

# Highlands Newspaper

FREE Every Thursday

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Patrons celebrate the Highlands Playhouse 80th anniversary Friday, July 27 with a toast to the future. — Photo by Brian O'Shea

## 80 years and counting

By Brian O'Shea

Highlands Playhouse is wrapping up 80 years of performances and staff and guests celebrated this anniversary on July 27. Though Dwight Bryant hails from Asheville now and is no longer directly involved with the Playhouse, he spent 25 years serving in a variety of roles including president, vice president and treasurer of the Playhouse Board of Directors. "To me I think the Playhouse is such a gem for Highlands," said Bryant. "So many young actors began their careers here. With so many plays and movies, it's a great place for young people. It's a local, town, state and national treasure."

Started in the mid-1930s, amid the throes of the Great Depression and Recession, it offered respite from the hardships of life. Its Highlands Community Theater troupe originally performed in various locations around town and eventually in the auditorium of Highlands School. The school was relocated to 545 Pierson Drive and the old building housing the school was demolished, but the auditorium, which was left standing, is today's Playhouse at 362 Oak Street. The Playhouse is one of the oldest theaters in North Carolina, said Playhouse Artistic Director Bill Patti. "As far as we're concerned, • See PLAYHOUSE page 9

## Planning Director is leaving; search is on for another

Monday morning Town Planner Andrew Bowen told Town Manager Josh Ward he was moving on and Monday night he told his Planning Board "this will be my last planning board meeting." After a little more than a year on the job, Bowen has called it quits citing family issues. He will return to his native Waynesville where he will begin work with an engineering and planning firm on Monday, Aug. 20.

He said his leaving has absolutely nothing to do with the job or working for the town but arriving here with a 2 1/2 year old and a baby on the way, didn't prepare them for being away from family. "Normally, I would never, ever leave a job after a year," he said Monday night, "but it's hard to move from a place where you can walk to the park to living away from it all," he said Monday night. Soon after they arrived the end of June of last year, he and his wife purchased a home in Sealy Mountain and now with a 3 1/2-year-old and a 1-year old the call to be closer to their family is too strong. • See LEAVING page 15

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This year is the 65th anniversary of the Highlands Fire & Rescue Dept. and Sat., Aug. 4 is the department's annual Open House on Oak Street, 11a to 2p. There will be free hot dog lunches and fire truck rides. Donations accepted.

## HF&R celebrates 65 years of volunteering to save lives and property

For 65 years, Highlands Fire and Rescue has been putting out fires, rescuing lost hikers, responding to medical emergencies and investigating consistent fire alarms, to name a few of the ways HF&R keeps the community safe. When HF&R was founded in 1953, the station was located

where Highlands Town Hall is today at 210 N. 4th Street, said HF&R Chief Ryan Gearhart. The station is now located at 322 Oak Street. According to HF&R's Assistant Chief Robbie Forrester several things have changed since • See HF&R page 14

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# • THE PLATEAU'S POSITION •

## • MAYOR ON DUTY •

### Upgrades and repairs are in the works



Highlands Mayor  
Patrick Taylor

I enjoy the monthly community coffee hour at the Hudson Library. I like the interaction with my fellow residents. The questions posed to me are very informative, and frequently give me pause for reflection and further action.

Let me take a moment to cover a few items discussed at last Friday's community coffee. My presentation and following discussion centered around new items and activities now that we are entering a new budget year.

I shared a photo of the new water tank site on Satulah. The construction company began clearing the site for the tank last week. The photo revealed that the workers were only clearing the defined area of the tank. A robust vegetative buffer will be retained in order to conceal the tank as much as possible. I believe the tank will be hidden from view from the road much more so than the existing tank.

Once the new 600,000-gallon tank comes on line, the old 300,000-gallon tank will be removed and the land reclaimed.

## • LETTERS •

### We love it all!

Dear Editor,

I want to congratulate you on an awesome publication and website at [www.highlandsinfo.com](http://www.highlandsinfo.com). My husband and I are big fans! We always read it cover to cover.

We purchased a home in Highlands about five years ago, then spent over a year renovating it. Since we were both still working full time in Atlanta, we decided to try the short-term vacation route, which has been very successful. In fact, whenever we send information to guests, we always reference your website to find the latest information on events, shops, restaurants, activities, etc. You have one of the best websites I've seen in Highlands. It is very user-friendly and informative. Therefore, not only are we supporting all of your advertisers, all of our renters are too!

I just wanted to let you know how much we appreciate all of your efforts and hard work. Wishing you much continued success. You are definitely making a difference in the town of Highlands!

Sharon Black, Atlanta, GA

The contractor is hoping the major construction of the tank can be completed before winter sets in. There will be heavy construction equipment moving on Satulah and in staging areas like the lower level of the recreation parking lot. Paving of Satulah occurs after construction.

I also talked about the two new police cars the town purchased. We have a program of replacing aging police vehicles with new ones. Once a patrol car hits 100,000 miles, its reliability, especially in emergency situations, comes into question. The department has a new crime scene investigation vehicle for the detective. The old vehicle, bought as a used car, dropped the transmission and a gasket. It would have been more expensive to repair than its actual value. The School Resource Officer, aka SRO, also has a new 4-cylinder Chevy Camaro. It replaces an aging patrol car.

The crossie wall surrounding the Playhouse is failing, or put another way, falling apart. The new stone wall will be built beginning around September. The wall will match the existing stone walls already in place in the business district. The concrete sidewalk next to the wall will also be replaced with red brick pavers like the other town sidewalks.

At any time now, the old parquet and carpeted floor at the Community Center will be replaced with a new composite floor like the new floors in the main Recreation Center. I was at the Rotary Club meeting this past week and noticed huge stains on the existing carpet. The stains looked downright

• See MAYOR page 8

## • HIC'S VIEW •



"It is the best of times, it is the worst of times, it is the age of wisdom, it is the age of foolishness."

## • OBITUARIES •

### Morris Woodrow Wilson

Rev. Morris Woodrow Wilson, 84, of Clayton, GA, went home to be with the Lord on Monday, July 23, 2018. He was born September 11, 1933 in Highlands, NC to the late Herman and Dona Rogers Wilson.

Rev. Wilson was employed for many years in the construction business working for Potts Construction in addition to being a minister and leading churches in Macon County, Jackson County and Oklahoma City, Oklahoma. He was a veteran and a member of Clear Creek Baptist Church.

He enjoyed leather work and hunting, especially coon hunting.

• See OBITUARIES page 6

## • WEATHER •

	Friday 8/3		Saturday 8/4		Sunday 8/5	
	Daytime	Overnight	Daytime	Overnight	Daytime	Overnight
Temp	72 F	58 F	75 F	60 F	77 F	60 F
RealFeel <sup>TM</sup>	76 F	61 F	83 F	66 F	85 F	65 F
Winds	3 g 6	2 g 4	4 g 7	2 g 4	3 g 5	3 g 5
T-Storms	55%	40%	49%	24%	46%	24%
Rainfall	0.6	0.05	0.3	0	0.47	0
Snowfall	0	0	0	0	0	0

For Real-time Weather and the Extended Forecast, go to • [www.highlandsinfo.com](http://www.highlandsinfo.com) and click on Weather

# CONSUMERS HAVE SPOKEN... AGAIN.

Berkshire Hathaway HomeServices Named  
**“Real Estate Agency Brand of The Year”**  
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This is the second year Berkshire Hathaway HomeServices has received Brand of the Year since receiving the award in 2014.

Berkshire Hathaway HomeServices received the highest numerical Equity Score and the highest numerical score relating to Trust among Real Estate Agency brands included in the 2018 Harris Poll EquiTrend® Study, which is based on opinions of 77,031 U.S. consumers ages 15 and over surveyed online between January 3, 2018 and February 15, 2018. Your opinion may differ. “Highest Ranked” was determined by a pure ranking of a sample of Real Estate Agency brands.



