2018 Election Results

Local, state-wide and federal incumbents keep their seats

By Brittney Lofthouse

Macon County followed a state-wide trend for the Midterm elections with record-breaking voter turnout. More than 50 percent of Macon County’s registered voters showed up at the polls. 15,463 out of the 26,369 registered voters elected incumbents across the board in all local races within the county.

Sheriff Robert Holland was re-elected to a fifth term with 63.13 percent of the votes. Holland’s Democratic challenger Eric Giles received 4,237 votes to Holland’s 9,576.

“I am honored to be elected to another term serving the citizens of Macon County,” Sheriff Robert Holland said after the election results rolled in. “

For the Macon County Board of Commissioners race, incumbent Republican Gary Shields secured 10,108 votes, retaining his seat. Ronnie Beale, the sole Democrat on the Board of Commissioners was reelected with 6,569 votes. Ron Haven received 6,182 and Betty Cloer Wallace received 3,348. The top two vote-getters,

• See INCUMBENTS page 8

Mcculley’s
FALL SALE!
In Highlands
242 S. 4th St. • 526-4407
and
In Cashiers
24B Canoe Point • 743-5515
Tomorrow I will travel to Raleigh to meet with the North Carolina Attorney General and his staff. I will address the impending sale of Mission Healthcare facilities, including our hospital, to Hospital Corporation of America and the creation of the Dogwood Health Trust. Attorney General Stein is responsible for reviewing and approving these transactions. I anticipate the AG approving the sale, but I will urge him to put in place several conditions that will serve the public interest.

As Highlands’ mayor, I have spoken out about this impending change to healthcare in Western North Carolina. My intent is not to be an obstructionist. Our friends at Mission Healthcare have presented a very good case for the benefits of the sale to Hospital Corporation of America. My information indicates HCA is the national leader in hospital healthcare, and HCA will be a good fit for Mission. My involvement, along with the resolution adopted by the Highlands Town Board, are done in the spirit of insuring the best possible outcome for our community.

Let me summarize what I will discuss with the AG and his staff.

I will emphasize how vital healthcare access is to the citizens of the Highlands and Cashiers communities. If our hospital were closed, the impact would have reverberations throughout the community. Along with other rural communities that are long distances from the full medical services in Asheville, we are concerned about maintaining viable healthcare access. The recent incident where a patient at the Highlands Cashiers Hospital could not be transported to Franklin before her appendix ruptured is illustrative of this concern. We simply can’t endure erosion of services.

I have created a petition for concerned citizens to sign. That petition will be sent to the Attorney General’s office in the coming days. At the meeting tomorrow, I will let the AG know the petition is forthcoming. The petition statement is posted below. I will have a copy of the petition for citizens to sign at my office in Town Hall. Simply let the front desk folks know you want to sign the petition. The petition to the Attorney General states the following:

“We, the undersigned residents of Highlands, North Carolina, ask that you save our hospital. To do that, we ask that in your approval process of the proposed transaction between Mission Health System, Inc (“Mission”) and affiliates of Hospital Corporation of America (“HCA”) you require (1) services at the Highlands-Cashiers Hospital remain at their present level for a minimum of ten (10) years, (2) that the emergency room facilities be maintained during that same period, (3) that if the Highlands-Cashiers Hospital is proposed to be sold that an entity established by the Highlands community be given a right of first option to purchase the properties constituting the Highlands-Cashiers Hospital Campus, (4) that the $15 million to be given to The Highlands-Cashiers Hospital Foundation be given in one lump sum when the transaction is closed, and (4) that the board of directors of Dogwood Health Trust be independent of Mission or HCA and be subject to open meetings and open records requirements.”

For folks not available to sign the petition, simply email me at: mayor@highlandscnc.org and state support for the petition.

For those who would like to write the petition statement:

“We, the undersigned residents of Highlands, North Carolina, ask that you save our hospital. To do that, we ask that in your approval process of the proposed transaction between Mission Health System, Inc (“Mission”) and affiliates of Hospital Corporation of America (“HCA”) you require (1) services at the Highlands-Cashiers Hospital remain at their present level for a minimum of ten (10) years, (2) that the emergency room facilities be maintained during that same period, (3) that if the Highlands-Cashiers Hospital is proposed to be sold that an entity established by the Highlands community be given a right of first option to purchase the properties constituting the Highlands-Cashiers Hospital Campus, (4) that the $15 million to be given to The Highlands-Cashiers Hospital Foundation be given in one lump sum when the transaction is closed, and (4) that the board of directors of Dogwood Health Trust be independent of Mission or HCA and be subject to open meetings and open records requirements.”

Dear Editor,

My husband and I have been coming to Highlands during leaf season for the past seven years. We love everything about your town and were pleasantly surprised to see an

For Real-time Weather and the Extended Forecast, go to www.highlandsinfo.com and click on Weather
HIGHLANDS IN-TOWN
This amazing historic property features three completely updated homes with the main house boasting five bedrooms, a guest house with one bedroom and a charming cabin with two bedrooms. Clear Creek runs through the property and a lake has been formed with a picnic pavilion plus walking paths along the stream. The compound sits on more than eight acres of cleared and forested land, and is located just a short two miles from Main Street in Highlands. Only two families have had the opportunity to enjoy this estate. The current owners raised championship golden retrievers and have a terrific kennel adjacent to the home. Anyone with pets will enjoy the convenience of having a special place for their dogs. This area would also make a great art studio. The guest house has a covered walkway from the main house.

