

Highlands Newspaper

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Thurs., March 21, 2023

Treating hemlocks a new way at The Mountain

By Brian O'Shea

Over 150 hemlocks were treated at The Mountain Retreat & Learning Center last week in a collaborative effort between the Hemlock Restoration Initiative

(HRI), The Mountain, and Highlands-Cashiers Land Trust.

"Currently, treating hemlocks with insecticide is the most reliable way to protect them from hemlock woolly adelgid," said HRI Director

Margot Wallston. "Without protection, both eastern and Carolina hemlocks decline in health and most eventually die from the invasive, non-native insect. It is impor-

• See **HEMLOCKS** page 11

Mitigating fires at The Mountain

By Brian O'Shea

Volunteers from Team Rubicon worked hard last week spearheading an effort to build fire breaks, widen access, and remove dangerous fuel for wildfires at The Mountain Retreat & Learning Center off Dillard Road. Team Rubicon is a veteran-led humanitarian organization where volunteers respond before, during, and after disasters and crisis hit an area.

There is only one access road leading to the summit of The Mountain. As an educational retreat that's often-hosting groups of people, a fire incident could prove disastrous without proper fire mitigation in place.

"The Mountain has only one road in and out," said Team Rubicon Safety Officer Tom Aycock. "If a fire were to endanger The Mountain and the road was involved, the people at The Mountain would be trapped. Team Ru-

• See **FIRES** page 10



Rubicon crews work on creating a fire break in the woods around The Mountain Learning Center. - Photo by Brian O'Shea

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MC's Veterans Memorial Recreation Park set for transformation with contract

By Brittney Lofthouse

Macon County's Veterans Memorial Recreation Park is on the brink of a major transformation, with the approval of the contract and phase 1A of the project moving forward. During the March meeting of the Macon County Board of Commissioners, the board unanimously approved awarding McGill Associates, and well as funding for the fees associ-

ated with it, with the contract to design Phase 1A.

The vote follows the adoption of a new recreation Master Plan, developed in partnership with McGill Associates earlier this year. The plan not only addresses the community's needs but also serves as a blueprint for securing grant funding and guiding the park's long-term development.

• See **MEMORIAL** page 8

EMTALA infractions pose second threat to Mission's Medicare funding

By Andrew R. Jones
Asheville Watchdog

Asheville's Mission Hospital has violated the Emergency Medical Treatment & Labor Act (EMTALA), the federal Centers for Medicare & Medicaid Services told the hospital's CEO last week,

again threatening to withdraw the system's federal funding, according to a letter obtained by Asheville Watchdog.

EMTALA ensures public access to emergency services regardless of ability to pay. It requires

• See **MISSION** page 9

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• THE PLATEAU'S POSITION •

• MAYOR ON DUTY •

Coming up at tonight's Worksession and Town Board meeting

Thursday, March 21, will be the March meeting of the Highlands Town Board of Commissioners. This meeting will have two sessions: Workshop and the Board Meeting, both open to the public. The workshop will begin at 6 pm at the Highlands Recreation Department.



Highlands Mayor
Patrick Taylor

Two items are on the workshop agenda. First, the board will discuss the appointment policy for members of the planning and zoning boards. The second will be a review of weekend construction and work regulations. The town currently has an ordinance concerning commercial work on weekends. This discussion will focus on clarifying and possibly modifying the existing ordinance. Both items have had initial reviews at previous workshop sessions.

At 7 pm, the board will hold its monthly business meeting. The agenda is rather full for this month. Top on the agenda will be a public hearing. This public hearing will have two items open for discussion: chang-

ing the definition of commercial and public/civic buildings and an ordinance amendment requiring street paving in new residential subdivisions.

There are several other items on this Board Meeting agenda, including:

- A presentation of an economic study by Highlands Festivals, Inc.

- A discussion on how to establish a business committee. This item is a follow up to the community business workshop held in

February.

- Revisiting the Meander in May program, which will be sponsored by the Chamber of Commerce.

- An update on the housing studies that are underway. Macon County is conducting a county-wide study, and the town and Chamber of Commerce have been partnering to get support for a housing study here on the Highlands Plateau.

- Our town attorney will present the acceptance documents for the Sherwood Forest sewer line to the board. Last month, the board agreed to take over the private sewer line. After board approval, the acceptance documents will be filed at the Macon County Courthouse.

- A major item will be a new ordinance concerning the control of fats, grease, and oils in the town sewer system. In recent years, there has been a growing problem with these materials clogging sewer lines. The North Carolina Department of Environmental and Natural Resources has been urging municipalities to adopt an ordinance they have developed to address this growing problem across the state. It is now time for Highlands to address this growing environmental problem that impacts how the town processes solid waste. This grease and oil ordinance will require routine inspections of grease traps at food preparation venues. The staff will present a budget amendment to fund the inspection process and begin the inspections immediately.

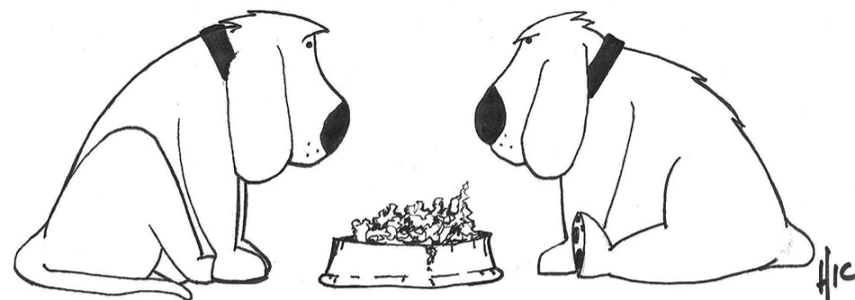
The meeting can also be remotely accessed by going to the YouTube video link on the town website.

At the next board meeting in April, I anticipate there will be a public hearing for

the conditional zoning request by Our Lady of the Mountains Catholic Church. A pro-





cedural issue has delayed this hearing until that time.

• HIC'S VIEW •



"Sadly, I have learned not to analyze but gobble with lip smacking relish, yummy.."

• WEATHER •

Thu, 21-Mar	Fri, 22-Mar	Sat, 23-Mar	Sun, 24-Mar
			
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• INVESTING AT 4,118 FT •

The new way of doing real estate

I remember years ago when I first got my real estate license. I was dubious about being called a salesperson. I felt like salespeople had a bad reputation as manipulators and connivers, and coming from a helping profession, I wasn't sure I wanted to be associated with that. As a counselor I was used to letting people make their own decisions without my intervention. It didn't appeal to me to push and prod them over the finish line to a sale, nor did I want to take responsibility for their choices!

Now it seems that the profession is adapting in ways that work better for me. The old ways of ABC—Always Be Closing—has flown out the window in favor of a more relaxed and informative approach. There used to be a formula about how many doors you had to knock on, how many phone calls you had to make, how many listing appointments you had to go on to turn up one sale. It was a matter of just doing the numbers until you had success.

With the advent of the internet, it all changed. Realtors were once considered the experts about what was for sale. People had to come to us to learn anything about a property. We were in control of all the information. We knew where the bodies were buried. Now all that information is online for over 90% of buyers who begin their property search on the computer. They are much more informed about the real estate market than in the old days. By the time they show up at your office they've usually done a considerable amount of research on their own. The law of attraction to your online presence often leads them in your direction.

We are still necessary to the process, but our role has dramatically changed. Instead of salespeople, we have now become "trusted advisors". We've turned into allies for the people we represent, helping them to make the most informed choices for themselves. Instead of selling, we have taken on the role of problem solvers. Our job is to help people get to their next step in life. We often give more than we expect to receive in return. Quite honestly, many realtors have always used this approach before it became popular.