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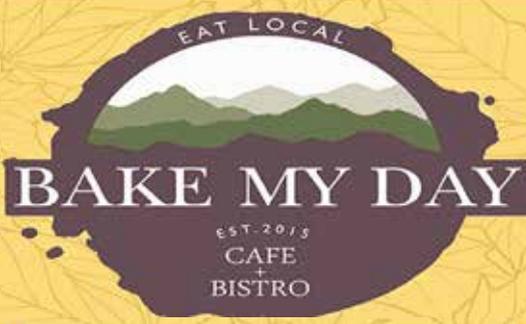


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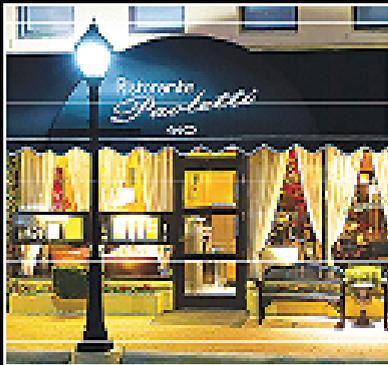
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**... OBITUARIES continued from page 2**

Survivors include his wife of 65 years, Elaine Wilson of the home; daughter, Gay Hunter (Dave) of Highlands; sons, Budd Wilson (Becky) of Tennessee, Mike Wilson (Linda) of Clayton and George Wilson (Julie) of Greenville, SC; ten grandchildren; seven great-grandchildren; sister, Barbara Droadsick of Highlands and brothers, Joe Wilson and Steve Wilson both of Clayton.

In addition to his parents he was preceded in death by a son, John Allen Wilson and brothers, Neville Wilson and Duane Wilson.

A funeral service were held Thursday, July 26, 2018 at Clear Creek Baptist Church with Rev. Doug Carpenter and Rev. Roy Lowe officiating.

Memorial donations may be made to Clear Creek Cemetery Fund, c/o Charlie Hicks, 288 Persimmon Lodge Rd., Highlands, NC 28741.

Online condolences are available at [bryantgrantfuneralhome.com](http://bryantgrantfuneralhome.com). Bryant-Grant Funeral Home and Crematory served the Wilson family.

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Popular speaker Lloyd Kramer, Professor of History at UNC Chapel Hill will be at CLE Monday, August 13 (Time: 10-12) and Tuesday, August 14 (Time: 10-12) to conduct a 2-part series on exploring the definition of a successful life taking into account the views of some of history's greatest thinker and their thoughts on a successful life.

Part One: Religious Truth, Wealth and Social Status (Monday) will be a study of how the religious and philosophical thinkers have defined the "good life" and also suggest how these ideas differ from views of success that emphasize wealth and social status. Cost \$25/\$35

Part Two: Power, Fame and Public Action (Tuesday) will examine how influential writers have defined power, fame and public action as pathways to a successful life. The themes in each session will refer to philosophers and writers such as Plato, St. Augustine, Boethius, Machiavelli, Wollstonecraft and Nietzsche. Cost \$25/\$35

Please join us for this enlightening 2-part series on the topic that everyone in the universe hopes to have, but the definition is different for us all...SUCCESS. Lectures will be held in the CLE lecture hall located on the lower level of the Peggy Crosby Center at 348 S. 5th Street. Walk-ins are welcome and students attend free.

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## Week 5 of world-class chamber music

The 37th annual Highlands-Cashiers Chamber Music Festival concludes in August with performances by four renowned musicians.

On August 3rd through 6th, Sara Sant'Ambrogio, Natasha Paremski and Richard Stoltzman will present works by Boccherini, Prokofiev, Rachmaninoff, Beethoven, Bach and Brahms in Highlands (Friday at 6 PM and Sunday at 5 PM at the Performing Arts Center) and Cashiers (Saturday and Monday evenings at 5 PM at the Albert Carlton Library). The Final Gala Concert and Dinner featuring the Pinchas Zuckerman Trio is sold out.

In one year, Grammy Award-winning cellist Sara Sant'Ambrogio launched her American career with a nationally televised recital at Carnegie Hall and her international career as a medalist at the Tchaikovsky Violoncello Competition in Moscow, Russia. The New York Times described Sara's New York debut as "sheer pleasure." Ms. Sant'Ambrogio has appeared as a soloist with orchestras including Beijing, Boston, Budapest, Chicago, Prague, Osaka, & San Francisco, has won numerous internation-

al competitions and won a Grammy Award for Bernstein's "Arias and Barcarolles."

Sant'Ambrogio is a founding member of the Naumburg Award winning Eroica Trio. Pianist Natasha Paremski is a regular guest of many major orchestras and a celebrated recitalist and recording artist as well as a passionate chamber musician.

Ms. Paremski's album on Telarc debuted at No. 1 on the Billboard Classical Chart and remained there for a number of weeks. Richard Stoltzman, a two-time Grammy Award winner, has appeared as solo clarinetist with more than a hundred orchestras, as recitalist and chamber music performer and as innovative jazz artist. His discography numbers over 80 releases, including the Grammy-winning recordings of Brahms Sonatas with Richard Goode and the Trios of Beethoven, Brahms and Mozart with Emanuel Ax and Yo-Yo Ma.

Tickets and details about this season and ongoing Feasts and Salons are available by calling 828-526-9060, via email at [hccmfnc@gmail.com](mailto:hccmfnc@gmail.com), or online at [www.hccmusicfestival.org](http://www.hccmusicfestival.org).

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# • WORD MATTER •

## Dickens Was Right

Every generation, at some point, bemoans the differences between how things are versus how they were. I recall, vividly, the reaction expressed by my parents, who were in their

mid-50s when I was a 12-year-old boy. This was the moment Elvis Presley arrived, from Tupelo, Mississippi, or perhaps from outer space, to define my generation's future by knocking their world off

its axis.

Change is difficult. Even change for the better can be disturbing. As Americans, even simply as human beings, we tend to like things as they are, or, perhaps more accurately, as they were.

This might have been the underlying appeal of Donald Trump's campaign to 'Make America Great Again.' That notion has been translated as, let's return to a time in the past when things were, if not better, at least different than they are now. You know, as they were back in whatever constitutes the 'good old days.'

Here's the thing, though. Change is not only inevitable; it's a constant state of being. It's a freight train heading our way and we have three options: we can be run over by it, we can run away from it, or we can get on board.

One such change we're all witnessing: the tone in America's discourse is nastier than it's ever been.



**Bud Katz**

This decline in civility is not simply a product of the 2016 election. It goes back decades and is the result of a combination of ingredients.

I'm neither sociologist nor anthropologist, but I believe there are a number of reasons why things may not feel quite as

wonderful as they once did.

First, many of us exist inside an information bubble of our own creation. It peddles a steady diet of fear and informs how we are supposed to think and act.

Second, our political culture is built on deceit and subterfuge. We're lied to so much we often don't know the truth when we actually hear it. Closely held opinion has become, in many ways, more potent than provable fact.

Third, we fear those 'others' we don't understand, and we tend to hate those 'others' whom we fear. This, I believe, is what unleashed eight years of racially charged anger during the two Obama administrations.

Fourth, ever-evolving technology provides platforms on which some are willing and able to spew anonymous, hate-filled venom at anyone with whom they disagree on anything.

Fifth, many of us behave like life is a zero sum game. If I have or receive something it means you don't. More anger, more resentment, more blind hatred.

Let me suggest these dynamics constitute a set of symptoms, which underlie a semi-societal condition. This condition, let's call it BTS, or 'Back Then Syndrome,' has people wishing to return to a time to when life was simpler and

rules were clearer. For some, 'rolling back time' means prior to the last election. For others, it means a return to the 1950s.

I'm sorry to be the bearer of a dose of unwelcome reality, but no matter what era you want this non-existent time machine to take you, it ain't gonna happen.

The only direction really worth looking to is the future. Bathing ourselves in a tub filled with real or perceived memories of so-called 'better days' is as fruitful an exercise as wishing we were capable of flight.

So many of us spend an inordinate amount of time hating and pushing back against even the idea of change. And while I truly lament the trend towards an absence of manners and civility in American society, we mustn't fail to see or experience the times in which we are all truly blessed to exist.

Just as our eyesight, hearing, bones and muscles change over time, so too does the nation and world in which we all live.

Charles Dickens began *A Tale of Two Cities* with two memorable sentences: 'It was the best of times. It was the worst of times.' He was right on both counts. How we view our own life depends on how, and from where, we choose to view it.

Likewise, our future is a choice we all get to make. It's not cast in stone for any of us. Fearing change is like fearing the sunrise. It doesn't make sense.

Change comes whether we want it to or not. Cursing at it accomplishes nothing. How we choose to react, or adapt, is everything.

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

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## ... MAYOR continued from page 2

nasty and are long over due to be replaced.

