

# Highlands Newspaper

FREE Every Thursday

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Thurs., Oct. 13 2022

## Election update and first Q&A: BOE

By Brittney Lofthouse

There are just a few short weeks until the 2022 election, with the early voting period set to begin Thursday, Oct. 20, 2022, and ending at 3 p.m. on Saturday, Nov. 5, 2022. Registered vot-

ers or eligible individuals in North Carolina may cast an absentee ballot in person during this time. This period is sometimes called "one-stop early voting."

This November, voters will have the chance to vote for Sher-

iff, Clerk of Superior Court, Register of Deeds, and Soil and Water Conservation District Supervisor as well, although those races are all uncontested and feature just one candidate, with the exception of

• See Q&A page 12

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### Highlands School Sports

## The week that was

*Girls Golf, Varsity Boys Soccer, HS Volleyball, Cross Country & MS Swimming*

On Monday, Oct. 3, Highlands High School Girls Golf team won the Smoky Mountain Conference Team Championship. This is the first Smoky Mountain Conference Girls Golf Team in Champions in Conference history.

Anna Stiehler finished 1st and Brooke Fogarty 2nd. The team won by 27 shots over the second-place team.

Highlands Varsity Boys Soccer had a 2-1 win over Blue Ridge School.

Tues., Oct. 4, Highlands Varsity Volleyball had a 3-0 win over Blue Ridge School.

Highlands Varsity Boys Soccer had a 9-0 win over Tri County

• See SPORTS page 23

## Autumn colors are popping



Typically, the first place autumn shows her colors is on the Highlands-Cashiers Hospital campus and this year was no exception.

— Photo by Kim Lewicki

## Hungry bears will likely be coming for a visit

By Cynthia Strain  
Chairperson of the B.E.A.R. Task Force

October is the month when bears go into a stage called hyperphagia to prepare for hibernation. Surviving several months in a den without food means a bear must pack on several inches of fat, and that requires a bear to eat some 20,000 calories a day through the autumn months. Bears are literally desperate for food at this time, and therefore are more likely to enter our yards in search of it.

This is where you come in. Keep bears, pets and yourself safe by making sure bears don't find anything to eat in your yard. Other

• See BEARS page 10

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# • THE PLATEAU'S POSITION •

## • MAYOR ON DUTY •

### Residential zoning changes are afoot in NC

I was in Raleigh this past weekend; the trip wasn't government related, but rather I was accompanying my wife, Sallie, who was in a major statewide art exhibition. We attended the opening awards ceremony.

I served as a chauffeur as we traveled that long I-40 corridor. At every stop we saw that election signs were everywhere. When we arrived in Raleigh I noticed the same cornucopia of election signs, but I also noticed a sign among the many that said, "Save Our Neighborhoods." I immediately thought it referenced the short-term rental issue.

After a quick internet search, I discovered that was not exactly the case. The save our neighborhood group was concerned about recent zoning changes in residential neighborhoods in Raleigh. The Raleigh town council recently modified R1 zoning regulations to allow higher densities and also permit multiple family units such as duplexes, triplexes, and town homes in R1. In addition, the council apparently allowed older estate home tracks to be converted



Highlands Mayor  
Patrick Taylor

to high density condos and town homes.

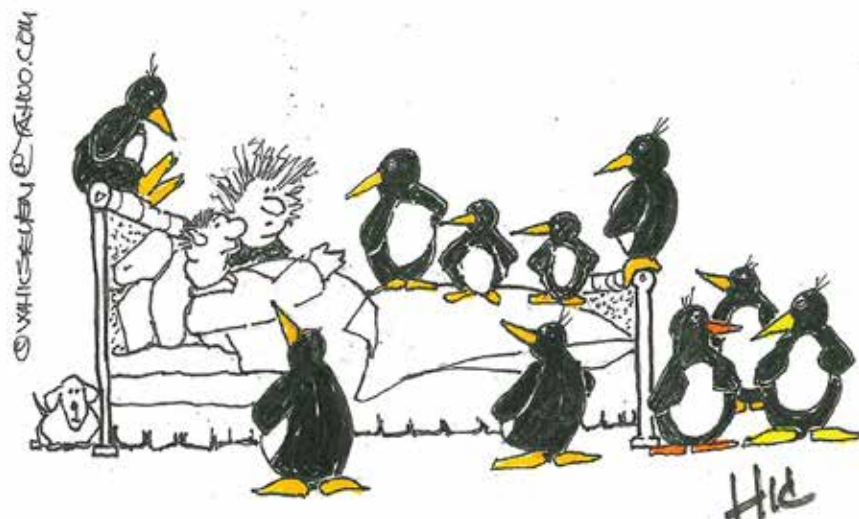
The mayor and council contend that these changes will address the housing shortage in Raleigh that large cities like Raleigh are currently facing. The neighborhood groups counter that changing R1 zoning is not the way to address the issue. They point out that many of these new units will be sold at prices well over a million dollars and will increase density in these neighborhoods.

Now I do not want to take sides on this issue that is facing the folks in Raleigh. On the other hand, I'm pretty sure these challenges to historical zoning codes will be challenged in many towns and cities throughout our state and nation. Don't be surprised if these issues surface here in Highlands. In many ways these zoning changes, like in Raleigh, undermine residential zoning practices that were established when the US Supreme Court upheld zoning in the 1920s.

In Highlands our residential zoning and densities have been driven by state watershed regulations. Much of our R1 and R2 zones are in the critical watershed that the state established. The size of lots per housing unit is set by these regulations. For instance, in the critical R1 areas a minimum one acre per residential unit is mandated. These regulations are in place primarily to protect the watershed of this unique ecosystem. I believe they strike a balance between preserving the natural environment and the need for living space.

In the future, these zoning and development issues will be a process that is guided by concepts outlined in the recently adopted Highlands Comprehensive Community Plan. I anticipate external pressures to zoning coming from state and federal sources. At the national level the overarching backdrop is the growing need to meet the basic housing needs for a large sector of the population. Ironically, as a nation we have an ample supply of vacation rental homes, yet a very short supply of long-term housing. There may be drivers to this issue that emerge that are well beyond local control

## • HIC'S VIEW •



The Andersons failed to read the fine print when they joined the Antarctic Rescue Society.

## • WEATHER •

Thu, 13-Oct	Fri, 14-Oct	Sat, 15-Oct	Sun, 16-Oct
68°F 36°F	63°F 39°F	69°F 47°F	63°F 34°F
A passing morning shower	Plenty of sunshine	Nice with plenty of sun	Clearing
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### Highlands Newspaper

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# • INVESTING AT 4,118 Ft •

## It's All About Location

I'm sure you've heard the adage that proclaims the three most important things about real estate are location, location, location. While nobody knows for certain where that phrase originated, it is believed to have been coined by Lord Harold Samuel in 1944 when he founded Land Securities, one of the UK's largest property companies. Regardless of its origins, that phrase has proven to be almost prophetic. Location is king when it comes to real estate.

Being in the real estate business, people ask us almost daily about the market conditions and how our area is being impacted by the volatility in the economy. Well, as indicated above, what we have going for us above all is location, location, location. People want to come to the Highlands and Cashiers plateau. Nobody is forced to live here year-round or to own a second home here; they choose to be here. There is something magical about our mountains, and the area draws people to it.

We are a little pocket of heaven here on earth. Does it rain a lot? Sure, it does, but that is what makes our area so lush



Tricia Cox, BIC  
Berkshire Hathaway HomeServices  
Meadows Mountain Realty  
Cashiers

and keeps our temperatures cool even in the summer months. Does it get crowded? Most certainly, but all those visitors to the area keep our businesses vibrant and strong. Do we lack big box stores or other conveniences found in larger cities and town? We do, but that is part of what makes this area so special. Our local shops, restaurants, and other businesses with local ties, along with the people who own and run them, make up our thriving community and creates a place like no other. This community attracts visitors, many of whom decide they'd like to become residents, too. It really is a circle that swirls around -- wait for it -- location, location, location.

And what does all that have to do with

the real estate market? Because of the inherent desire to be on the plateau, our market continues to be strong. But, you ask, what about the rising interest rates or the soaring property prices?

In addition to the plateau being a place where people just want to live, either full-time or part-time, we have the additional benefits of having very financially secure first- and second- (and third-) homeowners, most of whom are cash buyers. Simply put, we are not as heavily influenced by rising mortgage rates as a primary, metropolitan market is. As for soaring property prices, the good news for buyers is that we are seeing a softening there. No, prices aren't going off a cliff, but they are going through an adjustment. Sellers are still enjoying appreciation on the homes they purchased, but the appreciation may be slightly less than it was a month or so ago. We also have more inventory than we have had the past two years. This is good news for buyers as they have more properties to choose from now.

What does this mean for the future of real estate on the plateau? Honestly, I don't know that answer. I often wish, as I'm sure you do too, that I had a crystal ball or the gift of prognostication. What I do know is that you simply cannot beat our location, location, location!

• Tricia Cox is Broker in Charge of the Berkshire Hathaway HomeServices Meadows Mountain Realty office in Cashiers. 828-526-1717 or [tricia@bhbsmmr.com](mailto:tricia@bhbsmmr.com)

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Colors are popping out everywhere!

— Photo by Bob Sutton



## The Michaud/Rauers Group

Judy Michaud & Mitzi Rauers (seated)  
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(and good boy Marlowe in front)

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# • LETTERS •

## Nancy Woods Stamp

Nancy Woods Stamp left us on Wednesday, October 5, 2022.

