

# Highlands Newspaper

FREE Every Thursday

Volume 15, Number 9      Real-Time News, Weather & WebCams: HighlandsInfo.com      Thurs., March 1, 2018

## PB works on amending ordinances

Three proposed code and UDO changes were discussed at the February Planning Board meeting – Dam Impoundment Drainage, Boat Docks and Houses on Lake Sequoyah and Com-

munity Design. The board wasn't ready to finalize the Boat Docks and Houses on Lake Sequoyah or the Community Design ordinances, but the Impoundment Drainage was ac-

cepted as presented by Town Planner Andrew Bowen. The Town Board will get the final say at its March meeting. The draining of impound-  
**• See ORDINANCES page 8**

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## County suspends grading license program

*Awaiting input from the state*

The Macon County Board of Commissioners first voted to suspend the county's grading license program in February 2017. Recently, commissioners voted to continue the program's suspension after significant input from Macon County residents.

Following last February County Commission, County Manager Derek Roland issued a statement from the county: "On February 13, 2018, the Macon County Board of Commissioners voted 4-1 to (1) to extend the suspension of the Macon County Grading License Program until such time as the North Carolina Sedimentation Control Commission has concluded their review

**• See GRADING page 5**

## It's starting to look a lot like spring!



Spring is on the march as shown in this shot of Lake Glenville taken by Linda Barden, but on Groundhog Day, Friday, Feb. 2, Punxsutawney Phil saw his shadow and according to legend, we're in for a couple more weeks of winter.

## Zachary Park on CIP list for funding

Zachary Park could get a boost from county officials in the coming year if the Macon County Capital Improvement Plan (CIP) is adopted.

Macon County Commissioners were presented with a final copy of the CIP completed by Daven-

port & Company last month. They and are in the process of considering nearly a dozen projects proposed for the next 10 years, including \$250,000 for improvements at Zachary Park off Buck Creek Road in Highlands.

The project, which is pro-

posed for the coming fiscal year, would create new soccer fields at the facility and would give Highlands another soccer field in town.

The bulk of the estimated quarter million dollars comes in grading costs and to relocate exist-

**• See ZACHARY page 6**

## Customers to foot the bill for Duke's coal ash cleanup

Last Friday, the NC Utilities Commission ruled in Duke Energy's favor, that is, customers, not Duke, are financially liable for the costs associated with Duke's coal ash clean-up.

Since this began three years ago, Kevin O'Donnell with Nova Energy, who is the town's liaison with Duke Energy has been saying that he expected the NC Utilities Commission to only give Duke half of what it requested – but that was not to be.

Duke can now recover \$202.4 million of the more than \$240 million it sought from customers for upgrading its coal-ash operations to meet new state and

**• See COAL ASH page 7**

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# • THE PLATEAU'S POSITION •

## • MAYOR ON DUTY •

### Duke and their stockholders win, their customers lose

**B**asketball's March Madness is near, and Duke's in the hunt. Another madness is in the state, and it looks like another bigger Duke has nailed its prey, their rate-payers. Those consumers will cover Duke's coal ash mismanagement, while investors dodge Duke's bullet.

Last year I wrote about my Asheville trip to testify at a North Carolina Utilities Commission hearing in the Duke Progress rate increase case. Duke wanted, among other things, 232 million dollars for Duke Progress' portion for coal ash remediation costs.

While Highlands is a wholesale customer and was not a stakeholder in the Duke Progress case, Kevin O'Donnell our consultant, encouraged me to attend and speak on behalf of Highlands. Kevin helped me write a statement and went with me.

The statement we drafted acknowledged that Highlands as a Duke wholesale customer was not a stakeholder in the rate increase under review, but the decision by the Utilities Commission would set a precedence for all other coal ash rate requests across the state, impacting Duke Carolina's retail and wholesale customers.



Highlands Mayor  
Patrick Taylor

I didn't get to fully make that point, or a complete my statement before the Utilities Commission. Chairman Finely cut me off and stressed during multiple interruptions that I and the town had no standing in this rate hearing.

There was another Utilities Commission rate case hearing in January. This hearing was in Franklin, and Duke of the Carolinas was making the request for the 16% rate increase that included coal ash costs. I decided not to attempt to speak at this hearing. Chairman Finely would most likely have treated me the same way. Kevin didn't recommend me attending.

Furthermore, in a recent article the Duke CEO stated that Duke would take legal action all the way to the NC Supreme Court if the NC Utilities Commission did not grant full coal ash recovery costs. That threatened legal action could take years and cost the state millions. The Public Staff, a state body who represents consumers, had recommended to commissioners to allow about half of the requested cost.

This past week the Utilities Commission issued their final decision concerning Duke Progress coal ash costs. Duke Progress was allowed 202 million instead of the 232 that they requested. Kevin O'Donnell says it's a bad precedent for Duke customers in the impending case for Duke of the Carolinas and for small wholesale distributors like Highlands.