Finally, minor repairs will be made to Town Hall very soon. The windows on the outside need to be resealed and painted. On the inside there are areas needing painting. The large oak entry door will be refurbished. The double pane glass door has lost its vacuum seal and needs replacement. These little items need to be addressed before they add up a big-ticket item.

## ...PLAYHOUSE continued from page 1

we are the second oldest theater company in North Carolina," he said. "Flat Rock Playhouse started the same year as us (1937), but we took two years off during World War II."

Things have changed over 80 years, but mostly in a positive way said Patti. Highlands Community Theater has more members, and Patti said their productions are attracting some big time talent.

"We're really proud that we're bringing in really top-class talent," said Patti. "These are high-profile actors that don't really come to towns like this. When we first started, it used to be 80 percent local actors. Now it's 10 percent local."

The Highlands Community Theater will move to the Performing Arts Center after the 81st season in 2019. The PAC is currently being renovated and enlarged to include three venues, including a full fly (flight system), stage wings, dressing rooms and a 350-seat theater.

"This move is exciting for us because we're busting at the seams," said Patti. "We're limited to one set with no wings. Our production quality and the ability to showcase great spectacles will improve ten-fold."

Even though the move seems to be a

step in the right direction, the original Playhouse will be missed.

"Such great memories," said Bryant. "There have been so many amazing productions that have been done there, it's difficult to look back and pick a favorite that sticks out."

Lance Matzke, Playhouse managing director, said the move to the PAC is a smart choice.

"I know there is a lot of sentiment for this building, but it will be nice to consolidate with the PAC," said Matzke.

Matzke said though bittersweet, it's that sentiment that helps the Playhouse keep its doors open.

We have a lot of generous and dedicated supporters in the community," he said. "Ticket sales only account for half of operations costs."

The final production of the 80th season is "Damn Yankees," directed by Patti. The story is based on a novel by Douglas Wallop called "The Year the Yankees Lost the Pennant," about a middle-aged baseball fanatic who sells his soul to the devil to become the best baseball player ever and lead his beloved Washington Senators to the championship.

Heidi Karol Johnson plays the role of

• See **PLAYHOUSE** page 10

## Benefit for Patricia Barnes Highlands Community Building Sat., Aug. 11 • 5-10 p.m. Live Band, Raffle and Cake Auction



*On the night of June 7, 2018, Toby Barnes said to his wife Pat, "I'll be right back" and he never made it home; he went off the road. He died from blunt force trauma to his chest; he passed away very quickly. This sudden and tragic loss of a loving husband, father and papa has left this family heartbroken. Toby was well known in the community and was such a good soul. This loss is also a loss of financial income for this family. They could use support from this loving, close community. Let's come together and show our love and support of this family.*

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## ...PLAYHOUSE continued from page 9

Applegate (the devil). This is not her first time performing in this play, she has performed it both in college and regional theater. However, this is the first time she is playing the character Applegate, who is usually performed by a male actor.

"It's fun and interesting to be androgynous," said Johnson. "This is an old time

musical with that positive spirit. It's so much fun. It's the joy of musical theater come back."

"Damn Yankees" runs until Aug. 4. The Playhouse also shows movies and is currently featuring "Mamma Mia! Here We Go Again." For ticket information call the Playhouse at 828-526-2695.



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## •HEALTHY LIFESTYLE CONCEPTS•

### Are You Sleep Deprived? The Importance of A Good Night's Sleep

It may seem obvious that sleep is beneficial. Even without fully grasping what sleep does for us, we know that going without sleep for too long makes us feel terrible, and that getting a good night's sleep can make us feel ready to take on the world. Sleep makes us feel better, but its importance goes way beyond just boosting your mood or banishing under-eye circles.

Scientists have gone to great lengths to fully understand sleep's benefits. In studies of humans and other animals, they have discovered that sleep plays a critical role in immune function, metabolism, memory, learning, and other vital functions. Adequate sleep is now seen as a key part of a healthy lifestyle, and can benefit your heart, weight, mind, and more.

A study published in the British Medical Journal photographed and rated healthy adults after a restful eight hours of sleep and then again after no more than five hours of sleep—and the "eight hours of sleep" photos won hands-down. The study concluded that "sleep-deprived people are perceived as less attractive and less healthy compared with when they are well rested."

Other beauty-related benefits of adequate sleep include its effects on hair and skin. Hair health and growth patterns can be altered by lack of sleep, resulting in worsened male pattern baldness in men and thinning hair in women. Why? A full night's sleep allows the proteins in hair strands to replenish and rejuvenate, while lack of sleep doesn't. Additionally, getting enough sleep improves the look of wrinkles, since moisture produced during the body's natural rest cycle hydrates and plumps fine lines. Inadequate sleep, however, can accentuate wrinkles.

Looks aren't all that suffers from sleep deprivation, though. Check out the National Sleep Foundation's white paper on sleep. Lack of sleep adversely affects your immune system, cardiovascular system, blood sugar, brain function and weight. For example, when you don't get enough sleep, you feel worn down—because you are.

Donna Arand, Ph.D., DABSM, clinical director of the Kettering Sleep Disorders



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Center in Dayton, Ohio, and contributor to the National Sleep Foundation's white paper on sleep, says, "Not getting enough sleep makes you more vulnerable to picking up illnesses and not being able to fight them off. What's going on is your immune system is degraded." The less sleep you get, the weaker your immune system becomes. This leaves you open to viral and other infections, since infection-fighting cells are reduced

when you're sleep-deprived.

Likewise, lack of sleep can cause cardiovascular and blood sugar problems. "When you don't get enough sleep, you have an inflammatory response in your cardiovascular system—in the blood vessels and arteries. We see the same thing in hypertension. If sleep deprivation continues long term, chronic inflammation has been linked to things like heart attack, stroke and diabetes. In one study, young, healthy adult males decreased their sleep time to about four hours per night for six nights. After six nights, every one of those healthy young men showed impaired glucose tolerance, a precursor to developing diabetes," Arand notes.

Then there's sleep deprivation's effect on brain function. Arand points out, "We know that people who are sleep deprived have very poor judgment when evaluating their own performance. They think they're doing well on memory or eye-hand coordination tests, but they're not. The memory is slightly degraded when you're sleep deprived and gets worse the more deprivation you have." Other studies indicate that those who drive without enough sleep are as impaired as someone who's drunk.

Don't forget about the weight factor. There's a link to sleep deprivation and obesity in adults and children. One study indicates that those who slept five hours per night were 73 percent more likely to become obese than those who slept seven to nine hours per night. This effect may be related to hormonal imbalances—since lack of sleep is linked to lower levels of the hormone leptin, which reduces hunger.

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## REFLECTIONS FROM LORD BANJO

## • DOGSPEAK •

## Animal Earnings

With Mum in charge of the Royal Curriculum, I never know what I'll learn next. This time, she shared Parade Magazine's Animal Edition on earnings. I was surprised to hear that people dress up like animals for more than Halloween. They dress as animals for sports teams, and they're called mascots—and, get this—they can make into the six figures. Now, I



The Royal Pooch Lord Banjo

ask you, "Why not have a live animal like me instead of some imitation?" After all, UGA--the University of Georgia for the uninformed-- has a real bulldog named Uga.

"Mum," I ruffed, "What's with these teams who have fake animals?" Her answer was something about real animals being dangerous. OK, I'm pretty quick on the uptake. Georgia Tech, the team my family roots for, can't have a live yellow jacket as a mascot. I've snapped at enough of those little things to know their sting can be pretty painful, especially on the tongue. Can't say that I've encountered any lions and tigers or bears, but I can see where live ones might not be a good idea.

Forget humans dressed as animals; there are animals, actual animals, who earn lots of money. Three dogs have a star on the Hollywood Walk of Fame: Lassie, Rin Tin Tin, and Strongheart. If you're Mum's age, you've probably heard of Lasse and maybe even Rin Tin Tin. If you're a youngster, you may have to google all three of these famous dogs, and unless you're close to 100 years old, you'll surely need to google Strongheart. A German shepherd, he starred in "White Fang" in 1925. Over his career, ol' Strongheart earned \$2.5 million. There was no mention of Rin Tin Tin and Lassie's earnings. Maybe they got paid in treats.