She was born on January 31, 1978, along with her twin Benjamin, in Newnan, GA to parents John P. Woods Jr. and Elizabeth Anderson Woods.

She is survived by her husband Jim and Shelby, their golden retriever of Cashiers, NC. Nancy has three brothers: John, DeWitt (Amy), and Benjamin (Ericka) all residing in the Cashiers area along with Pangie (Scott) Yeager of Newnan GA. Nancy is also survived by her aunt and dear friend Joan Anderson of Cashiers. Her other Woods family are nieces: Caroline, Mackenzie and Anne-Elizabeth and nephews Patrick, Anderson and Hank of Cashiers. Nancy



is also survived by her mother-in-law and father-in-law Von and Bob Stamp of Florence, SC and her sister-in-law Vonni Stamp of Round Hill, VA.

Nancy had a beautiful soul and found the best in everyone. She was a constant ray of sunshine to all who knew her. Whoever receives her blue eyes will be blessed to find goodness, kindness, and sincerity in everything. Nancy was a partner and Vice-President of Operations with BCDA, LLC of Cashiers, NC.

She was preceded in death by her maternal grandparents John and Nancy (MaMa) Anderson of Florence, SC and John P. Woods (Big John) of Cashiers and Martha (Gams) Woods of Jasper GA. Her paternal grandparents: Dehra Harrell and Grandad Stamp of Florence.

A private family memorial service was held on Sunday October 9, 2022, Pastor Aryn officiated.

In lieu of flowers donations can be made to MD Anderson, Houston TX; The Cashiers-Highlands Humane Society, or the charity of your choice.

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

Macon Funeral Home handled the arrangements.

## • BIZ/ORG NEWS •

### MtnTop Rotary helps the McKim family

The Mountaintop Rotary Club of Highlands presented a \$6205 check to Kyle McKim, father of Barrett McKim, representing the lottery proceeds from the club's recent efforts in support of the family's medical needs for his son. Barrett was severely burned when a science experiment went horribly wrong. Barrett's mother was also injured when she acted to save Barrett from the fire. Kyle expressed his deep thanks and gratitude to the club and the community for the overwhelming love and concern the family had received. "We have been blown away



Kyle McKim

with the amount of prayer, support and resources we have received. We know this is not a sprint, but a marathon," he said. The funds will help with medical bills and for specialized clothing for burn victims. Kyle spent weeks in the burn unit at the Medical College of Georgia in Augusta, and he will require more surgeries in the future.



  
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## • INK PENN •

### Books for a trip to Greece

**B**eyond planning my wardrobe for a trip, I can't think of anything more important than ensuring I have plenty of reading material.

Because I don't take paperbacks on overseas trips, I carefully preload my Kindle, and several factors come into play as I make my selection.

First I check for available ebooks at the library. There are times I've been waiting for a hardback by a particular author, as that's my preferred way to consume books, and I find the ebook is readily available. That's a no-brainer, and I download it.

I also follow several authors whose books aren't available in any format at my local library. Many of these are British authors or their series are set in the UK. So, after downloading what I can from the library, I look on my Amazon wishlist. I suspect most folks use the wishlist feature for things other than reading material, but mine contains only books.

I take great pleasure in perusing my wishlist and selecting vacation reading. The last time I visited Greece, I read several mysteries by Jeffrey Siger because his novels are set there. On this return trip, I decided to branch out, so without further ado, here's what I'll be reading on my October vacation.

1 Emma Jameson's "Blue Christmas: Lord & Lady Hetheridge Mystery Series #6" was my first selection. If you're a regular reader of my columns, you know I'm an Anglophile, so it's fitting I'd choose a series set in England.

2. While surfing Amazon, I discovered the author has another series, so I also grabbed "Bones in the Blackout," a cozy mystery set in WWII England.

3. I recently wrote about the Electra



Kathy Manos Penn

McDonnell series by Ashley Weaver and how delighted I was to find she had another series. Click! "Murder at the Brightwell," the first book in her Amory Ames series landed on my Kindle. Happily, her books are available from the library.

4. Next was "Escaping Dreamland" by Charlie Lovett. I've read several books by this author, and I chose "The Bookman's Tale" as the book club selection in my first cozy mys-

tery—there's always a book club meeting or literary festival in my books. That book was a mystery about book collecting and with a rare book central to the murder plot in my cozy, it was a perfect fit. Books are also central to the plot in "Escaping Dreamland."

5. Who knows how I stumbled across "The English Bookshop" but I was intrigued by the title. As soon as I read that the main character inherits a bookshop in England, I had to grab it.

Five books will probably suffice for a ten-day cruise, but there's also a nine-hour flight on both ends of the trip, so you never know. On my last Viking River Cruise, I finished one book on the flight over. The good news is that I can always use the ship's wi-fi to download additional books if need be.

Here's to happy reading whether it be stateside or overseas.

• *Award-winning author Kathy Manos Penn is a Georgia resident. Find her cozy mysteries in Franklin at Franklin Office Supply & Gifts, at Shakespeare & Company in Highlands, and on Amazon. Contact her at [inkpenn119@gmail.com](mailto:inkpenn119@gmail.com), and follow her on Facebook, [www.facebook.com/KathyManosPenn.Author/](http://www.facebook.com/KathyManosPenn.Author/).*

## HS Fall Festival is coming up!

The Highlands School Fall Festival is Saturday, Oct. 29 from 5-8 p.m. There will be carnival games, bounce houses, a haunted house, a hayride, face-painting, a cake walk and a theme-box silent auction.

A fun time for the entire family!



*Pat Allen*  
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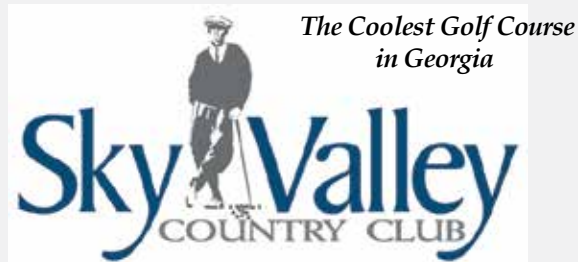
Cashiers, NC 28717 | \$4,250,000 | MLS #99008  
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## ...BEARS continued from page 1

erwise they could become very bad guests that never go away. They could be so bad that they break into your house or car, and if you ever saw a car destroyed by a bear, you'd know that is not a desirable outcome!

Their natural diet in autumn consists of acorns, walnuts, hickory nuts, chestnuts, mushrooms, larvae and fruit. You will notice that French fries, grease, bread, and other garbage is not on that list. Neither is birdseed. So, do yourself and your neighbors a favor and keep that stuff in a bear-proof trashcan. Also, bring in those birdfeeders until bears den up for the winter, hopefully by early December.

It also helps to know what to do if you encounter a bear. Instinct says, "RUN!" But that might trigger the bear's instinct to chase, which could end badly. So keep your wits about you, calmly talk to the bear so it knows you are not a threat, and back away to a safe distance. Bears may look scary, but they are basically peaceful animals that prefer to avoid confrontations.

If you're at home and see a bear from



a distance, feel free to bang on a pot, yell or use an air horn or garden hose to encourage it to leave. You want it to get the message that it will find no comfort at your house.

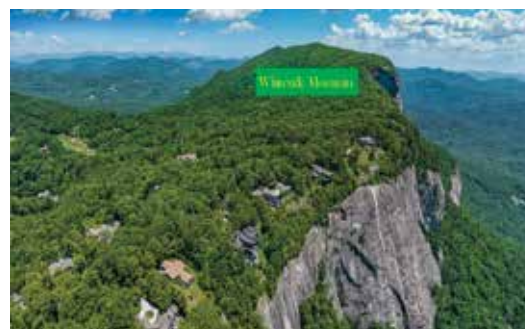
Do keep dogs leashed because they can easily provoke a bear and end up seriously injured or, in rare cases, dead. Never intervene physi-

cally if a bear attacks your dog, as you will wind up injured as well.

Prevention is always better when it comes to problems with bears.

Brochures with more information on living and hiking/camping in bear country are available at Town Hall, the library and Highlands Visitor Center. The Town of Highlands provides a form on their website for reporting bear sightings or problems with bears. Please reach out if you need help.

B.E.A.R. (Bear Education and Resources) is a task force of MountainTrue. We welcome volunteers and donations to further our efforts. Contact us at (828) 526-9227.



