlueZones website www.bluezones.com.

– Kim Lewicki



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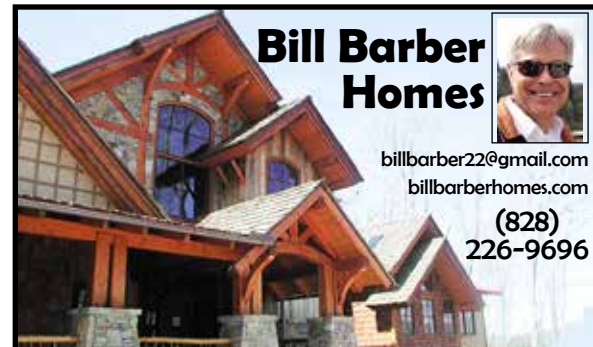
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WANTED

WORKING PROFESSIONAL IN HIGHLANDS. Splitting my time between here and Asheville. Looking for something simple and efficient to rent -- guest house, studio, possibly even a room. 310.467.7017 – Ayden. (st. 5/16)

COMIC BOOKS – Buy / Sell. Call Bob @ 302-530-1109 (st. 5/23)

HELP WANTED

EXECUTIVE DIRECTOR OF TOURISM AND MARKET-

ING – The Highlands Chamber of Commerce and Visitor's Center seeks a dynamic, self-motivated, experienced professional to lead the team as the Executive Director of Tourism and Marketing. This full-time position will be responsible for promoting Highlands to potential visitors and prospective industries while serving as an advocate for the local business community. The successful candidate will have five+ years experience in board leadership, project management, strategic planning, tourism development, and management of an annual budget of at least \$500,000. Salary will be competitive and based on experience. To apply, please submit a cover letter and résumé with three professional references via email to highlandschamberjobs@gmail.com.

DUTCHMANS CASUAL

LIVING STORE Looking for full and part time sales associate to join our team. Must be able to work weekends and holidays. Please call Shannon or Gabbi at 828-526-8864. (st. 6/6)

RANDEVU RESTAURANT

is looking for great people to fill the following positions: Waitstaff/Hostess, Dishwasher, Line Cooks. Open 8-3-Be home in the evenings. Randevu is a great family/ team atmosphere with excellent wages. Call 828-743-0190

for interview. (st. 5/23)

EMPLOYMENT OPPORTUNITIES AVAILABLE AT HIGHLANDS SMOKEHOUSE.

Hiring all positions. Commitment to excellence in food quality and guest service. We are proud of the products and service we provide, we create experiences not just sell food. Offering defined, sane schedules and healthy work environment allowing for a balanced life. Very cooperative pay. Food service experience preferred. Tobacco free workplace. Contact us at Smokehouse.recruiting@gmail.com (st. 5/2)

FULL-TIME SALES POSITION.

Weekends & holidays a must. Great hours with a great salary. Nancy's Fancys. 828-526-5029. (st. 5/2)

THE DRY SINK IN HIGHLANDS

is hiring for full or part time sales positions for the 2019 season. If you like to cook, that is a plus! We're looking for team oriented people who can offer great customer service to our many customers. If you are friendly, detail oriented, like helping others, enjoy cooking, gadgets, and lots of interesting merchandise, come by and fill out an application, or submit information to: contact_us@thedry-sink.com. (st. 4/18)

OLD EDWARDS INN & SPA

are looking for the following employees: Full-time seasonal sales assistant- Acorns; Sous Chef/Cooks; Assistant Pastry Chef; Front Desk Supervisors/Bellmen; Housekeeping Supervisor; Spa Operations Manager; Cosmetologists/Nail Technicians; Hostess/Bartenders/Servers/Busers Please apply online at www.oldedwardsinn.com or call: Pat Turnbull at 828-787-2697. (st. 3/7)

POTPOURRI BOUTIQUE

STORES IN HIGHLANDS looking for full time and part time sales persons. Retail sales experience with women's clothing and accessories preferred, eyewear experience a plus. Must be able to work weekends and holidays, except Easter Sunday, Thanksgiving day and Christmas day. Fun, lively, fast paced environment. Please stop by the store for application or email resume to potpourrihighlands@yahoo.com (st. 4/4)

SALES ASSOCIATE HIGH END RETAIL CLOTHING STORE IN HIGHLANDS AND CASHIERS, NC.

Full time, part time and seasonal. Inquire to 828-200-0928. (st. 3/38)

SKYLINE LODGE – Hiring part-time Front Desk Clerk and Housekeepers. Download, drop by or call 828-526-2121 for an application.

