At TB: Sunset Rock, Duke, employee parking, Christmas Tree & webcam

There were a couple of items not on the agenda last Thursday night that elicited a lot of discussion: the condition of the Sunset Rock Road and Duke Coal Ash Recovery costs.

A lot was said also about extending employee parking restrictions and what to do about the town’s “Charlie Brown” Christmas Tree.

Sunset Rock Road Commissioner Amy Patterson, who walks Sunset Rock Road often, said the erosion along the .7-mile road has made it impassable for low clearance vehicles and even dangerous for those with high clearance and four-wheel drive.

Flu outbreak worse than the Swine Flu epidemic of 2009

On Mon., Jan. 29, only 88% of students were at Highlands School ... down from 93% on Fri., Jan. 26

At last week’s Macon County Board of Health meeting, Clinical Services Director, Jennifer Garrett, updated the board on the flu epidemic.

As reported, this year’s new flu referred to as A(H2N2) rather than the more common A(H1N1) or Influenza B, is affecting everyone young and old and it is widespread across the country.

To make matters worse, the vaccine effectiveness is lower

Help name the newest member of the Highlands Police Dept.

This is the newest K9 officer at the Highlands Police Dept. – an 8-week-old Malinois who will be on site and begin training in a few weeks.

At the Jan. 25 Town Board meeting, Police Chief Bill Harrell asked the community to help name her.

The dept. would like Zoe, Xena or Eve. Whichever name gets the most votes will become hers. Please contact HPD at 828-526-9431, Mon.-Sat., 8 a.m. - 6 p.m. to cast a one-time vote per person.

Area law enforcement growing beards for cancer

To help fight cancer, law enforcement personnel from across Western North Carolina will start looking a little “woolly” and “casual” beginning Feb. 4.

Officers from the Highlands, Franklin and Sylva police departments, and the Macon, Jackson, Swain and Cherokee county sheriff offices are joining forces to raise money for Cancer Care of Western North Carolina, which offers outpatient cancer treatment for residents of Western North Carolina.

Studies show that there is a direct correlation between the

For the second time in his decades-long career with the Highlands Fire & Rescue Dept., Roger Lee Wilson was named “Fireman of the Year” by his co-workers. Fire Chief Ryan Gearhart said he can always count on Roger Lee to be at almost every call and of course at every Tuesday night meeting at the firehouse – a feat recognized for the 28th time Saturday night at the department’s annual award banquet.

Wilson named ‘Fireman of the Year’ for the second time

Photo by Kim Lewicki
Dear Editor,

The roads coming into Highlands are covered with trash. Civic-minded citizens have picked up trash each year ... for years. Recently, there was a bag of garbage in the ditch on the side of the Franklin Road for more than a week. Contractors and workers drove to Highlands for jobs and paychecks but no one stopped to pick up the trash or the beer cans and fast food wrappers.

Highlands can do something to solve this problem, if we just will.

Richard Melvin
Highlands

For Real-time Weather and the Extended Forecast, go to • www.highlandsinfo.com and click on Weather

In addition to his parents, Carson is survived by grandparents, Sonya Watts of Franklin, Lori Rogers (Mark) of Highlands; great grandparents, Kathey Watts of Franklin, Sue Lewis of Sylva, Dickie and Joyce Gibson of Franklin and Bill Watts of Clayton, GA; great-great grandmothers, Rose Mary Kimsey and Katheryn Angel both of Franklin; uncles, Brett Gibson (Kacie Peck) of Franklin, Colton Gibson of Franklin; David Rogers of Highlands, Ayden Watts of Franklin and Logan Watts of Franklin; cousin, Benson Gibson of Franklin and several great aunts, uncles and cousins. He was preceded in death by his grandfather, Gregg Gibson and great-great grandparents, Bill Kimsey and Neal and Ollie Lewis.

Private services will be held.

In lieu of flowers, memorial donations can be made to Iotla Baptist Church, Playground Fund 1537 Iotla Church Road, Franklin, NC 28734.

Macon Funeral Home is in charge of the arrangements. Online condolences can be made at www.maconfuneralhome.com.

Louise Combs

Louise Combs, 91, of Highlands passed away Wednesday, January 24, 2018 at Fidelia Eckerd Living Center.

Louise was born to Horace McKinley and Marietta (Davis) Smiley on October 3, 1926 in Andrews, NC. She was a native of Andrews, NC, but had made Highlands her home for the past 36 years. She retired as a lab technician at Highlands Cashiers Hospital and was a member of the Episcopal Church in Highlands. She was preceded in death by her husband, B. A. “Smiley” Combs; her parents; two brothers, Jack Smiley and Ralph Smiley; a sister, Nell Smiley Firner and a godchild, Eli West.