**LOOKING FOR A VIEW PROPERTY?**  
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Andrea Gabbard  
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Eastside Duck Mountain. This 3 bedroom 2 bath has a spectacular view of Winfield Farm, Blue Valley and vistas to the south. Main floor has living room with fireplace, kitchen, dining room/sunroom with loads of windows to experience the 180 degree view. 2 guest bedrooms with a hall bath, upstairs has a huge master suite with fireplace and ensuite bath. Great bones and ready for your own taste. Offered at \$695,000. mls #98207



Do not miss this move in condition, spectacular house located off Buck Creek Road on Western Rhodes Road. 3 bedrooms, plus additional flex spaces. Multiple fireplaces. Open Great Room concept with custom kitchen, plank wood floors, stone fireplace in the Great Room that flows onto a covered porch with hot tub spa. Masters on main and upper floors, plus guestrooms complete with baths. Outbuilding, and trails. Offered at \$1,895,000. mls #100481



Own a truly unique Highlands Cabin! Located less than 3 miles from Main Street and having over 19 acres of usable land, this true log cabin was added to an existing farmhouse, barn, meadow, views off the upper tier. A blank canvas to improve to your personal taste and have a family heirloom for another chapter. 4 bedrooms, stone fireplaces, retro kitchen, fantastic sleeping porch. This property has endless possibilities! Offered at \$3,575,000. mls #98048



Easy in-town living with this one-level contemporary ranch with 4 bedrooms, 2 baths a study and large 2-car garage/workshop. Open spaces with soaring glass, screened porch a grill vent and connects to a conversation deck with firepit. The living area and screen porch overlook the noisy water of Mill Creek. Offered at \$1,195,000. mls #98604



This is a great package, 3 bedroom, 2 bath fully renovated home with stone patio & firepit, outdoor pizza oven. Great rental or home for personal use, this is a large business condo space that makes a nice office, man cave, and car storage area. There is an additional .98 acre that would be great for retail, or storage buildings to be built. Offered at \$1,275,000. mls #98813



In town on Laurel Street conveniently located within walking distance to everything! This great property has a 3BR/2BA doublewide manufactured home in good condition with a large level backyard. The home has a large eat in kitchen open to the spacious family room. Master Bedroom with full bath and walk-in closet. Located adjacent to the Performing Arts Center. A great investment property. Live in the home or rent it out. A great opportunity awaits! Call your Realtor today!! Offered at \$450,000. mls #100737



+/-5.3 beautiful, lush acres on Foreman Road with a subdivision plan for (4) four lots, (4) four 5-bedroom septic permits, with a completely remodeled cabin. This rare in-town parcel tucked in the woods is perfect for a private family retreat or small development. The property is walkable to town with access from both Foreman Road and Cullasaja Drive and features a creek with two waterfalls. The original, completely remodeled cabin has two large bedrooms, a bathroom with laundry, a full-length deck with ridge-line views overlooking the creek, a stone fireplace, 2-car garage, and storage shed. Offered at \$2,499,000. mls #98627



Great view in town from this 3 bedroom, 3 and 1/2 bath newly renovated home. Open kitchen/living/dining room with gas fireplace, covered front porch with stone wood burning fireplace, and powder room. Main level suite has a full bath, walk-in closet and private deck to enjoy the view. Downstairs has two suites, one with a separate kitchenette. Covered parking. Priced to sell at \$999,000. mls #98526



Located very close to town. 2 bedroom 2 bath with cathedral ceilings in living room and additional sunroom. Large open deck that faces 10 acres of protected common area. This is a great starter home. Offered at \$675,000. mls #98663



Great family home has flat grassy spaces and lovely outdoor entertaining areas. View of Shortoff Mountain from the historic outdoor fireplace. 3-4 Bedrooms, 3 baths, office, 2-car garage and a 2-car carport. Move in condition. Offered at \$1,174,000. mls #97458



Located in desirable Mirror Lake, this 3-4 bedroom, 2 bath cottage is in move-in condition or ready to personalize to your specific tastes. Light and airy, cathedral in living room, fireplace, cooks kitchen, 3 bedrooms, 1 bath on the main level with a deck that overlooks the small pond. Lower level has a sitting room, laundry, bedroom, bath and one-car garage. A great setting with water and privacy. Offered at \$765,000. mls #98454



This wonderful estate home in Highlands Falls Country Club with all the amenities one would expect in a home of this quality with a breathtaking view of Whiteside Mountain. This post and beam home features a grand main level bedroom suite with walk in closets, a jetted tub and shower and a guest bedroom and bath. Also on the main level you will find the living room with a stone, wood burning fireplace, wet bar, dining room area and large kitchen. Upstairs you will find 2 large bedrooms and baths, a large entertaining area and office. Offered at \$1,850,000. mls #98322

## Meet & Greet

### Toby West's 2022 Artist:

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Friday, October 14<sup>th</sup> 1-5pm

Saturday, October 15<sup>th</sup> 10-2pm



Join us for Drinks & Conversation

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## ...Q&A continued from page 1



Carol Arnold

Clerk of Superior Court.

While Dinah Roper Mashburn's name will be on the ballot for the Democratic Party, she recently announced that she is suspending her campaign and is putting her support behind the Republican candidate and current interim Clerk of Superior Court, Shawna Thun Lamb.

Macon County residents will first cast their vote for the Macon County Board of Commissioner District 1 seat — which represents the Highlands, Elizaj, Flats, and Sugarfork area of the county. Voters will pick between either Highlands resident and unaffiliated candidate Jerry Moore, or Elizaj resident and Republican candidate John Shearl. Both Moore and Shearl are considered newcomers in the race as the incumbent for the seat, Jim Tate, announced his retirement from the board earlier this year.

On the back side of the ballot, voters will then be asked to cast their votes for TWO candidates under the Board of Commissioner District 2 seat — which represents Iotla, Millshoal, North Franklin, East Franklin, South Franklin, Union, and Smithbridge.

There are TWO seats up for election, meaning every voter can select TWO out of the four names that appear on the ballot.

Incumbents Ronnie Beale (Democrat) and Gary Shields (Republican) are running for re-election and will be facing challengers Betty Cloer Wallace (Democrat) and Danny Antoine (Republican).

In total, Macon County voters will be selecting THREE commissioners — and because November



Diedre Breedon

is a general election, not a primary election, any voter can vote for any candidate, regardless of political affiliation. All candidates will appear on the same ballot.

The Macon County Board of Education election is a nonpartisan election and will feature two board seats.

For the Board of Education District 2 seat, which covers the Franklin-area the ballot will feature Incumbent Tommy Cabe, Billy Handley, Stephanie Hyder Laster, and Danny Reitmeier. While Cabe's name will appear on the ballot, he passed away in August.

For the Board of Education District 4 seat, which serves at the board's "at-large" seat covering the entire county, the ballot will include incumbent Carol Arnold and challenger Diedre Kaye Breedon.

As we inch closer to Election Day, we will be doing candidate profiles for all elections. To begin the series of local candidate profiles, we interviewed all candidates for Macon County Board of Education.

### Macon County Board of Ed District 4

#### Carol Arnold

Carol Arnold is a product of Macon County Schools. She attended Iotla School and graduated from Franklin High School in 1973. Arnold continued her education at Western Carolina University where she majored in Early Childhood Education. In 1974, she married Jerry Arnold and they have been married for 47 years. Together they have 71 years working experience in the North Carolina public school system, most of those serving the children and

community of Macon County. The Arnold's have one son, Jason Arnold, who is currently Chief Assistant District Attorney for the 43rd Prosecutorial District.

Arnold has dedicated her life to public education and holds a Bachelor of Arts in Education, Master of Arts in Education, Six Year Educational Degree, and holds the following Educational licenses: Early Childhood, Middle Grade, Mentor, Curriculum Specialist, Principal and Superintendent Licenses (All Current).

Arnold has served as a teacher in both Swain and Macon County — receiving Macon County Teacher of the Year in 1984. She worked as the Exceptional Children Director for Macon County as well as in the Central Office Executive Program at the University of Chapel Hill. Arnold was an Ed/Consultant for the North Carolina Department of Public Instruction serving Region 8 as well as an Education Mediator for Region 8. Arnold has worked to help the future of education serving as an Adjunct Professor at Western Carolina University. Arnold worked as the Associate Superintendent for Clay County Schools and finished out her educational career serving as a Contract Consultant for Macon County Schools advising the district on Federal Educational Programs.

Arnold was appointed to the Macon County Board of Education in 2020 after board member Fred Goldsmith resigned from his seat.

"Franklin High School is deteriorating. Fred Goldsmith left me a responsibility to see a new high school completed," Arnold said when asked why she was seeking election to the Macon County Board of Education. "This, accompanied by increased parental involvement in all areas, because I believe parents deserve a voice in their child's education and should be afforded every opportunity to make the decisions they feel are right for their child, as well as en-

• See Q&A page 14

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## ...Q&A continued from 12

suring academics are promoted in all subjects, safe schools, and Pre-K classrooms in ALL elementary schools is why I am running for election. Our county's parents deserve no less."

### Diedre Breeden

Diedre Breeden is a wife, mother of three and a follower of Christ. Native to Macon County, Breeden was raised by a family of educators and highly values the role of education and learning in our lives.

Breeden has a B.A. in Psychology and M.A. in Professional Counseling. Currently, she owns and operates a private Christian counseling practice in Franklin. In addition to this, she and her husband, Barry lead Heart for Families, a local non-profit that specializes in bringing Bible-based marriage and family resources to the community.

"I am running [for office] because I have a desire to serve and want to make a difference," said Breeden. "I am a parent of children currently in the school system so I have insight to current issues and my professional background gives me a perspective I believe would be an asset to the board."

*What do you see as being the greatest issue facing the school system?*

**ARNOLD:** I see the top three issues facing Macon County students as being 1) The need for a new high school in Franklin and the need for Pre-K classrooms in ALL elementary Schools. 2) We desperately need updated technology in all subject areas for our students, for both academics as well as vocational classes and 3) We have to continue working to build strong partnerships with local law enforcement to improve our schools to be as safe as possible," said Arnold

**BREEDEN:** "Mental Health is huge," said Breeden. "Over the last few years, we have seen a significant rise in mental and behavioral health issues within our students and families. Every school in our county has expressed to me the need for adequate mental health support within the school system."

*Macon County is in the midst of significant infrastructure planning for the school system. A) What are your thoughts on the new Franklin High School Project Proposal? B) What are your thoughts on the proposed expansion to Highlands School?*

**ARNOLD:** A) "I have had the privilege to work with our county commissioners and community leaders on the High School Facilities Committee to develop and provide a safe and modern high school to replace the deteriorating old Franklin High School," said Arnold. "The current school no longer best suits the needs of our children to be prepared for college and the 21st Century workforce. We need a high school that serves all our students, including those with disabilities. We must make our new school "safe school" compliant protecting our students and staff and helping our school resource officers by reducing the number of school entrances and exits and being able to install new communications technology."