MLS# 89607  |  Offered for $2,395,000

TRILLIUM LINKS
This is not your normal country club home! Gorgeous four bedroom home with so much to offer - master on the main level, three fireplaces, and downstairs you will find a family room, wine cellar, guest room and plenty of storage as well as the wonderful outdoor living space, hot tub, and a yard that you could only dream of in the mountains with a playhouse for the kids. This is not to mention all the fabulous amenities that come with being a member of Trillium (golfing, pool, KIDS’ CAMP, immediate lake access to Lake Glenville, boat slips, croquet, indoor/outdoor tennis just to mention a few). Have dinner at the clubhouse, take in a round of golf or just enjoy the day out on the lake.

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828.487.4633
CHESTNUT HILL  Living room and a den separated by a see-through fireplace and great built-in bookshelves. The kitchen is open to the living room and has SS appliances and granite counters. Large bedrooms, each with a private bath; the master has a walk-in closet. Plenty of storage. Make life easy for yourself - just bring your toothbrush because this great cottage is offered completely furnished all the way including linens, dishes and pots and pans! This is like living in a condo with all exterior home maintenance provided by the HOA including roofs and siding as well as road and landscape maintenance, water and sewer.

MLS# 89650  |  Offered for $359,000

HIGHLANDS IN-TOWN  Wonderful cottage overlooking Mill Creek with its sounds of rushing water. Tucked in at the end of a cul de sac, it is hard to believe you are just two blocks from Main Street and an easy walk to dining, theatre and shopping. This two story cottage features the master bedroom with a great bath plus a second suite on the main level. The large kitchen is open to the great room and features granite countertops. From the great room there is access to open decking for enjoying a sunny morning or a roomy screened porch. Upstairs is a second master suite making this the perfect home for two couples to share.

MLS# 89695  |  Offered for $699,000

HIGHLANDS FALLS CC  It is hard to get a view this nice where you do not see a lot of other homes, especially in a gated community in this price range! This villa overlooks the 6th fairway at Highlands Falls Country Club as well as the national forest. It is the only unit in the Club Villas with a garage. Two bedrooms and two baths are on the main level. The lower level has two other bedrooms and a family room that is accessed from outside, but you could put in an interior staircase or keep the access outside to give guests a space of their own.

MLS# 89700  |  Offered for $495,000

HIGHLANDS COUNTRY CLUB  This three bedroom, three bath home was recently renovated in 2017 and 2018. As one of two homes located on a cul-de-sac, this property was built with privacy in mind. The views offer both up close vistas of Satulah Mountain as well as long range views from nearly every room in the home. This cottage style home has three levels. The main level features the kitchen, living room with fireplace, dining room, master bedroom and bath, along with a huge screened porch outdoor “living room.” The lower level has a second living room with fireplace, second outdoor deck, and two guest bedrooms. The upper area is perfect as a sleeping loft or office. Easy one level living when guests are not in town.

MLS# 89665  |  Offered for $1,049,000
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Rachel's ... Thanksgiving Dinner Recipe

Boursin and Mushroom Stuffing with Sausage

With Thanksgiving right around the corner, I wanted to share a homemade stuffing recipe! It's easy, and nothing tastes better than a meal made from scratch. Enjoy!

Ingredients from The Spice & Tea Exchange®
2 Tsp. Black Truffle Sea Salt
1 TBS Mushroom paradise custom blend
1 TBS Onion Obsession custom blend

Ingredients from the Grocer
1 loaf of sourdough bread
(sliced and allowed to dry for 2 hours)
1 cup of white mushrooms
1 cup of cremini mushrooms
1 cup of sliced shitake mushrooms
3 oz of butter
1/2 TBS of fresh thyme
1 lb of ground sausage
1/2 cup of sherry
2.5 oz of Boursin cheese
1 cup of chicken broth

Preparation
Preheat oven to 350.
CUT bread slices into small cubes.
BROWN sausage in a heated skillet and then add mushrooms and saute.
ADD thyme, black truffle sea salt, onion obsession and mushroom paradise (pour out excess grease).
COOK for 7-8 minutes to soften. Add sherry and butter and allow to reduce.
ADD mushrooms back into the mixture. Reduce heat and add boursin cheese. Mix thoroughly.
REMOVE to a large bowl and add bread. Toss. Pour chicken broth over top to moisten the stuffing.
PRESS into a large baking pan.
BAKE for 10-15 minutes.
...INCUMBENTS continued from page 1

Shields and Beale will be re-elected to the board.

Macon County Chairman Jim Tate was also re-elected as he ran unopposed on the November ballot.

Both members of the Board of Education on the ballot, Tommy Cabe and Fred Goldsmith, ran unopposed and will retain their seats.

On the state level, Kevin Corbin was elected to his second term representing North Carolina House of Representatives District 120 with an overwhelming 73.45 percent of the vote to Aaron Martin’s 25.55 percent of the votes.