Surviving is one daughter, Anne Louise Gradis (David) of Greenville, NC; two granddaughters, Melanie Gradis Hamilton (John) of Indiana and Melissa Gradis (John) of Maryland; one godchild, Towanna Roberts (Mike) of Andrews, NC and her best friend of 36 years, who was like a sister, Pearle Lambert of Highlands and eight great-grandchildren.

A memorial service will be held at a later date.

Online condolences may be made at bryantgrantfuneralhome.com. Bryant-Grant Funeral Home and Crematory is serving the Combs family.

New view of Highlands is great

Dear Editor,

I miss Highlands so much when away, now I can watch a bit of the activity! The new webcam view at www.highlandsinfo.com is a great idea! I can’t wait for the next snow fall on Main Street.

Sally Thorne

A solution to illegal dumping

Dear Editor,

I read the article in the Jan. 18 edition about illegal dumping at the dump stations in Macon County. It’s easy to understand the problem is going to continue to occur in a county where there are so many VRBO and AirBNB and other vacation rental units. People will leave their temporary home for the weekend, and not realize the dump is closed before they get there, and are faced with the choice of leaving it there within feet of the dumpsters, or take the trash all the way back home in their car.

Why not add an after-hours dumpster outside the gates? It may add some additional expense due to needing to be collected separately, but will probably be vastly less expensive than the legal and medical costs for someone getting stuck by a needle moving the illegally dumped trash from the gate to the inside when they start their shift.

Tom Herbort
Highlands, NC
**Highlands Area Dining •**

**Cyprus International Cuisine**

Serving Lunch and Dinner Year-Round. Gourmet Foods, Full Service Bar
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Japanese • Asian • Thai • Hibachi Cuisine
Open Year Round • 6 days
Closed Wednesdays
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151 Helen’s Barn Avenue

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3 FOR 30 MENU
THREE COURSES, 30 DOLLARS
MONDAY - THURSDAY

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Breakfast: 7:30:10:30am
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Full cooked-to-order breakfast &
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493 Dillard Road • Highlands

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**Wild Thyme Gourmet Restaurant**

Serving Lunch and Dinner Year-Round. Gourmet Foods, Full Service Bar
Town Square at 343-D Main St. • Highlands

**Zachary retires from HF&R**

Closed Wednesdays
Zachary retires from HF&R

Dear Editor,

The new webcam at www.highlandsinfo.com is fantastic! Great view of Main Street.

I always check your weather info to see what is happening and now I have a 12” X 17” view.

Jim Rogers

Quiet, please

Dear Editor,

Most respectfully, I would like to remind everyone who attends the excellent LIVE in HD Simulcast performances from the Metropolitan Opera, which are shown at the PAC on Saturdays, that they are not in their living rooms in their pajamas and bathrobes with their feet up on the coffee table eating popcorn and potato chips and simultaneously chatting with friends and/or family.

As attractive as this seems, it is not so attractive to the people who go to actually hear the music, hear the singers and to view the performance.

As for the people who cannot resist checking their email or whatever it is they are checking during the performance, they may not be aware of how bright a cell phone screen is, especially in a darkened room.

I would also advocate for the old-fashioned courtesies that used to be observed at such events, namely, if you are late to the beginning of the show, you will not be admitted into the arena in the middle of an Act, but must wait in the lobby until either between Acts or until the intermission. A better alternative is to arrive on time. The frequent opening and closing of the lobby door, suddenly flooding the darkened room with light and late arrivals fumbling around trying to find seats is annoying, forgive me for saying so.

I also don’t think food should be allowed in the actual arena, at least not noisy food. People trying to quietly extract a peppermint from a cellophane wrapper, for example, or eating Fritos or potato chips out of a cellophane bag, well you can imagine. You are waiting to hear the famous aria sung acappella by a renowned artist and, just as they reach high C, the person behind you tears open their Frito bag and begins crunching away. I’m sorry, call me picky. Maybe my hearing is over-sensitive. Snacks, which are sold in the lobby, should stay in the lobby while being consumed, or not sold at all.

The PAC and its executive director do such a beautiful job of bringing these, and other, performances to us. As we are so lucky to have these cultural gifts made available, I say let’s show some respect both to our neighbors who are attending these performances and to the incredible artists up on the screen.

