

Highlands Newspaper

FREE Every Thursday

Volume 15, Number 40

Real-Time News, Weather & WebCams: HighlandsInfo.com

Thursday, Oct. 4, 2018

Community input 'beautifies' Main St.

Last Thursday the Town Board and a number of concerned citizens and shop owners discussed proposals for beautifying Main Street.

The issue came up when

2018 CANDIDATE PROFILE SERIES

NCDOT announced that its 25-year repaving plan of Main Street from 1st-4th would begin April 1, 2019 instead of the original date of 2020.

Commissioners Eric Pierson

and John Dotson who sit on the Street Committee, said people had asked if the look of Main Street could be softened and so the 2009 Main Street plan that was born of

• See **MAIN ST.** page 12

Discussion diminishes fear of HCA

Concerns about the Hospital Corporation of America's acquisition of Mission Health and how it will affect HC Hospital have been downgraded a bit now that the Town Board has met with members of the HC Hospital Foundation Board face-to-face.

At the September Town Board meeting, Mayor Pat Taylor requested permission to send the NC Attorney General a letter in conjunction with a resolution outlining the town's concerns about the future of HC Hospital. Taylor wants the AG to know of the town's concerns before the final decision is made.

However, at the urging of HC Foundation Chair Dr. Walter Clarke, the two boards met Sept. 27 to clear the air first.

After listening to the board's spokesperson Sam Lucas, who sits on the foundation board, the hospital operating board and the new Dogwood Trust Foundation board, it is clear he is and will continue to

• See **HCA** page 20

• INSIDE THIS ISSUE •

Mayor on Duty.....	2	Events.....	21
Weather.....	2	Investing at 4,118 Ft.....	24
Obituaries.....	8	HS Sports.....	14
Word Matter.....	10	Police Report.....	23
Shopping Pullout.....	16-17	Classifieds.....	29

Grandparents' Day at Highlands School



Last Friday was Grandparents' Day at Highlands School where grandmothers and grandfathers were invited to have lunch with their grandsons and daughters and to visit the Book Fair in the Media Center. This is Ms. Hessling's 2nd grade class. – Photo by Kim Lewicki

WCU BIOLOGIST:

Quality of WNC's fall leaf season hinges on weather

If the warmer and wetter than normal conditions prevalent across Western North Carolina over the summer continue into

September, fall leaf colors in the mountains are likely to be muted, but a transition into a normal

• See **LEAF** page xx



Incumbent Jim Davis



Candidate Bobby Kupperts

Candidates for the NC Senate race speak out

By **Brittney Lofthouse**

There isn't a single race on the ballot that is unopposed this election cycle, a testament to the state of North Carolina politics -- every North Carolina General Assembly race across the state will see both a democratic and republican challenger on the ballot.

For Western North Carolina, the North Carolina Senate's

50th District's candidates are both familiar faces in Macon County. Bobby Kupperts and Jim Davis are vying for a seat in the state's General Assembly, but at one time the two men served Macon County on the Board of Commissioners -- serving together from 2008-2010.

Bobby Kupperts – Democrat

Kupperts grew up in Macon

• See **PROFILE** page 22

Highlands
Sotheby's
INTERNATIONAL REALTY

114 N. 4th Street • Highlands
NC • 828-526-4104

Our unparalleled service at
Highlands Sotheby's International
Realty can help you find your
perfect home.
Contact us today.

www.highlandssothebysrealty.com

Fun for the whole family!



828-526-8773

highlandscanopytour.com

The
SUMMER HOUSE

'Home Furnishing Center'

Open

Mon – Sat: 9a-5p

Sun: noon to 5p

2089 Highway 106

828-526-5577

• THE PLATEAU'S POSITION •

• MAYOR ON DUTY •

The reality of the situation

Recent feedback makes me think some folks view the Highlands Plateau as a sovereign nation where citizens control everything. On the other hand, current situations remind me that is not the case.

In the discussion concerning tractor-trailer-trucks on the Gorge Road, several people have told me Highlands should ban those trucks from coming to Highlands, period. More than once it has been suggested to me that tractor trailer trucks should be directed to a transfer center in either Dillard or Franklin to off-load cargo destined for Highlands. Small trucks would then make deliveries to Highlands.

In addition to being complicated and expensive, it would be illegal according to U.S. and North Carolina law, not to mention constitutional freedom of movement rights. Highlands has no authority to regulate interstate commerce, nor transportation rules. The tractor trailer trucks pay federal and state licensing fees that allow them to travel on any federal, state or municipal public road. The only exception, as in the case of the Gorge Road, is public safety. Now



Highlands Mayor
Patrick Taylor

I am not an employee, owner, or investor in the trucking industry, nor do I work for NCDOT. I'm simply stating reality, we cannot dictate who comes to and passes through our community.