“It is an honor to be reelected to represent you in Raleigh,” said Kevin Corbin. “We have a lot of work left to do and I promise to continue working on your behalf.”

Senator Jim Davis was re-elected to North Carolina Senate District 50 with 48,107 votes to Democratic Challenger Bobby Kuppers’ 31,648 votes.

On the federal level, Congressman Mark Meadows was re-elected with 177,143 votes to Democratic challenger Phillip Price’s 115,794 votes. Libertarian candidate for Congress Clifton B. Ingram Jr. received 6,068 votes.

There were six referendums on the ballot. Statewide citizens voted for four of them: Protect the right to hunt and fish got 2,048,235 votes; Strengthening victims rights got 2,228,296; Maximum income tax rate of 7% got 2,063,733; Require photo ID to vote got 2,015,849.

Citizens voted against Nonpartisan Judicial Merit Commission with 2,347,700 votes; and Bipartisan Board of Ethics and Elections got 2,164,886 votes.

September Rotary students of the month of October from left are: Middle School winner, Brooke Fogarty, Rotary President, Jerry Moore, Elementary School winner, Julieta Juarez Rios, High School winner, John Brooks and School Counselor, Nicole Lui.
School supplies needed for Potter Elementary School in Bainbridge, GA; struck by Hurricane Michael

Adopt-a-School Project is underway at area churches for Potter Elementary School in Bainbridge, GA which was hit hard by Hurricane Michael. The goal is to send 310 students backpacks and 30 teacher totes.

Needed are filled backpacks for students, filled plastic totes for teachers, gently used or new children's books, letter and cards of encouragement.

Fill backpacks with a 3-ring binder, a pack of wide-ruled notebook paper, a single subject spiral notebook, a box of 24-ct. crayons, a box of 8-10 markers, a box of 24-ct. colored pencils, a 24-ct. box of #2 pencils, a pack of cap erasers, a 4-ct. pack of highlighters, a ruler, a 3-ct. pack of glue sticks, 5 pocket folders, and 1 pair of children's scissors.

Teacher Totes are a 64 qt. Sterilite Latching Box. Fill them with a 4-ct. pack of white board markers, 2 white board erasers, a 12-ct. box of blue or black pens, an 8-ct. pack of multi-colored pens, a 24-ct. box of $2 pencils, a 100-ct. box of #1 paper clips, a 100-ct. of jumbo paper clips, a staple, a 5,000-ct. box of staples, a tape dispenser, a 6-roll pack of tape refills, adult scissors, an electric sharpener, a single hole punch, a 4-ct. of 3”x3” sticky notes, a 12-ct. pack of multi-colored sharpies, a 24-ct. pack of 3-tab file folders and a 3” ring binder.

Take filled backpacks, totes, books, etc., to the Highlands United Methodist Church, First Presbyterian, Community Bible Church, Highlands School or the Highlands Civic Center by Friday, Nov. 9.

If you would prefer to donate money, $70 is needed for backpacks and $115 is needed for teacher totes. Make checks out to HUMC and note Backpack Project in the memo line. Drop checks off at the church office on Main Street.

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**HS Sports**

**Soccer & Basketball**

By Kedra McCall

This week highschool boys soccer played their last game. They played their first round of state against Mountain Island Charter School. They pushed it out until the very end going into overtime with a score of 2-2. They finished the game 3-2 after overtime.

After a hard fought game, and a good season their season has come to an end.

Middle school basketball is officially underway. This week both boys and girls played Rosman.

The girls played Victory Christian as well. The girls lost to Rosman 59-8, and the boys lost 25-21. The girls also lost after a close game to Victory Christian, 21-18. Their next home game will be on Thursday, Nov. 15th. They will play Cullowhee. The girls will start at 4 pm and the boys will follow directly after.

Highschool basketball will have its first home game on Friday, Nov. 30th against Franklin. This will be their homecoming game. The JV girls will start at 4pm, with JV boys to follow, then varsity girls, and finally varsity boys.

Both middle school and highschool basketball seasons are starting up. Come out and support your Highlanders.
On December 31, 2018 we will close our doors forever. We want to thank all of you who have supported us over the past 26 years. Also, a big thank you to our outstanding and dedicated staff: Karen Hasbrouck, Gloria Stevens, and Jill Prosser.

All clothing will be 50% to 80% off storewide. Take advantage of this opportunity to purchase lines such as Comfy, Grizas, Habitat, and Oh My Gauze.

Jewelry lines such as French Kande, Lula’n’Lee, Susan Shaw and Lauren Eisenman at 25% off.

Home Décor in Zaldaña’s 50% off and more.

The past 26 years have been wonderful, but it would not have been possible without you. As we say goodbye, we thank you for your support, loyalty and friendship throughout the years.

Mon.-Sat. 10am-5pm Sun.10:30-4.
446 Main Street 828.526.3963

• Younger Through Fitness •

Nutrition and Common Sense

A healthy diet is a key in maintaining our health and fitness. But what actually constitutes a healthy diet? There is an abundance of confusion in today’s world. The diet books recommend that you drop a major macro nutrient in order to maintain a proper weight. For years we were encouraged to eliminate fat from our diets. Today the emphasis seems to be on eliminating carbohydrates from our diet. Ever since these so called “remedies” have become popular it seems that our overall health as a society has diminished.