B) "I have been fortunate to have a husband who has worked both at Highlands School and Nantahala School to give me valuable insight to our two unique K-12 schools," said Arnold. "I have also had the privilege to work with our county commissioners and community leaders in Highlands to support the proposed expansion of Highlands

• See Q&A page 21



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## • ON THE SUNNY SIDE •

### Helping Others



**Kenny Youmans**

ing others that need help in a different way.

The next day while he is getting a haircut, he says to the lady cutting his hair that his birthday is coming up and he is going next door and treat himself to a manicure and pedicure. She thinks that is a great idea. Everyone should treat themselves

to something special once in a while, especially on their birthday.

He then asked her if she ever gets a manicure and pedicure herself. "Oh No" she says. "I'm a single parent with 10-year-old twin daughters. We struggle every month just to make ends meet. Manicures and pedicures are not in our budget." After he gets his manicure and pedicure, he buys a gift certificate for a manicure and pedicure. He then goes back and gives it to her. She starts crying. She is overwhelmed; he is overwhelmed. He tears up.

Later that afternoon he and I are hitting golf balls. He can't wait to tell me the story. He tells me all the details about what Joel Osteen says. I've never seen him so passionate. Maybe both of their lives will be changed.

But the point is, that when we do something special, when we help someone in need, when we make a positive difference in someone's life, when we contribute to a worthy cause, we feel good about ourselves. When we feel good about ourselves, life is better. When we don't feel good about ourselves, life is not as much fun. So, we need to do more things that help us feel good about ourselves.

Proverb 22-9: "Those who are generous will be blessed."

One of my very close friends grew up in a little South Carolina town. Typical small-town America. He graduated from the University of South Carolina and after college he was an officer in the Air Force. Later he had a successful business career in Orlando, FL. He is a man of integrity and a Christian.

Occasionally, he gives to charities like The American Heart Association and The American Cancer Society. But he has never really felt the need to give to charities that support the poor and people with financial problems. His feelings have always been -- if they worked hard like he did, they wouldn't have any financial problems. He's a nice guy, a great friend and I'm sure all of you would like him.

One day he happened to catch Joel Osteen on TV. Joel Osteen was preaching on giving, the benefits of giving and how the Bible has over 300 verses that pertain to giving and helping the poor. Joel Osteen said that many, many times both lives are changed -- the life of the person receiving the gift is changed and the life of the person giving the gift is changed. Joel Osteen told one story of a lady that helps a poor black kid whose family has a hard time putting enough food on the table. Later, the kid becomes a doctor. Years later the lady ends up going in a hospital for an operation she cannot afford. She does not recognize the doctor, but he recognizes her. He pays her hospital bill.

This story impresses my friend. He begins to look at help-

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# • HIGHLANDS AREA EVENTS •

## NEW Rec Pool Schedule

• Public Swim: Mon.-Wed. 3:30-7p; Sat. 11a-6p; Sunday 1-6p. Adult Lap Swim: Mon-Fri 6-9:45a; Mon.-Thurs, 5-7p. Sat. 10-11a. 828-526-1595.

### Mondays

• ESL classes are held at the Presbyterian Church in Highlands from 5:30-6:30pm. No registration required – just show up and participate. Questions? Visit [www.maconncliteracy.org](http://www.maconncliteracy.org), call 828-526 – 0863 or email [info@maconncliteracy.org](mailto:info@maconncliteracy.org)

### Second Mondays

• The local chapter of PEO, an off-campus sorority founded in the 1800s that provides grants and loans to women with financial need who want to return to school or further their education meets at 10 a.m. More meeting places call president Paula McDonald at 706-372-3004

### 1st Tuesdays

• Indivisible Highlands from 5-6:30 pm at the Hudson Library.

### 2nd Tuesdays

• Highlands Writers Group meets on alternate Tuesday af-

ternoons at 3pm. Writers still uncomfortable with in-person gatherings may participate via Zoom meetings held on the second or third Tuesday of each month at 3pm. Members receive weekly notification regarding when and how the group will assemble. "We welcome participation from anyone interested in writing, or just hanging out with writers," said Bud Katz. For more information contact Bud Katz at either 828-526-3190 or at [budandlynn@me.com](mailto:budandlynn@me.com)

### Tuesdays

• Strength Training 8:15-9:15am. Aim for strong, lean muscles using light weights, body weight, and high repetition to shape and tone.

### Wed. & Sat in October

• Autumn Amble" leaf tours this October. Every Wednesday and Saturday at 4 PM, staff will lead an exploration of the Highlands Botanical Garden to discover what leaves are already changing and (the science of) why. All are welcome to participate in these free guided tours, and no registration is necessary.

### Mon-Fri

• Water Aerobics 18 years plus 10-11am. Contact the Recreation Department at 828-526-3556 for more information.

• Pickle Ball inside and outside. 10am-1pm, everyone is welcome so come out and enjoy a game of Pickle Ball.

### Mon., Tues., Thurs.

• The Food Pantry behind the Methodist Church on Spring Street is open from 10a to 6p,

### Mon. & Wed.

• New Mobility Class with Anna Norton It's all about movement. 5:30-6:30pm and Wednesday 6:45-7:45. For more information, call Anna 267-825-0716.

### Mon, Wed, Fri

• Heart Healthy Exercise Class 8:30-9:30am. \$25 a month. The class is led by Cathy Hodgson. Contact the Recreation Department at 828-526-3556 for more information.

• Aerobics w/Tina Rogers 8-9a. Contact the Recreation Department at 828-526-3556 for more information.

### Tues. & Thurs.

• New Zumba class with Gay Chalpin from 4:30-5:30p. Contact the Recreation Department at 828-526-3556 for more information.

• Exercise Class with Michelle Lane at 5:30. A combination class with different types of exercise. Contact the Recreation Department at 828-526-3556 for more information

### Thursdays

• Kickboxing 8:15-9:15am. An exhilarating and fun mix of martial arts for a calorie-burning workout. Contact the Recreation Department at 828-526-3556 for more information.

• At Hudson Library, Family Storytime at 10:40a. For more information about any of these summer activities, contact Hudson Library at 828-526-3031.

• At Hudson Library, Kids Zone at 3:30 pm with a wide variety of STEAM, nature, and craft activities. For more information about any of these summer activities, contact Hudson Library at 828-526-3031.

### Fridays

• Friday Night Live Concerts in Town Square on Main Street. 6-8:30 p.m. Bring chairs.

### Saturdays

• Saturdays on Pine in K-H Founders Park on Pine Street. 6-8:30 p.m. Bring chairs, blankets and a picnic.

• Live music at Frog Quarters just before the bridge over the Little Tennessee River in East Franklin.

### 2nd Saturdays

• The Western North Carolina Woodturners Club meets in Highlands at The Bascom at 10 a.m. March thru November.

### 3rd Saturdays

• The American Legion Post 370 meets at the First Methodist Church at 315 Main Street in their Community Room/ 909 Chapel. We serve breakfast at 9AM and hold our monthly meeting at 10AM We invite ALL Veterans to attend. Contact Ed McCloskey, Commander for any information @828-787-1660.

### Thru Oct. 16

• The Mountain Theatre Company presents Brooklyn: The Musical, A Sidewalk Fairytale at The Playhouse on Oak Street. Wed. - Sat. @ 7:30p and Sat. & Sun. @ 2p. For tickets go to [www.mountaintheatre.com](http://www.mountaintheatre.com).

### Thurs., Oct 13

• Nantahala Hiking Club Program at 6pm at the Franklin Library. Speaker Sarah Adams, ATC Regional Manager GA & Nantahala. "Connections Between the Appalachian Trail and Japan's Shinetsu Trail. All are welcome.

### Fri.-Sat., Oct. 14 & 15

• Festival and Craft Show at the MC County Fair Grounds. 1436 Georgia Road., Franklin. 10a to 5p. Friday 2-4p Ricky Gunter, Country Singer and his band; Saturday, noon-2p Curtis Blackwell & Dixie Bluegrass Boys. Crafters! Food Trucks! Raffles! Kettle Corn! ChicFila! Fatz! Veronicas Cafe! Entertainment! Giveaways! Face Painting! Little Rascals pony rides! Games! Kaylee's Closet! Pet Adoptions w/gifts! Free Admission but please feel free to bring a pet item to put in the

donation barrels for the rescues. (Appalachian Humane Society, Saving Paws of Lakeland and Horse Tales Farm)

• At The Bascom, 11<sup>th</sup> Annual Studio Barn Pottery Show, featuring work by studio members. 10 am-4 pm.

• Meet & Greet artist Nancy Race Art at Toby West in Cashiers at 341 Hwy 64, Ste. 103. Life More Colorful. Friday, 1-5 p.m., Saturday, 10a-2p. Come for drinks and conversation.

### Fri., Oct. 14

• Books & Bites at Hudson Library at 12:30p. The author is John Pruitt who will talk about his debut mystery novel "Tell it True." Books will be available for purchase and signing at this free event. Reservations are recommended; stop by the library or phone 828-526-3031 to reserve your seats.

### Sat., Oct. 15

• The meeting speaker is Obie Oakley the recipient of the coveted Order of the Long Leaf Pine awarded by governor Cooper to Obie for a lifetime of public service to his community, his state and his Nation. All veterans are welcome to join our meeting for breakfast at nine and the meeting at 10. The meeting is held at the Highlands First Methodist Church, 315 Main St., community room/909 Chapel.