Here's a shocker for you about the Westminster Kennel Club Dog Show winner. I must admit that watching all those well-trained and well-groomed dogs strut

their stuff wears me out. Can you imagine the workouts they endure to be able to run, leap, and all that? Talk about no rest for the weary. The Royal Pooch is a star in his own right but has no ambition to star in a Dog Show. When I learned that Dog Show winners win neither money nor belly rubs, I was positive they must all be crazy. They win a silly pewter bowl. I repeat: for all that work, they get a bowl, and it's not filled with table

scraps or even dog food.

Even more astonishing to me? Cats can earn lots of money. Don't get me wrong; I think my feline sister Princess Puddin' is stunningly beautiful, but I don't see why anyone would pay her. I've never heard of Nala Cat who has 3.5 million Instagram followers, an online store, and sponsorship deals with pet companies. I have an Instagram account, @lordbanjo-theroyalpooch, but I don't have anywhere near that many followers. Perhaps Mum needs to focus more on promoting moi.

Then there's Grumpy Cat. I've seen her videos and can't see the attraction in a perpetually grumpy cat. If you must have a cat, wouldn't you want one like Puddin'? One who's gorgeous and good-natured. If Grumpy Cat can sell books and cards and even have a TV movie, then Puddin' needs an agent.

For that matter, after hearing about mascots and dogs and cats who earn loads of money, the Royal Dad thinks both Puddin' and I need agents. Mum is either not working hard enough or is not up to the job. Uh-oh, judging from the look on Mum's face, it may be time for both Dad and I to make a fast escape.

- Lord Banjo is a Georgia resident. Find similar stories in his book, "Lord Banjo the Royal Pooch," available locally at Mountain Paws in Highlands, Books Unlimited in Franklin, and on Amazon. Contact him at [inkpenn119@gmail.com](mailto:inkpenn119@gmail.com).

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## 2018 Upcoming Events

at the  
 Center for Life Enrichment

- **Mondays, August 6, 13, 20, 27 (4 sessions) - Bridge Defense: Blood, Sweat and Tears (Intermediate)**  
Time: 9:30-11:30 Cost: \$80/\$100 Instructor: Duane Meeter
- **Monday, August 6 - Russia vs. United States: The Spying Game**  
Time: 2-4 Cost: \$25/\$35 Presenter: Ira Cooperman
- **Monday, August 6 - Dining Under the Tuscan Sun** Time: 4-6 Cost: \$90/\$100 Chef: Melissa Pekley Hass (FULL)
- **Tuesday, August 7 - Laughing Tales of Southern Family Dysfunction**  
Time: 10-12 Cost: \$25/\$35 Presenter: Ann Platz Groton
- **Tuesday/Thursday, August 7 & 9 - iOS for Beginners (at a slower pace)**  
Time: 10:30-3:30 Cost: \$135/\$150 Instructor: Nigel Sixsmith
- **Tuesday, August 7, 14, 21, 28 (4 sessions) - Seeing the World Through the Novella**  
Time: 5:30-8:30 Cost: \$110/\$120 Presenter: Mimi Fenton
- **Wednesday, August 8 - Superpowers in the Digital Age: U.S., China, and Russia Competition**  
Time: 10-12 Cost: \$25/\$35 Presenter: Ira Cooperman
- **Thursday, August 9 - Israel, An Ancient New Nation**  
Time: 10-12 Cost: \$25/\$35 Presenter: Ira Cooperman
- **Friday, August 10 - How Dogs Became Man's Best Friend**  
Time: 2-4 Cost: \$25/\$35 Presenter: May Wei-Haas
- **Monday, August 13 - What Is The Meaning Of A Successful Life? (2 sessions) Part 1: Religious Truth, Wealth and Social Status**  
Time: 10-12 Cost: \$25/\$35 Presenter: Lloyd Kramer
- **Tuesday, August 14 - What Is The Meaning Of A Successful Life? (2 sessions) Part 2: Power, Fame and Public Action** Time: 10-12 Cost: \$25/\$35 Presenter: Lloyd Kramer
- **Wednesday, August 15 - From the Headlines to the Everyday: Religious Violence Insights**  
Time: 10-12 Cost: \$25/\$35 Presenter: Ellen Ott Marshall
- **Thursday, August 16 - Water Issues in the Middle East**  
Time: 2-4 Cost: \$25/\$35 Presenter: Sarah Shields

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# • HIGHLANDS AREA EVENTS •

## Ongoing

- Let's fill the brick walkway of the Highlands Veterans Memorial Garden by Veterans Day, Nov. 11. Bricks are \$50 for 1, \$40 for the second one. Contract for the purchase form is through Bill Edwards at Edwa7353@bellsouth.net 404-915-1344. Forms are also available for pickup and return at Town Hall. Sept. 1 is the deadline for placement by Nov. 11.

- Summer Movies at the Playhouse: See ad on page 6.

## First Mondays

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

## Mondays

- At the Rec Park, High Cardio Zumba Fitness with Certified Instructor Tiffany Austin at 5:15 p.m.

- Hip Hop classes with Tori Schmitt at 5:30-6:30 at the Rec Park.

## Mon. & Thurs.

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

## Mon. & Wed.

- Gentle Yoga at the Rec park at 9:30. All levels welcome.

## Mon., Wed., Fri.

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

- Aerobics with Tina Rogers 8-9a.

## Mon., Wed., Thurs.

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

## Tuesdays

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

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

- The Highlands Writers Group, a collection of professional and talented amateur writers, meets to read, workshop, or to just share information on writing, every Tuesday, 3pm-5pm, in the downstairs board room at The Bascom, 323 Franklin Road, Highlands, For more information, call 828-526-3190.

## 2nd and 4th Tuesdays

- OccupyWNC meets at the 7pm in the Sneak E. Squirrel Community Room (1314 Main St., Sylva. Visit www.occupywnc.org or call 828.331.1524

## Third Tuesday

- The Macon County Poultry club meets to discuss topics related to raising backyard chickens. Meetings are open to the public of all ages family friendly and educational. For more information please call 828-349-2046 or 828-369-3916.

## Tuesday and Thursdays

- Exercise Class with Michelle Lane at 5:15. A combination class with many different styles of exercise at Rec Park.

## Wed. - Sat.

- At Highlands Inn on Main Street held in the dining room, Afternoon Tea 2-4:30pm. Royal Tea: \$45; Classic Tea: \$35. Call 828-526-9380 for more information.

## Wednesdays

- The Glenville Historical Society Museum is open every Wednesday through Saturday 11am to 3pm until October 13 at 4735 Highway 107 in Glenville next to Signal Ridge Marina. A historic time line, photos, documents, artifacts and antiques tell the story of Old Glenville, building the Lake Glenville Dam and new Glenville development from the 1940s to present day. Go to www.glenvilleareahistoricalsociety.com

## First Wednesdays

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

## 3rd Wednesdays

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

## Wed. & Fri.

- Duplicate Bridge 12-4pm at Rec Park.

## Thurs. - Sat.

- Highlands Historical Village is open 11a to 3p through October.

## Thursdays

**Aug 2, 16, 30, Sept. 13, 27, Oct. 11 & Nov. 1 and 8.**

- Four Seasons Compassion for Life will be leading a grief support group at First Presbyterian Church in Highlands on alternating Thursdays 10:30-11:30am. This will be a closed group due to the nature of the group unless there are special circumstances that keep an individual from coming to the first meeting. Music therapy will be used for most sessions. For additional information, contact Four Seasons at 866-466-9734

## Thursdays

- Live music in OEI's The Wine Garden on Main Street. Zorki from 7-9 p.m.

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

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

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

## 2nd Thursdays

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

## 3rd Thursdays

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

## 1st and 3rd Thursdays

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

## Fourth Thursday

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

## Fridays & Saturdays

- Live music at OEI's Art's At The Lodge on Spring Street. 5-8 p.m. Fridays Steve Wohlrab. Saturdays Zorki.

- Live Music in OEI's Hummingbird Lounge. Maestro from 6-8 p.m. and Cy Timmons 8 p.m. to close.

## Fridays

- Live FREE music in Town Square on Main Street from 6-8 p.m.

## Saturdays

- Live FREE music in K-H Founders Park on Pine Street from 6-8 p.m.

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

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

## 4th Saturdays

- Scaly Mountain Women's Club Pancake Breakfast 8-10:30a at the old Scaly Mtn. School at Buck Knob and NC 106.