Macro nutrients simply come in three major forms and the term macro nutrient implies we need significant amounts. Energy is derived from these sources.

Fats, carbohydrates and proteins are all sources of energy and all have beneficial effects when absorbed into the human body. All three of these energy compounds have their benefits in the energy department. Protein and carbohydrates provide four calories of energy per gram. Fat provides nine calories per gram. The problem in completely eliminating any of the macro nutrients from our diet is that we lose the benefits provided by each of them.

Fats, for example, are essential to give your body energy and to support cell growth. The American Heart Association notes, “Fats help protect your organs and help keep your body warm. Fats help your body absorb some nutrients and produce important hormones, too. Your body definitely needs fat.”

Too much fat, and especially fat from unnatural sources, can be extremely dangerous and counter-productive to our health in the long run. Any fat made by the process of hydrogenation can lead to cardiovascular disease. They are not natural and should be avoided at all costs. Also, as noted on the Cleveland Clinics website, “Saturated fats are generally solid or waxy at room temperature and come mostly from animal products, with the exception of tropical oils. Taking in too much saturated fat is linked with raising levels of “bad” LDL cholesterol in the blood and increasing internal inflammation. Healthy adults should limit their saturated fat intake to no more than 10% of total calories.”

In other words, we do need fat, just the right kind and not too much or too little. Preferably in the form of mono-saturated fats such as olive oil, peanut oil, nuts and avocados. Also, polyunsaturated fats containing Omega-3 fatty acids are a type of fat that have heart protective benefits and are associated with lowering inflammation in the body. Cold-water fish, such as salmon, tuna, herring, and anchovies, contain omega-3 fats. Plant-based sources of omega-3 fats include flaxseeds, chia seeds, and walnuts.

Yes, to fat, but yes to the right kind of fat and limit the quantity to between 10 to 30 percent of overall intake as it is the food source with the highest concentration of energy or calories.

Natural carbohydrates include leafy greens, apples, melons, spinach, broccoli; and all forms of fruits, grains and vegetables. Why would we even consider eliminating them from a healthy diet? It’s the cookies, cakes, food stabilizers, and chemicals we need to eliminate because they alter natural food.

Reams of information is available today proving the unsuitability of over ingesting processed foods. Moderation to elimination is the guideline here.

Protein, as yet, has not to my knowledge been included in an elimination diet. It is, however, a major source of our metabolic building block and is not stored readily so we need a regular supply. The trend today is to over indulge because we know it’s beneficial especially for athletes.

The consumer market today is over loaded with products pushing more and more protein and many people are overly concerned that they are not receiving enough. Ask yourself, have you ever met someone who was diagnosed with a protein deficiency? I bet you haven’t unless you traveled to a place on the globe suffering from famine. The RDA for protein is about .8 grams per kilogram of body weight. I read the conclusions of a recent summit on protein consumption and the science community there concluded that 15 to 25 percent of daily calories are optimal.

This exceeds the RDA but does not emphasize force feeding excessive amounts of protein.

Lastly, let’s look at vitamins and sup-
Princess Puddin’s Perspective

Princess Puddin’s Big Adventure

I had to nudge Mum out of the way so I could get to the keyboard to share this story. She’s just a little put out with me after my adventure, though as you read on, I think you’ll find she’s the one at fault.

It all started when Dad was the first one up one morning. When Mum came downstairs, she immediately asked, “Where’s Puddin’?” She knows I’m usually hovering near the food dish waiting for my milk as the coffee’s brewing. Not this morning, though.

Thus began the search for Princess Puddin’. They called for me upstairs and down, looked under beds, in closets, behind TVs, in desk drawers, and all over the house. Mum thought I might be in the garage as she’d gone down there the night before looking for her phone. So, they looked throughout the garage and workshop and even went back down with flashlights to search the nooks and crannies.

By then, they were getting worried and wondering if I’d somehow gotten outside. I’m an indoor kitty, and yes, I do hang out by the doors and attempt to sneak outside from time to time but rarely get more than a foot or two before I’m yanked back inside. Still, they wondered. Heck, they even asked the dog where I was as if Banjo knew or cared. So Dad set out to search the great outdoors.

Pretty soon, Dad called Mum to say, “Come downstairs.” He was in the storage area off the garage where he’d discovered me tucked out and tucked away in a small bookcase. I yawned and let them carry me upstairs. Adventuring and spending the night in the garage can wear a kitty out.

Of course, they’re still wondering why I never let out a peep the first two times they searched the garage calling me. I may eventually reveal how I spent my night, but for now, I’m enjoying keeping them in suspense and hearing them imagine what I may have been doing all night. They’re discussing several possibilities:

• I was on assignment from National Geographic to locate and catalogue the artifacts buried down there. In addition to coolers, bicycles and bicycle gear, excess furniture and boxes of Grandma’s keepsakes; there’s a treasure trove of dust balls, cobwebs, sawdust, buckets, nuts and bolts, and documents.