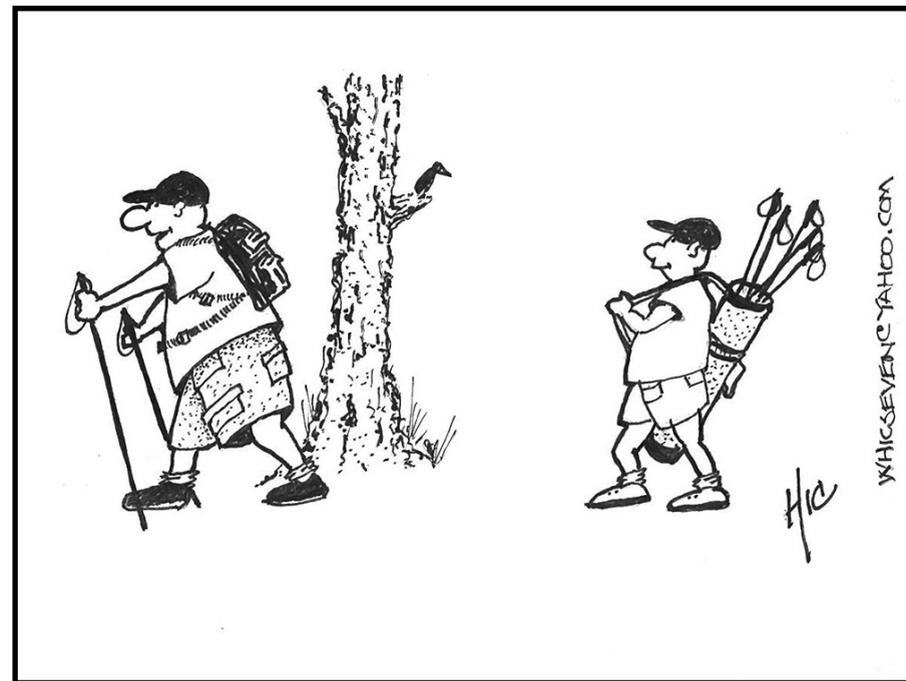
Duke will probably get almost everything they have requested, thus making

protracted litigation unlikely. In this tournament of madness Duke and their stockholders win, their customers lose.

Duke officials made the decision that customers will be the sole bearers of coal ash costs. Ironically, there is some new information that Duke knew the environmental problem posed by coal ash as far back as

the 1980s, but took no action. Highlands Electric Utility customers will see their portion of coal ash costs on monthly bills. The Duke Carolina and Duke Progress customers will not. The coal ash costs will be embedded in their higher monthly bills. Now that's real madness, or at least it makes folks mad.

## • HIC'S VIEW •



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Locally owned and operated by

Kim & Jim Lewicki

Adobe PDF version at  
www.HighlandsInfo.com

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Highlands, N.C., 28741

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#### Letter Policy:

We reserve the right to reject or edit letters-to-the-editor. **No anonymous letters will be accepted.** Views expressed are not necessarily those of Highlands Newspaper.

## • WEATHER •

	Friday 3/2		Saturday 3/3		Sunday 3/4	
	Daytime	Overnight	Daytime	Overnight	Daytime	Overnight
Temp	50 F	24 F	52 F	23 F	56 F	24 F
RealFeel <sup>®</sup>	46 F	19 F	51 F	16 F	61 F	23 F
Winds	13 g 17	10 g 15	8 g 13	7 g 11	5 g 8	2 g 6
T-Storms	0%	0%	0%	0%	0%	0%
Rainfall	0	0	0	0	0	0
Snowfall	0	0	0	0	0	0

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# • OBITUARY •

## Wesley T. Wilson

10/10/41 – 2/15/18

Wesley T. Wilson, of Sarasota, FL and Highlands, NC, passed away on February 15, 2018 in Sarasota. He was born in Erie, PA and moved to Sarasota in 1953 from North East, PA. He went to Riverside Military Academy in Gainesville, GA and graduated from Riverview High School in Sarasota. Upon graduation he attended Cincinnati College of Mortuary Science receiving his Funeral Directors degree. Mr. Wilson was in business with his father, Dean M. Wilson, who ran Wilson Funeral Home in Sarasota which later became Toale Brothers Wilson Chapel.

Mr. Wilson moved to Highlands, NC in 1986 and became owner of Le Pavillon Women's Apparel Store with his wife Phyllis Wilson. Mrs. Wilson predeceased him in 2010.

He was a member of Trinity United Methodist Church in Sarasota, Highlands United Methodist Church in Highlands, NC, Cary B. Fish Lodge (Phoenix) 346 F&AM of Sarasota, Scottish Rite Valley



of Tampa, FL, charter member of Sahib Shrine Temple in Sarasota, member of the Sarasota Chamber of Commerce, Sertoma Club of Sarasota, Village Green Golf Club, member of the Highlands Chamber of Commerce, and a board member of First Union National Bank of Highlands.

He is survived by his Sister in Law Sandra (Scott) Cullen of Nokomis, FL; nephew Steven Cullen of Nokomis; Brother in Law Steve Shivley of Beckley, WVA; Cousins Dennis Jones of Dunnellon, FL and Patricia Macaulay of Marietta, GA; Friends Barbara Welch of Highlands, NC, the Toale Family and John Savary of Sarasota.