## Sundays

- Live Music in OEI's Hummingbird Lounge 8 p.m. to close

# • HIGHLANDS AREA EVENTS •

with Paul Jones.

## Aug. 3-6

• HCCMF presents Sara Sant'Ambrogio, Natasha Paremiski and Richard Stoltzman will present works by Boccherini, Prokofiev, Rachmaninoff, Beethoven, Bach and Brahms in Highlands (Friday at 6 PM and Sunday at 5 PM at the Performing Arts Center) and Cashiers (Saturday and Monday evenings at 5 PM at the Albert Carlton Library)

## Thurs., Aug. 2

• Bobby Kuppers, Democratic candidate for North Carolina Senate, will be at the High Dive Bar on Carolina Way on Thursday, at 5p. Please come meet him and bring interested friends and family. [www.kuppersforsenate.com/about/](http://www.kuppersforsenate.com/about/)

• Free Zahner Lecture Series "Herpetological Mysteries."

At Nature Center on Horse Cove Road at 6pm.

## Through Aug. 4

• Macon County Youth Soccer Fall registration goes through Saturday, August 4th. Sign up at [maconsoccer.net](http://maconsoccer.net).

## Sat., Aug. 4

• HF&R Open House at the department on Oak Street, 11a to 2p. Free hot dog lunch and fire truck rides. Donations accepted.

• Get Outside Fest at K-H Founders Park on Pine Street from 1-5 p.m. Workshops, live animals, storytelling, and even some banjo picking. There will be a Greenway Adventure Race to complete the Kids Hike Highlands Passport Registration is \$5 per person \$20 for a group of five and \$1 per extra person in a group. Register in the park that morning or at the Civic Center.

• Get Outside Fest at the K-H Founders Park on Pine

Street.

## Sun. Aug. 5

• Rise & Shine Event at The Bascom for the Highlands Community Fund. Tickets are \$100. Cocktails, supper and dancing. Call 828-526-2336 or 404-432-600.

## Wed., Aug. 8

• Free Summer Interlude at Presbyterian Church 2 p.m. Summer & Bray of Mountain Faith Band. Sponsored by Highlands-Cashiers Chamber Music Festival.

## Thurs., Aug. 9

• Free Zahner Lecture Series "The Plight of the Hemlock" At Nature Center on Horse Cove Road at 6pm.

## Sat., Aug. 11

• Free Highlands Design Tour noon to 2:30p, featuring showrooms at Old Edwards/Acorns on Church, The Summer House, ACP Home Interiors and Shumprine Gallery. Meet at The Summer House. Donations accepted for C-H Humane Society. Designers will showcase their talents on fabric pairings, renovation suggestions, simple makeovers, current trends, and celebrity designer Marshall Watson will be on hand. Complimentary beverages and hors d'oeuvres served at each design showroom. RSVP a must to [aprilinparis24@yahoo.com](mailto:aprilinparis24@yahoo.com) or (678)360-2296. (Max. number of attendees) 20% off purchases at Old Edwards/Acorns on Church Street to attendees plus a free one-hour complimentary in-home design.

• Booksigning at OEI's Acorn's on Church Street from 2-5 p.m. Celebrity Designer Marshall Watson's book, "The Art of Elegance."

## 'Get Outside Fest' to feature Greenway Adventure Race Sat., Aug. 4, 1-5 p.m.

Come to the Get Outside Fest Aug. 4 from 1-5 p.m. in K-H Founders Park on Pine Street. There will be educational workshops, live animals, storytelling, and even some banjo picking. On hand will be folks from The Bascom, Highlands Biological Center, Highlands-Cashiers Land Trust, The Fontana Library, Highlands Historical Society, The Highlands Plateau Greenway, Highlands Parks and Rec Department.

There will be a Greenway Adventure Race to complete the Kids Hike Highlands Passport Program which starts and finishes in K-H Founders Park. Every racer will get a free T-shirt from the Rec Park and a sticker and pin from the Greenway.

Registration is \$5 per person \$20 for a group of five and \$1 per extra person in a group. Register in the park that morning or at the Civic Center.

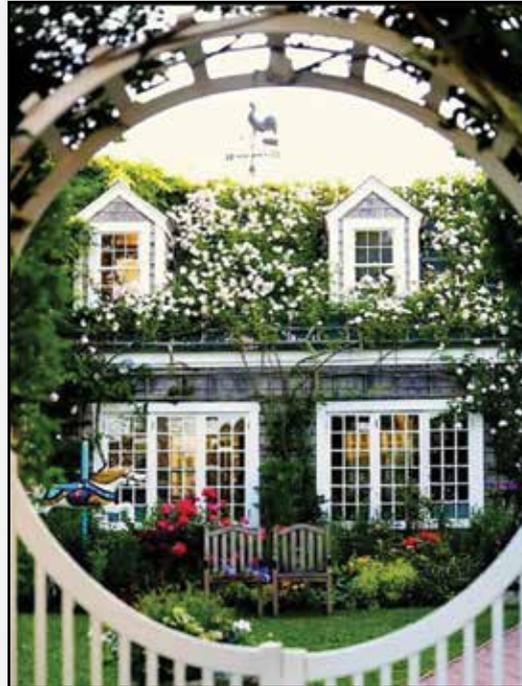
Pine Street will close to vehicular traffic starting at 12:30 pm.

## HIGHLANDS DESIGN TOUR

Saturday, Aug. 11 • noon to 2:30p • R.S.V.P.

Acorns on Church St.  
ACP Home Interiors

The Summer House  
Shumprine Gallery



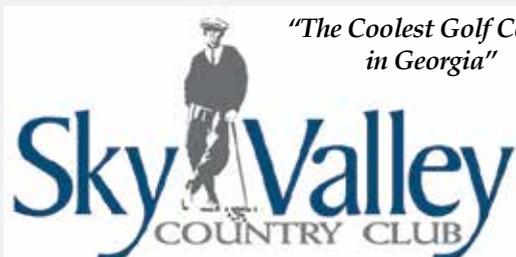
Designers will showcase their talents, fabric pairings, renovation suggestions, simple makeovers, current trends, time honored traditions and there will be an appearance by celebrity author Marshall Watson of "The Art of Elegance." Complimentary nibbles and beverages.

Meet at The Summer House on the Dillard Rd. RSVP a must to [aprilinparis24@yahoo.com](mailto:aprilinparis24@yahoo.com) or (678)360-2296. (Max. number of attendees) 20% off purchases at Acorns on Church St. to attendees plus a free one-hour complimentary in-home design.

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**...HF&R continued from page 1**

the inception of the volunteer department concerning the life of a firefighter in regards to training and equipment.

"Equipment is evolving all of the time," said Forrester. "But the dangers are actually worse. Back when HF&R started, you think about the stuff in those houses, real wood furniture, cotton linens, now with all your synthetic materials like plastics, fires burn hotter and release dangerous gas."

**Rescue Calls**

One of the things HF&R does is respond to rescue calls. These calls range anywhere from hikers overdue from their trip, to a possible river or high-angle rescue, said Gearhart. HF&R receives about 10 of these types of calls a year. Sometimes HF&R relies on support from other stations in the area such as Cashiers and Glenville.

"We depend on them a lot," said Gearhart. "And they depend on us, but they specialize in rescues."

HF&R Firefighter Travis Brooks said having fire departments work together makes for more efficient operations.

"I would say mutual aid stations make it easier because of how much we communicate with them," said Brooks. "We're all on the same page."

Gearhart said the biggest factor in a rescue call is manpower.

"You almost never have enough man-

power," said Gearhart. "Taking someone out of the wilderness two and a half miles is slow going with only a couple guys."

Not all of the volunteer firefighters can respond to each call because they have other jobs during the day.

There is a lot of specialized equipment that rescue teams need to be proficient with. For river rescues HF&R uses equipment such as personal flotation devices, throw bags (bag full of rope thrown toward victim), or a rescue disc (a rope attached to a Frisbee). HF&R also has a boat, a rubber raft and a boogie board to carry patients in the river. For high-angle rescues they bring hundreds of feet of rope, harnesses and ascenders/descenders.

Gearhart said this area is unique regarding rescues because of the terrain.

It's really steep, thick, and wet," said Gearhart of the area. "It's difficult when six guys have to carry out a basket (stretcher) on a single-track trail. Plus you have to be careful and go easy on the patient."