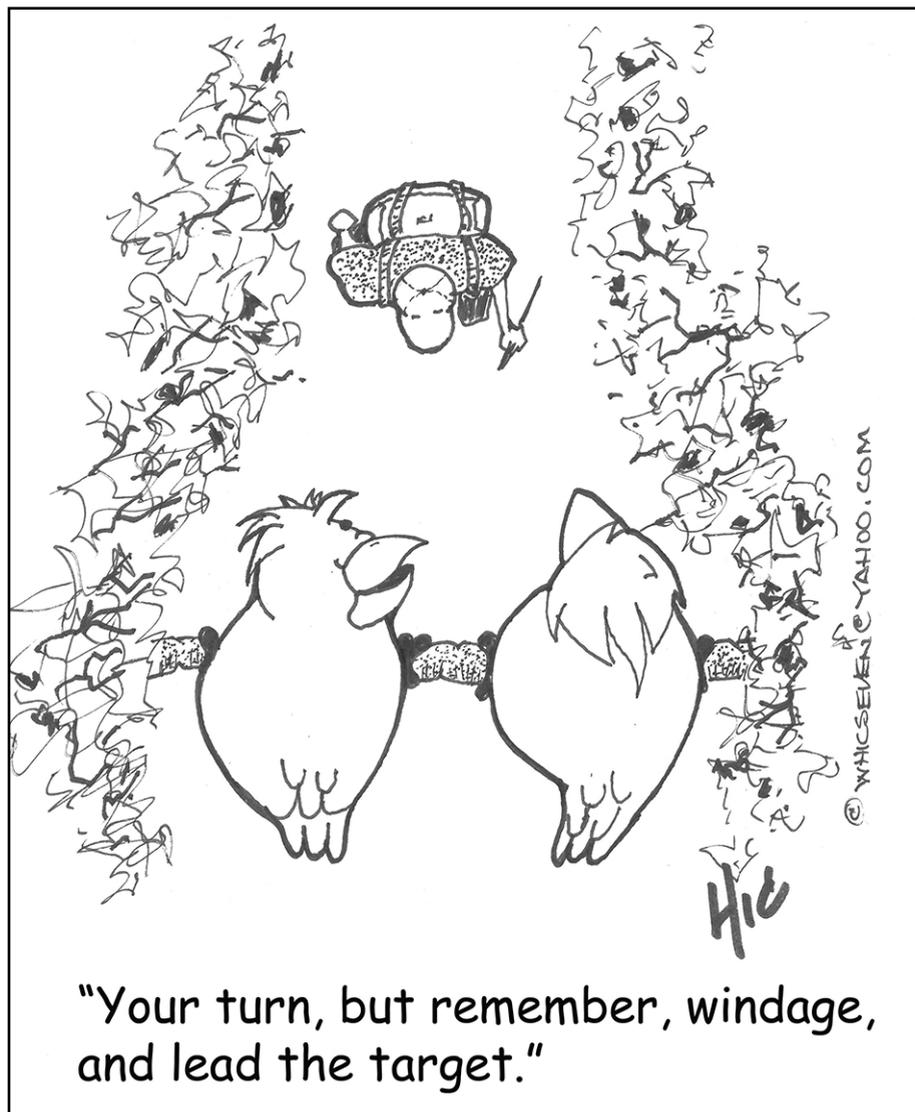
Another example concerns the deployment of G5 broadband, also known as small cell technology. It involves installing units about the size of big electrical transformers with antennas on power poles every several hundred feet apart throughout a community. One citizen recently wrote a letter to the editor stating we did not want this intrusive smart technology in our community.

The problem is that it is not our decision to make. In fact, the Federal Communications Commission approved an order on September 26 containing sweeping regulations, many of which severely limit the regulatory authority of municipalities and counties. Limitations on local fee structures, implementation procedures and aesthetic requirements all fall under this FCC ruling. For Highlands to say we are not going to allow this technology is prohibited. Thank goodness we couldn't ban telephone lines in 1914, nor power poles and lines in 1929. Furthermore, within the next 20 years the feds and state will regulate the related use of automated vehicles.

I am hopeful that our forthcoming fiber optic network will help the town manage the emergence of G5 technology more effectively than other communities. The fiber

•See MAYOR page 12

• HIC'S VIEW •



"Your turn, but remember, windage, and lead the target."

• WEATHER •

	Friday 10/5		Saturday 10/6		Sunday 10/7	
	Daytime	Overnight	Daytime	Overnight	Daytime	Overnight
Temp	78 F	61 F	76 F	59 F	75 F	62 F
RealFeel®	86 F	63 F	83 F	65 F	82 F	62 F
Winds	3 g 5	2 g 4	3 g 5	2 g 4	3 g 6	3 g 5
T-Storms	11%	24%	39%	31%	24%	31%
Rainfall	0	0	0.11	0.06	0	0.09
Snowfall	0	0	0	0	0	0

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

Highlands Newspaper

www.highlandsinfo.com

Phone: (828) 200-1371

Email:

HighlandsEditor@aol.com

Publisher/Editor: Kim Lewicki

Reporters: Brittney Lofthouse

Brian O'Shea

Digital Media/Circulation - Jim Lewicki

Locally owned and operated by

Kim & Jim Lewicki

Adobe PDF version at

www.HighlandsInfo.com

265 Oak St.; P.O. Box 2703,

Highlands, N.C., 28741

All Rights Reserved. No articles, photos, illustrations, advertisements or design elements may be used without permission from the publisher.