Betty Holt
betty@bhhsmmr.com

Recently I attended a Ninja Installation seminar in Greenville. It was my favorite workshop of my real estate career, because it tracked along with my personal belief system and the belief system of the company I work for. Based on the book *Ninja Selling* by Larry Kendall, it is sort of like real estate meets psychology and spirituality. It covers both the mindset needed to be successful as well as the actions one needs to take to guarantee results, with a

proven system of how it's all done. I know there are other great systems out there, but this is the one I know the most about. Ninjas across the country can network with other program graduates through a comprehensive website. Consumers desiring this approach can also connect with these realtors.

A positive mindset comes from a daily routine of gratitude, affirmations, inspirational reading and two handwritten notes. It's amazing how it changes your day to day life to do these things first thing after waking. On the other end, it can change the lives of others as well. If you didn't do the real estate part, this alone would make you a happier person.

The real estate part includes systems to make your professional life easier and more organized, with the ultimate goal to have more of a life outside of work. As most realtors know, this career can eat up your time if you don't have some management over it. The advent of electronic devices has made this line of work, along with many others, something you can never turn off, except by your own choosing.

I liken it to the warning you hear before any airplane flight about putting on your own oxygen mask before helping others. How well you perform starts with taking care of yourself first.

Is it possible to be a good, helpful person and a successful realtor who has a life outside of work? I think in this day and age, perhaps it is.

• Betty Holt is a Highlands native with over 30 years' experience in this market. She helps both Buyers and Sellers get to their next step in life.

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• HIGHLANDS-CASHIERS HOSPITAL NEWS •

Lower your risk for colorectal cancer by familiarizing yourself with its symptoms and risk factors, and schedule your colonoscopy today

This month I would like to remind our community members to take some time to learn about colorectal cancer, since it is the third leading cause of cancer deaths in our country, yet also highly preventable. March is National Colorectal Cancer Awareness Month and we can all take control of our health in a meaningful way by familiarizing ourselves with risk factors associated with colorectal cancer and learning why the “gold standard” screening test is considered to be the colonoscopy.

I have a close-to-home story to share. Dr. Patti Wheeler’s sister, Lisa, was a healthy 61-year-old without a family history of colon cancer. In fact, she had never even been prescribed medication. Unfortunately, she also had not had a screening colonoscopy. One day, she began having severe pain which led her to have a colonoscopy.

Unfortunately, three large tumors had developed and she was diagnosed with stage 4 colon cancer, which resulted in one year of chemotherapy and a 10-hour surgery. Lisa is fortunate and is expected to recover, but this was not always a certainty. Lisa now tells others that the best gift you can give your family is to have a screening colonoscopy.

The tragedy of colon cancer is that if you don’t get screened, discovering the disease in its earliest and most curable stages is unlikely. This is why talking to your primary care physician about your risk factors for colorectal cancer is so crucial. When they take these very individual considerations into account, they can make an educated recommendation as to when a patient should get their first colonoscopy.



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

There is a genetic component to colorectal cancer, so if there is a history of the disease in a patient’s family, they will likely need to get screened earlier, and possibly more frequently. The U.S. Preventive Services Task Force (USPSTF) updated its guidelines for when a person should receive their first colonoscopy, if they are at average risk. In 2021, they lowered the age from 50 to 45, due to the fact that there has been a surge in those younger than 50 being diagnosed with colorectal cancer.

Though the colonoscopy is dreaded by many, it is a simple, comfortable, and very valuable screening test that has been proven to save lives. During a colonoscopy, the patient is mildly sedated and asleep for the procedure. The gastroenterologist gently inserts a long, flexible tube called a colonoscope into the patient’s rectum and because the colonoscope has a tiny camera attached, the provider can view the entire colon.

During a colonoscopy, the provider is looking for polyps, small growths which are usually precancerous. If they identify any, they can remove them right then and there during the procedure, before they can become cancerous. This test is a screening, and it becomes a treatment if a polyp is found that needs to be removed.

Symptoms of colorectal cancer can be subtle, which is another reason why screenings are so important. Always see your doctor if you observe any blood in your stool, changes in bowel movements or habits, abdominal pain, and unintended weight loss. However, especially in its earliest stages, colorectal cancer may have no symptoms at all.

There’s some encouraging news about colorectal cancer, too. Obesity, lack of exercise, and an unhealthy diet all increase the likelihood of being diagnosed with colon cancer. You can lower your risk by eating plenty of fruits and vegetables and other healthy foods, limiting your red meat intake, exercising daily, losing weight if you need to, limiting alcohol consumption, and avoiding tobacco use.

Here at Highlands-Cashiers Hospital (HCH), community members are fortunate to have access to two excellent general surgeons who provide colonoscopies— Dr. James Osborne in Cashiers and Dr. Zachary Phillips in Highlands. To schedule an appointment with Dr. Osborne, call (828) 743-2491, and to schedule with Dr. Phillips, call (828) 526-4346.

Because HCH is part of HCA Healthcare, our patients also have access to cutting-edge, comprehensive cancer care if they are diagnosed with colorectal cancer. Surgical options, chemotherapy, radiation, and other highly advanced treatments are offered at Mission Cancer Center in Asheville so patients can receive the most customized care possible.

We are all busy and juggling many responsibilities, but please take the time to have a conversation with your provid-

er about your colorectal cancer risk, and if they recommend that you get a colonoscopy, schedule it promptly. That way you can be certain you have done everything possible to avoid colorectal cancer.

• *Tom Neal, RN, MBA, MHA, is the Chief Executive Officer and Chief Nursing Officer (CNO) of Highlands-Cashiers Hospital. Neal is a proven leader with more than 30 years of progressive healthcare experience. Prior to his role at Highlands-Cashiers Hospital, he served as Chief Executive Officer of both Berwick Hospital Center in Berwick, Pennsylvania, and Greenbriar Valley Medical Center, Ronceverte, West Virginia, which are each part of Community Health Systems (CHS). Tom has an MBA from the University of Louisville, MHA from the California College of Health Sciences, BSN from Regents College of New York and an ADN from Jefferson Community College.*

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...MEMORIAL continued from page 1



The journey to enhance the Veterans Memorial Recreation Park began when Macon County contracted McGill Associates to create a site-specific Recreation Master Plan. The objective was to revitalize the park, making it more appealing to residents and visitors.

To ensure the plan reflected the desires of the Macon County community, McGill Associates conducted a comprehensive survey and met with county staff members to gather input. The survey aimed to identify the top priorities and needs of Macon County citizens regarding their recreation space.

Following extensive community feedback, McGill Associates formulated a plan that addressed the top 10 requests made by the public. To maintain transparency and gather additional insights, a public input meeting was organized where community members provided their thoughts on the proposed plan.

After receiving favorable feedback, McGill Associates presented the plan to the Macon County Recreation Commission, where it received unanimous approval. The next crucial step was presenting the plan to the Macon County Board of Commissioners, which occurred during the monthly

board meeting. In an encouraging move, the Commissioners adopted the plan unanimously.

One of the key advantages of adopting this plan is the potential access to grant funding. By having a well-defined and community-supported vision in place, Macon County is better positioned to secure financial resources such as grant funding needed for the park's development.

The Master Plan is meticulously broken down into phases, allowing for flexibility in implementation. Although the estimated costs (\$14.5 million in total) provided by McGill Associates offer insight into the potential expenses, it's important to note that these figures are based on current construction costs and may change in the future. The proposed cost for Phase 1A is \$1.7 million, however the county will have a better idea of actual cost when the design is completed by McGill Associates.