Some rescue calls can be as simple as the call on July 7 when rescue teams responded to Hickory Knut Gap. The dispatcher could hear the siren of the rescue team while on the phone with the misplaced hiker. The caller followed the sound of the siren and walked right out to the truck.

Not all calls end up injury free. HF&R Firefighter Travis Brooks said he responded to a call of an injured hiker on Whiteside Mountain on July 13.

"He was on the trail and wasn't messing around or anything," said Brooks. "Then he just slipped on a rock the wrong

• See HF&R page 16

**ONLINE AUCTION**

**2584 Flat Mountain Road, Highlands, NC**

**± 5.39 acres 5 buildings 7,013 GSF**

**OPEN HOUSE:**

**Wednesday, August 8, 2018**

**9:00am-2:00pm**

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# • INVESTING AT 4,118 FT. •

## Just Add Water!

*"Eventually, all things merge into one, and a river runs through it..."*

— Norman MacLean

Raise your hand if this describes what you're thinking... "I'd like to look at properties that are updated, with a great view, on the water, close to town, in the \$250,000-\$350,000 range... see what you can do!" Real Estate Brokers hear this a lot, and Buyers quickly discover they'll need to redefine their search parameters. But let's think about the words "on the water" for a moment, and its inherent value to a real estate investment.

It's a commonly known fact that "on the water" creates higher value both in real estate and in life. If your reading this from the Gulf Coast or Atlantic Coast and you're on-the-water, that home across A1A or 30A really differs in value. Indeed, "on-the-water" has healing effects. As Ed Decker of ReWire writes "water invigorates us, calms us down, and is essential. It hydrates, cleans, and purifies...you can swim in it, soak in it, skate on it...or simply listen to it and your life is enriched." Well good news everyone! The entire Highlands-Cashiers plateau, and every property that's for sale, is pretty much "on the water." Check this out.

Just five minutes from Cashiers and 17 minutes from Highlands, Lake Glenville is the highest elevation lake east of the Mississippi at 3942' and is 165 feet deep in places. There are 2,000 miles of fishable trout streams within a 1-hour drive of downtown Highlands. Mirror Lake, Lake Sequoyah, Harris Lake, and Lindenwood Lake are in many cases walk-able from so many Highlands properties. Nearby rivers include the Cullasaja, with its headwaters in Highlands

## ...LEAVING continued from page 1

Andrew Bowen replaced Randy Feiera-bend who held the position full-time for one year and part-time for six months.

Prior to coming to Highlands, Bowen was Maggie Valley's Planning Director for three years. Before working in Maggie Valley, Bowen worked 1 1/2 years as an intern with the Jackson County Planning Department.

"I am disappointed that Andrew will be leaving us," said Mayor Pat Taylor. "He had gotten off to a great start as out town planner by bringing new ideas and creative



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

Falls Country Club, and forms Mirror Lake; the Tuckasegee, the Chattooga, and the Upper Nantahala watersheds are all in our backyard. Waterfalls are magic and grace the entire Plateau as we hike, drive, or boat around. There's Silver Run Falls, Secret Falls, Glenn Falls, White-water Falls, Rainbow Falls, Dry Falls, and Bridal Veil Falls, just to name a few. And let's not forget we're located in a temperate rainforest and we average over 87 inches of rain each year.

You see, all of us truly live "On the Water!" Our message to you this moment as a Buyer or Seller of real estate in Cashiers and Highlands is this...Just Add Water! If you're considering listing your property for sale, be sure to feature the natural wonders and water resources as you describe your property. Buyers need to know it, and they will definitely see value knowing about it as they research the market, pour over the Internet, and work with Brokers. If you're a Buyer and currently looking for that "perfect" property, take heart in knowing you're minutes away from the lakes, rivers and streams, waterfalls, and natural beauty that abounds. We are blessed, we are thankful...and you will be too!

In closing, let's all raise our glasses in a toast...to water!

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

energy to the department."

Bowen had his sights on updating the current Land Use Plan to see the town into the next 20 years. In addition, he was amending the Unified Development Ordinance to strip away redundancies.

Last month, he and the planning board finished the Community Design Ordinance which will be presented for adoption at the August 16 Town Board meeting. It basically does away with the need for Special Use Permits accept for variances.

• See LEAVING page 22



## MOUNTAIN FRESH GROCERY DINNERS-TO-GO SUMMER MENU 2018

**MON**

**JAMES BEARD AWARD-WINNING CHEF, LOUIS OSTEEN'S LOW COUNTRY LOBSTER/SHRIMP BOIL FOR TWO**  
LOBSTER TAILS, WILD CAUGHT LARGE SHRIMP, RED BLISS POTATOES, SUMMER CORN, HOUSE MADE SAUSAGE, ALL STEEPED IN LOUIS'S PROPRIETARY SEASONING. SERVED WITH DRAWN BUTTER AND COCKTAIL SAUCE.

**\$37.95**  
SERVES TWO

**TUES**

**OVEN OFF NIGHT**  
2 FRESH CHICKEN BREASTS, GRILLED WITH ROSEMARY INFUSED OLIVE OIL. SERVED ON A BED OF MIXED GREENS, WITH STUFFED BRIE, SPICY/SWEET PECANS, MOUNTAIN FRESH OIL AND VINEGAR ON THE SIDE AND TWO CUPS OF HOUSE MADE GAZPACHO, WITH A MOUNTAIN FRESH BAKERY FRENCH BAGUETTE

**\$26.95**  
SERVES TWO

**WED**

**PRIME RIB WITH BAKED POTATOES & SALAD**  
PREMIUM ANGUS STANDING RIB ROAST, COOKED MEDIUM RARE WITH RED WINE AU JUS, TWO BAKED POTATOES AND A LARGE CAESAR SALAD.

**\$36.95**  
SERVES TWO

**THURS**

**BABY BACK RIBS**  
COOKED FALL-OFF-THE-BONE-TENDER. SERVED WITH HOUSE MADE BACON/APPLE BAKED BEANS, AND POTATO SALAD.

**\$28.95**  
SERVES TWO

**FRI**

**SHRIMP; FRIED OR STEAMED**  
WILD CAUGHT LARGE SHRIMP EITHER LIGHTLY BREADED IN OUR SEASONED CORN FLOUR MIXTURE, AND THEN PROPERLY FRIED IN PEANUT OIL AND SERVED WITH HUSH PUPPIES; OR STEAMED TO ORDER IN OUR LOW COUNTRY SEASONING. BOTH COME WITH COLESLAW AND ROSEMARY SEA SALT BROILED RED POTATOES, TARTER AND COCKTAIL SAUCE.

**\$29.95**  
SERVES TWO

**SAT**

**IN-HOUSE SMOKED BBQ**  
SERVED WITH COLESLAW BACON/APPLE BAKED BEANS AND YEAST ROLLS.

**\$26.95**  
SERVES TWO

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## Calendar to fund SRO/DARE program at HS

Royce Publications will be in the area August 13-17 selling ads for the 2019 Highlands Police Department S.R.O./D.A.R.E. calendar. All proceeds are appropriated to the Highlands School S.R.O./D.A.R.E. program for child education, training, and materials. Any business or individual can purchase an ad. We appreciate your support and if you have any questions please call Highlands Police Department at: 828-526-9431 or Royce Publications at: 828-526-6784.

## ...HF&R continued from page 14

way and his shin bone popped through the skin. Luckily the group he was with were all knowledgeable hikers and knew what to do.”

Another serious call was when Gioia Lynn Holland, 30, fell approximately 80 feet off of Glen Falls in 2009.

“I do not remember much about the actual fall,” said Holland. “I remember standing underneath the top tier of Glen Falls and being a good distance from the edge of the second tier. I remember slipping on rock, hitting my chin when I fell, and sliding towards the edge of the second tier. I remember as I was sliding I was trying to grab and dig my nails into anything to make me stop sliding. I believe it’s a blessing that I do not recall the point when I fell over the rocky edge of Glen Falls.”

Holland broke her right ankle and leg resulting in seven surgeries total. She broke five bones in her back, broke her jaw and lost a tooth. She had a collapsed lung and was covered in bruises from head to toe. Her ankle is the only injury she still struggles with.

“I do not recall seeing the rescue team on scene that day,” said Holland. “I know that they did an awesome job getting in to me and getting me out to the helicopter. While recovering I made a visit to the rescuers in Highlands to tell them thank you. I feel like I owe them more than I can ever give them. I want to visit again now that I am healthy and tell them about the positive impact they all had on my life that day.”