Background checks done. (st. 3/28)

ALLISON DIANE CLOTHING – looking for a parttime sales associate. Call 828-526-5404 or come by Bryson's Corner at Main and 4th streets. (st. 3/21)

THE UGLY DOG PUB wants you to be a part of our team. We need managers, full-time servers, bartenders, and support staff with a positive attitude, ability to multitask, and a willingness to work as a team. Experience preferred but not required. Working nights and weekends is required. 828-526-8364 theuglydogstaff@gmail.com. (st. 3/21)

WOLFGANG'S RESTAURANT

is looking for experienced waitstaff, hostesses, line cook, pantry person and bussers. Please call Jacques at 526-3807. (st. 2/14)

MOUNTAIN FRESH GROCERY

has full- and part-time positions available. Competitive wages for all positions, 18+ only. Apply in person at 521 East Main Street in Highlands or call 828-526-2400.

- Food Server, Cashier, and Barista (includes tips)
- Dishwasher • Pizza • Bakery
- Grill line

SERVICES

GUTTER CLEANING, METAL ROOF & FABRICATON roof repairs, chimney flashing, debris removal. Call 371-1103. (st. 4/26)

RELIABLE PET SITTING FOR HIGHLANDS/CASHIERS AREA.

30-yr. resident with excellent references. Reasonable rates, also specialize in houseplant maintenance. 828-526-9891 (st. 6/13)

HOME MAID CLEANING SERVICE LLC

– Specializing in residential homes and vacation rentals. Quality work, reliability & insured. For a free estimate call, (828) 371-1702. www.HomeMaidCleaningServiceNC.com. (6/13)

AL HANDIMAN SERVICES

– Plumbing, electrical, painting, carpentry. Local references. Call 828-332-7271 or 828-369-6245. (st. 4/11)

MURPHY'S PAINTING

CO. Interior & Exterior Painting, Sheetrock Repair, Wallpaper Removal, Log Homes, Decks. Insured. Free Estimates. 828-524-1391 or 828-332-0525.

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. 4/25)

HIGHLANDS HANDIMAN

– 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)

WNC PROPERTY MAINTENANCE LLC. 828-347-1822

– Year-round property maintenance and monitoring for vacation homes/ rentals/residential; pressure washing-deck repairs-carpentry-small plumbing & electrical repairs/painting/etc.; lawn care & mowing; by the job or yearly contract; call for **FREE** estimate; Insured. (6/13)

REAL ESTATE FOR SALE SIX ACRES ON BUCK CREEK ROAD

behind Highlands-Cashiers Hospital. Sign on property. 843460-8015. (st. 5/30)

3.20 ACRES UNRESTRICTED.

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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)

COMMERCIAL SPACE RENTALS

LOCATION IS EVERYTHING!

Prime retail space available on Main Street in Highlands: 3,000 prime retail space available for rent. Contact Jody or Wood Lovell. Highlands Sotheby's International Realty. 828.526.4104. (st. 1/10)

RESIDENTIAL RENTALS LONG/SHORT TERM

AVAILABLE CONDO IN HIGHLANDS, 2 bed 2 bath \$2500/mth. May-October. 828-421-5172. (st. 5/9)

LUXURY APARTMENT IN TOWN.

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)

BRAND NEW, FURNISHED, CABIN THE WOODS AVAILABLE FOR RENT.

1BR (King) plus sofa bed. Additional separate studio/ office is available. If you like nature and tranquility, this is the place for you. No smoking. No pets. Located off Hwy 64 between Highlands and Franklin. Call 828-369-7754. (st. 4/11)

POLICE & FIRE REPORT

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

May 25

• At 4:30 p.m., officers responded to a two-vehicle accident on NC 28.

May 30

• At 11 a.m., police were called about a alleged date rape drug put into a woman's alcoholic beverage while she was at 4118 Kitchen and Bar.

• At 6:30 p.m., officers responded to a two-vehicle accident in Highlands Plaza.

May 31

• At 10:30 a.m., officers received a call about a burglary/ breaking & entering and larceny at a residence on Paul Walden Road where outdoor tools were taken valued at about \$800.

• At 11 a.m., officers received a report of boxwoods valued at \$1,320 stolen from planters at a residence on Dixon Drive.

June 1

• At 12:25 p.m., officers responded to a two-vehicle accident on Big Bear Pen Road.

The Highlands Fire & Rescue log from May 31

May 31

• At 8:54 p.m., the dept. responded to a fire alarm on Main Street.

• At 1:32 p.m., the dept. was called about a motor vehicle accident on Carolina Way but the dept. couldn't find the accident.

June 3

• At 6:56 a.m., the dept. was first-responders to a location on Clubhouse Trail.

June 5

• At 6:50 a.m., the dept. provided mutual aid to Cashiers FD.

• At 5:25 p.m., the dept. responded to a motor vehicle accident on NC 106.

• At 6:56 p.m., the dept. responded to a Co2 alarm at a residence on Smallwood Ave.

June 6

• At 10:50 a.m., the dept. provided mutual aid the Cashiers FD.

June 7

• At 12:14 p.m., the dept. responded to a motor vehicle accident on US 64 east.

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