Phase 1A marks an exciting beginning, as it includes the construction of nine Pickleball courts, six Tennis Courts, a shelter with bathroom facilities, and a walk bridge connecting to the Community Building Parking lot. Infrastructure improvements are also part of this initial phase.

...MISSION continued from page 1

Medicare-participating hospitals to provide a medical screening when a request is made for examination or treatment for an emergency condition, according to CMS.

The letter from CMS to Chad Patrick, CEO of HCA Healthcare-owned Mission, said the hospital failed to comply with federal standards on medical screening exams. The violations stem from an investigation conducted by state and federal surveyors in November, according to the CMS letter. The details of the violations have not been made public yet by CMS.

Mission must submit a plan of correction for the EMTALA violations by March 24, according to the CMS letter.

“Unless Memorial Mission Hospital and Asheville Surgery Center has achieved substantial compliance within 90 days (June 5, 2024) of the date of this notice, the Medicare provider agreement between Memorial Mission Hospital and Asheville Surgery Center and the Secretary of the Department of Health and Human Services may be terminated,” CMS said in the letter.

The 90-day notice was “an expected part of this process,” Mission Health spokesperson Nancy Lindell said Friday, “and means that specific elements of our approved plan of correction will also be examined and re-surveyed in tandem with the revisit to ensure that this EMTALA finding has been addressed.”

“As we continue to state, we take these matters very seriously and have made significant process changes to improve our patient care experience,” she said.

EMTALA violations, which are sometimes called “patient dumping,” are considered extremely serious.

Earlier this month, UNC Health Chatham Hospital in Siler City, NC, about 200 miles east of Asheville, entered into

a \$49,000 settlement agreement with federal Office of the Inspector General (OIG) to resolve an allegation that Chatham violated the EMTALA.

In the Chatham case, a 62-year-old patient experiencing cardiac problems was taken to the hospital by ambulance but was turned away in the ambulance bay without a proper medical screening exam by the hospital. According to the OIG report, a nursing employee told the ambulance crew that the hospital did not have a cardiologist available to see the patient.

EMTALA fines can reach \$100,000 per violation, and hospitals may be held liable for civil lawsuits, either from patients or from transferring or receiving hospitals.

This is the second and simultaneous threat to Mission’s federal funding. The hospital still faces compliance issues centered on numerous deficiencies, which also have to be fixed by June 5. CMS approved Mission’s plan of correction for these deficiencies.

“This letter addresses the last of the violations stemming from our November-December 2023 onsite work to investigate roughly 90 separate complaints,” Chief Deputy Secretary for Health Mark Benton said in an email about the letter.

[Asheville Watchdog has updated the initial version of this story to include comment from Mission Health spokesperson Nancy Lindell and to add more detail on EMTALA violations and penalties.]

- *Asheville Watchdog is a nonprofit news team producing stories that matter to Asheville and Buncombe County. Andrew R. Jones is a Watchdog investigative reporter. Email arjones@avwatchdog.org. The Watchdog’s reporting is made possible by donations from the community. To show your support for this vital public service go to avwatchdog.org/donate.*

2024 Free sports physicals set for May 21

On Tues., May 21 at 2 p.m., free sports physicals will be given at Highlands School for rising 5th-12 graders who will be participating in NCHSAA sanctioned sports. A state-mandated sports physical is required prior to trying out for any sport.

Parents or guardians should plan to attend the sports physical to answer questions the medical team may have during the exam.

For more information contact Highlands School’s Mission Sports Medicine Athletic Trainer Will Mathiowdis at William.Mathiowdis@HCAHealthcare.com.



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...FIRES continued from page 1

bicon spent 8 days removing fire fuel across the mountain including around the cabins, lodge, and office where the preponderance of attendees would be located, along with making the road accessible to all first responder agencies, specifically large firetrucks.”

Fire mitigation at The Mountain was a collaboration between The Mountain, Highlands-Cashiers Land Trust, NC Forest Service, and Team Rubicon.

Executive Director of The Mountain, Steph Anderson, said she was thrilled with what Team Rubicon’s 30 volunteers achieved and feels confident The Mountain is much safer if there were to be a fire.

“They are one of the most professional, efficient, and kind people I have met,” said Anderson. “They really cared about doing an excellent job here on The Mountain. They achieved in 1 week what would have taken us years to accomplish. This was a once in a

lifetime opportunity for our non-profit and the connections that were made will last forever!”

The project came about after Team Rubicon WNC Administrator and local firefighter Davis Picklesimer began discussions with Anderson last year.

“I started volunteering with Team Rubicon in 2018 after Hurricane Michael,” said Picklesimer. “Over the years, I’ve learned more about their capabilities and assumed several volunteer leadership roles. Being a local firefighter and responding to wildfires, my concern was centered around our dryer weather in Highlands. The Mountain’s Executive Director, Steph Anderson, being from out west, she understood fire mitigation.”

The operation was not without its challenges.

“Located at approximately 4,200 feet above sea level, and the mountainous-uneven terrain with complicated undergrowth and

thick rhododendrons made chainsaw work technically difficult and exhausting,” said Aycock.

Aycock added that Team Rubicon is thankful to The Mountain Retreat and Learning Center for the opportunity to assist in their mission and their gracious hospitality while they stayed there.



Creating a fire break included clearing dead trees and brush but also making room for rescue vehicles to maneuver in the area.

- Photo by Brian O’Shea

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visithighlandsnc.com

...HEMLOCKS continued from page 1



An HRI tech treats trees by spraying, which is a more precise application method so chemicals won't get soaked up by neighboring trees.

- Photo by Brian O'Shea

tant to keep hemlock trees healthy because of the disproportionately large impact they have on the environment around them."

Volunteers from all organizations involved, including volunteers from Team Rubicon who were on-site improving fire mitigation at The Mountain, treated hemlocks with systemic insecticides using a "soil drench" application to the roots of the tree.

"I feel confident that we have taken great strides in making a difference for our trees," said The Mountain Executive Director Steph Anderson. "We will also be using both of these opportunities to teach the importance of caring for our land with many of our members and retreat participants."

Wallston said the treatment with chemicals moves into the whole tree and out to the branches where the hemlock woolly adelgid feeds.

"When the insect feeds on the tree, it ingests the chemical and dies," said Wallston. "The treatment will protect the tree for several years, as many as 5 to 7

years. It does not affect other insects or invertebrates that might use the tree for shelter or habitat, but do not feed on the tree. It also does not affect vertebrates or other plants."

The chemicals used to treat hemlocks include imidacloprid and dinotefuran. Wallston said purchasing these chemicals and providing the treatment was funded in part from a grant from Mountain Findings in Highlands.

Additional funding came from grants from the NC General Assembly/NCDA&CS and a USDA Forest Service Landscape Scale Restoration (LSR) grant in partnership with the NC Forest Service Forest Health Branch.

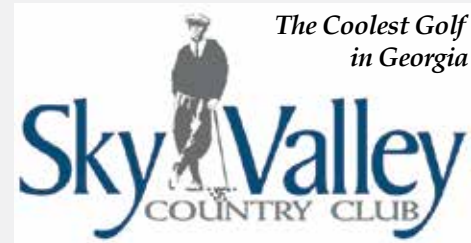
Wallston added that this type of treatment is crucial to prevent the decline of hemlocks.

"They are considered foundation species that drive entire ecosystems and play a particularly important role in the riparian zones that line our mountain streams," she said. "No other tree species can replace them and offer the multitude of services that a healthy stand of hemlocks provides."