She added that after a long recovery she has pursued her dream to work in law enforcement. She is now a sheriff’s deputy in the McDowell County, NC, Sheriff’s Office.

### Open House

HF&R is holding its annual Open House at the station from 11 a.m. to 2 p.m. on August 4. There will be free hot dogs and truck rides.

“It gives people a chance to come by and see what’s going on,” said Forrester. “We’d be in a lot of trouble if we ever cancelled it. It’s a staple for this time of year. People plan vacations around it.”

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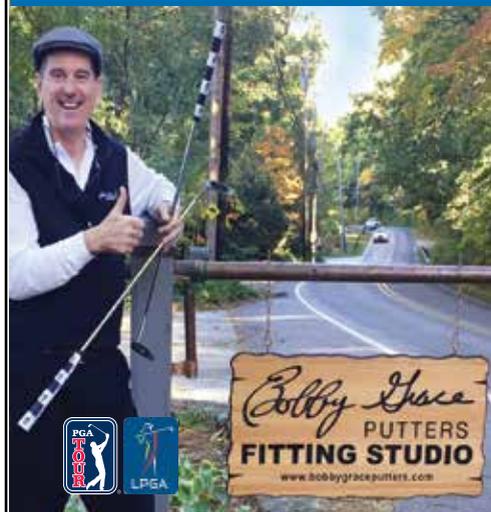
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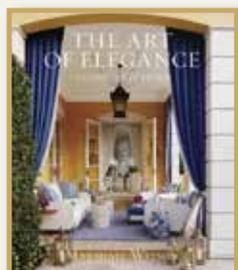


## Book SIGNING

August 11 | 2 - 5 pm

*The Art of Elegance* by Marshall Watson

Known for his meticulously researched, European-inspired style, Marshall Watson creates interiors that are rich in texture, detail, and simple luxuries.



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Philippe Quint American String Quartet

# HOSPITAL NEWS

## Vaccinating your kids – and yourself – plays a vital role in preserving your family's and our community's health

Crayola markers, glue sticks, and perhaps a new backpack or lunchbox are all essential elements for our kids as they prepare to go back to school. One thing you won't find on any teacher's supply list even though it's absolutely essential for your child's health and well-being is being up to date on their vaccinations. Though infant and child immunizations have been a controversial topic for some time, all scientific evidence states clearly that vaccinations have minimal risks when compared to the very significant protection they provide.



Jacqueline Medland, PhD, RN  
President (CNO)  
Highlands-Cashiers Hospital

ple, should receive a range of preventive vaccines including the shingles vaccine, and every year without fail, a flu shot. As we age, our immune systems weaken. The more protection community members in this age group can get from these diseases, the less chance they will have of experiencing serious complications because of them.

While it seems like an obvious choice for many, some people still struggle with the decision to vaccinate. From a public health perspective, it's important to remember that an individual decision affects not only your child and family, but their friends and the larger community beyond. It's hard to overstate the role that vaccinations play in the health of our community, so whether you have your fun on the playground or the golf course, our Evenings With the Docs will help sort out the fact from fiction.

I guarantee you'll learn something from attending, especially about the simple step you can take to make your family, friends and our larger community stronger and healthier.

Our own family medicine physician, Dr. Robyn Restrepo, will be hosting Highlands-Cashiers Hospital's next Evening With the Docs program on Thursday, August 16th at 5:30 p.m. in the Jane Woodruff Clinic, Suite 103. That evening's program is entitled Healthy Kids: The Power of Immunizations, and promises to be both helpful and educational. Parents will learn about the importance of vaccinations for their children's health, and the appropriate ages for children to receive various immunization series. Dr. Restrepo, whose passions are women's and children's health, will decode what all the vaccination acronyms actually mean – from DTaP and MMR, to HPV. This program is free and open to the public.

Dr. Restrepo looks forward to having the chance to have an interactive dialogue with the community this important health and wellness topic. "Since families are the core of my practice, I often field questions about vaccinations; I'm looking forward to our Evening With the Docs program because it will be a great opportunity to reassure parents about the safety of vaccines, and encourage people of all ages to get and stay current with recommended vaccinations."

Adults likewise shouldn't be forgotten when it comes to vaccinations. Often by the time we reach middle age, booster shots are needed. Older adults, for exam-

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## Highlands Historic Village



Walk through Highlands' history. Five exhibits: Museum, Prince House, Bug Hill Cottage, Furman Vinson's Boat, and the Old Jail.

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**• SPIRITUALLY SPEAKING. •**

**The highs  
keep us  
glowing, the  
lows keep us  
growing.**

Curtis Fussell  
Co-Pastor  
First Presbyterian Church



**R**ounds of summer storms have greeted us recently. Yet, these storms have blessed us. They have brought nourishing, life-giving rains to the highlands.

The storms remind me in some ways of our spiritual life. It may sound odd, but perhaps we have hoped for a life of drought. A life of drought would be a life where every day there is nothing but sunshine. Day after day the sun shines. It seems pleasant, but day after day the land is drying out, and the life in the plants is evaporating away. There's an expression for this kind of pleasantness: "all sunshine makes a desert."

If we experienced all sunshine in our lives, it too might become a desert. What I mean is there is a dark side to life, a stormy side in living. Yet, this stormy side of life can help us remain honest, keeps us in training, and keeps us seeking after the ways of God.

People sometimes treat God like a rabbit's foot. They think that if they act and speak correctly and say their prayers, then God will bring nothing but sunshine to their lives. But then, when the storms come, they may well think God is punishing them. They may all too quickly say, "God doesn't work," or "God doesn't love me."

Yet, think of the Apostle Paul. He was shipwrecked, beaten, imprisoned, and in his life constantly threatened with death. Despite all that, Paul said, as he was chained to a prison wall, "We know that all things work together for good for those who love God."

Paul is not saying that God turns bad things into good. No, Paul is saying that he lives in hope of God. Paul understood that the spiritual life has not so much to do about what happens to us, but it has everything to do with how we handle what happens to us.

In life's storms, life's highs and lows, I've noticed something and maybe you have too. This remark may sound odd as well, but we learn precious little from pleasure, but we learn volumes from pain. For sure, we prefer pleasure over pain. But where the highs keep us glowing, the lows keep us growing. Life has its storms, but amid the storms of life God's love keeps us firm to work forward towards the goodness of a well-lived life; whatever happens to us.

**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

**CHAPEL OF THE SKY**

Sky Valley, GA • 706-746-2999

Sundays: 10 a.m.; Worship

Holy Communion 1st & 3rd Sundays

**CHRIST ANGLICAN CHURCH**

Rector: Jim Murphy, 252-671-4011

464 US Hwy 64 east, Cashiers

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

Service. Mon. 6p Bible Study & Supper at homes

First Thursdays 5p bi-lingual Holy Eucharist

**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 11 a.m.

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

**CLEAR CREEK BAPTIST CHURCH**

Pastor Jim Kinard

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

1st & 3rd Sunday night Service: 7 p.m.

Wednesdays - Supper at 6 p.m.

**COMMUNITY BIBLE CHURCH**

www.cbchighlands.com • 526-4685

3645 Cashiers Rd, Highlands, NC • Sr. Pastor Gary Hewins

Sun.: 9:30am: Sunday School 10:30am: Middle & High School;

10:45am: Child. Program, 10:45am: Worship Service

Wed.: 5pm Dinner (\$7 adult, \$2 child), 6pm CBC U.

**EPISCOPAL CHURCH OF THE INCARNATION**

Rev. W. Bentley Manning • 526-2968

Sundays: 8 am Holy Eucharist Rite I; 9 am Sunday School;

10:30 am Holy Eucharist Rite II. Childcare available at 10:30

**FIRST BAPTIST CHURCH HIGHLANDS**

828-526-4153 • www.fbchighlands.org

Dr. Mark Ford, Pastor

220 Main Street, Highlands

Sun.: Worship 10:45 am; Sun.: Bible Study 9:30 am

Wed.: Men's Bible Study 8:30 am; Prayer Mtg 6:15 pm; Ch. 5p

**FIRST PRESBYTERIAN CHURCH**

Curtis Fussell & Emily Wilmarth, pastors

526-3175 • fpchighlands.org

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

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

Wednesdays: Choir: 6p

**GOLDMINE BAPTIST CHURCH**

(Off Franklin/Highlands Rd)

Sunday School: 10 am, Worship Service: 11 am

**GRACE COMMUNITY CHURCH OF CASHIERS**

Non-Denominational-Contemporary Worship

242 Hwy 107N, 1/4 miles from Crossroads in Cashiers

www.gracecashiers.com • Pastor Steve Doerter: 743-9814

Services: Sundays 10am - Wed. - 7pm; Dinner - Wed. 6pm

**HAMBURG BAPTIST CHURCH**

Hwy 107N. • Glenville, NC • 743-2729 • Pr. Nathan Johnson

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

Wed. Kidsquest 6p.; Worship 7p.