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.



RAVENEL RIDGE

This 4 bedroom, 5 1/2 bath home has spectacular views of a range of 30 mountains, including Satulah, Little Bear Pen and Shortoff, as well as overlooking picturesque Highlands. It's a perfect home for entertaining, with its covered screened outdoor living space with its own stone fireplace for enjoying the cool evenings. The soaring ceiling and open living room add to the appeal. The living, dining, kitchen and award-winning bar area layout make it an easy flow for large groups. The oversized master bedroom and bath has two separate closets. There is abundant storage throughout. With its own kitchen and fireplace, the terrace level is perfect for a guest retreat, mother-in-law suite, or spacious home office. This home is located in the exclusive gated community of Ravenel, which is within walking distance to downtown Highlands.

MLS# 88281 | Offered for \$3,177,000



HIGHLANDS COUNTRY CLUB

This idyllic retreat is situated on Lake Sequoyah and designed to offer views of nature, mature landscaping, and the lake from almost every window. An open floor plan and quality features including gleaming oak flooring, native stone fireplace, tall windows and a vaulted ceiling lined with timber add a dramatic tone to the living area. The sophisticated formal dining room sets a benchmark in gracious living whether you are enjoying a candlelit dinner for two or the company of friends. A well-appointed kitchen boasts beautiful cabinetry, spacious granite countertops and tile backsplash. Step out to a welcoming deck overlooking the lake where there is plenty of space to entertain a crowd or just spend a quiet morning with a cup of coffee and a good book. Keeping room off the kitchen complete with gas fireplace, stunning carved wood bar and casual dining area; cozy guest apartment over 2-car garage; fire pit; private dock. Too much to list here - come see it soon!

MLS# 89162 | Offered for \$2,495,000



MeadowsMountainRealty.com | 828.526.1717



BERKSHIRE HATHAWAY
HomeServices

Meadows Mountain Realty

At Highlands Falls CC
2334 CASHIERS ROAD

Downtown Highlands
488 MAIN STREET

New Office in Cashiers
132 HIGHWAY 107 SOUTH

• HIGHLANDS AREA DINING •

BOOK YOUR Fall EVENT NOW!
ON-SITE COOKING



or Catering for a crowd
Join us for outdoor dining at...
Fressers Courtyard Cafe and Catering

Fresh Grilled Burgers, Homemade Gumbo, Salads, and more. Our deli case is always stocked. Call ahead for quick pick-up.

Adjacent to Kelsey-Hutchison Park in Downtown Highlands
828-526-8847

CALL US! WE'LL BRING THE PARTY TO YOU!

Cyprus International Cuisine



LUNCH: Fri. - Sun. noon to 4p
DINNER: Mon.-Thurs. 5-10p • Fri.-Sun. 4-10p
For reservations call: 526-4429
332 Main Street • Highlands

EAT LOCAL



BAKE MY DAY
EST. 2013
CAFE + BISTRO

Open Daily:
Mon - Sat 7 - 4; Sunday 8 - 3

UNDER NEW MANAGEMENT

Craft Breakfast, Lunch and Pastries
Daily Chef Created Soups, Salads & Sandwiches
137 Main Street, Wright Square, Highlands, NC
828.487.4633

Asia House

Japanese • Asian • Thai Cuisine
Open Year Round • 6 days
Closed Wednesdays AND
Closed daily 3 to 4:30p
Mon. thru Thurs., 11a to 10p
Fri., & Sat., 11a to 11p
Sun., noon to 10p
828-787-1680 or 828-787-1900
We Cater!
151 Helen's Barn Avenue
Please call for reservations

The LOG CABIN

CASUAL DINING

Fresh Seafood, Steaks & Comfortable Italian
Dinner Nightly at 5:00 PM



Just off Main Street in a historic 1924 Joe Webb log cabin
828 526-5777
www.LogCabinHighlands.com
130 LOG CABIN LANE

Menus Printed Daily
Fresh Seasonal Ingredients
Now hiring all positions



SKY PIE
PIZZA • PASTA • TAP

Homemade in House
Open 11a.m until
Closed Mondays
423 N. 4th Street • 828-526-5188

Sports Page Sandwich Shoppe

Now Serving Breakfast & Lunch All Year Long!