Visitation will be Friday March 2nd from 3pm to 4pm, at Toale Brothers Colonial Chapel – 40 North Orange Avenue in Sarasota, with services to follow. A graveside service will be later at North East Cemetery in North East, PA. In lieu of flower, please direct memorial contributions to: Tidewell Hospice in Sarasota or the Shriner's Hospital for Children in Tampa, FL.

# • THANK YOU •

The family of Neville Wilson who passed away on January 21st, wishes to acknowledge the many acts of kindness shown to them during the time of his illness and death.

Neville loved Highlands, he loved every season, but most of all he loved its people. Over 300 people came to show their respect on the day of his memorial service. The family was overwhelmed by this ministry to them.

The nurses and staff of Highlands-Cashiers Hospital, Hospice, and most of all Dr. Patti Wheeler we will never forget the loving care he received.

His church family at First Baptist Church, the church he loved with all his heart, we thank you for the beautiful service, and to the ladies who created a forest service theme for the meal, and all who provided the delicious food, we will always remember you.

In Christ love,

Kathleen, Terry, Wade and Ethel

# • LETTER •

## Please don't pave Sunset Road

I just came down from a thoroughly enjoyable hike up Sunset. Naturally, in light of the recent discussion in the papers about the fate of that road, I was contemplating alternatives to the paving I so don't want to see.

True there is, in places, a gravel runoff problem. Surely some barrier fences that would allow water flow and yet hold the gravel in could be designed and installed. Probably even less than the cost of paving.

The town did a great job repairing the damage to the road from that last big storm that caused exceptional flood damage all over. The question arises – how often does the town do that? With proper drainage control it would be less, right? And why couldn't it

• See LETTER page 5



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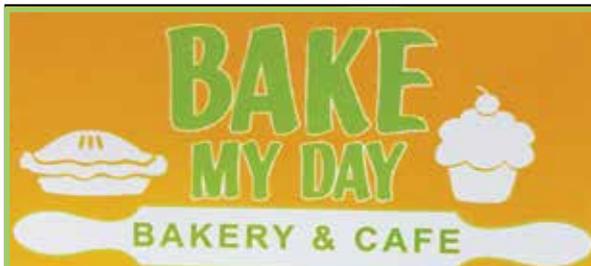
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## ...GRADING continued from page 1

of the North Carolina Sedimentation Control Rules. In addition, the Commission (2) tasked the Macon County Planning Board with the research and development of educational materials highlighting best management practices within the grading industry. Upon completion, these educational materials would be made available upon request. All other applicable local and state regulations pertaining to the soil, erosion and sedimentation control remain in effect and unchanged. This includes the state modeled Soil Erosion and Sedimentation Control Ordinance which has been in place in Macon County since 2001."

On a motion by Chairman Jim Tate and seconded by Commissioner Gary Shields, the board voted to continue to suspend the county's grading license program with the intent of either eliminating it or improving it as well as waiting to receive word back from the state in anticipation of expected changes by the state.

The state is currently in the process of considering revisions to the ordinance; any rules, amendments or changes put in place by the state would supersede any local ordinances or amendments. In his motion, Tate also requested the

## ...LETTER from page 3

part of the job description to maintain that road? I can't think of many things I would rather see my tax dollars spent on.

I wasn't alone walking up the trail/road. And I love to see the families with children from near and far enjoying what for some is a rare nature experience. It is also used by a lot of locals to get exercise. Young adults use it for something to do in Highlands or to train for athletic purposes. People enjoy walking their dogs there. There are numerous reasons to keep it either as it is or preferably closed to vehicles.

Probably the most important reason not to pave is that people would then drive faster because that is what people do and it would then be unsafe not to mention unpleasant for pedestrians. Consequently, the road would have to be widened and frankly that would ruin it as a nature excursion.

Sure, we could get to the top faster, take our 100 steps out to the rock, look out for five minutes and go home and sit on our hind-ends and wonder how we are going to entertain our guests for the rest of their stay. But remember America NEEDS to walk! What better place than Sunset Trail? It has the advantage of being right off Main Street and therefore easy to direct people to. Plus, it feels very frequented and that tends to make people less familiar with the woods feel safer than they might feel on a forest trail. It's just the right length for exercise and/or pleasure and if you want more you can cross the street to the Nature Center or the lake behind.

When I came to Highlands as a child, a hike up Sunset with a picnic in tow was an event. In those days it was mostly pedestrians who used it. It has only been in the last 20 years that it has been made accessible to all vehicles. I say let's go back to all pedestrian or 4-wheel drive and peds only with minimal maintenance.

My personal preference, as you might have guessed, is to close the road to vehicles and let it be of service to us as a wonderful hike right here in town.

**Sarah Harkins  
Highlands**

Macon County Planning Board create educational materials for grading practices in the county.

"I want us to make an informed decision and to do what is right," said Tate. "We are not elected to take the easy way out; we need to study the issues at hand and rally the group together to reach some sort of consensus."

The county's grading license program, which was enacted in 2008, relies on definitions in the state ordinance such as the definition of "land disturbing activity." Tate said he didn't want the county to continue spending time and effort on revisions to the local program, only for it to be all for naught if the state's revision supersedes the county's. The state is revising its ordinance.