• At the Highlands Performing Arts Center Live via Satellite National Theatre Straight Line Crazy at 1p. For more information call 828-526-9047.

• At The Bascom, Tapping into Tone: Musical performance 3 pm

### Sat., Oct. 22

• At the Highlands Performing Arts Center Live via Satellite Met Opera Medea at 1p. For more information call 828-526-9047.

### Mon., Oct. 24

• At The Bascom, Art League of Highlands-Cashiers monthly meeting 4:30 – 6 pm: | FREE

### Thurs.-Sat., Oct. 27 - 29

• Smoke Stories - Calliope Shorts: Campfire Stories



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# • HIGHLANDS EVENTS •

at the Full Spectrum Farms Pavilion, 1185 Wayehutta Rd. in Cullowhee. Performances are at 7 p.m. and take place outdoors. Tickets are \$20 general admission, \$25 for VIP seating and \$16 for children, students and seniors. For more about tickets: Calliope Shorts | Campfire Stories (ticketspice.com)

## **Fri., Oct 28**

- At Hudson Library the last for 2022 "Community Coffee with the Mayor" Friday at 11am in the Hudson Library Meeting Room. Mayor Patrick Taylor will be joined by Highlands-Cashiers Hospital CEO Tom Neal with updates and future plans for Highlands-Cashiers Hospital.

- Join Jessica Willis Fisher fireside at the Highlander Mountain House for the latest musical performance in their Salon Series. at 9 p.m. Tickets on the hotel website [www.highlandermountainhouse.com](http://www.highlandermountainhouse.com)

## **Sat. Oct. 29**

- Highlands Historical Society will celebrate our town's founding families with a reception beginning at 2p in the Fellowship Center at Highlands United Methodist Church. The festivities are in conjunction with the inaugural Highlands Heritage Jamboree sponsored by the Highlands Chamber of Commerce and Visit Highlands NC. Does your family have roots in Highlands that go back 100 years or more? Let us know you're coming by RSVP'ing at [HighlandsNCHeritage@gmail.com](mailto:HighlandsNCHeritage@gmail.com).

- Highlands Heritage Jamboree featuring traditional music, dancing and crafts at Kelsey-Hutchinson Founders Park 3-7:30 p.m.

- FREE Highlands-Cashiers Chamber Music Festival Fall Concert at 1st Presbyterian Church at 5 p.m. Featuring Juli Coucheron, piano, Helen Kim, violin and Charae Krueger, cello. Sponsored by the Cullasaja Women's Outreach.
- HS Fall Festival 5-8 p.m. Carnival games, bounce houses, haunted house, hayride, face painting, cake walk, theme-box silent auction. Fun for the entire family!

- At the Highlands Performing Arts Center, Sideline at 7:30p. For more information call 828-526-9047.

- Fall into Dance ARTS Saturday at the Macon County Public Library at 10:30 am, for children and young families. Contact the Arts Council for details, 828-524-ARTS or email [arts4all@dnet.net](mailto:arts4all@dnet.net).

## **Mon. Oct. 31**

- Annual Halloween on Main. 5-8 p.m.

## **Thurs.-Sat., Nov. 3 - 5**

- Smoke Stories - Calliope Shorts: Campfire Stories at the Full Spectrum Farms Pavilion, 1185 Wayehutta Rd. in Cullowhee. Performances are at 7 p.m. and take place outdoors. Tickets are \$20 general admission, \$25 for VIP seating and \$16 for children, students and seniors. For tickets: Calliope Shorts | Campfire Stories (ticketspice.com)

## **Thurs., Nov. 3**

- FAME Jr., starring Highlands School Middle School students Thursday at 7:30 at the Performing Arts Theatre on Chestnut Street. The show is FREE but please reserve a seat. at [highlandsperformingarts.com](http://highlandsperformingarts.com).

## **Fri., Nov. 4**

- At the Highlands Performing Arts Center, Great Art on Screen: Botticelli's Florence & the Medici at 5:30p. For more information call 828-526-9047.

## **Sat., Nov. 5**

- At the Highlands Performing Arts Center Live via Satellite Met Opera La Treaviata at 1p. Call 828-526-9047.

## **Sun., Nov 6**

Join North Carolina's very own Chatham Rabbits fireside at the Highlander Mountain House for the latest in their Salon Series at 5:30p. Tickets on the hotel website [www.highlandermountainhouse.com](http://www.highlandermountainhouse.com)

## **Fri., Nov. 11**

- Farm Harvest Dinner & Barn Dance. Book at the Farm. For tickets go to [OldEdwardsHospitality.com/chefdinners](http://OldEdwardsHospitality.com/chefdinners)

## **Sat., Nov. 12**

- Chef Dinner at OEI's Half-Mile Farm, New Orleans Kitchen Collab with Chef Sue Zemanick. Book at [OldEdwardsHospitality.com/chefdinners](http://OldEdwardsHospitality.com/chefdinners).

## **Fri., Nov. 25**

- At the Highlands Performing Arts Center, Masters of Soul at 7:30p. For more information call 828-526-9047.

## **Sat., Nov. 26**

- Light Up the Park from 6 to 8 p.m. in Kelsey-Hutchinson Founders Park. Anticipation will fill the mountain air as the community gathers in the park to enjoy treats and a program that includes live music and carols led by Silly Ridge, a display of children's artwork and a reading of the Christmas story. Then, Santa arrives atop a firetruck to usher in the lighting of the park and Main St. Watch the park come alive with thousands of holiday lights that will stay up all season, along with ice skating and photo-op fun.



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# • HOSPITAL NEWS •

## What you can do to enjoy good health as you age

The importance of our health and wellness comes into sharper view the older we get. And since Western North Carolina is a region where a significant portion of the population is age 50 or older, providing healthcare services for this community is a major focus of Highlands-Cashiers Hospital (HCH). In addition, we are unique in the health system in that we also have the Eckerd Living Center as part of our facility campus, our 80-bed skilled nursing facility.

The median age of Highlands' residents, as of 2020, was just older than 55½, while it's just above 60 years of age in Cashiers. When you're older than 50, there are special considerations you need to take into account when it comes to your healthcare, and it's also important to discuss preventive healthcare and healthy lifestyle issues with your primary care provider, so you can continue to stay healthy and vital for as long as possible.

Pardon the pun, but it's an "age old" question: How can we keep feeling well and vital, and enjoy a high quality of life, well into our older years? I think one of the changes we've seen over the last three decades with healthcare is the patient-physician relationship model. Rather than receiving information and advice from our doctors and following it without question, we're now encouraged to be true partners in our own healthcare, and this is ultimately so positive. If we take responsibility for our health, we are empowered to learn and take care of ourselves in ways that address the whole person — our physical, emotional, and spiritual selves — and much of good self-care involves looking ahead and taking a preventive approach.

And even though we hear it frequently, you have a much higher chance of enjoying a longer, robust life if you eat well, exercise daily, and avoid things we know are harmful, like a sedentary lifestyle, intense stress, highly



**Tom Neal CEO, CNO  
Highlands-Cashiers  
Hospital**

processed foods, tobacco, and excessive amounts of alcohol. We all know by now that a diet full of colorful fruits and vegetables, high fiber foods, low-fat dairy foods, fish high in omega-3 fatty acids like salmon, and legumes, nuts, and seeds.

Staying in motion is also proven to be, in many ways, a magic bullet to feeling your best as you age. Study after study finds that "motion is lotion," and that cardiovascular fitness not only correlates with a lower risk of developing serious health problems, from heart disease to diabetes, but with a longer lifespan. The advantages of exercise are so far-reaching, they also include enhancing mood and benefiting mental health, helping with joint health and mobility, and boosting bone health.

The recommended weekly amount of exercise is 150 to 300 minutes per week of moderate aerobic activity, such as walking, biking, or swimming, or 75 minutes of more vigorous exercise. It's best also to add resistance training twice per week to your routine.

Stress management also comes into play, and fortunately, a multitude of activities are known to lower stress, from meditation and volunteering for a cause you care about, to connecting meaningfully with friends and engaging in activities you really enjoy, including mind-sharpening ones like doing puzzles.

Sleep that's restful can be hard to come by as you get older. For example, many postmenopausal

women don't enjoy good quality sleep due to night sweats and other discomforts. If anything is interfering with good rest, talk to your doctor. Supplements and prescription sleep medications can help, as can keeping electronics out of your bedroom and developing a soothing nighttime winding down routine.

We've also learned that good oral health practices impact your health significantly. If your gums become infected from lack of brushing and flossing, as the infection worsens and transforms into the serious condition of periodontitis can lead to heart disease, endocarditis (an inflammation of the lining of the heart), and even premature birth and low birth weight.

Finally, older people are more prone to depression — try to avoid social isolation and ask for a depression screening when you go for your annual wellness exam.

Some signs to watch for are changes in eating habits, no longer enjoying activities you once did, and feelings of hopelessness. Therapy, medication, and other steps can help ease depression.

If we were to create a "Top 10" list of the things one could do to encourage healthy aging, it would look something like this:

1. Stay physically active.
2. Eat a balanced, healthy diet
3. Stay connected to friends and family
4. Get the preventive health screenings your doctor recommends and see your doctor on a regular basis
5. Be careful with alcohol consumption (no more than one drink per day)
6. Don't use tobacco in any form
7. Practice good dental hygiene daily
8. Make your home a safe zone
9. Get high-quality rest
10. Be mindful of your mental health

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## ...Q&A continued from page 14

School. I have worked hard to ensure that Highlands School and Nantahala School receive equal opportunities to any program being offered by Macon County Schools. Community leaders and parents have spoken loud and clear that they need Pre-K in Highlands. I will continue to advocate for Pre-K for Highlands parents and will not stop until the goal is achieved."