Members of the H-C Land Trust, Rubicon and HRI worked last week at The Mountain.

- Photo by Brian O'Shea



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CHURCH OF THE INCARNATION

HOLY WEEK & EASTER

MAUNDY THURSDAY

March 28 at 6:00 PM

GOOD FRIDAY

March 29 at 12 Noon

THE GREAT VIGIL OF EASTER

March 30 at 8:00 PM

EASTER DAY

March 31 at 9:00 AM & 11:00 AM

520 Main Street, Highlands, NC
incarnationwnc.org



• HIGHLANDS AREA EVENTS •

For more information call Lester Norris or Janice Mathis at 828-526-3556.

Mon.-Fri.

• Pickle Ball will be played inside the Recreation Center Mon.-Fri., 10am-1pm for the winter.

NEW POOL SCHEDULE

• Lap Swim: Mon.-Fri., 6-9:45a, and Sat., 10a-11p - 6 lanes. Water Aerobics: 18 yrs plus, Mon.-Fri. 10 -11am with Karen Chambers. Adult Swim: 18 years old+, Mon.-Thurs 11a-3:30p and Fri., 11a-1:30p. Public Swim Mon.- Thurs. 3:30-7p; Sat. 11a-6p and Sun. 1-6p. For info, call 828-526-1595.

MEETINGS ALL WEEK

• Alcoholics Anonymous: "Open Meetings" are for anyone who thinks they may have a drinking problem or for anyone interested in the A.A. program of recovery. Highlands Mountain View Group holds open meet-

ings in Highlands at the First Presbyterian Church, 471 Main St., on Monday at 5:30 PM and Wednesday and Friday at noon. The Cashiers Valley Group holds open meetings at the Albert Carlton Cashiers Community Library Monday at 8:30 AM, Tuesday at 7 PM, Friday and Sunday at 5 PM, and Saturday at 9 AM. For more information, please visit www.aawnc80.org or to speak with a member of AA 24/7 at 828-349-4357

Mon.-Fri.

• Nantahala Tennis plays at the Highlands Rec Park 9a-1p.

Mon-Wed-Fri

• Aerobics with Tina Rogers 8-9am at the Rec Park.

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

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

• Indivisible Highlands from 5:15-6:15pm at the Hudson Library Meeting Room.

2nd Tuesdays

• Highlands Writers Group meets on alternate Tuesday afternoons at 3pm. Writers still uncomfortable with in-person gatherings may participate via Zoom meetings For more information contact Bud Katz at either 828-526-3190 or at budandlynn@me.com

Tuesdays

• Strength Training at the Rec Park 8:15-9:15 am. Aim for strong, lean muscles using light weights, body weight, and high repetition to shape and tone. Learn proper form and range of motion to safely target all muscle groups for a metabolic boost and feel great.

• At Hudson Library, Nature Kids on selected Tuesday mornings, For more info call the Hudson Library at 828-526-3031

• At Wayfarers Chapel, Workshop for Writers – Tuesdays from 5-6:30 PM. Facilitated by Sam Renken, this group has a simple mission: to foster and provide consistent community for local writers thereby giving writers of all ages and genres the opportunity to write, read, revise, and present their work to the group.

• ESL classes are held at the Presbyterian Church in Highlands from 6:30-7:30pm. No registration required – just show up and participate. Questions? call 828-526-0863 or email info@

maconncliteracy.org

Wednesdays

• Hudson Library, in partnership with VAYA Health, is hosting an educational series on adult mental health topics, held on the first Wednesday of each month at 11 AM. This series is aimed particularly at older adults and will focus on mental health topics of particular interest to them, but all ages are welcome to attend. The November 1 program is Dementia: A Deeper Understanding. Reservations are required for this free event. To register, stop by the library or call 828-526-3031.

2nd & 4th Wed.

• Digital Navigators will be at the Hudson Library the second and fourth Wednesdays 1PM - 3PM of each month to help patrons with their tech needs. Bring a smartphone, laptop, or other digital device to receive free assistance and support. No appointments are required - all are welcome.

• Pickle Ball inside and outside at the Rec Park. 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-6p.

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

2nd & 4th Thursdays

• Hudson Library is hosting a new program for dementia caregivers. On the second and fourth Thursday of each month, you are invited to join the Dementia Caregivers Support Group, a welcoming group of people that understand what

you are going through. They come together to offer each other support, resources, and a listening ear. Moderators Chris and Fred ensure that the group is a safe place for judgement-free discussion. The next meeting of the Dementia Caregivers Support Group is February 22 at 10:15 AM at Hudson Library. For more information about the group, contact Chris at 772-473-1088.

Thursdays

• Kickboxing 8:15-9:15 am at the Rec Park. An exhilarating and fun mix of martial arts for a calorie-burning workout. Learn the proper form and technique to execute jabs, hooks, uppercuts, and front and side roundhouse kicks in a non-contact setting. No martial arts background necessary Contact the Recreation Department at 828-526-3556 for more info.

• At Hudson Library, Family Storytime continues throughout the year on Thursday mornings at 10:40 AM.

• 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.

Saturdays

• Story Ballet - a gentle ballet & creative movement class for Children 3-4. The flow of class follows a story or theme that changes each month, engaging imaginations! Saturday 5:30-6:30pm. 828-421-6720

• Adult Ballet - crafted for beginners, but mindfully taught for all levels. Ballet is an excellent way to move, grow stronger, improve balance, flexibility and coordination while having fun. 6:30-7:30pm. 828-421-6720.

2nd Saturdays

• The Western North Caro-

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• HIGHLANDS AREA EVENTS •

lina Woodturners Club meets in Highlands at The Bascom at 10 a.m. thru Nov.

3rd Saturdays

• The American Legion Post 370 meets at the First Methodist Church at 315 Main St. in their community room/909 chapel. We serve breakfast at 9 AM and hold our monthly meeting at 10 AM. We invite ALL veterans to attend - email nc-post370@gmail.com for more information or just join us at 9 AM on the 3rd Saturday of the month.

Sundays

• At Wayfarers Chapel, Sunday Service: 10 AM Sunday Morning. Stick around for visitation and coffee hour immediately after service. (Coffee hour is replaced by potluck dinner the 1st Sunday of each month).

Fri., March 22

• At Hudson Library, Community Coffee with the Mayor at 11 AM. The topic will be: "The Proposed New Highlands Budget." For more information or to request an accommodation, please call the library at 828-526-3031.

Sat., March 23

• Heritage Apple Day at the Cashiers Community Center on Frank Allen Road. Free admission and free Apple Tree for all. Learn about the apples of the early settlers of Cashiers, how to graft your own apple tree, sample apple snacks, visit the children's corner for crafts, and activities. Hosted by the Cashiers Historical Society. For more information call 828-743-7710.

• Highlands-Cashiers Chamber Music Festival presents its FREE Spring Residency Concert with Blair String Quartet at First Presbyterian Church at 5 p.m. Sponsored by the Cullasaja Women's Outreach.

Fri. March 29

• Self-guided exhibit of "Stations of the Cross" around town.

Sat., March 30

• Annual Easter Egg Hunt will be Saturday, at 10am at the Highlands Recreation Department for ages 0-9 years old. The address is 600 North 4th Street. For any other information call Lester Norris or Janice Mathis at 828-526-3556.

• Easter Egg Hunt at the Village Green in Cashiers at 11 a.m. For children 11 years and younger.