"I am for the education component to be built in, we can't expect people to read minds or read between the lines. The educational component is necessary for understanding," said Shields.

Commissioner Paul Higdon cast the lone vote against Tate's motion to keep the proposed amendments to the grading license program suspended. Prior to voting on Tate's motion, Higdon made two motions to scrap the proposed amendments to the grading license program. Both motions failed due to lack of a second by another commissioner. Higdon stated he wanted to "suspend this thing completely" as he felt there wasn't a need to temporarily suspend the program, because in his opinion, Macon County's entire grading license program serves no purpose.

"I think we just need to clean the slate up and get rid of it [the proposed amendments to the ordinance]," said Higdon. "We are just adding a fourth layer of bureaucracy, and the license is a useless piece of paper not recognized anywhere except in Macon County. And I just think we have more important things we need to work on, such as the upcoming budget and capital improvement plan."

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## ...ZACHARY continued from page 1

ing facilities to make better use of the park.

Zachary Park has been a growing facility in Highlands for the last 10 years. its growth dates back to October 2007 when the county paid \$50,000 for 1.7 acres to expand it from the original 4.8 acres.

Then, in December 2007 the county purchased an additional two acres.

The Zachary siblings, five sisters and a brother, made Zachary Park on Buck Creek possible nearly two decades ago when they sold the family homeplace to the county. They said they wanted the children of Highlands and Macon County to have a place to play. Their property represented one of the few relatively flat pieces of property in the Highlands area suitable for sports fields.

Over the years, the county has partnered with Highlands to maintain Zachary Park, which provides recreational activities to all residents of the county.

Macon County's CIP is currently just a recommendation. The plan was created to develop a 10-year master plan for capital needs throughout the county.

Department heads in Macon County submitted requests to the consulting firm which evaluated them based on need and feasibility.

The county can choose to implement the proposals in the CIP or to have the document just sit on the shelf. At this point,

commissioners are reviewing the CIP and will prioritize projects. In total, departments requested \$145 million in capital needs over the next 10 years.

The largest requests came from Macon County Schools (MCS) — \$72 million — and Southwestern Community College (SCC) — \$27 million.

MCS requested \$300,000 annually for technology upgrades and \$300,000 for capital improvements each year for 10 years.

The majority of the funds — roughly \$60 million — is needed for rebuilding Franklin High School. County leaders have discussed the possibility of rebuilding the school for the last five years, and with more than a million dollars in essential needs currently at the facility, such as a new parking lot and football field, the district as well as county leaders believe building a new facility is inevitable.

SCC wants to build a science building at the Macon County campus, an \$8.6 million request. It also wants to build a public safety building for nearly \$10 million.

Macon County Manager Derek Roland said the CIP, is only in the initial stages of planning. Commissioners will look at the requests during this budget's workshops and will weigh the requests against outside funding options, project feasibility, and community support.

# HC HOSPITAL NEWS.

## Hospital data tells important story and drives performance

All of us at Highlands-Cashiers Hospital, the Eckerd Living Center and our affiliated practices strive to provide the very best care for our community members. And though it might sound unexciting, data is a primary driver of improving our performance.

Data provides daily, weekly, monthly and yearly "snapshots" about the quality of care we provide. In fact, hospitals and healthcare systems throughout the country are required to make objective clinical outcome information available to the public (see Hospital Compare at <https://www.medicare.gov/hospitalcompare/search.html?>).

We routinely study what's going well, and when something doesn't go well, we determine if it's a one-time, isolated event or if it is indicative of a trend that we should address. Data comes to us in many ways — from fact-based, patient information included in the medical record to anecdotal patient stories. Simply put, data in all of its forms offers us a valuable glimpse into our performance.

An example of how data drives Highlands-Cashiers Hospital's performance is the recent case of a patient who came to us and ultimately required transfer to



**Jackie Medland**  
president

Mission Hospital in Asheville. Unexpectedly, the patient experienced a prolonged stay in our emergency department and appropriately voiced concerns when following up after discharge. As a result, we have further refined our triage system (how we determine the urgency of a case for transfer). Every time there's a concern raised in our community, we conduct a thorough investigation and look at every aspect of the care process from beginning to end. We also compare the patient's experience and care against rigorous national standards.

Our community can take comfort in knowing that we are a high quality care provider, as noted by a recent recognition by the Chartis Center for Rural Health/iVantage Health. We received a 2017 Performance Leader award for successful outcomes in the areas of quality, safety and low rates of readmission, infection and mortality.

Our performance data, coupled with regular community dialogue, help us create a better health system, together. We will continue to use this data constructively and consciously to make our community stronger and healthier!

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# INVESTING AT 4,118 FT.

## Is it a Real Estate phenomenon?



Lynn Kimball, Broker  
Berkshire Hathaway  
HomeServices  
Meadows Mountain  
Realty

The recession is officially over folks! It's been a long haul over the past 8 – 10 years.

For sellers, now is the time to prepare your home for sale and get it listed with an experienced, professional Realtor®. This Realtor® will help guide you through the preparation process.

For buyers, find a Realtor® who will be looking out for your interests from viewing properties through the closing process. Although it may be fun looking at properties for your consideration, the entire process is to be taken seriously. A seasoned Realtor® will educate you on the market and follow you through it step by step.