Monday-Saturday
Breakfast: 7:30-10:30am
Lunch: Until 2:30pm
Full cooked-to-order breakfast & Daily Lunch Specials.
314 main Street, Highlands • (828) 526-3555

828-526-4035



WILD THYME GOURMET RESTAURANT

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



Serving Lunch
Mon-Sun • 11a to 4p
7 days a week
Serving Dinner
from 5:30p
7 days a week



CULLASAJA CLUB

A picture of good taste and style, this superb, lake front house is surrounded by the most enchanting scenery with gardens and trails, plus babbling water features, ga-zebo, and private dock on Lake Ravenel. With captivating views from almost every room, the home was designed to suit all occasions. The living room ceiling soars two stories with a floor-to-ceiling native stone fireplace, a built-in bookcase, and a wall of glass which opens to the spacious covered deck. The polished heart pine floorboards throughout give this home an open, relaxed feel that is easy to maintain and contributes to its character and charm. The beautifully appointed kitchen boasts rich cabinetry, granite countertops and stainless steel appliances, plus a large island; it opens up into an intimate dining area and a cozy den. This home is a true masterpiece and waiting for your family's memories to begin!

MLS# 89386 | Offered for \$2,900,000



HIGHLANDS FALLS COUNTRY CLUB

The magnificent views of Whiteside Mountain greet you as you open the front door to this meticulously maintained home. The awe-inspiring views can be enjoyed from most areas in the house. The main floor includes a beautiful living room with cathedral ceiling and gas stone fireplace, dining area with built-in bar and wine storage, up-to-date kitchen with gas stove and electric oven, laundry room with storage, and additional full size refrigerator as well as a lovely large screened porch. Located on the main level is the master bedroom that boasts a second gas stone fireplace as well as a loft for office or storage, "his and her" closets, and a luxurious master bath with double sinks, jetted tub, and separate shower. A welcoming guest bedroom and bath are upstairs. The lower level features a small refrigerator and microwave near the living area, four more guest bedrooms, four baths, and a large screened porch. Membership to HFCC is optional.

MLS# 89271 | Offered for \$1,695,000



BERKSHIRE HATHAWAY
HomeServices

Meadows Mountain Realty

MeadowsMountainRealty.com | 828.526.1717

**At Highlands Falls CC
2334 CASHIERS ROAD**

**Downtown Highlands
488 MAIN STREET**

**New Office in Cashiers
132 HIGHWAY 107 SOUTH**

• HIGHLANDS AREA DINING •



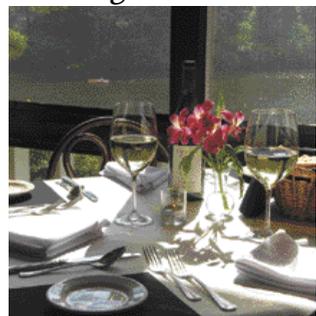
...on the Verandah
Restaurant
on Lake Sequoyah

www.ontheverandah.com
US 64 west • Highlands

Open:

7 nights a
week and
Sunday
Brunch

828-526-2338



Bistro
— ON MAIN —
- a restaurant



at The Main Street Inn
270 Main Street (828) 526-2590

Serving Lunch and Dinner

Check website for hours

www.mainstreet-inn.com

Live music on the lawn

Paoletti

'Our 34th Year'



Open for Dinner from 5p

www.paolettis.com • (828) 526-4906

CELEBRATING OUR 29TH SEASON



A UNIQUE FINE
DINING EXPERIENCE
ON HARRIS LAKE

www.lakesiderestaurant.info

MARCH THROUGH
DECEMBER

NOW OPEN
TUESDAY-SATURDAY

Dinner Beginning at
5:30 PM

Call 828.526.9419 for Reservations

531 Smallwood Ave. | On Harris Lake | Highlands

NOW OFFERING OUTDOOR DINING

W WOLFGANG'S
RESTAURANT & WINE BISTRO
Celebrating our 24th Season

Southern Living: "Best Place for Dinner in Highlands"



Serving dinner nightly

Closed Tuesdays

www.wolfgang.net

828-526-3807

Dusty's

OCTOBER 5-6
WEEKEND SPECIAL

2 Ribeyes
Twice Baked Potato Casserole
Green Salad for 2
2 Slices of Pecan Pie
\$30.95

We prepare—you cook and
heat Call to reserve
828-526-2762

Every Wednesday Night at

Altitudes

at Skyline Lodge

Fine Dining with a View!

Full bar



Breakfast

Sat. 7:30-11a; Sun. 7:30-10:30a

Dinner

Wed.-Sat. 5:30p 'til

Sunday Champagne Brunch

noon-2p

Every Wednesday Night ...

Southern Supper – 24

- Chicken Fried Steak, Golden Fried Catfish or Chicken and Dumplings
- Slowly Stewed Collard Greens or Corn Salad, Lima Beans Sweet Potato/Bacon Hash or Tater Tots
- Jalapeno or Traditional Cornbread
- Cobbler of the Day

We will of course have our
full menu available.