Fri., April 5

• OEI's Chef Dinners at The Farm. CHEFs NICOLA FEDELI and CALVISIUS CAVIAR. Book Online at OldEdward-sHospitality.com/ChefDinners

Mon., April 8

• Sunset Rock Star Party from 1-4:30 p.m. Highlands-Cashiers Land Trust is hosting an eclipse viewing for all ages. Hike, learn and engage. Learn about the cultural and geological history of Ravenel Park. Light refreshments provided. Parking is across the street from the Highlands Nature Center.

Fri. April 12

• Great Art on Screen Titian, the empire of color, at PAC at 5:30 p.m. For tickets visit www.HighlandsPerformingArts.com

Sat., April 15

• Plateau Pickup 8:30a-noon. Meet in K-H Founders Park on Pine Street for a light breakfast and lunch will be provided after. Participants receive a free t-shirt. To participate send an email to events@highlandschamber.org.

Thurs., April 18

• OEI's The Orchard Sessions with Mike Kinnebrew at The Farm. Indie folk fueled by soulful inspiration. Light bites, a cash bar 6-8 p.m. \$40. Book Online: <https://www.simpletix.com/e/mike-kinnebrew-orchard-sessions-at-the-far-tickets-149347>

May 1

• The Bascom has a Call for Entries for the Dazzling Dahlia Festival 2024 in partnership with the Highlands Historical Society. Open to any age or experience level. The winner will become the featured artist of 2024 and receive a \$500 prize. Also introducing a Youth Poster category for children 17 and under! The youth winner will receive a \$50 Bascom program gift certificate. Please indicate age with submission. Entry Deadline: May 1st For more info, call (828) 526-4949.

Sat., May 4

• Pop-Up Bag Pipers are scheduled from 4:30 p.m. to 5 p.m. Sat.,

Sun., May 5

• OEI's Chef Dinners at The Farm. Dinner with James Beard Winner Chef Terry Koval Book Online at OldEdward-sHospitality.com/ChefDinners

[sHospitality.com/ChefDinners](https://OldEdward-sHospitality.com/ChefDinners)

Sat.-Sun., May 11-12

• The 4th annual Bear Shadow will be held again at Winfield Farm in Scaly Mountain. Visit <https://bearshadownc.com/> for information about how to purchase tickets.

Sat., May 11

• 3rd Annual FREE Highlands Dog Show in K-H Founders Park on Pine Street. Registration 1-1:30. Judging begins at 1:30 p.m. Award ceremony 2:30-3:30 p.m. Categories: Best in Show, Best Trick, Happiest Dog, Best Behavior, Looks Like Owner.

Fri., May 17

• High Style Meet & Greet in Kelsey Hutchinson Founders Park on Pine Street 5-6:30 p.m. Kick off the inaugural High Style event in style with our meet and greet reception at Kelsey Hutchinson Founders Park. Join us for an evening of

mingling, sipping, and savoring. Music by Zorki. Food, beer and wine included in the ticket price. \$45

• Friday Night Live showcases traditional mountain music and exceptional local talent on Main Street's Town Square 6-8:30 p.m. – Silly Ridge (High Style event weekend)

Sat., May 18

• High Style Fashion Show in Town Square at 341 Main St. from 9:30-11 a.m. Whether you are a fashion enthusiast, a trendsetter, or simply looking for entertainment, the High Style Fashion Show promises an unforgettable experience for all. Price includes seating, beverage and swag bag. *We encourage guests to embrace their personal style and dress to impress.* \$25 VIP seating

• Saturdays on Pine features a variety of popular, regional bands and musi-

• See **EVENTS** page 14

• BIZ/ORG NEWS •



President Dave O'Harra, and Paul Schowalter, Commander, American Legion Post 370.

Rotary hears about American Legion Post

At the meeting held on February 27, 2024, the Rotary Club of Highlands heard from guest speaker and fellow Rotarian, Paul Schowalter, Commander of American Legion Post 370. Paul spoke to the great work the Legion does in supporting vet-

erans and the communities which they reside. He also spoke on the many youth programs that the Legion supports as well. The Rotary Club of Highlands thanks you for your service and your continued service to our community.

...EVENTS continued from page 13

cians at Kelsey-Hutchinson Founders Park 6-8:30 p.m. – Continental Divide (High Style event weekend)

Fri., May 24

• Friday Night Live showcases traditional mountain music and exceptional local talent on Main Street's Town Square 6-8:30 p.m. – McClain Family Band.

Sat., May 25

• Saturdays on Pine features a variety

of popular, regional bands and musicians at Kelsey-Hutchinson Founders Park 6-8:30 p.m. – Southside Station

• OEI's The Orchard Sessions with Highbeams, a trio of brothers and best friends, Highbeams is Adam Pendlington, Ian Pendlington, and Stephen Quinn. Emotional, high-energy performances and rich three-part harmonies. Light bites, a cash bar 6-8 p.m. \$40. Book Online: <https://www.simplerix.com/e/highbeams-orchard-sessions-at-the-farm-tickets-149352>

simplex.com/e/highbeams-orchard-sessions-at-the-farm-tickets-149352

Sun., May 31

• Friday Night Live showcases traditional mountain music and exceptional local talent on Main Street's Town Square 6-8:30 p.m. – Byrds & Crows

Sat., June 1

• Pop-Up Bag Pipers are scheduled from 4:30 p.m. to 5 p.m.

• Saturdays on Pine features a variety of popular, regional bands and musicians at Kelsey-Hutchinson Founders Park 6-8:30 p.m. – High 5

Sun., June 2

• The Literacy & Learning Center's spring fundraiser is at The Farm at Old Edwards and features the Swingin' Medallions. Time and ticket prices to TBA.

Thurs., June 6

• Highlands Motoring: "One Lap of the Mountains- Grande"- Driving Tour 8:30am-4pm

Fri., June 7

• Highlands Motoring: "One Lap of the Mountains- Speciale" Driving Tour 9:30am to 4pm. Main Street Parade of Classic Cars 5:30pm to 6:30pm

• Friday Night Live showcases traditional mountain music and exceptional local talent on Main Street's Town Square 6-8:30 p.m. – The Foxfire Boys

Sat., June 8

• Highlands Motoring: "Classics in the Park" Invitational Judged Car Show in the Kelsey-Hutchinson Park 9:30am to 4pm

"Celebration Gala" 6pm to 9pm

• Saturdays on Pine features a variety of popular, regional bands and musicians at Kelsey-Hutchinson Founders Park 6-8:30 p.m. – Bill Mattocks

Sun., June 9

• Highlands Motoring: "High Octane" Social and Car Gathering in Kelsey-Hutchinson Park. 8:30am to 11am.

Fri., June 14

• Friday Night Live showcases traditional mountain music and exceptional local talent on Main Street's Town Square 6-8:30 p.m. – Spare Parts Bluegrass Band

Sat., June 15

• Saturdays on Pine features a variety of popular, regional bands and musicians at Kelsey-Hutchinson Founders Park 6-8:30 p.m. – Back Porch Orchestra

Thurs., June 20

• OEI's The Orchard Sessions with Andrew Wooten and Caroline's Roost. Ear-catching vocals and genuine lyrics. Light bites, a cash bar 6-8 p.m. \$40. www.oldedwardshospitality.com/orchardsessions.