**BREEDEN:** (A&B) "I will always be in favor of investing available resources into providing the most up-to-date learning environment possible for our students, as a way of promoting their success," said Breedren. "It's important as representatives of Macon County as a whole, we equally consider all needs within the school infrastructure and find effective ways to prioritize and responsibly tackle these issues with

student and teacher safety as well as long term growth and sustainability in mind."

*What are the top three things you hope to accomplish if elected?*

**ARNOLD:** "The top issues facing Macon County Schools mentioned earlier are the very reason I am running for the board," said Arnold. "The top issues are things we have been working diligently to achieve since I was appointed to the board in 2020 and I want to retain my seat on the board to see these projects through. I want to see the completion of a new high school for the Franklin area as well as Pre-K classrooms for every elementary school in Macon County. I also want to see updated technology for both academics as well as vocational

classes. College may not be the right course for every student, so we need to make sure our vocational courses are afforded every opportunity and resource as the academic courses. I also want to build on the partnerships with local law enforcement agencies in Franklin, Highlands, and Macon County Sheriff's Office to ensure our schools are as safe as possible."

**BREEDEN:** "My priorities will always be the students and teachers in our community, as well as promoting parent voices and encouraging that relationship to continue to strengthen, as it really does take a village to raise up future generations," said Breedren.

*What is your stance on the proposed sales tax referendum scheduled to appear on the November*

*ballot?*

**ARNOLD:** "No matter what each voter decides on this issue at the ballot box, funding our school facilities has always been an "all hands-on deck" proposition that all of our county leaders, past, present, and future will grapple with," said Arnold. "Macon County parents and leaders have always had a partnership to do what is right for our students. I'm excited to be a part of this process and even if we disagree on how to go forward, we can still find solutions together."

**BREEDEN:** "We have increasing needs county wide, including school infrastructure, and this would be an efficient way to keep bringing more money into our

• See Q&A page 22

# JERRY MOORE



## FOR COUNTY COMMISSIONER



I'm running as an independent candidate for the Macon County Commission. I'm not beholden to any national political party or any special interest. The only interests I commit to understand and support are those of families and businesses here in our county.



To overcome the challenges and to make the most of opportunities ahead, we need to be looking for partners, not adversaries. I plan to work with others, including non-profits and businesses, as well as other government agencies, to deliver the best possible services at the lowest cost to taxpayers.



I believe government's job is to ensure taxpayers' investments serve a better future, which is why I fully support the proposed 1/4 cent sales tax increase. Almost half of this increase will be paid by visitors to Macon County, helping us keep property taxes low while we address the critical education and infrastructure needs that will improve the lives of Macon County residents.



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Hello my friends, this is Sarah aka "Diva" asking for your help for my sweetheart husband Rick Miller. Rick has been hospitalized 7 times this year from his weak heart and sepsis from UTI infections twice. Sepsis is so serious and he is once again fighting to survive.

I am trying to raise money to enable him to live in his home. We have 22 cement steps and a ramp has to be built to wheelchair him in and a walk-in shower put in for him to function. Currently, we have the old bathtub type and he cannot lift his leg.

As you all are aware, Rick is a strong "American" man and has a strong love of life, his wife, family, dogs and friends. We have been happily married 47 years and together for 52! Many of you know him from Divas on Main, the apparel business in Atlanta and his political and community involvement in Franklin. Anything would help and be very much appreciated.

Love to you all, Rick & Sarah.

**To donate, contact**  
**Sarah Miller at**  
**1-770-757-7500**  
**or Divas on Main Facebook.**



## ...Q&A continued from page 21



**Billy Handley**

county without local taxpayers bearing all of that burden," said Breeden.

*Any additional information you would like to include?*

**ARNOLD:** "I have spent my entire life working in public education and hope to continue serving Macon County to see that our students have every tool possible to become the next generation of leaders," said Arnold.

**BREEDEN:** "I am a parent, and I am invested in Macon County," said Breeden. "I strongly believe in parents having input and choice in their child's education, which I believe will only become more important over the next few years."

### **Macon County Board of Education District 2 Billy Handley**

Handley has been married to his wife, Heidi for 24 years. They have two children, a daughter, Leighanne who graduated from Franklin High School in 2020, and a son, Ty, a senior at Franklin High School who will be graduating in the spring of 2023. Handley is the son of Bill and Joyce Handley. Handley has coached the youth of Macon County on and off for 30 years.

Handley graduated from Franklin High School in 1988 and then received his Bachelor of Science Degree from Western Carolina University. He currently serves as the general manager of Tasting's Floor Covering in Franklin,



**Danny Reitmeier**

NC.

"I have been looking for a way to serve the community for a few years now," Handley said of his decision to run for office. "I felt it would be a good time to give back and try to help our teachers, staff, and students of Macon County."

### **Danny Reitmeier**

Danny Reitmeier was raised in Franklin with his sister, Beth Corbin and brother Chris. He was a student athlete and very involved in student government all through his school years. After Reitmeier graduated from Franklin High school he joined the Air Force and served for 8.5 years. He is a proud Veteran, having served in Saudi Arabia during Desert Storm. Reitmeier is married to his wife, Kim, and together they are proud parents and grandparents. Reitmeier is a born-again Christian, saved by the blood of Jesus. He is a member of Holly Springs Baptist Church, where he has attended for 28 years. Reitmeier has been a Sunday school teacher, sang in the choir, and helped with the church youth group. He has coached many youth sports teams and has umpired and refereed in youth leagues for many years. Reitmeier also has volunteered his time at many school activities such as being the equipment manager for the high school football team and this season volunteered as the Public Address announcer for Macon County Youth Football games.

After the U.S. Air Force, Reitmeier began his professional career where he has experience working as a tax software programmer,



**Stephanie Laseter**

landscape maintenance accounts manager, small business owner, operating his own landscape business, as well as working for the U.S. Post Office.

"My reason for running for School Board is simple. I love our county and the people that live here and want to serve them in the best way possible," said Reitmeier. "Our students deserve the BEST education and chance to succeed in life. I have a strong desire to preserve and improve the quality of our school system. It's time for new ideas, new energy, new personalities, and new ways of looking at things. I am a 'people person.' I've never met a stranger. I truly care about people. I believe those character traits will help me connect with the citizens in our county and earn the trust necessary to move our school system forward. ALL of our citizens – teachers, administrators and support staff – deserve someone to truly listen to them, to be transparent and to speak on their behalf. I would be that voice."

### **Stephanie Laseter**

Stephanie Laseter was born and raised in Franklin and is a proud graduate of Franklin High School. She and her husband, Ben have two children – Reid (7th) and Laurel (10th) grade. Laseter has been active in youth sports clubs, PTO, and is the co-founder of Macon County Support our Schools campaign. She teaches youth Sunday school at First Methodist Church.

• See Q&A page 24

## ...SPORTS continued from page 1

Early College.

Thurs., Oct 6, Timmy McDowell finished first in the Tri-State Middle School Conference Cross Country Championship

Highlands JV Volleyball had a 2-0 win over Summit Charter.

Highlands Varsity Volleyball had a 3-0 win over Nantahala.

Highlands Varsity Boys Soccer had a 9-1 win over Andrews.

Great week for our Highlander Sports Teams!

— Head Athletic  
Coach Brett Lamb

### Highlands Middle School travels to 2022 Far West NC Middle School Swimming Championships

On Friday, October 7, the Highlands Middle School Swim Team traveled to Asheville to compete in the 2022 Far West NC Middle School Swimming Championships.

There were six teams at the meet.

Out of 12 individual events (6 boys, 6 girls) Highlands Middle School Swim Team won five (4 boys, 1 girl).

Jack Sumner (50 Butterfly, 50 Backstroke) and Chase Kenter (100 Individual Medley, 50 Breaststroke) both won both of their individual events to score 40 pts each.

Sadie Green in her 1st season back in swimming after a 5-year break won the 50 free and finished 2nd in the 50 back scoring 37 points.

Sumner is undefeated this season, and Kenter has finished 1st or 2nd in all of his races.



Highlands School Varsity Girls Golf Team from left: Brooke Fogarty, Annamaria Silverthorn, Kaki Dyleski, and Anna Stiehler

Ian Batista finished 3rd in the 50 free-style, and 5th in the 50 breaststroke for 30 pts.

Cassie McDowell finished 8th in the 100 IM, and 10th in the 100 breaststroke.

Ian Shchegachov, in his first season swimming competitively, finished 12th in the 50 breaststroke, and 16th in the 50 free-style.

Missing were Timmy McDowell (recovering from a broken arm), Hayden Andrews (sick), and Trinity Faust.

The last Highlands Middle School Swim Team meet of the 2022 season will be at Rabun Gap Nagoochee School on Thursday, October 20.

— Coach Steve Hott

### Prepare to sign up for fuel assistance and Christmas gifts

Highlands Emergency Council Fuel Assistance and Christmas Sign Up will be Oct 18-20 and Oct 25-27 at the Emergency Council from 8AM - 2PM at 71 Poplar Street in Highlands.

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...Q&A continued from page 22

Laseter attended Auburn University and the University of Georgia and has degrees in wildlife biology and forestry. She currently works as a biological scientist with the Forest Service.