**Reservations not required
but suggested**

Please join us for the best
breakfast on the mountain on
Saturdays and Sundays!

470 Skyline Lodge Road

828-526-2121

Reservations appreciated but not required.



HIGHLANDS FALLS COUNTRY CLUB This wonderfully located 2BR/3BA villa is next to a stream with a great view of the lake. The focal point of the living room is the stone fireplace and wet bar. The hardwood flooring and the wood beams on the cathedral ceiling give the living room just the right mountain feel. Sliding doors open the living area to the deck. The private and tranquil screened porch and open deck offer space for quiet contemplation as you listen to the sounds of the flowing stream. The den can double as extra sleeping space. for overnight guests.

MLS# 89466 | Offered for \$599,000



COLD SPRINGS The main level in this wonderful home features a space to relax in front of a roaring fire plus a large spot for entertaining. The kitchen is large and open with more cabinetry than you can possibly fill and plenty of counter space! One guest suite with outside access and the oversized master suite is up half a flight of steps. The master boasts a fireplace, a walk through closet, and a large bath with double vanities, separate tub, and shower. Cold Springs is a great equestrian community with amenities including a spring fed lake, tennis court, stable and paddock.

MLS# 89105 | Offered for \$450,000



FLAT MOUNTAIN ESTATES This lovely home features lots of natural wood and refinished floors. With three bedrooms (split plan) and two and one-half baths on the main level, it also boasts a garage, workshop, and additional room downstairs that could be a family room, den, office, exercise room or whatever you need it to be! Great improvements have been made, including a new deck, retaining wall, new paint, encapsulated crawl space, and appliances; the price includes furnishings with only a few exceptions. Come sit on the deck and breathe in the mountain air!

MLS# 88950 | Offered for \$399,000



HIGHLANDS Own a piece of history in this updated 1921 five bedroom home that was once owned by the renowned botanist Thomas Grant Harbison and is on the National Registry of Historic Places. The open kitchen and dining area are centered around a beautiful stone fireplace - perfect for chilly mountain mornings! The back of the home has two porches; one on the main floor that opens to a grand stone patio and a sleeping porch on the second story - a wonderful southern tradition. Close to shopping/dining, yet far enough away from noise and street lights. 3+ acres.

MLS# 88806 | Offered for \$775,000



BERKSHIRE HATHAWAY
HomeServices

Meadows Mountain Realty

MeadowsMountainRealty.com | 828.526.1717

At Highlands Falls CC
2334 CASHIERS ROAD

Downtown Highlands
488 MAIN STREET

New Office in Cashiers
132 HIGHWAY 107 SOUTH

Posh Paws Pet Spa

828-526-9581

411 N. 4TH STREET, HIGHLANDS, NC 28741
OPEN YEAR ROUND TUESDAY-SATURDAY 9-5

We Are Celebrating Our Three Year Anniversary!!!

The Posh Paws Team would like to thank the Highlands, Cashiers, Sapphire, Glenville, Scaly Mountain, Dillard, Franklin, and surrounding communities for their continued support! It has truly been our honor to have been trusted with the welfare and beautification of your fur kids up on the mountain. We look forward to many more years of caring for your beloved furry family members!

Fall Special through October 10% OFF All Toys!!!!

Come check out our new selection of dog toys including plush, Halloween, and tough toys for longer lasting fun!!!!

• OBITUARIES •

Ruth Gade Furnald



Ruth Gade Furnald died Sept. 2, 2018. She was born in New York City Aug. 2, 1934 but grew up in Winter Park, FL. She graduated from the Shipley School in Bryn Mawr, PA, then attended Bennett College in Millbrook, N.Y., where she enjoyed the equestrian program and studied art. After a stint with Time-Life in New York—where she became friends with photo-journalist Alfred Eisenstaedt when she helped him with his images of the sinking Andrea Doria liner—she had a career in retail in NYC, ending up as assistant ladies' glove buyer for Lord & Taylor. She then returned to Florida to become one of the first kindergarten teachers at Holy Trinity Episcopal Academy in Melbourne, Fla. When she and her husband Harry Malcolm Ferguson adopted twin boys Eric and Stuart in 1965, Ruth stayed home to be a full-time mom, and the family spent summers in Highlands. After her divorce she went back to work for Robinson's department store and then, in 1977, moved to Highlands year-round with her husband Donald Furnald.

In Highlands, Ruth taught tennis and worked for Isabel Chambers at the Burlap Bag (where the Chandler Inn now is) before buying the Christmas Tree Shop from its founder Posie Wright in 1979. It was then located in the Burlap Bag shops; Ruth later relocated the store "on the Hill" (now the site of the OEI's Hummingbird Lounge). She vastly expanded the store's footprint and offerings and—through her hiring of Buck Trott to play Santa—unwittingly if indirectly helped bring about the current mayoral dynasty. Later Ruth start-

ed The Grinning Frog children's shop, where she sold wonderful, shiny, inexpensive-but-distracting toys and games.