- Lynn Kimball has over 44 years of real estate experience, with 33 years serving the Highlands Cashiers area. She has gained Emeritus Status with the National Association of Realtors and previously served as Director and Vice President for the Highlands Cashiers Board of Realtors.

• See **INVESTING** page 9

## ...COAL ASH continued from page 1

federal regulations.

Plus, Duke customers will pay all costs of cleaning up the coal ash.

A couple of pluses: the commission imposed a \$30 million “mismanagement penalty” on the company and rejected its proposal to include a separate \$129 million charge it wanted to put in the rate base for ongoing costs.

If past behavior is any indication, it's likely Duke will try to recoup the mismanagement penalty with rate hikes.

Now that the NC Utilities Commission has made 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 and for upgrading its coal-ash operations to meet new state and federal regulations. So far, Highlands' portion is \$191,472.

So, through December 2018, Highlands' 2,361 residential customers will continue to see an increase of about \$4.05 per month in their utility bill. The same for its 451 commercial customers who will continue to see an increase of about \$14.05 monthly.

The coal-ash costs approved by the

commission are what the company spent through 2017. Duke estimates the total cost for cleaning up in its Carolinas' coal-ash operations at about \$2.6 billion.

If the recent ruling is any indication, in all probability Duke customers – wholesale and retail – will be footing the bill through ongoing rate hikes into the future.

According to Mayor Pat Taylor, Duke will probably get almost everything it has requested, thus making protracted litigation unlikely.

“In this tournament of madness Duke and their stockholders win, their customers lose,” he said.

Earlier this year, Duke Carolinas said it had removed almost 3 million tons of coal ash at three facilities, including the Dan River plant. Duke Progress had removed about 2 million tons from its Asheville and Sutton plants.

Duke Progress serves largely eastern North Carolina and the region immediately around Asheville in the mountains. Duke Carolinas serves most of the western part of the state, including Charlotte. Both are subsidiaries of Duke Energy Corp.

– Kim Lewicki

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## ...ORDINANCES from page 1

ments into the Highlands watershed has long worried town officials but mostly when its water source can be affected, namely Big Creek and Lake Sequoyah.

Years ago, when the impoundment off Flat Mountain Road was breached, large amounts

of sediment made its way into Big Creek which ultimately affected the town's water intake valves located in Big Creek.

More recently, in April of 2016, the Mirror Lake Improvement Association drained the lake so NCDOT could clean out

culverts that empty into the lake and so sedimentation issues could be mitigated. It's not clear if protocol was followed. This caused citizens and officials concern. The ordinance is being amended and streamlined so there won't be any confusion in the future.

Most impoundments are private – Mirror Lake included – but since they are either in the town limits of Highlands or can impact the town's water source, the town is supposed to be notified in writing 30 days beforehand and a Drainage Permit must be issued by the town's Watershed Administrator before work can begin.

According to Bowen the town can't issue a Drainage Per-

mit until the applicant presents two signed copies of written permission by each of the following entities: the regional office of the Army Core of Engineers, the regional office of the NC Dept. of Environmental Quality and the regional office of the US Fish and Wildlife Service.

He said those three entities have regulatory authority and as such are responsible for regulation, not the town, he said.

Once the town issues a permit, however, town officials, who have feet on the ground, can notify the regulatory agencies if something is amiss and it would be their responsibility to inspect

• See **ORDINANCES page 13**

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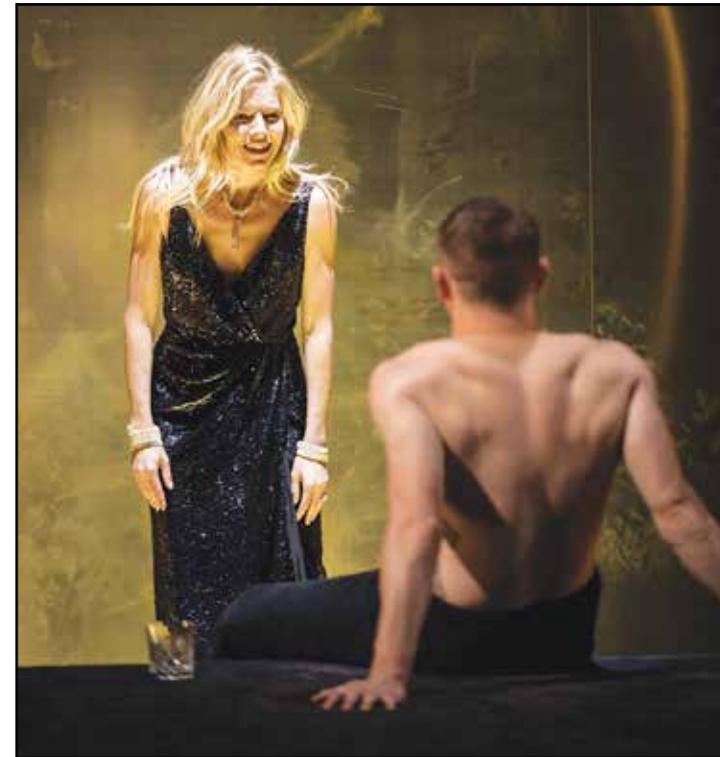
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## National Theatre of London's production of 'Cat on a Hot Tin Roof' at PAC