Alice Nelson
Highlands

Dear Editor,

The PAC and its executive director do such a beautiful job of bringing these, and other, performances to us. As we are so lucky to have these cultural gifts made available, I say let’s show some respect both to our neighbors who are attending these performances and to the incredible artists up on the screen.

Alice Nelson
Highlands
FLU continued from page 5

As of Jan. 13, 2018, 42 flu deaths have been reported in North Carolina since Oct. 1, 2017.

Ten of those were during the week of Jan. 7, 2018 to Jan. 13, 2018.

Typical peak is late November through March.

The health department doesn’t have statistics on the number of cases in Macon County specifically because influenza isn’t a reportable condition in North Carolina.

However, the Macon County Public Health Department has been proactive in its fight against it.

It had 23 off-site flu shot clinics that targeted school teachers, nursing homes, shut-ins, senior services, general population clinics, employees of Macon County Public Health Dept., and Macon County employees.

So far 330 high dosages for those 65 and older have been given; 1,075 regular flu with the preservative, 352 preservative free flu shots, for a total of 1,757 flu vaccines.

According to the health department, the exposure of flu to illness is 1-4 days with an average of two days.

People with the flu are most contagious in the first three to four days after the illness begins. However, some people are contagious one day before symptoms develop and up to five to seven days after becoming sick.

Some people, especially young children and people with weakened immune systems, might be able to infect others with the flu virus for an even longer time.

Since the flu is a contagious respiratory illness that can be mild or severe and can sometimes lead to death, health officials say to: stay away from people who are sick; stay home from school or work if you get sick; cover your cough, wash your hands often, go to the physician quickly if you think you have been exposed to the flu or have the flu.

Antiviral treatment with Tamiflu, Relenza, Inavir or Peramivir, which is given via IV — should begin as early as possible upon symptom onset, ideally within 48 hours.

Experts believe the flu is spread mainly by droplets made when people with the flu cough, sneeze or talk as the droplets can land in the mouths or noses of people nearby.

Others believe a person can get the flu from touching a surface or object that has the flu virus on it and then touching their eyes, nose or mouth.

Flu symptoms are a 100-degree or higher fever or feeling feverish but not everyone with the flu has a fever; a cough and/or sore throat; a runny or stuffy nose; headaches and/or body aches; chills; fatigue; nausea, vomiting and/or diarrhea — which is most common in children.

Teams continue to play hard

The highschool basketball teams played Swain and Hiwassee Dam this week. JV girls did not play Swain, but no team could beat them.

JV boys lost 64-28. The varsity girls lost 49-48 and the varsity boys lost 78-61.

They also played Hiwassee Dam. JV girls lost 47-17 and JV boys lost 55-29. Varsity girls lost 43-34 and varsity boys pulled out a 64-39 win. Their next home game will be on February 6th against Nantahala starting at 6 pm.

Middle school played Tallulah Falls and Eagle Ridge this week. Girls lost to Tallulah Falls but the boys won. Only the boys played Eagle Ridge and they won. They have no more home games but they will play again on February 3rd if they win Tri-State tourny games.

Come support Highlands Basketball teams as seasons start to get closer to their finish.

Officers will pay a fee to be allowed to grow a beard for the month of February in honor of World Cancer Day. 100% of the funds raised will benefit the Cancer Care Center’s Lovelight program, which provides financial assistance to patients in need of help with food, transportation, utilities, and other expenses.

Typically, department policies require officers to be clean shaven while in uniform.

See BEARDS page 13
Back in the ‘90s, the Town Board agreed to keep the road smooth so “everyone, regardless of their vehicle could drive up the road.”

But she said because of the erosion, it doesn’t make sense to continually fill the deep knee-high ruts with gravel that relatively quickly and consistently washes down the road, through the growth and on to the Nature Center property.

“This is impacting the environment below and beyond the road. Somehow we need to figure this out,” she said. “As Lamar has told me many times, gravel on granite doesn’t hold. What we are doing isn’t working.”

She suggested closing the road to vehicles (except for utility trucks) and making it a pedestrian-only roadway.

Commissioners agreed to decide after Town Engineer Lamar Nix and the Public Works Committee consider options.

Duke Coal Ash Recovery

Kevin O’Donnell with Nova Energy, who is the town’s liaison with Duke Energy, said that until the NC Utilities Commission makes its final ruling, the town must charge its customers fees to help Duke recoup money it paid out in 2015, 2016, 2017 and what it expects to dish out in 2018 for coal ash clean-up. Highlands’ portion is $191,472.