• The more mundane explanation is that I briefly wandered the garage and then meowed to be let back in the kitchen. Given that Mum had gone to bed leaving only Dad near the kitchen, it’s likely that when I cried, no one heard me. (You can draw your own conclusions about Dad’s hearing.) Then, miffed at being ignored, I found myself a cozy nook for the night.

No matter which story they land on, they see the final outcome as me finding the most out of the way place to hide. How else to explain my silence as they called and called? I think I was within my rights to be put out. (Dad says he’s sure he’ll eventually find a pile of carefully ‘chewed’ secret

docs.)

• Princess Puddin’ Penn resides in Georgia with her dad, her mom Kathy Manos Penn, and her canine brother Lord Banjo. Please send comments, compliments, and questions to inkpenn119@gmail.com. Kathy and Lord Banjo’s books can be found on Amazon and at Books Unlimited in Franklin.

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Princess Puddin' Penn

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**Mondays**
- Shortoff Baptist Church non-denominational Men’s Mtg at 7 p.m.

**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. 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.
- 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 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. For more information please call 828-349-2046 or 828-369-3916.

**Tuesdays 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. Go to www.glenvilleareahistoricalsociety.com

**First Wednesdays**
- Family Movies at the Hudson Library at 3:30p. 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.

**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, I20 Riverview St. Contact Majestic 828-369-9474

**1st and 3rd Thursdays**
- Indivisible Highlands, a non-partisan activist group meets 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 LEGO creations.

**Saturdays**
- 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.

**Sundays**
- Live Music in OEI’s Hummingbird Lounge 8 p.m. to close with Paul Jones.

**Through Dec 30**
- At The Bascom, interweaving Southern Baskets. The art of basketry, including examples of Native American works and fine art baskets.

**Nov. 8,13,15**
- At The Bascom. Resident Artist Series with Frank Vickery....Fire, Fire, Fire. $125 for the session

**Wed. Nov. 7 and 14**
- At The Bascom. Love is the Sound of a Potter’s Wheel. 10 am – Noon and 3:15 – 5 pm. Ages: 8 and up

**Sat. & Sun., Nov. 10-11**
- At The Bascom Dave Drake Studio Barn Ceramics Sale. 10 am – 5 p.m, Saturday and Noon – 5 pm, Sunday. Contact Frank Vickery at 828.787.2892 or fvickery@thebascom.org
**Highlands Events**

**Sat., Nov. 10**
- At PAC, Muhly's *Marnie*, Live via Satellite featuring the Metropolitan Opera (NYC) at 12:55 with a pre-opera discussion 30 minutes prior. Tickets are available online: www.highlandspac.org, at the door or by calling: 828.526.9047. Highlands Performing Arts Center, 507 Chestnut Street, Highlands.

**Nov. 12-19**
- First Baptist Church of Highlands will serve as a drop-off location for shoebox gifts—filled with fun toys, school supplies and hygiene items—for the Samaritan's Purse project. Shoebox donations are for children living in poverty overseas. Highlands/Cashiers volunteers hope to collect hundreds of shoebox gifts to contribute to Operation Christmas Child's 2018 goal of reaching 11 million children in need.

**Sat., Nov. 17**
- At PAC, King Lear by Shakespeare at 1 p.m., Live via Satellite Series featuring the National Theatre (London) with a pre-opera discussion 30 minutes prior. Tickets are available online: www.highlandspac.org, at the door or by calling: 828.526.9047.
- A fundraiser by the communities of Highlands and Cashiers along with friends of the Hall family to help offset travel and other expenses associated with Jackson's ongoing battle with cancer is set for Sat., Nov. 17 at the Highlands Rec Park. Jackson is a graduate of Summit Charter School and a 2016 Highlands High School graduate, who was diagnosed with cancer in 2017. Please join us at the Highlands Rec Park for dinner from 4:30 – 7pm, silent auction beginning at 4:30, cake walk from 6 – 7pm followed by a live auction at 7pm. Raffle tickets are also available for sale. Call Gina at 828-421-7645 for raffle tickets or more information.

**Tues., Nov. 20**
- Community Thanksgiving Dinner at 6 pm at the Highlands Rec Park.

**Fri.-Sat., Nov. 23 - 24**
- At The Bascom. Gingerbread House Workshop 10a–12 and 1–3p. All Ages. Gingerbread designers will find a world of all the sweets and confections needed to decorate imaginative gingerbread houses. Participants may enter their creations in a contest to be judged by popular vote. The winner will receive a Bascom gift certificate! $50/house (The whole family can work on one house). Please note that due to changes in our suppliers product line, the gingerbread houses are smaller for 2018. This leaves more room for creative landscaping!

**Sat., Dec. 1**
- Annual Olde Mountain Christmas Parade on Main Street beginning at 11 a.m.

**Thurs., Dec. 6**
- Highlands School Winter Concert at 6 pm in Highlands School Old Gym. K-8 students will perform a mix of winter and holiday music.

**Sat. & Sun., Dec. 8-9**
- Highlands Community Chorale will present “An Appalachian Christmas” concert at 5PM in the HUMC sanctuary. A reception follows the Sunday concert. Cost is free.