After selling her shops, Ruth enjoyed working part time at Summit One art gallery and for Chad Lucas at his interior design store.

Ruth loved tennis and art, and children and animals. She was a member of the Highlands-Cashiers art league and a docent at The Bascom. She and her sister Patsy Penney (who survives her, along with her brother John Gade and her sons, nieces and nephew) spent many summers helping with the flowers at the Church of the Incarnation. Ruth was a past member of the Highlands Country Club, Cedar Creek Racquet Club and Mountain Laurel Tennis. Her best friends were all found in Highlands, a place she dearly loved.

Ruth's memorial service took place on Sept. 8 at St. John's Episcopal Church in Melbourne, Fla. Her family will have a fun and joyful gathering in her honor in Highlands next summer.

Alice Faye Reese Sewell



Alice Faye Reese Sewell of Kyle, TX, 87 years old, left this earth on Sunday, September 2, 2018 for a new life and a new body in heaven with her friends, loved ones, and family who have gone before. These include her parents, Myrtle Cora Henderson and Robert Lee Reese, Sr. Her twin brother, Dallas Ray, his wife Ila Sue, her older brother, R.L. (Dugan) and his wife, Sue and her nephew, Richard Reese. She is survived by four sons, Joe Sewell, Dale Sewell and Gary Sewell (Carla) of Austin, Texas and Rodney Sewell of Jefferson City, MO. Two sisters, Lucy May Reese of Atlantic Beach, Fl. and Elizabeth Anne Wilson of Clemson, SC. One brother Furman Dexter Reese (Barbara) of Oakway, SC.

She and her twin brother Dallas Ray, were born on "Bug Hill" in Highlands on October 14, 1930 with the help of Mrs. Paul Henry, Midwife. The picture of all the many twins who were born in Highlands can be seen at the His-

torical Society. The Reese family has several sets of twins, including Faye's nephew, David Reese (Cashiers) and niece Donna Hoffman (Snowmass, CO). Her other nieces and nephews include: Dallas Reese, Jr (FL) Kathy Brewer (NC) Darrell Reese (NC) Debbie Sapp (FL) Becky Reese (TN) Alan Wilson (SC) Jeffrey Wilson (SC) Karen Reese (Highlands) and Kevin Reese (Highlands).

As a teenager working for Bill Holt at Bill's Soda Shop, Faye

witnessed much of that period of Highlands history. She later traveled the world with husband Jerry Sewell who was in the U.S. Air Force. She retired from the Air Force Base Exchange, Bergstrom Air Force Base in Austin, Texas. After retirement, she worked for Sears. The family would like to thank all of her many longtime friends in Texas who gave her so much love and comfort in the last months of her life. All of them and anyone who ever met Faye, knew she was truly a hardworking, happy, loving, caring, and giving person.

Faye loved and was interested in many things, including: The Blue Ridge Mountains of home, traveling, Texas Bluebonnets, collecting, and especially sea turtles. She was lucky enough to be able to visit the Sea Turtle Farm in the Cayman Islands. Her family nicknamed her, "The Turtle Woman" which was a perfect nickname for

• See OBITUARIES page 9

SALE

FALL SALE
45% to 55% OFF!
85% on Red Tag item
25% off Cleaning & Repair

Hand Cleaning Restoration Appraisals



828-526-5759

MAIN STREET • OAK SQUARE IN HIGHLANDS
WWW.SHIRAZRUGGALLERIES.COM

Our entire inventory of thousands of antique & contemporary rugs from Persia, China, Pakistan, India & Turkey is now available.

...OBITUARIES from page 8

her because the turtle is a symbol of steadfastness and endurance.

She was a wonderful dancer and once won a dance contest dancing 52 hours with only short breaks every so often. Her skill at embroidery (taught by her mother) was truly amazing. She made and gave as gifts many, many beautiful pillowcases, scarves and tablecloths.

Memorials can be sent to: Christopher House, Hospice, 2820 E. Martin Luther King Blvd., Austin, Texas 78702 or Sea Turtle, Inc., 6617 Padre Island, Texas 78597. Graveside service will be held in Highlands at 2 p.m. on Sunday, October 14, 2018.

Mary 'Sandra' Dickson Ballentine

Mary "Sandra" Dickson Ballentine, 84, passed away Monday, October 1, 2018. Mrs. Ballentine was born January 8, 1934 in Anderson, SC to the late Harvey and Ruth Dickson. She was preceded in death by her husband, Jim Ballentine. Sandra was a member of the PEO, President of the Wilson Woman's Club, Founding member of Saturday Club in Anderson, which is still active; and the PTA president in Wilson for many years.