Until and unless the NC Utilities Commission disallows a portion it is demanding, Duke’s wholesale customers – like Highlands – must pay the full amount.

However, O’Donnell, who has testified against Duke, is hoping the NC Utilities Commission will disallow 75% to 50% of Duke’s claim.

Until then, Highlands must pay what Duke demands. However, even if the NC Utilities Commission rules against Duke, the case will likely linger in court for years and all the while Duke’s customers – retail and wholesale – must pay.

So, through December 2018, Highlands’ 2,361 residential customers will each see an increase of about $4.05 per month in their utility bill beginning immediately. Its 451 commercial customers will see an increase of about $14.05 monthly.

“Duke is passing the cost of its coal ash cleanup on to us,” said O’Donnell. “If it doesn’t get exactly what it wants, it will litigate it all the way to the Supreme Court.”

Employee Parking Restrictions

During the Public Comment period of the Jan. 25 Town Board meeting, Kilwin’s owner Jerry Moore requested that the town extend employee parking restrictions in the business district year-round.

“It makes sense as more and more shops stay open year-round, especially on weekends,” he said. “It’s also hard to mentally transfer from parking to no parking and it would make enforcement easier in the long run.”

Mayor Pat Taylor said that the companies in town that employ large numbers of people – namely OEI, Reeves, Mountain Fresh Grocery and the Ugly Dog Public House – already require their employees to adhere to restricted parking all year.

Though commissioners discussed phasing in the requirement, in the end, they agreed to implement the “no employee parking in the business district” beginning April 1 forever more.

“We need to implement it now because it’s a problem now,” they said.

There will a grace period until the end of April, but after that complaint-driven tickets will be issued.

Christmas Tree

“We need to consider getting another live Christmas Tree that looks like a Christmas Tree that we can maintain and groom – something we can be proud of,” said Commissioner John Dotson, kicking off the discussion. “Either have a cut tree of substantial size each year or plant a bigger tree. What we have now is a disgrace to the town; it’s an embarrassment.”

The current 20-ft. tree was donated but soon after it was planted the severe drought hampered its growth substantially.

As it turns out, the embankment where the tree now resides, isn’t conducive to its growth either due to the underlying granite. So, a larger tree would have to be planted somewhere else in the park – possibly near the white pine stand along the western edge of the park along the alley.

Mayor Taylor said someone has offered to donate a larger live tree – the board just has to decide on its placement.

Commissioner agreed to go for a larger, live tree but the Rec Committee will discuss particulars with Jim Tate and Hank Ross who oversaw the plantings in the park.

Webcam

MIS/GIS Director Matt Shuler announced that the town’s webcams on Main Street and Big Bear Pen looking at Whiteside were live and on the town’s website. Also, that links are available for the asking.

– Kim Lewicki
Valentine Champagne Facial
This luxurious Facial combines the hydrating, exfoliating and anti-oxidant properties of champagne oil. This facial removes dead skin cells, deeply hydrates and helps fade age spots.
$110!
Take Home a Complimentary Champagne Split!
Call (828) 526-3783 to schedule an appointment with Lynn

The great Orthodox theologian, Alexander Schmemann, described the season of Lent as a “sad brightness.” In his book, Great Lent, Schmemann says that the climate of Lent reminds us of the sadness of our exile, the waste we have made of our lives. However, Lent also offers the brightness of God’s presence and forgiveness, the joy of the recovered desire for God and the peace of the recovered home.

Please consider joining us at the Church of the Incarnation for this five-part Lenten series as we explore the foundations of Christian spirituality as we prepare for the brightness of Easter, Wednesday, February 21 through March 21. Our new rector, the Rev. Bentley Manning, will lead us through the topics of Baptism, Scripture, Eucharist, Prayer, and Ministry. These will be one-hour long, weekly mid-day programs on Wednesdays throughout Lent, with a light lunch beginning at noon.

The fee is $10. Sign-up outside the church office, or email incarnation@incarnationwnc.org.
Oh, Crystal Ball: Are We There Yet?