**HIGHLANDS ASSEMBLY OF GOD**

Randy Reed, Pastor 828-421-9172 • 165 S. Sixth Street

Sundays: Worship: 11

**HIGHLANDS CENTRAL BAPTIST CHURCH**

Pastor Dan Robinson

670 N. 4th Street (next to the Highlands Civic Center)

Sun.: Morning Worship 10:45 a., Evening Worship, 6:30 p.

Wednesday: Prayer Service, 6:30 p.

**HIGHLANDS UNITED METHODIST CHURCH**

Pastor Randy Lucas 526-3376

Sun: School 9:45a.; Worship 9:09, 10:50.; Youth 5:30 p.

Wed: Supper: 5:15; youth, & adults activities: 6; Handbell

rehearsal, 6:15; Choir Rehearsal 7. (nursery provided); 7pm

Intercessory Prayer Ministry

**HOLY FAMILY LUTHERAN CHURCH: ELCA**

Chaplain Margaret Howell • 2152 Dillard Road • 526-9741

LutheranChurchoftheHolyFamily.yolasite.com

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

Worship/Communion: 10:30

HEALING SERVICE on the 5th Sunday of the month.

**MACEDONIA BAPTIST CHURCH**

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

Pastor Zane Talley

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

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

**MOUNTAIN SYNAGOGUE**

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

**MOUNTAIN BIBLE CHURCH**

743-2583 • Independent Bible Church

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

4224 Big Ridge Road (4.5 miles from NC 107)

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

**OUR LADY OF THE MOUNTAINS****CATHOLIC CHURCH**

Parish office (Rev. Dr. Francis): 526-2418

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

**SCALY MOUNTAIN BAPTIST CHURCH**

Rev. Marty Kilby

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

Wednesdays: Prayer Mtg.: 7 p.m.

**SCALY MOUNTAIN CHURCH OF GOD**

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

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

**SHORTOFF BAPTIST CHURCH**

Pastor Rev. Andy Cloer

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

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

**COMMUNITY BIBLE CHURCH OF SKY VALLEY**

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

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

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

**LITTLE CHURCH IN THE WILDWOOD**

Memorial Day weekend through Labor Day

Horse Cove - Kay Ward 828-506-8148

Old-Fashion hymn-sing Sunday 7-8p.

**THE CHURCH OF THE GOOD SHEPHERD**

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

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

Nursery available for Rite II services

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

Thursday: Noon Healing Service with Eucharist.

**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 •

**The Highlands Police log entries from June 6. Only the names of persons arrested, issued a Class-3 misdemeanor or public officials have been used.**

## July 16

• At 1:46 p.m., officers responded to a two-vehicle accident in Highlands Plaza parking lot.

• At 3 p.m., officers were called about suspicious activity behind a store on NC 106.

## July 21

• A little before midnight, officers received a report of someone smashing out windows in an apartment on Hickory Hill Road. The damage is estimated at \$1,500.

• At 1:50 a.m., Ian Ross Thompson, 38, from Ft. Myers, FL, was arrested for destruction to property and resisting arrest. His was issued a \$750 secured bond. His trial date is Aug. 28.

• At 6:10 p.m., Ian Ross Thompson, 38, of Ft. Myers, FL, was arrested for trespassing. He was issued at \$1,500 secured bond. His trial date is Aug. 28.

## July 23

• At 8 a.m., officers were called about some keying a care while parked in the Meritage Bistro lot on Carolina Way.

## July 25

• At 4 p.m., officers responded to a one-vehicle accident on Holt Knob road.

## July 26

• At 3:23 p.m., officers responded to a two-vehicle accident on Church Street.

**The Highlands Fire & Rescue log from July 17.**

## July 17

• At 3:39 p.m., the dept. was first-responders to a residence on Holt Circle.

• At 3:47 p.m., the dept. stood by at the ballfield for the MAMA helicopter.

## July 18

• At 1 a.m., the dept. responded to a fire alarm on Main Street.

• At 11:03 a.m., the dept. provided mutual aid to Cashiers FD on a structure fire.

• At 4:15 p.m., the dept. was first-responders to a location on Spring Street.

• At 7:20 p.m., the dept. was first-responders to a residence on Old Orchard Road.

## July 19

• At 9:36 a.m., the dept. was first-responders to a residence on Arnold Road.

## July 20

• At 12:34 p.m., the dept. provided public assistance to a motorist on Horse Cove Road.

• At 3:53 p.m., the dept. was first-responders to a residence on the Franklin Road.

• At 4:45 p.m., the dept. provided public assistance to a resident on Buckberry Road.

## July 21

• At 7:27 a.m., the dept. responded to a possible electrical fire at a residence on Overlook Villas Dr.

• At 8:45 a.m., the dept. responded to a medical alarm at a location on Spring Street.

• At 12:15 p.m., the dept. was first-responders to a residence on Hummingbird Lane.

• At 12:23 p.m., the dept. was first-responders to a residence on Brookside Lane.

• At 3:28 p.m., the dept. was first-responders to a residence on the Franklin Road.

## July 22

• At 12:11 p.m., the dept. stood by at Zachary Field for the MAMA helicopter.

## July 23

• At 6:52 a.m., the dept. was first-responders to a residence on Netsi Place.

• At 7:55 p.m., the dept. was first-responders to a residence on Country Club Drive.

## July 24

• At 8:38 a.m., the dept. was first-responders to a residence on Spring Street.

• At 10:17 a.m., the dept. was first-responders to a residence on the Franklin Road.

• At 2:55 p.m., the dept. was first-responders to a location on Main Street.

## July 25

• At 3:52 p.m., the dept. provided public assistance to a resident on Flat Mountain Road.

• At 9:34 p.m., the dept. provided mutual aid to Cashiers FD.

## July 26

• At 1:40 p.m., the dept. was first-responders to a location on

Main Street.

• At 3:55 p.m., the dept. responded to a fire alarm at a residence on Big Bear Pen.

• At 5:55 p.m., the dept. responded to a motor vehicle accident on Buck Creek Road.

• At 3:22 a.m., the dept. responded to a motor vehicle accident on the Dillard Road.

• At 7:38 p.m., the dept. was first-responders to a location on Main Street.

• At 10:01 p.m., the dept. to a downed power line on 3 R Lane.

## July 28

• At 8:55 a.m., the dept. responded to a fire alarm at a residence on Horsecove Road.

• At 9:42 a.m., the dept. was first-responders to a residence on Sequoyah Drive.

• At 11:134 a.m., the dept. responded to a fire alarm at the hospital.

• At 3:32 p.m., the dept. responded to a fire alarm at the hospital.

• At 7:08 p.m. the dept. investigated smoke on Wingina Place.

## July 29

• At 6:14 p.m., the dept. was first-responders to a residence on Shortoff Road.



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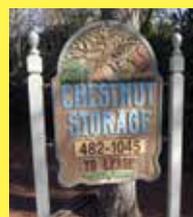
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**MADISON'S RESTAURANT -**

## ... LEAVING continued from page 15

His last day on the job is Friday, Aug. 17.

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His replacement will be sought

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through advertising with the NC League of Municipalities, WageWorks, the NC Planning Listserv, NC Human Resources Listserv, and NC City & County Managers Listserv, as well as, the local newspapers.

Ward said the town would like to find a candidate with experience in planning and zoning in North Carolina and knowledge of the North Carolina General Statutes.

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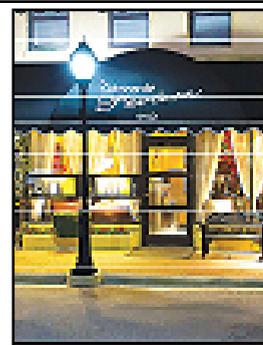
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