She loved playing the guitar and singing folk songs, seeing her grandkids, reading, cooking, Ham amateur radio, cats, chocolate, and being in the mountains with friends "KF-4SQN is out". She loved Sunday school in Highlands. Not only did she sing and play guitar, she performed programs at different organizations and functions and she played with the Anderson Piano Ensemble.

Sandra was a member of the Highlands First Presbyterian Church where she was a member of the Women's

Circle. She was also was a former choir member and Elder in the 1st Christian Church in Belhaven, NC.

Survivors include her favorite son and daughter-in-law, Steve and Evelyn Ballentine of Wake Forest, NC; four grandchildren, Allie Ballentine Dew (Robert) of Wendell, NC, Lauren Ballentine, Joshua Ballentine, and J.J. Ballentine all of Wake Forest, NC; a sister, Pricilla Eichelberger of Atlanta, Ga; and good friends, Ken and Susan Hawkins.

Sandra was preceded in death by her aunts, Mary, Sarah, Sulah, and Bet.

YOGA HIGHLANDS

464 Carolina Way • YogaHighlands.com • 828-526-8880

MONDAY

Gentle Yoga Class 9am • Evening Yoga Class 6pm

TUESDAY

Early Bird Yoga Class 7:30am

WEDNESDAY

Intermediate Yoga Class 9am &
New Adaptive Yoga Basics 10:30-11:30am

FRIDAY

Gentle Yoga Class 9am

SATURDAY

All Levels Yoga Class 9:30am

All Levels Welcome • Experienced & Effective Teachers



Coffee • Espresso Drinks
Smoothies • Hot Soup
Paninis • Baked Goods

On Main Street • Highlands
7 days a week • 7a to 6p • 526-0020

**COMMITTED TO MAKING
A DIFFERENCE**



**RE-ELECT
HOLLAND
SHERIFF**

EXPERIENCE YOU CAN COUNT ON

• WORD MATTER •

It's Time to Own Our Greatest Global Challenge

Every day I read something deeply troubling about our environment. Our oceans are polluted with plastic trash in epic proportions. OUR oceans. A combination of hot, dry conditions and

a few unthinking humans are responsible for the burning of tens of thousands of acres of our forests in the western United States. OUR forests. Biblical rainfall is causing our rivers and creeks to rise way above flood lev-

els, the result of which is enormous destruction of property and loss of life. OUR rivers and creeks.

Hurricane season has already reared its nasty head and we all know it's just a matter of time in terms of when and where increasingly powerful, destructive storms will make landfall.

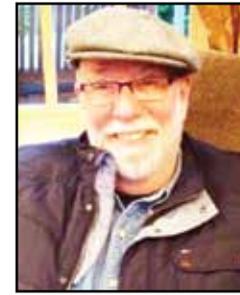
The previous two paragraphs barely scratch the surface of all that's happening right now to our planet. That's OUR planet. And I haven't even mentioned climate change or global warming. But now I will.

This issue, the one involving OUR natural world and what we who claim divine dominion over it can do to preserve it for future generations has risen to the same level of conversational warfare as those involving guns, or abortion.

I still hear people, for what reason I can't fathom, claim that rising sea levels and temperatures are just cyclical anomalies. They still argue that humans have had no role in thawing polar ice caps and the threat this presents, not only for coastal dwellers, but for most of humanity. They don't accept the overwhelming conclusions of the global scientific community that OUR planet's climate is, in fact, changing, and not for the better, and that we humans are, at least in part, responsible for it.

I recently heard, with my own two ears, someone glibly proclaim that this kind of phenomenon, exactly what we're experiencing, happens every 15,000 years or so. These words are uttered with the certainty born of absolute ignorance, as if, 15,000 years or so ago, there were 7.5 billion people, an estimated 2-3 billion motor vehicles burning oil and gas, billions of livestock farm- and wild animals pumping God knows how much methane into the atmosphere, millions of factories, running on fossil fuel-generated energy, belching carbon emissions you can see in the air over certain cities, here and around the world, and into the lungs of the inhabitants of those cities ... okay, enough. You get the point.

Conversations about our environment



Bud Katz

have become dogmatically and politically entrenched thanks to interests on both sides of the question(s) arguing their individual points of view without really considering the time that's passing and the tipping points being reached and exceeded.

Not to put too fine a point on it, but our planet, OUR PLANET, is sick, and depending how old we are and where

we happen to be at any given moment, evidence of that sickness and the absence of any honest action being taken to remedy what we're doing is visible all around us.

If I may be blunt, I and a significant number of you reading these words, regardless of which side of this issue our interests lie, likely won't be around to see the worst of what we've done and continue to do to OUR planet. We will be either in the ground or up in smoke, neither of which outcome, by the way, really helps alter the situation in which we find ourselves.

I don't expect politicians, here or anywhere else around the world, to get a real handle on things anytime soon. Politicians are, of course, creatures of influence and funding from parties interested in doing little or nothing because it suits their specific agendas and lives right now. Only humans, especially young ones, hopefully angry as heck about the calamitous situation we're bequeathing to them, have the ability to change things, if they're willing, and if they are able to ignore the outside influences laughing all the way to the bank.