Fri., June 21

• Friday Night Live showcases traditional mountain music and exceptional local talent on Main Street's Town Square 6-8:30 p.m. – Curtis Blackwell Band

Sat., June 22

• Saturdays on Pine features a variety of popular, regional bands and musicians at Kelsey-Hutchinson Founders Park 6-8:30 p.m. – The HC Oakes Band

Fri., June 28

• Friday Night Live showcases traditional mountain music and exceptional local talent on Main Street's Town Square 6-8:30 p.m. – Johnny Webb Band

• OEI's Chef Dinners at The Farm. Chef to be announced. Book Online at OldEdwardsHospitality.com/ChefDinners

Fri., July 5

• Friday Night Live showcases traditional mountain music and exceptional local talent on Main Street's Town Square 6-8:30 p.m. – Nitrograss

• OEI's Chef Dinners at The Farm. LAURENT-PERRIER CHAMPAGNE DINNER. Book Online at OldEdwardsHospitality.com/ChefDinners

Holy Week at FPC H

Sunday, March 24 - 11:00am

Palm & Passion Sunday Worship

Thursday, March 28th - 5:00pm

Maundy Thursday

Dinner followed by Worship

Friday, March 29th - 12:00pm to 4:00pm

Good Friday

Self-Guided Exhibit of "Stations in the Street" by Scott Erickson

Sunday, March 31st - 11:00am

Easter Sunday

Special Music and an Egg Hunt for Children

471 Main Street

Highlands, North Carolina

828.526.3175

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462 Dillard Road, Highlands (across from Dusty's)

• BIZ/ORG NEWS •



From left: Dave O'Harra, president, Rotary Club of Highlands; Mary Adair Trumbly, executive director, Highlands PAC; Lee Trevathan, audience services manager, Highlands, PAC

Mary Adair Trumbly previews Performing Art Center's 2024 season

Lively, diverse and dancing-in-the-aisle are the qualities we've come to expect during the Performing Arts Center's Concert Season and 2024 is no exception!

The series kicks off with "Mojo & The Bayou Gypsies on May 4, followed by Neil Berg's 50 Years of Rock and Roll on June 29, The Texas Tenors on July 5, Chi-Town: (Chicago Tribute) August 15, End of the Line (Allman Brothers Tribute), September 7, Darren Nicholson (Bluegrass) September 28, Mark O'Connor's An Appalachian

Christmas featuring Maggie O'Connor, November 29 and a pre-New Year's Eve Party with The Fabulous Equinox Orchestra on December 30.

Mary Adair Trumbly thanked sponsors their generosity and noted that some sponsorship spots are still available.

The Highlands Performing Arts Center is located at 507 Chestnut Street. For more information about all of the performing arts opportunities provided at the PAC, see www.HighlandsPerformingArts.com

Music to fill the air in Highlands

Exact locations of the Pop-Up Pipers are a mystery, adding an element of delightful surprise to their performances.

Downtown Highlands will soon resonate with the stirring sounds of bagpipes as residents and visitors are treated to a series of captivating Pop-Up Bagpipe performances.

Organized by the Highlands Chamber of Commerce, the Pop-Up Pipers are scheduled from 4:30 p.m. to 5 p.m. on select Saturdays, May through October. Dates are May 4, June 1, July 13, August 3, September 7, and October 5.

Highlands Bagpipers, featuring the talented musicians Margaret Tooke and Glenn Morris, aim to evoke the rich heritage of the region. Their performances pay

homage to the settlers and laborers from Scotland and Ireland who contributed to the area's cultural tapestry. Additionally, they celebrate Highlands' history as a vibrant cultural hub for artists and musicians.

"Whether you're a longtime resident or a visitor to our picturesque mountain town, these performances promise to put a smile on your face and offer memorable experience for all," says Kaye McHan, executive director of the Highlands Chamber of Commerce/Visit Highlands, NC.

For more information go to visithighlandsn.com or call 828-526-2112.

Highlands United Methodist Church

www.highlandsmethodist.org

Service of Healing

March 27th - 6pm in the Faith & Fellowship Center

Holy Thursday Service

March 28th at 5:30pm in the sanctuary

Good Friday Service

March 29th at 5:30pm in the sanctuary

Easter Sunday

Sunday, March 31st

Sunrise Service at the Easter Cross on the front lawn at 7:15am

Easter Worship Services ~ 9:09 & 11am

Potluck Easter Brunch ~ 10am in the Faith & Fellowship Center

Easter Egg Hunt ~ 10:15am on the front lawn

HE IS

GOOD FRIDAY SERVICE
6:00 PM MARCH 29TH



3645 CASHIERS RD, HIGHLANDS NC, 28741 (828) 526-4685

CBC HIGHLANDS

EASTER SUNDAY

SERVICE STARTS AT 10:45 AM





First Baptist Church, Highlands Easter Services

7am - Sunrise Service on church grounds

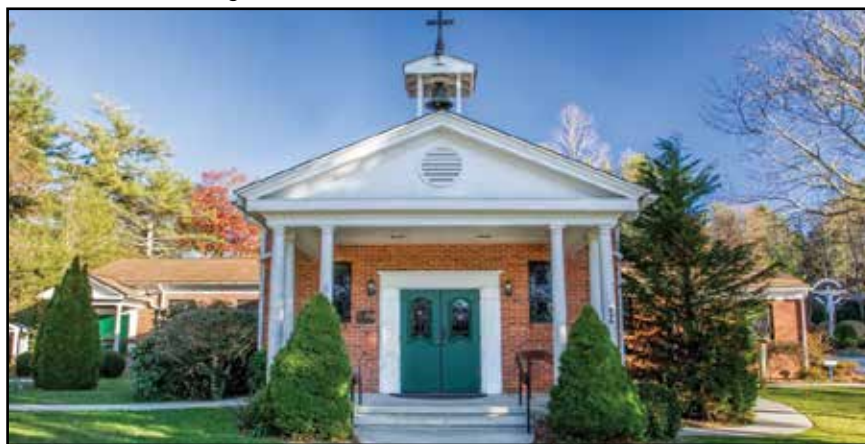
7:30am - Breakfast in Fellowship Hall

10:45am - Church Service in Sanctuary

220 Main St, Highlands, NC 28741

Phone: (828) 526-4153

Holy Week Schedule 2024



Our Lady of the Mountains Catholic Church Highlands

March 28 - Holy Thursday Mass

Our Lady of the Mountains - 6 p.m.

March 29 - Good Friday Liturgy

Our Lady of the Mountains - 3 p.m.

March 30 - Holy Saturday Mass

Our Lady of the Mountains - 8:45 p.m.

March 31 - Easter Sunday Mass

St. Jude Sapphire Valley - 9 a.m.

Our Lady of the Mountains - 11 a.m.

Olmhighlands.com

• BIZ/ORG NEWS •



Expanding Horizons: How TL&LC's 'Partner Programs' enrich student learning

The Literacy & Learning Center is deeply grateful to a network of exceptional area organizations that play a vital role in enriching the lives of After-School Enrichment and Summer Camp students. These partnerships significantly expand the scope of learning opportunities, enabling students to grow as well-rounded individuals with a deeper understanding of the world around them.

Collaboration for a Comprehensive Education

TL&LC's dedicated partners include:

- **The Bascom:** This renowned center for the visual arts exposes students to creative expression through engaging art workshops and immersive experiences.

- **Highlands Biological Station:** This leading research institution fosters a love for science and nature by providing students with firsthand access to the wonders of the natural world.

- **IFC (International Friendship Center):** This community organization provides valuable resources and support that help build cross-cultural relationships to foster well-being and self-sufficiency.

- **Highlands-Cashiers Land Trust:** This organization champions the protection of local landscapes and ecosystems, educating students about responsible stewardship and environmental awareness.

- **Highlands-Cashiers Hospital:** This healthcare provider promotes healthy living habits and offers insightful physical and mental well-being programs, empowering students to make informed choices.

- **Hudson Library:** This vital community resource provides access to various kinetic building activities, allowing students to expand their learning strategies.