**Sat., Nov. 10**
- At PAC, Mozart's *The Magic Flute* at 2pm. Live via Satellite featuring the Metropolitan Opera (NYC) with a pre-opera discussion 30 minutes prior. After the Highlands Christmas Parade) Tickets are available online: www.highlandspac.org, at the door or by calling: 828.526.9047.

- Chefs in the House at The Farm at Old Edwards. Parade night party with Pitmaster Rodney Scott.

**Sat., Nov. 10**
- *Marnie* at PAC  
  **Sat., Nov. 10**
- The Highlands Performing Arts Center will present, Live via Satellite, the MET Opera's production of *Marnie* on Sat. Nov. 10 at 12:55pm. Composer Nico Muhly unveils his second new opera for the Met with this gripping reimagining of Winston Graham's novel, set in 1959, about a beautiful, mysterious young woman who assumes multiple identities. Director Michael Mayer and his creative team have devised a fast-moving, cinematic world for this exhilarating story of denial and deceit, which also inspired a film by Alfred Hitchcock. Mezzo-soprano Isabel Leonard sings the enigmatic Marnie, and baritone Christopher Maltman is the man who pursues her—with disastrous results. Robert Spano conducts. A pre-opera discussion will begin at 12:30pm. Tickets are available online: highlandspac.org, at the door or by calling 828.526.9047. Highlands Performing Arts Center, 507 Chestnut Street, Highlands NC.
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•Biz/Org News•

New deadline for grant requests to the Laurel Garden Club

Effective January 1, 2019, the new deadline for grant applications to the Laurel Garden Club is January 31, 2019. Please note this is the only deadline for considering grant requests to the Laurel Garden Club.

The purpose of the Laurel Garden Club is dedicated to community beautification, protection, and conservation of the natural heritage and scenic mountain landscapes.

The club's purpose is charitable and educational. Proceeds from fundraising efforts will benefit projects that comply with the club’s stated purpose.

Organizations wishing to receive a grant from the Laurel Garden Club must have reached agreement as to the specific project for which the grant would be given.

Once the purpose of the grant is determined within the applicant organization, plans for the project must be made with sufficient specificity to obtain bids or quotes from providers, including but not limited to landscape architects, plant nurseries, etc.

Please provide a plant list and advise of any changes to original plant list. Changes need to be approved prior to planting.

Grants are not intended to cover operation expenses or staff salaries.

The applicant organization must complete a grant application, which is available online at www.laurelgardenclubhighlands.com and submit with supporting plans and bids or quotes to President Ruthie Oliver of the Laurel Garden Club at ruthie_oliver@me.com who will present all such proposals to the Grants Committee for its consideration. The Grants Committee will then make recommendations to the full membership for its approval. All grant requests will be evaluated and be presented to the membership.

The Laurel Garden Club reserves the right to exercise its own discretion as to whether to award any grant, as well as the amount of any funds granted. The Club encourages the use of native plants and plants with a proven record of successful growth in the Highlands area.

Highlands Olde Mountain Christmas Parade
Saturday, December 1, 2018
11 a.m. – 12 noon
Don’t miss your chance to join in on the parade! Parade applications are available at the Highlands Chamber of Commerce, 108 Main Street, Highlands. Or call/email to 828-526-2112 or visitor@highlands.chamber.org.

•Thanks•

Dear Editor,

On behalf of the Chamber of Commerce, I would like to thank the community for its involvement and participation in this year’s Halloween celebration.

A special thank-you goes to the Highlands-Cashiers Hospital for sponsoring the event and the Town of Highlands Police, Fire and Recreation Departments for all their work in providing the trick-or-treaters a fun place to experience Halloween and keeping them safe.

Much appreciation goes to Mike Murphy for the spooky music and encouraging both kids and adults to dance.

Volunteers are always needed for an event this size and none do it with more enthusiasm than the Highlands School Interact Club and the two local Rotary clubs – Highlands Rotary and Mountaintop Rotary. Lastly and not least, Halloween would not be possible without all the Highlands’ merchants who keep their doors open and give out the best treats on the plateau.

On behalf of the Chamber of Commerce Members, Board of Directors and Staff,

Bob Kieltyka
Executive Director, Highlands Chamber of Commerce
Welcome to the Brave New World

I have become aware that, while most of us endeavor to live righteous and virtuous lives, a new religion of sorts has taken hold in our world. Its insidious nature and manner of worship first reared its head in or near a commune frivolously nicknamed “Silicon Valley” in, of course, the American state of California.

Scholars and researchers into this phenomenon trace its beginnings back to 2007, during the advent of what has come to be known as “technological acceleration.” Prior to this period is often referred to, by the pre-millennial generations, as the “dark days of dial-up.”

Interestingly, there are no actual, physical “churches” per se. Followers can worship anywhere and everywhere. Acolytes bow their heads (in prayer?) while seated, standing, walking down or up the street, even while driving in their automobiles!

They often nod or shake their heads while engaged. I have personally witnessed members of this “new order” wearing small white “buds” on long, white wires, flowing from their ears, all the while staring into screens, impervious to everyone and everything around them.