Other real estate markets have bottomed out and have been rising for years. Unlike these markets, our area has lagged behind and has yet to respond positively, until now. Happily, the numbers on the Highlands/Cashiers Multiple Listing Service (HCMLS) show an upward trajectory over the last four years in this market, both in categories of Units and Volume sold:

<table>
<thead>
<tr>
<th>Year</th>
<th>Unit</th>
<th>Volume</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013-14</td>
<td>+5.52%</td>
<td>+19.54%</td>
</tr>
<tr>
<td>2014-15</td>
<td>+11.28%</td>
<td>+7.73%</td>
</tr>
<tr>
<td>2015-16</td>
<td>+7.91%</td>
<td>+18.70%</td>
</tr>
<tr>
<td>2016-17</td>
<td>+8.82%</td>
<td>+2.33%</td>
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</tbody>
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In 2018, my crystal ball predicts based on the number of buyers actively looking at homes this January that this could be the year that our market bottoms out, that inventory will start to tighten up and prices will start to rise with the reduced inventory.

This prognostication is supported by the numbers on the HCMLS for January 2018. Unit sales are up a whopping 47.37% and volume is up 44.81% so far this year! Again, with any market, there are tranches that have fewer buyers. The air is thin when you get over two million dollars, but we have had success finding the buyers who want true luxury in this market.

The moral of this story is that if you are a buyer, don’t wait until spring to shop as the current inventory is being purchased, and you might be disappointed with the leftovers. Buckle your seatbelts, 2018 is going to be a great ride for real estate on The Highlands/Cashiers Plateau!!

Jody and Wood Lovell own Highlands Sotheby’s International Realty, the top producing firm in Highlands for four years in a row. With three offices across the Plateau, one at the corner of Main Street and Highway 64 in downtown Highlands, one at the gate of Cullasaja Club and one in Cashiers across from Cornucopia, our 30 brokers can attend to all of your real estate needs. Call today at 828.526.4104 or 828.526.8300 to make an appointment.

Chamber of Commerce accepting grant requests for advertising funds

The Highlands Chamber of Commerce is accepting grant requests for advertising funds for local events that are scheduled to occur before June 30, 2018.

The ads must be placed in markets 50-plus miles from Highlands and the deadline for submissions is Friday, February 23, 2018.

Funding is contingent upon approval.

Please contact Bob Kieltyka at president@highlandschamber.org or 828-526-5841 for the grant application or for more information.
I n the last month and a half, I have learned the unpredictable nature of life and death in a poignant way. It has gone beyond ministerial platitudes and theological surmising of what we call theology – the branch of theology that defends God's goodness and justice in the face of evil and suffering. The things I have experienced are not unique in any sense. But when such moments come in a bundle, it is a bit overwhelming and can challenge one’s balance in faith. To be specific, on December 7, 2017, I conducted the funeral for my father whom I admired most in this life among men. The same day I was informed that I have cancer, and action would be required to stave off its growth and morbidity. The week prior I was informed by my sister, my friend and confidant, that she had liver cancer. She is at home in Franklin with hospice as we write this – she is literally at death’s door and I wait anxiously for that dreaded call between visits.

I have thought a great deal about the frailty of life because of these events, especially in light of the words from God’s Word. It was wise Solomon who said, “For everything there is a season, and a time for every matter under heaven: a time to be born and a time to die…a time to weep and a time to laugh, a time to mourn and a time to dance” (Eccl. 3). Solomon was simply saying that the rhythms of our existence contain both the bad and the good. We all know this but seek to put them out of mind until we are confronted by the sufferings and trials of life. We try to hold on to the good of life and those events that bring joy, while pushing away the inevitable times of death, loss and sufferings of all kinds – this is just human nature. Sometimes we go so far as to presume upon our existence and fail to account for the shortness of life in terms of eternity, and in terms of our own agendas. I Peter 1:24 tells us “All flesh is like grass, and all its glory like the flower of the grass. The grass withers and the flowers fall off.” In Luke 12:13-34 Jesus tells of the rich man who aspired to build bigger barns to hold his recent blessings of grain and settle down to a life of ease. But the Lord responded by telling him he was being foolish to presume about life and the future, for he would die that night. Jesus would then tell his disciples about the frailty of life, and that God is in control – not us.

Now hear me well, I am NOT trying to throw cold water on our existence in this life. This life and this world are abundant in legitimate pleasures and joys every day! In this part of the world and at this time, we are blessed with a multitude of reasons to find joy in living and rea-

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**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 a.m.
Sundays: 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 a.m.

**CHAPEL OF THE SKY**
Sky Valley, GA • 706-746-2999
Sundays: 10 a.m.; Worship
Holy Communion 1st & 3rd Sundays

**CHRIST ANGLICAN CHURCH**
Rector: Jim Murphy, 252-671-4011
464 US Hwy 64 east, Cashiers
9:30a Sunday School; 10:30a Worship Service
Mon. 6p Bible Study & Supper at homes

**CHRIST CHURCH OF THE VALLEY, CASHIERS**
Pastor Brent Metcalf • 743-5470
Sun. 10:45a, S&S 9:30a.Wed. 6pm supper and teaching.
Tues. Guys study 8am, Gals 10am.