"I've been attending school board meetings the past few years, working to understand the complexities of the school budget, and helping advocate for increased parent engagement," Laseter said when asked why she is running for office. "The school board needs leaders ready to maximize opportunities for our children. I'm ready and committed to listening, to doing my homework and to come prepared."

*What do you see as being the greatest issue facing the school system?*

**HANDLEY:** “Having the infrastructure and teachers to give our students the best education possible” he said.

**REITMEIER:** "Everything we do in regards to our children is important. It's tough to single out one thing as paramount," said Reitmeier. "With that being said, I believe keeping our children safe, both in their mental well-being and their learning environment.

is extremely important. I have spoken with several teachers and administrators. Pretty much all of them have talked about the mental health needs in their respective schools and the overall security of their facilities. To that end, I believe we need to have the appropriate number of mental health professionals in our school system, as well as making sure the physical security of our school grounds is taken care of. Given the events that have unfolded in our world the past few years, our youth have had a front row seat to some things that have been unprecedented. Children are impressionable from a very early age. Part of our responsibility as parents and leaders is to ensure that they have all of the understanding and support that they need, both in their environment and to feel secure mentally when surveying everything around them. To me, feeling safe in their mental well-being and their environment go hand-in-hand. I want to make sure our children are comfortable, both in mind and body, so that they are confident in everything they do on their way to reach for the stars.”

**LASETER:** "Regarding the biggest issue facing schools, I see

two,” said Laseter. “Number 1: The quarter-of-a-cent sales tax. It provides the biggest revenue boost with the least impact to residents. It’s simply a no-brainer. It could result in revenue gain across all public infrastructure -- schools, public safety, law enforcement, and public health. Number 2: School infrastructure. The school board needs leaders who are ready to help identify, plan and execute opportunities that will benefit both our students and community. Growth is inevitable, but we can be strategic in HOW we grow. School infrastructure needs our attention. The last few years brought unprecedented challenges. It’s time to be innovative, creative, and to provide teaching and learning environments that match 21st century technology.”

*Macon County is in the midst of significant infrastructure planning for the school system. A) What are your thoughts on the new Franklin High School Project Proposal? B) What are your thoughts on the proposed expansion to Highlands School?*

HANDLEY: "I am 100%

- See O&A page 25



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## ...Q&A continued from page 24

in support of building a new Franklin High School,” said Handley. “I feel all schools including the Highlands School should be up to the standards of the rest of the schools in the state. I am looking forward to hearing more about this proposal for the Highlands School.”

**REITMEIER:** A) “The Franklin High School project should have happened LONG ago,” said Reitmeier. “It is way overdue. We can’t do anything about the past, but we CAN do something about the future! Our current and future students deserve to be invested in by us! We need to provide them the BEST education possible and this new facility will go a long way to do that! Our teachers, administrators and support staff also deserve this facility. A positive work environment goes a long way toward people giving their best effort at their job. Also, this facility will allow ADA students, faculty and staff safe and appropriate accessibility. This facility will also be much safer. In the world we live in today, that is of extreme importance and something that we can’t afford to take lightly. This facility will be a shining example of our county’s desire to provide for future generations and could also positively affect economic growth in our county. For all these reasons, I believe it’s time to move forward with this project and provide a facility that will benefit our county for years to come.

B) “I was in attendance at the County Commissioner meeting when the Highlands School expansion proposal was presented,” said Reitmeier. “It was apparent that the group working on it was very thorough in all phases of this proposal. There is a very pressing need for the things they presented. I believe we should work hard to try to make this expansion a reality, while being extremely cautious and aware of budget funds.”

**LASETER:** “I am in favor of the FHS proposal and love the idea of keeping the school rooted and central to downtown Franklin,” said Laseter. “I’m also in favor of the Highlands expansion.”

*What are the top three things you hope to accomplish if elected?*

**HANDLEY:** “Number 1: Vote yes and proceed with a new Franklin High School. Number 2: To make sure our teachers never pay another penny out of their personal accounts for school-related items,” said Handley. “They’re underpaid as it is.

Number 3: I would like to start an extended plan to figure out how to get more money to come into the county for future projects such as a new school for the Nantahala area.”

**REITMEIER:** “Again, it’s tough to narrow it down to three things,” said Reitmeier. “This is not a comprehensive list, but here are some things that I would like to get accomplished, if elected:

- **TEACHER/ADMINISTRATOR AND PARENT INVOLVEMENT.** We need more input from our teachers, administrators and parents. To accomplish that, we as board members, need to be easily accessible, very approachable and completely transparent. Our teachers and administrators are the front line and know the needs of the children and the school better than anyone. We should be actively engaging with them to find out what we can do to help them. The parents know their children better than anyone else. They need to know that we as board members want to give their children the BEST education possible. They need to know that we will LISTEN and do all we can to provide that.

- **ACADEMIC PERFORMANCE/MORE PROGRAMS.** After researching our student’s performance on the state level, I found them to be making about the same academic progress as the state average. While that is not bad, I would like to see us strive to be above the state average. I want our students to have the BEST education they can receive. This is where input from teachers, parents and students would be very useful. Identify the best teaching and learning environments and methods and implement them. Also, I would like for us to implement more programs for our students to learn more skills and be better prepared to go out into the world. We can put them in a position to learn invaluable skills for their potential future careers.

- **BUDGET.** All of our citizens pay taxes that make up our budget. We, as board members, should work to evaluate the budget and be the best stewards of taxpayer money. We should make sure to be mindful of how to directly use it to benefit our schools and children even more than it has been done in the past.”

**LASETER:** “1: Above mentioned infrastructure changes at FHS and Highlands,” said Laseter. “2: High engagement with County Commissioners on the best ways to utilize the 1/4 cent sales tax rev-

• See Q&A page 27

  
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# • SPIRITUALLY SPEAKING •



## Belief and its place in God's word

**Pastor Sam Forrester**  
Whiteside Presbyterian  
Church, Cashiers

I was talking to a gentleman recently and he informed me that his church told him to have nothing to do with theology and doctrine. That was a real shock to me. I believe this person was a professing Christian. I wondered as I listened how he could profess to believe in Jesus Christ and not understand the importance of theology and doctrine.

Theology is a word that comes to us from the Greek language. It is made up of two words, theo which means God and logos which means word. Literally it is God's Word. How can a church calling themselves disciples of Jesus Christ not see God's Word as important?

Doctrine also comes to us from the Greek. It is derived from the word didasko which means to teach. When used in relationship to the Church it means to teach God's Word. Is that not exactly what Jesus told us to do in the Great Commission to "go and make disciples of all nations . . . teaching them to obey everything I have commanded you."

How can any church tell their people not to study God's Word? It is only as you grow in your study of God's Word that you can be an effective witness for your Lord and Savior?

It is a great tragedy that in our modern times and in many modern churches these two words have been thrown out.

Christianity is about faith and faith, simply put, is believing God. The author of Hebrews tells you in Hebrews 11:6 "But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him." The Apostle Paul says in Romans 4:3, "Abraham believed God and it was credited to him as righteousness." Jesus told the crowds in John 6:29, "The work of God is this: to believe in the one He has sent." Jesus in John 3:16 says "whoever believes in Him will not perish but have everlasting life."

Believing, which is faith, is the heart of what Christianity is all about. Jesus was sent into this world to do for the sinner what he could never do for himself. He came and lived the perfect life on behalf of all those the Father gave Him. He took His perfect life and offered it as an atoning sacrifice on the altar of God for the forgiveness of all who would believe and trust in Him and in Him alone.

• See SPIRITUALLY SPEAKING page 30

## Proverbs 3:5

## • PLACES TO WORSHIP •

**John 3:16**

### BLUE VALLEY BAPTIST CHURCH

Rev. Oliver Rice. Pastor (706) 782-3965  
Sundays: School: 10 a.m., Worship: 11  
Sunday night services every 2nd & 4th Sunday at 7  
Wednesdays: Mid-week prayer meeting: 7 p.m.

### BUCK CREEK BAPTIST CHURCH

828-269-3546 • Rev. Jamie Passmore. Pastor  
Sundays: School: 10 a.m.; Worship: 11

### CASHIERS UNITED METHODIST CHURCH

Rev. Aryn Williams-Reubel. Pastor 828-743-5298  
Sundays: School at 9:30 Worship 10:30  
Wednesday night Dinner and Service 5:30

### CHAPEL OF THE SKY

Sky Valley. GA • 706-746-2999  
Sundays: 10 a.m. Worship; Holy Communion 1st & 3rd Sundays  
**CHRIST ANGLICAN CHURCH**  
828-743-1701 • 464 Hwy 64E. Cashiers. NC 28717  
www.christanglicancashiers.com

9:30am Sunday School; 10:30am Worship Service. Mon. Night  
Bible Study & Dinner, 6pm, call for details.

### 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.

### CHRISTIAN SCIENCE CHURCH

283 Spring Street - Sunday Service: 10:30 a.m.  
Testimony meeting: 3rd Wednesday at 5:30 p.m.

### CLEAR CREEK BAPTIST CHURCH

Pastor Jim Kinard  
Sundays: School: 10 a.m.; Worship: 11 a.m.  
1st & 3rd Sunday night Service: 7 p.m.  
Wednesdays - Supper at 6 p.m.