The Highlands Performing Arts Center will present Live via Satellite the National Theatre of London's production of the classic Tennessee Williams's *Cat on a Hot Tin Roof* on Saturday, March 3 at 1pm. On a steamy night in Mississippi, a Southern family gather at their cotton plantation to celebrate Big Daddy's birthday. The scorching heat is almost as oppressive as the lies they tell. Brick and Maggie dance round the secrets and sexual tensions that threaten to destroy their marriage. With the future of the family at stake, which version of the truth is real – and which will win out? "A bold reimagining...innovative and powerfully acted" Sunday Times "A brilliant, lacerating account of the play... unforgettable" The Independent. Tickets are available online: highlandspac.org, at the door or by calling 828.526.9047. Highlands Performing Arts Center 507 Chestnut Street, Highlands NC 28741



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# • HIGHLANDS SCHOOL SPORTS •

## Girls lose 3rd round of state playoffs

with Kedra McCall



Highlands girls basketball finished the season on Saturday, February 24th, after the third round of state. They played Lincoln Charter for their second round and finished with a 50-45 win. With that win they advanced to play in the third round of state. They played number one ranked, Mount Airy, for their third round and did not pull it out. The score was 56-23. Basketball is now over for all Highlands teams.

Girls soccer has quickly begun. Weather permitting they have their first game today, Thursday, March 1st against Rabun Gap. Their first home game will be on Monday, March 5th. They will play Towns County starting at 6pm.



Wine Dinner at The Farm at Old Edwards  
Friday | April 27 | 7:00 pm

Limited Space | \$145 per person | Reserve Today

To book call 828-787-2635 or 828-787-2620 or visit [oldedwardsinn.com/rosewinedinner](http://oldedwardsinn.com/rosewinedinner).

## ...INVESTING continued from page 7

Whether you are interested in searching properties or comprehensive information about our area, you are invited to visit her user-friendly website at [www.signatureproperties-nc.com](http://www.signatureproperties-nc.com).

Berkshire Hathaway HomeServices Meadows Mountain Realty has two locations, at 488 Main Street or visit Lynn at her 2334 Cashiers Road location across from Highlands Falls Country Club.

Lynn Kimball may be reached at 828-421-8193 or by email at [Lynn@BHHSMMR.com](mailto:Lynn@BHHSMMR.com).

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**• SPIRITUALLY SPEAKING. •****The Pilgrimage**

**Pastore  
Randy Lucas  
Highlands United  
Methodist Church**

I saw a cross, so far away  
beyond the distant range.  
Drawn, I made my journey thus.  
It's beckon, stark and strange.

Perhaps I went for answers,  
though reasoning was unclear.  
I only knew I dared not stop,  
it's calling drew me near.

I passed by fellow travelers,  
reveling without a care.  
"Mere foolishness!" they mocked me,  
as they laughed, teased and stared.

At times I almost turned around,  
to join them in their glee.  
For even though I journeyed on,  
rewards, I could not see.

The cross on the horizon,  
grew larger in my view,  
and I began to see the signs  
of suffering, someone knew.

Then I began to think again,  
of wounds I've known in life,  
of fears, regrets and failures,  
of conflict, grief and strife.

And as I walked I wondered  
from somewhere deep inside.  
What was the cross's meaning?  
Who was the One who died?

And then another traveler  
there on the road that day,  
nodding said, "You're welcome."  
smiled, winked, and walked away.

I noticed scars upon his hands,  
but didn't ask him why.  
Then from somewhere deep inside,  
"Are you the One?" I cried.

And then I saw, my journey  
had brought me to the cross,  
and everything I ever gained,  
seemed nothing now, but loss.

And my fears? I couldn't find them,  
standing at the cross that day.  
And wiping one tear, then another,  
I bowed my head and prayed.

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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**

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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 Metcalp • 743-5470

Sun. 10:45am, S.S 9:30am. Wed. 6pm supper and teaching.

Tues. Guys study 8am, Gals 10am.

**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: Education and choir rehearsal, 9 am,

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Mondays: 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 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: 11 a.m.; School: 9:30

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

Wednesdays: Choir: 6p

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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

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**HOLY FAMILY LUTHERAN CHURCH: ELCA**

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Worship/Communion: 10:30

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Pastor Zane Talley

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

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

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Rev. Marty Kilby

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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**

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

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**WHITESIDE PRESBYTERIAN CHURCH**

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# • HEALTHY LIFESTYLE CONCEPTS •

## The amazing Avocado does it all!

Native to South Central Mexico, the avocado tree is classified as a member of the flowering plant family Lauraceae. Avocado additionally refers to the tree's fruit, which is botanically a large berry containing a single seed. What most people don't know is that avocados have powerful anti-aging properties which protect against free radicals, and they can be found in the flesh, the oil and even the seed.