**CLEAR CREEK BAPTIST CHURCH**
Pastor Jim Kinard
Sundays: School: 10 a.m.; Worship: 11a.m.
1st & 3rd Sunday night Service: 7m.
Wednesdays – Supper at 6 p.m.

**COMMUNITY BIBLE CHURCH**
www.cbchighlands.com • 526-4685
3645 Cashiers Rd, Highlands, NC • Sr. Pastor Gary Hewins
Sun.: 9:30a Sunday School; 10:30a Worship Service
10:30a: Middle & High School; 10:45a: Child. Program,
10:45a: Worship Service
Wed.: 5pm Dinner ($7 adult, $2 child), 6pm CBC U.

**EPISCOPAL CHURCH OF THE INCARNATION**
Rev. W. Bentley Manning • 526-2968
Sundays: Education and choir rehearsal, 9 am,
Holy Eucharist Rite II, (sanctuary), 10:30, nursery available
Monads: Centering Prayer at 3 pm in the library
Thursdays: Holy Eucharist Rite II.

**FIRST BAPTIST CHURCH HIGHLANDS**
828-526-4153 • www.fbchighlands.org
Dr. Mark Ford, Pastor
220 Main Street, Highlands NC 28741
Sun.: Worship: 10:45 a.m.; Bible Study 9:30 am
Wed.: Men’s Bible Study 8:30 a.m.; Prayer Mtg 6:15 pm; Ch. 5p

**FIRST PRESBYTERIAN CHURCH**
Curtis Fussell & Emily Wilmarth, pastors
526-3175 • fpchighlands.org
Sun.: Worship: 11 a.m.; School: 9:30
Monads: 8a: 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
Sundays: Worship 11a & 7p, Bible Study 6p
Wed. Kidsquest 6p; Worship 7p.

**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: 11a.m.

**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
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
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: 11, Choir: 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**
Sky Valley, GA • 706.746.3144 • 696 Sky Valley Way #447
Pastor Gary Hewins
Worship: Sun. 9 a.m., with Holy Communion the 1st & 3rd Sun.;
Tues: Community Supper: 5:30 followed by Bible Study.

**THE CHURCH OF THE GOOD SHEPHERD**
1448 Highway 107 South, Office: 743-2359 • Rev. Rob Wood
June-Sept: Sunday Services: Rite I, 8a, Rite II, 9:15 & 11a
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 • uufranklin.org
Sunday Worship - 11 a.m.

**WHITESIDE PRESBYTERIAN CHURCH**
Rev. Sam Forrester/Cashiers
Sunday School: 10 a.m; Worship Service: 11 a.m.
**Healthy Lifestyle Concepts**

**Venison Stew with Portabella Mushrooms**

This hearty stew is a nutritious and delicious way to make good use of the venison or grass-fed beef that you may find in your freezer this winter. You can start it on the stove top and then transfer to a slow cooker, which will allow all the delicious flavors of the onions, mushrooms and red wine to saturate the carrots and meat. As part of a grain-free, low carbohydrate Paleo meal, serve up the stew on a bed of sautéed greens and riced cauliflower instead of with bread, pasta or potatoes. Believe it or not, leftovers are even more delicious!

**Ingredients**
- 2 lbs cubed venison, or grass-fed beef
- 1 tsp sea salt
- ½ tsp pepper
- ½ tsp thyme
- ¼ cup organic unrefined coconut oil or organic butter
- 2 TBS organic butter
- 4 cups quartered baby Portabella mushrooms
- 2 TBS organic unrefined coconut oil or organic butter
- 1 large yellow onion – chopped
- 2-3 organic carrots – washed, peeled and chopped in half moons
- ½ cup red wine
- 3 cups hormone-free beef bone broth – either make your own or it is available frozen at Whole Foods
- ½ tsp dried rosemary
- 1 bay leaf