These zealots are members of what I call Our Lady of Perpetual Connection, or OLPC, when reduced to acronym form, a common thing these days.

Instead of using bibles or other actual books in support of worship, members of OLPC employ smart phones, tablets and other electronic devices. I know. It’s creepy.

As with other deifications, OLPC comes with its own set of apostles, prophets, and even a devil-like force embedded within its dogma. Among the apostles – adherents call them “apps” – are entities such as Google, Facebook, Twitter, Snapchat, Instagram, as well as hymn-based sub-apps, such as I-Tunes, Spotify, Amazon. These apps number in the millions. It’s quite remarkable – even mortifying – when one considers the ramifications.

Another truly fascinating aspect of Perpetual Connection involves members being able to communicate directly with one another via the thumbs of their hands, if you can imagine it. They call this “texting,” or “messaging.” Unfortunately, those who use this function forget or ignore the consequences of using these modes of communication as tools of conversation. Skeptics of OLPC, and, as with any belief system, there are many, remind us that texting often lacks context, or the element of emotion so essential to true communication. Consequently, there’s a great deal of misunderstanding attached to this otherwise powerful medium.

The prophets of OLPC include bullfrogs such as Verizon, T-Mobile, AT&T, and other lesser champions and cheerleaders. Those skeptics to whom I referred earlier often corrupt this “prophet” designation into “profiteers.” Seems appropriate, no?

The demon-like force underlying the whole worship platform of Our Lady of Perpetual Connection is a kind of “world-wide web” of, along with proper content, of course, deceit and disinformation. It is known as the Internet. This devilish thing is, to OLPC adherents, the know-all, be-all, end-all source of misunderstanding, perhaps, since the dawn of time itself. Followers of OLPC continually cite this Internet when proselytizing about one thing or another, especially, and importantly, politics.

“Well,” they say, “I saw on the Internet that …” and things traditionally go downhill from there.

“Damn it,” I say! “Damn, that devil-like Internet!” Of course, were I a member of OLPC, having uttered such words, I’d probably be drummed out for blasphemy.

Another feature of this Godless religion has to do with an insidious function of these devices … the camera! I’m sure most of us have borne witness to younger (and, if we’re being honest, even older) OLPCers using this picture-taking tool on themselves. “Selfies,” they’re called, and whether alone or in groups, members seem particularly enamored with the whole idea of recording for posterity virtually every single moment of their lives. Why others care what they’re eating or wearing, I have no idea.

Finally, I’d be remiss if I ignored the one aspect of OLPC that potentially seems truly worthwhile. Many of the devices employed in the plethora of activities associated with worship via Our Lady of Perpetual Connection, contain … wait for it … an actual telephone! In addition to reading, writing, listening, texting, researching, and all make and manner of activities, humans can actually TALK to one another via this tool of perpetual connectivity. Can you imagine? But wait!

This feature comes with a single major caveat. Lest you surrender or be summarily dismissed from membership in Our Lady of Perpetual Connection, do not, under any circumstances, EVER attempt to communicate with another member in person, eye-to-eye.

Who knows what would happen then?

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

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Hall Family fundraiser set for Sat., Nov. 17

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Jackson is a graduate of Summit Charter School and a 2016 Highlands High School graduate, who was diagnosed with cancer in 2017.

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...LETTER continued from 2

ad for the Highlands Foodie Film Festival. Since food and films are two of our favorite things, we decided to purchase a three-day pass.

Every movie came with its own food and/or wine tasting - Wasted!...a great film about food waste followed by a demonstration on how to use the tops of radishes and a grappa tasting which is made from grape stems.

Chocolat...who doesn't love a movie about this food group, which was then accompanied by red wine and chocolate, both of which were donated by local shops - Highlands Wine Shoppe and Kilwin’s.

Bottle Shock...great story of California versus French wines and in the end were able to taste the winner - chardonnay from Chateau Montelena in California

However, my favorite were the “Shorts,” a collection of short 10 minutes films on subjects such as cheese produced in the Deep South (I’m from Alabama and didn’t know we produced cheese), the famous mullet toss at the FloraBama, a bar located on the state line of Florida/Alabama (I have actually participated in this in my younger years!), boiled peanuts from Georgia, and wine produced in a very dry region in China. Following the shorts, we sampled some of the wonderful cheese and boiled peanuts featured.

We were also excited to see the support from the community for the Highlands Playhouse and look forward to next year’s event!

Kym P Merrill
Chief Operating Officer
World Food LLC
Orlando, FL

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...FITNESS continued from page 10

Merriam Webster describes a vitamin as, “Any of various organic substances that are essential in minute quantities to the nutrition of most animals but do not provide energy or serve as building units, and are present in natural food-stuffs or sometimes produced within the body.” Note in the description, “minute amounts” and “do not provide energy.” There is a multi-million dollar industry that is basically free flowing on its own today, pushing supplements and many without any scientific evaluation of how much is safe to ingest and at what level it is beneficial. Any vitamin taken over a minute amount could be acting as a drug and taxing your liver. Be smart, read between the lines and consult with a medical professional either your doctor or a licensed degreed nutritional expert before you self-medicate based on advice from some kid at the health food store.