**Medea Galligan**  
MS Nutrition, CHHC, AADP  
828-989-9144

[www.MedeasHealthyLifestyleConcepts.com](http://www.MedeasHealthyLifestyleConcepts.com)

The nutrients found in avocados are able to penetrate deeply inside our cell structures, enter the mitochondria and activate its energy production, allowing cells to function properly even while being constantly attacked by free radicals. Damage caused by free radicals directly affect aging and thus it has been the goal of many scientists to find remedies that will reverse this damage. This new discovery can truly revolutionize our view of avocados.

Avocados also contain plant sterols, such as beta-sitosterol, that have anti-estrogenic properties. They are able to block the estrogen receptors in our cells and reduce estrogen absorption rates, thus increasing progesterone levels in women and testosterone levels in men.

Good News! Their natural fats can help you lose weight!

Avocados offer a delicious source of healthy raw fat, which is missing in most people's diets. They contain around 20 essential nutrients which include: fiber, potassium, vitamin E, B-vitamins, folic acid, calcium, magnesium, sodium, iron, and boron. In addition, avocados boost your body's ability to absorb fat-soluble nutri-

ents from other fruits and vegetables, such as alpha and beta-carotene and lutein. Avocados also possess antibacterial and antifungal properties that help to support a healthy immune system. They are a wonderful source of the amino acid lecithin, which prevents liver overload, improves brain function, and last but not least, helps you achieve and sustain your weight loss goals.

Even the seeds are packed with nutrients

Believe it or not, over 70% of the total antioxidant capacity of avocados is found within the seed. These antioxidants have been found to:

- Reduce Inflammation and Ease Joint Pain – Inflammation is the culprit behind numerous chronic diseases: arthritis, heart disease, stroke and even cancer.
- Improve Digestive Health – In ancient South America avocado seeds were used to treat dysentery, gastric ulcers, and other digestive issues.
- Give You Radiant Glowing Skin – Avocado seeds are the perfect food for your skin. Their potent antioxidants can rebuild collagen, repair cell damage caused by free radicals, and actually improve the look and feel of your skin.
- Banish Cravings and Shed Fat – Avocado seeds are packed with fiber & helps to control blood sugar levels, keeping you full and satiated.
- Destroys Cancer Cells – Studies have found that an extract of avocado seed and fruit caused leukemia cells to self-destruct, while the seeds contain flavonol, a potent

antioxidant known to reduce tumors.

Just one teaspoon added to a smoothie or salad gives you all these amazing benefits. You can find organic avocado seed powder at health food stores and online. If you are interested in seeing what avocado seed powder can do for you and would like to purchase a 3oz sample size, please email me at [MedeaGalligan@gmail.com](mailto:MedeaGalligan@gmail.com).

Pick out some not-too-soft avocados and try out the many delicious ways you can enjoy the wonderful taste, texture and amazing benefits of avocados: mash with Celtic sea salt and fresh lime for delicious homemade guacamole, add slices to an omelet, salads, or any sandwich (delicious on a

BLT with fresh tomatoes!), and for a delicious and nutritious breakfast smoothie.

• *Medea Galligan MS Nutrition, CHHC, AADP is a certified holistic health coach with over 20 years of experience in helping her clients make a sustainable change to a healthier lifestyle. She specializes in digestive, immune and hormonal issues, teaches Community and Corporate Wellness Workshops, as well as Healthy Cooking Classes and Fermentation Workshops. To request a Free Initial Consultation, go to [www.MedeasHealthyLifestyleConcepts.com](http://www.MedeasHealthyLifestyleConcepts.com) and fill out either a Women's or Men's Health History online, hit "submit", and Medea will then email you to set an appointment. If you have any questions, feel free to email her at [MedeaGalligan@gmail.com](mailto:MedeaGalligan@gmail.com) or leave her a voice-mail at 828-989-9144.*

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## Benefit for the Hicks Family

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**Smoked Chicken Dinner**  
**Live Music and Auctions to Follow**  
**\$8 / Plate ~ \$5 for 12 and under**

**Charlie Hicks passed away December 5, 2017 after a very sudden and brief illness. The suddenness of his death has caused medical bills and loss of income.**

**We thank you for your donations!**

**National Theatre Live of London**

Highlands Performing Arts Center

Live via Satellite

Saturday, March 3 1pm

**Cat on a Hot Tin Roof**  
by Tennessee Williams

Highlands Performing Arts Center 507 Chestnut Street

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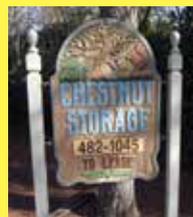
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## • POLICE & FIRE •

The Highlands Police log entries from Feb. 19. Only the names of persons arrested, issued a Class-3 misdemeanor or public officials have been used.

**Feb. 19**

- At 8:50 p.m., officers received a report of vandalism on town property where an exterior door and dead bolt was broken.

The Highlands Fire & Rescue Dept. log from Feb. 21.

**Feb. 21**

- At 4:16 a.m., the dept. responded to a fire alarm at VZ Top.

- At 12:12 p.m., the dept. provided public assistance to a motorist on NC 28 south.

- At 3:02 p.m., the dept. responded to a fire alarm at a residence on NC 106.

**Feb. 22**

- At 9:11 a.m., the dept. responded to a motor vehicle accident on US 64 east.