**Directions**
1. Combine salt, pepper, and thyme in a small bowl. Add cubed meat and toss to coat.
2. Preheat stainless steel stock pot on medium heat, add coconut oil or butter, when melted add cubed meat, allowing each side to sear and brown, remove and place the meat in a covered bowl.
3. Add 2 TBS butter to stock pot on medium-low, when melted add mushrooms and sauté until fully cooked and softened, then remove and cover.
4. Add 2 TBS coconut oil or butter to stock pot on medium-low, melt and add chopped onion, cooking until they become translucent. Add pressed or minced garlic, stir well and add chopped carrots. Cover for a few minutes, then stir and cover again until softened, then remove from pot and cover.
5. Then add the red wine to the hot stock pot, stirring to deglaze (unstick the cooked-on flavors off the bottom).
6. Return the cooked meat, mushrooms, onions and carrots to the stock pot and mix well. Add the beef broth, rosemary, and bay leaf, stir and bring to a low simmer.
7. Cook on low for at least 2-3 hours to allow all the delicious flavors to peak. Taste and add sea salt and pepper if needed, and remember to remove the bay leaf before serving.

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References available

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References available
The Highlands Police log entries from Jan. 9. Only the names of persons arrested, issued a Class-3 misdemeanor or public officials have been used.

Jan. 9
- At 3 p.m., officers were called about someone using a credit card owned by someone else without permission at the Shell station.
- At 11:04 a.m., officers received a call about a breaking and entering and larceny from a residence on Cullasaja Drive where close to $25,000 in jewelry was taken
- At 4 p.m., officers received a call about someone taking and using a phone without permission at a residence on Main Street.

Jan. 10
- At 12:56 p.m., officers were called to the NC 106/Turtle Pond area to investigate smoke.
- At 12:56 p.m., the dept. provided public assistance on Holly Tree Lane.
- At 9:27 p.m., the dept. was first-responders to a residence on Flat Mountain Road.

Jan. 17
- At 3 p.m., officers were called about someone using a credit card owned by someone else without permission at the Shell station.
- At 4 p.m., officers received a call about someone taking and using a phone without permission at a residence on Main Street.
- At 11:04 a.m., officers received a call about a breaking and entering and larceny from a residence on Cullasaja Drive where close to $25,000 in jewelry was taken
- At 11:04 a.m., officers received a call about a breaking and entering at a residence on Chowan Drive where someone entered the residence and turned on the water which damaged pipes.
- At 9:20 p.m., officers were called about an alleged physical domestic assault on a 46-year-old female at a residence on Cullasaja Drive.

Jan. 19
- At 1:18 p.m., officers received a call about a breaking and entering at a residence on Chowan Drive where someone entered the residence and turned on the water which damaged pipes.

Jan. 20
- At 9:20 p.m., officers were called about someone taking a credit card owned by someone else without permission at the Shell station.

Jan. 23
- At 5:10 a.m., officers were called about someone using a credit card owned by someone else without permission at the Shell station.

Jan. 24
- At noon, officers received a call about a motor vehicle theft and larceny where a vehicle was taken without permission from a residence on US 64 west where cash was taken, too.
- At 6:30 a.m., officers were called about “someone at the door” of a residence on US 64 west.

Jan. 25
- At 1:20 p.m., officers were called about someone using a credit card owned by someone else without permission at the Shell station.

The Highlands Fire & Rescue Dept. log from Jan. 24.

Jan. 24
- At 1127 a.m., the dept. was called to the NC 106/Turtle Pond area to investigate smoke.
- At 12:56 p.m., the dept. provided public assistance on Holly Tree Lane.
- At 9:27 p.m., the dept. was first-responders to a residence on Flat Mountain Road.

Jan. 25
- At 1127 a.m., the dept. was called to the NC 106/Turtle Pond area to investigate smoke.
- At 12:56 p.m., the dept. provided public assistance on Holly Tree Lane.
- At 9:27 p.m., the dept. was first-responders to a residence on Flat Mountain Road.

Jan. 26
- At 8:58 a.m., the dept. was first-responders to a residence on US 64 west.

...SPIRITUALLY SPEAKING continued from page 10

...BEARDS continued from page 6

form. Growing facial hair is a perk that will help the departments raise money for the cancer center.

A fundraising campaign, WNC Law Enforcement Now Shave February, was launched on Youcaring.com so the public can “sponsor” officers by donating in their name for the event.

The public will then be invited to vote on the best beard for each department via the department’s Facebook pages. The officer with the most votes and the officer with the most money raised will be the winners.

Female officers are not being left out of the challenge.