Enriching Experiences, Lasting Impact

TL&LC offers engaging monthly activities that transcend traditional classroom learning through these partnerships. Students participate in art workshops, explore the wonders of the natural world, and gain valuable knowledge about health, environmental practices, and responsible living. These enriching experiences spark curiosity, ignite a lifelong love of learning, and equip students with the knowledge and skills they need to thrive in a complex world.

A Community United in Education

The collaborative efforts of TL&LC and its partner organizations demonstrate the power of the community in shaping the future. By working together, these dedicated institutions provide students a holistic and enriching educational experience, fostering their intellectual and personal growth and preparing them to become informed and responsible citizens.

• BUSINESS / ORGANIZATION NEWS •

Spring cleaning alert from Mountain Findings

Is your home bursting at the seams with items you no longer need or love? At Mountain Findings in Highlands, North Carolina, we believe your unwanted items can become someone else's treasures!

As a non-profit thrift store, we specialize in giving furniture and housewares a second life. All proceeds from your generous donations support local grants and scholarships, making a difference right here in our community.

Easy Pick-Up Service

No need to worry about how you'll get your items to us! Give us a call at (828) 526-9929, and we'll schedule a convenient pick-up from your home.

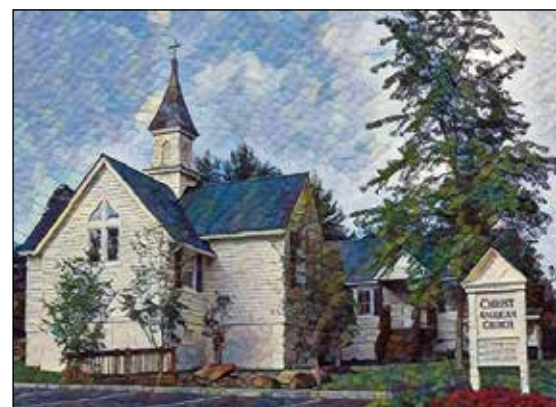
Drop-Off Anytime

Got your items ready to go? Drop them off 24/7 at our store located at 432 Spruce Street, Highlands.

Email Us

Prefer to reach out electronically? No problem! Email us at MountainFindings1@gmail.com and we'll get back to you.

So, why wait? Let's make this spring cleaning season meaningful. Declutter, donate, and make a difference with Mountain Findings today! Call (828) 526-9929 or visit us at www.MountainFindings.org



Christ Anglican Church

464 U.S. Hwy 64E, Cashiers, NC

Holy Week & Easter

Palm Sunday

March 24 at 10:30 AM

Holy Monday

March 25 at 12 Noon (Service of Word)

Holy Wednesday

March 27 at 6:45 PM (Evening Prayer)

Maundy Thursday

March 28 at 6:00 PM

Good Friday

March 29 at 12 Noon

The Great Vigil of Easter

March 30 at 7:30 PM

Easter Sunday

March 31

7 AM (at Village Green)

and

10:30 AM (at Christ Anglican)

christanglicancashiers.org

[https://www.youtube.com/@](https://www.youtube.com/@ChristAnglicanChurchCashiersNC)

ChristAnglicanChurchCashiersNC

Rotary Bindo returns and benefits Highlands School PTO

On March 16th, The Rotary Club of Highlands once again hosted the ever popular Highlands Rotary Bingo, this month partnering with Highlands School Parent Teacher Organization (PTO) for a St. Patrick's Celebration and 15 rousing Bingo games, culminating in Super Bingo. The evening drew a crowd at the Highlands Recreation Center, with net proceeds from the evening benefiting the PTO's important work providing financial and volunteer support for the teachers and students at Highlands School.



From left: Bingo Caller Brian McClellan, Super Bingo winner Elizabeth Edelheit, Rotary Club Service Co-Chair Scott Carter, and Bingo Co-Banker Gary Baugher.

• BIZ/ORG NEWS •

U.S. Attorney Dena J. King leads panel discussion with Student Gov't reps on youth violence prevention and intervention.

Forty-eight student government representatives from high schools in North Carolina's westernmost counties and the Eastern Band of Cherokee Indians gathered today at the Cherokee High School on the Qualla Boundary for the 2024 Western North Carolina Student Council Spring Conference (WNC Conference).

The annual conference is an opportunity for high school student leaders to exchange ideas and information on important topics that impact their schools, network with other student body representatives, and collaborate on how to engage their campus communities.

WNC Conference organizers invited U.S. Attorney Dena J. King again this year to lead a panel on youth violence disruption, prevention and intervention.

During the panel discussion, U.S. Attorney King shared information on the contributing factors of youth violence and encouraged students to trade ideas with their peers on how to prevent and stop incidents of violence in their schools.

U.S. Attorney King also stressed the important role student governments play in facilitating solutions that can reduce acts of violence and enhance safe learning.

Over the course of the panel, students had an opportunity to ask questions and share their perspectives on the causes and circumstances that may lead to youth violence and offered possible remedies to help reduce violence on school grounds.

"Student council members are elected to be the students' voice within their schools and represent the interests, concerns and needs of their peers," said U.S. Attorney King. "As student leaders, they are also tasked with raising issues that may impact academic achievement and prevent students from thriving in their classrooms. I encourage all students attending the conference to network with each other, share their experiences, and facilitate ideas that can be implemented in their own high schools."

U.S. Attorney King also stressed the importance of developing effective communication and leadership skills, increasing student involvement within the community, and facilitating positive interactions with law enforcement. U.S.

Attorney King noted, "Today's event is an opportunity to connect with student leaders, encourage them to make the right choices and develop skills and ideas that will be beneficial to their schools and the students they represent. Helping young people understand the root causes of violence, listening to their input, and sharing perspectives on how to increase safety in their schools can make our broader communities better and safer and strengthen the ties between law enforcement and the youth population we seek to nurture, serve and protect."

Proverbs 3:5

• PLACES TO WORSHIP •

John 3:16

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Rev. Oliver Rice. Pastor (828) 421-1315

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Wednesdays: Mid-week prayer meeting: 7 p.m.

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

CASHIERS UNITED METHODIST CHURCH

Rev. Aryn Williams-Reubel. Pastor 828-743-5298

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Wednesday night Dinner and Service 5:30

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CAC@christanglicancashiers.org & 828-743-1701

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Wednesdays: 6 pm Bible Study, Prayer, Potluck

Thursdays: 11:30 am Healing Eucharist

CHRIST CHURCH OF THE VALLEY. CASHIERS

Pastor Jacob Tedder jacob@cashiers.church • 743-5470

www.cashiers.church

Sun. 10:45am.; Wed. 5:15 pm supper and teaching.

Contact Ellen@cashiers.church for add'l programming

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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

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

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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: Rite I, spoken, 8 am in Chapel, Rite II with Choir 10:30

am in Sanctuary, Wed: Healing Eucharist 12 pm in Chapel, Morn-

ing Prayer: Mon-Thurs 8:30 am in Chapel

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; Women's 10:30 am

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Emily Wilmarth, pastor

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

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Wed. Worship 7p.

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Wed. Bible Study: 6 p.m.; Sundays: Worship: 11

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

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and Rosh Hashanah & Yom Kippur.

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

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Rev. Marty Kilby

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

Wednesdays: Prayer Mtg.: 7 p.m.

SCALY MOUNTAIN CHURCH OF GOD

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

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SHORTOFF BAPTIST CHURCH

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

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

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WHITESIDE PRESBYTERIAN CHURCH

Rev. Sam Forrester/Cashiers

Sunday School: 10 am. Worship Service: 11 am

• POLICE & FIRE REPORTS •

Highlands Police entries from March 10. Only the names of persons arrested, issued a summons/citation, issued a Class-3 misdemeanor or those of public officials have been used.