**Feb. 23**

- At 5:38 a.m., the dept. responded to a fire alarm at VZ Top.

- At 12:02 p.m., the dept. responded to a fire alarm at a residence on Arnold Road.

- At 12:43 p.m., the dept. provided public assistance to a motorist on Little Yellow Mountain.

- At 4:58 p.m., the dept. was first-responders to a residence on Hicks Road.

**Feb. 25**

- At 6:13 a.m., the dept. provided public assistance to a motorist on Main Street.

- At 4:41 p.m., the dept. was first-responders to a residence on Horse Cove Road.

## ...ORDINANCES from page 8

and assess damages or demand remediation, if necessary.

In the end, a two-page document was reduced to one.

The Boat Docks and Boat Houses section of the Unified Development Code (UDO) was discussed at length and will eventually apply to new construction and repairs and renovations on Lake Sequoyah.

Currently, within the town's code, there is a provision that prohibits the construction of boat docks and houses on Lake Sequoyah. While this has protected the town's drinking water source well in the past and limited construction on the lake, it is not a requirement, said Bowen.

As it currently reads, the construction of new structures on the lake is prohibited and the reconstruction and remodel of current structures is allowed as long as the footprint is not expanded and only non-toxic and natural materials are used within the water.

Upon receiving many requests to build small structures on the lake, Bowen proposed the ordinance be amended to allow responsible construction of boat docks and houses.

"To be clear, it should be the town's priority to protect its natural resources, but there are responsible ways to allow construction on the lake," he said.

Bowen said he felt this needed to be addressed and clearly defined.

"If an ordinance could cause a boon in development, this is one that could," he said.

The Community Design Ordinance proposal was presented because Bowen said in reviewing the UDO he found little criteria for commercial building design within the town's downtown district.

"Thus far, the only standards in place apply to building materials and colors," he said.

If such an ordinance is passed, Bowen said it will do away with the need to obtain Special Use Permits – a time-consuming task that almost always results in a "yes" anyway, he said.

In the proposed ordinance everything will be outlined: parcel applicability, design criteria, site design as it pertains to building orientation and pedestrian scale, parking standards, sidewalks and walkways, vegetation and buffering, building materials, exterior color, utility placement, architectural elements and so on.

Both the Boat Dock and Design ordinances will likely be finalized at the March Planning Board meeting.

– Kim Lewicki



## LOST DOG

Emma. Yellow lab. About 80 pounds. Rainbow collar with info. She is chipped. Last seen on 370 Sassafras Gap Road/Clear Creek area. 28 south. Contact Dori Moschouris 828-421-7403



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## Plateau Pick-Up is April 21

The Highlands Chamber of Commerce is hosting its annual Plateau Pickup on April 21 – cleaning litter on the Gorge Road between Highlands and Franklin.

If you're interested in volunteering, call the Highlands Chamber of Commerce at 828-526-2112. Volunteers will meet at the Highlands Visitor Center at 10 a.m.

Wear comfortable clothing and shoes and the Chamber will provide the supplies needed for the clean-up – vests, gloves, litter pick up tools, and garbage bags. All volunteers will receive a tee-shirt as a "thank-you" gift.

Following the event, volunteers will be treated to a hamburger and hotdog cookout at Cliffside Lake.

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**HIGHLANDS INN & HIGHLANDS INN LODGE** now accepting applications and interviewing for all positions. Front Desk, Housekeeping, Night Audit, Breakfast Host & cook. Full time and part time available. Call 526-5899 for appointment or stop by 96 log cabin lane for application. Resumes or questions may be emailed to sales@highlandsinnlodge.com. (st. 3/1)

**SKYLINE LODGE** - housekeeping staff, front desk clerks, and maintenance workers wanted for 2018 Season. We offer training. Call 828-526-2121 for an

application. Background checks done. (st. 2/22)

**DO YOU LIKE TO CLEAN & ORGANIZE?** - Private club seeking a few energetic individuals with a happy state of mind to join our staff in the housekeeping department. Early hours, competitive pay and benefits, one daily meal provided, uniforms provided. If you are interested, please send a letter to HCC. PO Box 220, Highlands, NC 28741 (3/1)

**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)

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work in a fast-paced sales-based environment, may include long periods of time standing, positive and friendly attitude, computer skills, interest in interior design. PREFERRED: 2+ years retail or customer service experience, POS experience. (st. 2/1)

**NOW HIRING SECURITY OFFICERS** - In the Franklin, Highlands & Cashiers area. \*Clean background. Clean driving record. \* Must be 21 years of age. Please apply at: NCWorks 23 Macon Ave, Franklin, NC 828-369-9534 or call 864-888-0518 for more info. (2/15)

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**REAL ESTATE/BIZ FOR SALE HOMES FOR SALE:** 3Bd 2&1/2Ba home includes 1Bd 1Ba cottage 2 miles from downtown Highlands. By owner 803-315-0715. (st. 2/22)

**3.20 ACRES UNRESTRICTED.** Power underground, borders National forest, 190 degree view. 10 min to Main Street. 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)

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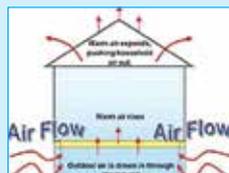
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