See BEARDS page 14

Wednesday Lenten Lunch & Worship at HUMC

Wednesdays Feb. 14-March 21

Beginning Feb. 14, join HUMC for a weekly soup/sandwich lunch and brief worship message in the Faith and Fellowship Center – each Wednesday during Lent at noon. Everyone is invited. Donations accepted.
HELP WANTED

INTERVIEWING FOR FULL-TIME YEAR AROUND SECURITY POSITION for a private community in Highlands. Shift is 3 pm to 11 pm M-F. Full benefits. Call 828-526-4161 or 706-982-5526. (st. 2/1)

AT DUTCHMANS: Full-Time Sales Associate (year-round). REQUIREMENTS: Retail experience a must, need to be able to work weekends and holidays, ability to work in a fast-paced sales-based environment, may include long periods of time standing, positive and friendly attitude, computer skills, include long periods of time standing, position is flex-time, partly full time, or fully part time…we will work that out with a qualified and committed candidate. The Real Estate business is multi-faceted and we typically wear many hats. You’ll serve alongside our team of Brokers as we service our Clients with excellence. Along the way you will learn new things. In fact, if you’ve thought about embarking upon a Real Estate career and practicing Brokerage, this position is a great way to find out if it’s right for you before investing the time & money it takes to become licensed. Genuine, Honest, Personality Plus, Servant Spirit, Problem Solver, Good Listener, Fun, High Integrity, Hard Working. If these attributes describe you then drop us your credentials, resume, and cover letter to Pat@WhiteOakRG.com We promise to call you back and we thank you in advance for your interest.

CYPRUS INTERNATIONAL CUISINE, Hiring All Positions. Please Contact Dan At Cyprus332@gmail.com. Or Visit Us At 332 Main St. Highland NC (st. 1/11)

MOUNTAIN FRESH GROCERY has full and part-time positions available. Competitive wages in all positions. Please come in person to 521 east Main Street in Highlands to apply or call 828-526-2400.

• Food Server, Cashier and Barista (includes tips)
• Dishwasher
• Positions in the ice cream dept.
• Pizza
• Experienced Breakfast Cook

SALES ASSOCIATE FOR HIGH END CLOTHING STORE IN HIGHLANDS, NC, full time, part time and seasonal. Must be available to work weekends. Retail clothing sales experience preferred. Please call 828-200-0928. (st. 5/25)

ITEMS FOR SALE

SEASONED FIREWOOD FOR SALE, CALL 828-369-7754. (st. 2/1)

FIREWOOD FOR SALE, Seasoned hardwood. Call Matt at 828-482-2214. Please leave message. (st. 10/5)

SERVICES


HEALTHY COOKING CLASSES

IN YOUR HOME, Learn simple techniques & recipes to make fresh foods taste delicious, as you save money and improve your health! Call Medea Galligan, MS Nutrition, Health Coach at 828-989-9144 and leave your name & number to schedule your class.


MOLD AND MUSTY SMELL IN YOUR HOME? Call for free inspection. 828-743-0900.

REAL ESTATE/BIZ FOR SALE

1 BED WITH BONUS ROOM

FOR RENT OR SALE, Rocky Knob gated community. $800/mth or $180,000. Call 828-484-9290 or 828-333-2457. (st. 11/9)

3.20 ACRES UNRESTRICTED

Power underground, borders National forest, 190 degree view. 3 septic fields, 1 well 7 g p.m. 2 house foundations established and approved by county inspectors. 2Bed/2Bath Clayton home livable while building. Spring rights and more land available. For beautiful sunsets contact gracefamilia@yahoo.com. (st. 9/21)

1.21 ACRES FOR SALE BY OWNER - OTTO, NC - $28,000. Lot 12 Quail Haven Road. Otto, NC. Price not firm...open for negotiation. Please email if interested to ddmarsh15@aol.com or call/text to 239-980-0531. If no answer please leave a message. (st. 7/20)

RENTALS


TWO BED/1.5 BA, close to town off NC 106. Long-Term Rental. $1,200/month. Call Barbara at 828-526-5839. (st. 1/25)

TWO SMALL OFFICE SPACES near town, or combine for 800 square feet. 828-526-5558. (st. 1/11)

2 BED PLUS OFFICE, 2 bath. Next to hospital. Year-round. $1100/mth includes utilities. Call 828-200-1064 (or leave message). (st. 1/11)

...BEARDS continued from page 13

They will have the opportunity to pay to wear the “casual” uniform for the month of February, another perk that will help raise money for the cancer center.

“We each know someone who has been touched by cancer, whether it be a family member or a friend,” said Highlands Police Chief Bill Harrell. “This fundraiser is an excellent way that we as law enforcement officers can come together to raise money for families touched by the disease right here in our own community.”