March 10

• At 2:55 p.m., officers responded to a one-vehicle accident at the Highlands Rec Park.

• At 5:32 p.m., officers responded to a 2-vehicle accident on the Georgia Road.

March 11

• At 11 a.m., officers responded to a report of simple assault with hands by both parties at August Produce parking lot on the Franklin Road.

March 14

• At 11:20 a.m., officers responded to a 2-vehicle accident on Poplar Street.

• At 11:26 a.m., officers responded to a 2-vehicle accident on South Street.

• At 12:30 p.m., officers responded to a 2-vehicle accident in Highlands Plaza

parking lot.

March 15

• At 7:36 p.m., officers responded to a one-vehicle accident on Clear Creek Road.

• At 7:55 p.m., Jessica Owens, 36, of Clayton, GA was arrested for fleeing and eluding arrest, reckless driving to endanger and driving in excess speed on Clear Creek Road. She was issued a secured bond. Her trial date is April 4.

March 17

• At noon, Robert Newman Baty, 36, of Highlands, was arrested for the unauthorized use of a motor vehicle in Jackson County. He was issued a \$1,500 secured bond.

The Highlands Fire & Rescue log from March 12.

March 12

• At 10:28 a.m., the dept. responded to a call of a gas leak at a residence on Wyanoak Road.

• At 1:06 p.m., the dept. responded to

a fire alarm at a hotel/restaurant on Log Cabin Lane.

March 13

• At 5:47 a.m., the dept. was first-responders to a residence on Cole Mountain Circle.

• At 2:45 p.m., the dept. responded to the call of a brush fire on the Cashiers Road.

March 14

• A little past midnight, the dept. responded to a fire alarm at a residence on Clubhouse Trail.

• At 5:41 a.m., the dept. responded to a call of a possible gas leak at a residence on Spruce Lane.

• At 2:27 p.m., the dept. responded to a fire alarm at a location on Main Street.

• At 4:01 p.m., the dept. investigated the cause of smoke at a location on Bowery Road.

March 17

• At 10:58 p.m., the dept. was first-responders to a residence on Cherokee Drive.

Highlands Hurricanes compete in Tarheel Age Group meet

**By Steve Hott
Head Coach**

On Fri.-Sun. March 15-17, 13 members of the Highlands Hurricanes Swim team traveled to Greensboro, NC, for the Tarheel Age Group state meet at the Greensboro Aquatics Center (GAC).

The GAC is a national class facility that is hosting The 2024 NCAA III National Championships this week and the

2024 AAU National Championships (Jr. Olympics) this summer that the qualified members of the Hurricanes plan to attend.

In an unscored meet (no team scores were kept, no points awarded) the Hurricanes did well achieving 62 personal records.

Swimming for the Hurricanes were Jr. Olympians Conner Hughes, Jack Sumner, Justin Powell, twins Dasha and Ben Halldin. Also swimming, were Alex Lopez, Aleks Petric, Max Jestin, brother and sister Ian and

Bella Batista, Morgan Mason, Jayce Powell, and Stefan Halldin. All had at least one PR.

The younger swimmers swam in timed finals. The older swimmers swam in prelim/finals events with Jack Sumner qualifying for finals in 200 butterfly and the 100 backstroke, Conner Hughes qualifying for finals also in the 200 butterfly, and Dasha Halldin qualifying for finals in the 200 breaststroke.

The next meet for the Hurricanes will be at home Saturday am, April 20, 2024.



Photos by Brenda Lopez and Todd Sumner

March 18

• At 10:42 a.m., the dept. provided public assistance at a location on Spring Street.

• At 12:24 p.m., the dept. was first-responders to a location on Main Street.

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• CLASSIFIEDS •

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NEW 1/BED APT. downtown Highlands in

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• See CLASSIFIEDS page 22



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• BUSINESS/ORGANIZATION NEWS •

Girls Scouts and HCA Healthcare partner to prioritize Mental Wellness with new programming

The HCA Healthcare Foundation is proud to collaborate with Girl Scouts of the USA (GSUSA) and National Alliance on Mental Illness (NAMI) to address the mental health crisis among girls.

This research-backed series of programs aims to help girls better understand mental wellness and provide them with skills to strengthen their resilience and support their peers. Three new patches focusing on mental wellness, resiliency, behavioral issues and healthy habits were rolled out at a gathering Monday at Mission Hospital, as well as at councils across the United States.

Speaking Monday was Melina Arrowood, COO of Behavioral Health from Mission Hospital, and Jennifer Wilcox, CEO of Girl Scouts Carolinas Peaks to



HCA Healthcare Foundation and Girl Scouts of the USA have team up to develop a mental wellness patch program for girls in grades 4 – 12.

iorial Health from Mission Hospital, and Jennifer Wilcox, CEO of Girl Scouts Carolinas Peaks to

Piedmont.

“We are really excited for this partnership and excited to help fur-

ther destigmatize mental health care across our community and across the country,” said Melina Arrowood, COO of Behavioral Health at Mission Hospital’s Sweeten Creek Mental Health and Wellness Center.

The HCA Healthcare Foundation and Girl Scouts of the USA have team up to develop a mental wellness patch program for girls in grades 4 – 12. With this program, girls and their caregivers get the opportunity to learn about different mental health conditions, how to identify stressful situations, different types of self-care, developing coping skills,

using kind and inclusive language, and how to ask for help when they or others around them need it. The Patch Programs includes three different age-based versions: Junior (Knowing My Emotions), Cadette (Finding My Voice), and Senior/Ambassador (Showing Up for Me and You). Materials for these programs were developed by NAMI and a GSUSA Program Advisory Committee which includes two HCA Healthcare Behavioral Health experts.

Currently, there are about 1.7 million girl scouts in the US and 750,000 adult volunteers.

Volunteers needed for Plateau Pickup on Sat. April 13

Join your neighbors, friends, family and co-workers for the annual Plateau Pickup on Saturday, April 13.

Volunteers will begin at KelseyHutchinson Founders Park on Pine Street at 8:30 a.m., where they will receive their geographic assignment. Stretches of U.S. 64, N.C. 28, N.C. 106 parts of downtown Highlands will be covered. Groups, families and individuals are welcome!

Volunteers will receive a light breakfast, a safety vest, gloves, pick-up tools, garbage bags and a thank you t-shirt. A boxed lunch will be served to volunteers when they return to the park at 12 p.m.

“Last year more than 120 volunteers collected nearly 95 cu-

bic yards of garbage,” says Kaye McHan, executive director of the Highlands Chamber of Commerce/Visit Highlands. “It is so nice to see the community come together to beautify our roadways.”

Plateau Pickup is organized by the Highlands Chamber of Commerce/Visit Highlands and is part of Litter Sweep, the N.C. Department of Transportation’s biannual statewide roadside litter removal initiative.

To participate, send an email to events@highlandschamber.org or call 828-526-5841. For more information about Plateau Pickup or other Highlands events, visit highlandschamber.org.

...CLASSIFIED continued from page 21

work is a variety of weather conditions. Highlands Country Club is looking for a Landscape Technician to manage the day-to-day operations of the Landscape Department. If you're interested, call Brian @ (828) 787-2778.

THE HIGHLANDS HATTER is seeking Part-time Help. Contact Aubrey at 828-482-1920. (st. 3/21)

LUPOLI CONSTRUCTION is hiring an office manager/executive assistant and a bookkeeper. Full-time, compensation based on experience. Please contact Regina@Lupoli-inc.com, 770.757.5004 for more information. (st. 11/2)

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