Use common sense, eat in balance and beware of snake oil remedies.

- Hank is a local fitness trainer specializing in the age 50 and over population. He is certified by The American College of Sports Medicine as an Exercise Physiologist, Certified Cancer Exercise Trainer and is a licensed NC Massage therapist specializing in Therapeutic Stretching. For comments email: hank@thebestexercisesforseniors.com

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While sporting all the proper war,
Prepared with all my armor,
With sharpened blade and shield.

I thrust upon the battlefield
With confidence intact.

And leaves you with a breaking heart,
And all my hopes were dashed.

The kind of air that fills your soul
And chases away the light.

How easily the game of life
Can take a desperate turn.

And just when I was looking to raise a defeated hand,
And wave the flag of surrender because I could no longer stand,

an unexpected cavalry came suddenly into view.
And somewhere deep inside my heart I heard a hopeful truth,

that the battlefield, though frightening and strewn with blood and bone
Is not the place my story ends for I labor, not alone.

For God has oft reminded me
In God's gentle way.
That I can face the battles, as long as I have friends who pray.
Highlands Police entries from Oct. 22. Only the names of persons arrested, issued a Class-3 misdemeanor or public officials have been used.

Oct. 22
• At 2:11 p.m., officers responded to a two-vehicle accident on 3rd St.

Oct. 28
• At 11 a.m., officers received a report of the larceny of a metal table and two matching chairs from the Mr. Pickles Dog Park on Spring Street.
• At 1:40 p.m., officers responded to a two-vehicle accident in The Bascom parking lot.
• At 2:45 p.m., officers received a report of a man communicating threats to a woman and holding a clenched fist at her at a residence at VZ Top.

Nov. 1
• At 3:20 p.m., an ordinance violation of junked vehicles was reported on Upper Lake Road.
• At 3:29 p.m., an ordinance violation of junked vehicles was reported on Paul Walden Road.

• At 3:57 p.m., Jessica Leigh Spaulding, 26, of Highlands, was arrested on a warrant for an offense committed in another jurisdiction. She was issued a $250 secured bond.

Oct. 24
• At 12:55 p.m., the dept. provided mutual aid to the Cashiers FD.

Oct. 25
• At 8:41 a.m., the dept. was first-responders to a location on Pierson Drive.
• At 5:54 p.m., the dept. provided mutual aid to Rabun County.
• At 6:01 p.m., the dept. responded to a fire alarm at a residence on Bowery Road.

Oct. 26
• At 6:45 a.m., the dept. was first-responders to a residence on Blue Valley Road.
• At 6:31 p.m., the dept. responded to a motor vehicle accident on Buck Creek Road.
POLICE & FIRE continued from page 19

Road.
- At 8:45 p.m., the dept. provided public assistance at a location on Buck Creek Road.
  **Oct. 27**
- At 6:06 a.m., the dept. was first-responders to a residence on Cotswold Way.
- At 1:20 p.m., the dept. responded to a fire alarm at a residence on Edwards Court.
  **Oct. 28**
- At 1:49 p.m., the dept. responded to a fire alarm at a residence on Hillcrest Drive.
- At 6:01 p.m., the dept. was first-responders to a location on Main Street.
  **Oct. 29**
- At 1:54 p.m., the dept. responded to a motor vehicle accident on NC 106.
- At 12:54 p.m., the dept. responded to a fire alarm at a residence on Clubhouse Trail.
  **Oct. 30**
- At 10:47 a.m., the dept. responded to a motor vehicle accident on NC 106.
- At 12:54 p.m., the dept. responded to a fire alarm at a residence on Clubhouse Trail.

...POLICE & FIRE continued from page 19

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FREDDY'S COURT YARD CAFE hiring cooks, counter help and food runners. Call 828-526-8847. (st. 4/19)

WOLFGANGS RESTAURANT is looking for experienced waitstaff, bartender, line cook, busser, and backer. Please call Jacque at 828-526-3807. (st. 4/5)

PAOLETTI'S ON MAIN STREET is now hiring for 2018 season. Bartender, Servers, Bus person, cook. Call 828-526-4906. Email resume to amp28741@yahoo.com. (st. 3/29)

CYPRUS INTERNATIONAL CUISINE: Hiring All Positions. Please Contact: Dan At: Cyprus332@gmail.com. Or Visit Us At 332 Main St. High- land NC (st. 11/11)

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HIGH COUNTRY PHOTO/KEVIN VINCION: scanning photos, slides & negatives to CD or DVD for easier viewing. Video transfer to DVD. Everything done in house. Leave message at 828-526-5208. (st. 8/9)

REAL ESTATE FOR SALE M=3 RESTAURANT is for sale. Could you put an ad for that. Inquiries can go to 404.447.2271 (st. 11/1)

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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 dmarsh15@aol.com or call/text to 239-980-0531. (st. 7/20)

RENTALS

TWO ROOM APARTMENTS, full bath, small kitchen with fridge and microwave at Skyline Lodge. $750 monthly. Available Nov. 2018-April 2019, 828-526-2121. (st. 11/8)

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