### COMMUNITY BIBLE CHURCH

www.cbchighlands.com • 526-4685  
3645 Cashiers Rd. Highlands. NC • Sr. Pastor Gary Hewins  
Sundays: Service 10:45am, Children's 10:30am  
Wednesdays: Youth 5:30-7pm; Women's Bible Study: Mondays  
4:30pm, Tuesdays 10am; Men's Bible Study: Wednesdays &  
Thursdays 7am @ Zookeeper Bistro

### COMMUNITY BIBLE CHURCH OF SKY VALLEY

706. 746.3144 • 696 Sky Valley Way #447  
Pastor Steve Kerhoulas  
Worship: Sun. 10:30 a.m. Holy Communion 2nd Sunday  
**EPISCOPAL CHURCH OF THE INCARNATION**

Rev. W. Bentley Manning, Rector • 526-2968  
5th and Main streets • www.incarnationwnc.org  
Sunday Services Chapel: Rite I spoken, 8a. Rite II with Choir in  
Sanctuary 10:30a; Morning Prayer Mon-Thurs 8:30a in Chapel  
**Sept 18: 9 AM Morning Prayer, 4:45 Festival Eucharist**

### 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; Choir 5p; Prayer Mtg 6:15p

### FIRST PRESBYTERIAN CHURCH

Curtis Fussell & Emily Wilmarth, pastors  
828-526-3175 • fpchighlands.org  
Sun.: Adult Ed.: 10 a.m.; Worship 11 a.m.  
Tues: Men's Group 10 a.m. Wed: Bell Choir 4 p.m.. Choir: 6p

### GOLDMINE BAPTIST CHURCH

(Off Franklin/Highlands Rd)  
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Hwy 107N. • Glenville. NC • 743-2729 • Nathan Johnson  
Sunday: School 9:45a. Worship 11a & 7p. Bible Study 6p  
Wed. Kidsquest 6p.; Worship 7p.

### HIGHLANDS ASSEMBLY OF GOD

Randy Reed. Pastor 828-421-9172 • 165 S. Sixth Street  
Wed. Bible Study: 6 p.m.; Sundays: Worship: 11

### HIGHLANDS CENTRAL BAPTIST CHURCH

Pastor Dan Robinson • 11339 Buck Creek Road  
The Highlands Central Baptist Church is temporarily  
sharing the facilities of the Shortoff Baptist Church.  
Sunday Worship is at 9a. Wednesday Worship is 6:30p  
**HIGHLANDS UNITED METHODIST CHURCH**

Rev. Dr. Randy Lucas. Pastor 526-3376  
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www.highlandsmethodist.org

### HOLY FAMILY LUTHERAN CHURCH: ELCA

Rev. Angie Ballard • 2152 Dillard Road • 526-9741  
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### 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

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and Rosh Hashanah & Yom Kippur.

### MOUNTAIN BIBLE CHURCH

743-2583 • Independent Bible Church  
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4224 Big Ridge Road (4.5 miles from NC 107)  
Weds: Bible Study 6:30 p.m.; Youth Group 6 p.m.

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Mass: Wed. noon (Latin); Thurs. 9:30a; Sat. 4p; Sun. 11a  
**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.  
**ST. JUDE'S CATHOLIC CHURCH**

Mass: Tues. noon (Latin). Thurs. 9a.; Fri.: noon;  
Sat. 5:30p; Sun. 9a

### THE CHURCH OF THE GOOD SHEPHERD

1448 Highway 107 S.. Office: • 743-2359 • Rev. Rob Wood  
Sunday Services: 8a. 9:30 & 11a  
Visit our website www.goodshepherdofcashiers.com for  
schedules of activities both virtual and in-person.  
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### UNITARIAN UNIVERSALIST FELLOWSHIP

85 Sierra Drive. Franklin • ufranklin.org  
Sunday Worship - 11 a.m.

### WHITESIDE PRESBYTERIAN CHURCH

Rev. Sam Forrester/Cashiers  
Sunday School: 10 am. Worship Service: 11 am

# • POLICE & FIRE REPORTS •

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

## Sept. 30

• At 6 p.m., a larceny by employee was reported at Paoletti Restaurant where \$2,000 went missing.

**The Highlands Fire & Rescue log from Oct. 4.**

## Oct. 4

• At 6:34 p.m., the dept. was first-responders to a location on South 4th Street.

## Oct. 5

• At 6:43 p.m., the dept. responded to a motor vehicle accident on Hudson Road.

## Oct. 6

• At 11:30 a.m., the dept. responded to a Co2 alarm at a residence on

Hickory Street.

• At 11:46 a.m., the dept. provided mutual aid to the Cashiers Fire Dept.

## Oct. 7

• At 8:42 a.m., the dept. responded to a Co2 alarm at a location on N. 4th Street.

• At 7:20 p.m., the dept. responded to a fire alarm at a residence on VZ Top Road.

• At 10:22 p.m., the dept. responded to a fire alarm at a residence on Bowery Road.

## Oct. 8

• At 9:25 a.m., the dept. responded to a Co2 alarm at a residence on Cobb Road.

• At 1 p.m., the dept. responded to a fire alarm at a residence on Hap Drive.

• At 6:51 p.m., the dept. responded to a fire alarm at a location on Sky-line Lodge Road.

## ...Q&A continued from page 25

enue! 3: I'm really interested in working with our community to provide greater after school opportunities at the high school and middle-school level."

*What is your stance on the proposed sales tax referendum scheduled to appear on the November ballot?*

**HANDLEY:** "I will be voting yes for the sales tax referendum," said Handley.

**REITMEIER:** "I am in support of the proposed sales tax referendum," said Reitmeier. "In general, I am not one who likes to raise taxes. However, this would allow us to receive funds from EVERYONE who spends money in our county... not just our residents. I do believe that these funds are supposed to be earmarked for our education system. I would push for it to be a separate line item in the budget. That way it will be clearly seen where the money is and where it is being used."

**LASETER:** "All for it," Laseter said. "It provides the biggest revenue boost with the least impact to residents. It's simply a no-brainer. It could result in revenue gain across all public infrastructure- schools, public safety, law enforcement, and public health."

*Any additional information you would like to include?*

**HANDLEY:** "I would really like to be able to listen and figure out problems that the teachers of Macon County have," said Handley. "I will be open to talking to any teacher, staff, or administrator with any of their concerns and/or needs. Lastly, I would love to have an open dialogue with the parents or guardians of the students in Macon County. I believe parents/guardians should be able to voice their concerns if something at their child's school is bothering them."

**REITMEIER:** "I have a true passion to serve," said Reitmeier. "I've served in the Air Force, on youth sports boards, and in my church. I have learned many leadership skills that I believe would be very beneficial if elected. I have a heart for young people and want to help them succeed in life. I am always willing to discuss any ideas, thoughts, concerns, questions, etc. from any of our citizens, students, teachers, administrators and support staff. We HAVE to be transparent, LISTEN, and be TRUE voices as their representatives. We are there for THEM!"

**LASETER:** "You can reach me at laseter4schoolboard@gmail.com, or on Facebook," said Laseter.



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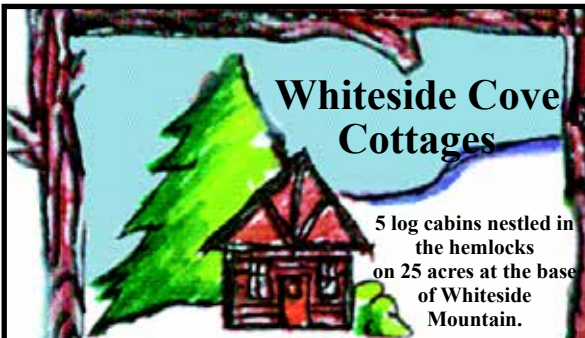
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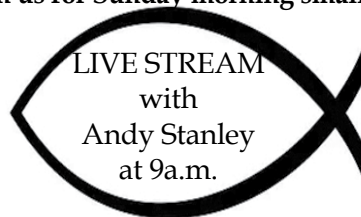
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# • CLASSIFIEDS •

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• CLASSIFIED page 30

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## ...SPIRITUALLY SPEAKING continued from page 26

He went to the grave and paid the final price for their sin which is death. But, He did not stay there, He defeated death through His resurrection. He returned to heaven to take His place at the Father's right hand to intercede for His people. This is what Christians are called to believe. This is theology. This is God's Word. It is doctrine. Which every Christian should know and teach to others.

Theology and doctrine are important. It is important what you believe, what you hold to as truth. Yes, you must live your beliefs, if they are to have any kind of positive impact on others. James

says "faith without works is dead" but works without faith are worthless. Belief is the foundation to good works.

Paul says in Ephesians 2:8-10 "For it is by grace you have been saved, through faith - and this not from yourselves, it is the gift of God - not by works, so that no one can boast. For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do."

God's Word says you are saved by God's grace and that once you have that salvation, you are enabled to believe that Jesus Christ has done for you everything you

could not do for yourself. You are thus being remade into His image and enabled to begin doing the good works He prepared in advance for you to do. What are those good works? They begin with holding to the theology of the Scripture and teaching the doctrines of Jesus Christ.

Nothing is more important to the believer than what he believes. Just as Abraham was justified by his belief, so will you be justified by what you believe. Don't be foolish and think you can get into heaven by works. Jesus makes clear in John 18:18 what is required to enter heaven. "Whoever believes in Him is not condemned,

but whoever does not believe stands condemned already because he has not believed in the name of God's one and only Son."

Theology and doctrine are two of the most important things for a Christian to know and understand. Believe and you will be saved. That is theology and doctrine all rolled into one clear and simple belief and it must be held to, loved and appreciated by all who call themselves followers of Jesus Christ. This makes belief one of the most important concepts in the Bible.

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