It didn't have to come to this. We didn't have to blithely go about our lives as if everything was fine and dandy. Everything is not fine and dandy. We may not be able to change the world's climate but we can change some of our own behaviors that are contributing to the problem.

OUR world, OUR cherished way of life, is in danger. We need to own this issue and do everything we can to help change OUR future.

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

Whole Life Market
Natural Products Store

Carrying a wide variety of natural products for your Mind, Body & Home.
Open Mon.-Sat. 9a to 5:30p

NECTAR Juice Bar

Organic Fresh Juices & Smoothies and Salads "On the Go!"
Open Mon.-Sat. 9a to 5p

526-5999
Located at 680 N. 4th. St., Highlands

COREY JAMES GALLERY & Estate Consignments
Open Everyday!



(828) 526-4818

On the corner of 3rd & Spring

The Car Butler

- Full Service Automobile Detailing by Certified Master Detailer
- Purveyor and Consignor of Luxury, Exotic and Vintage Motorcars
- White Glove Transport Specialist
- Luxury and Exotic Rentals

**518 Dillard Road
Highlands, NC
828-526-1900**

www.thecarbutlernc.com

Advertising in Highlands Newspaper and online at www.highlandsinfo.com WORKS.

For information, call 828-200-1371 or email: highlandseditor@aol.com

• LETTERS •

Support Highlands School! Come to the Fall Festival

Dear Editor,

Growing up as a child in Highlands, every autumn you looked forward to the Fall Festival. Having a K-12 school in our community gives us many unique traditions.

As long as anyone can remember the Senior Class has put on the event as a rite of passage.

In the beginning, it paid for a senior trip and then became a PTO fundraiser to help pay for caps & gowns and donate funds back into the classrooms.

Even though it is the PTO's largest fundraiser, it's about more than the money.

It is about a Senior class that gives back to their school and community. A community that has been their support system from Kindergarten-12th grade.

It is about a staff of teachers and a group of PTO board members that all volunteer to blow up balloons, man cake walks, supervise large inflatables and ticket tables, serve food together and pick up trash when it is all said and done.

It is about classes who collaborate on choosing a theme for a box for the silent auction.

It is about a carpentry class that constructs new games from scratch that can be used year after year.

It is about businesses in the community who donate food and raffle prizes. It is about parents who bake cakes and baked goods for the cake walk and care about their child's education.

Join us this Saturday from 5-9 at Highlands School to enjoy one our greatest traditions...the Fall Festival.

Andrea Chalker
HS Fall Festival Chair

1/2 Price October Bookworm Sale

Dear Editor,

Did you know that the Highlands Bookworm is having a 1/2 price sale the entire month of October? Thanks to so many generous donations, we have more books than we can shelve. In case you do not know about us, we are an arm of the Hudson Library. All our staff are volunteers, all our books are donated, and all our profits go to help fund our local Highlands Library, The Hudson Library.

We are in Falls on Main, next door to the Highland Hiker. We are open Monday-Saturday from 10a-4p. From Vintage books to current best sellers, the bargains are amazing. Many customers walk in and comment they cannot believe we are a used book store and are grateful to have the opportunity to support our library through both donations and purchases. For some, we are the best kept secret in Highlands.

So, join us the whole month of October for our 1/2 price sale. Find that long lost book you have searching for or find a nice comfortable read for the cooler weather. We look forward to seeing you.

Helene Siegel
Highlands

Ready for Winter?

THE FIREWOOD COMPANY

**Kiln-Dried Firewood
Delivered & Stacked**

Call Us Today!

828-200-3050

bobhenritze@gmail.com

Now showing at The
Highlands Playhouse

Starting Friday 10/5 - Tuesday 10/16



Runs for
2 weeks!

Please see our website
HighlandsPlayhouse.org for
showtimes on 10/12 & 10/13

Showtimes are:
Friday & Saturday at 1, 4 & 7pm
Sunday at 1 & 4pm,
Monday & Tuesday at 1, 4 & 7pm

Tickets are \$10
828.526.2695



828-482-1609 • 330 Main Street, Highlands

Rachel's ... Game Day Dips



Try our Dip Recipes using our
made-in-house custom spice blends.
(Never any preservatives or additives.)

Pick one of our
featured blends, add sour cream or
whipped cream cheese and your favorite
chips, veggies or pretzels for a
yummy, quick, easy, and memorable
Game Day snack!



**Come in this week and
get 10% off our
Game Day Bundles!**

- Cheesy Spice
- Buffalo Bleu
- Onion Obsession
- Vik's Garlic Fix

OPEN 7 DAYS

Mon-Thurs: 10:30a to 5:30p
Fri-Sat: 10a to 6p & Sun: 11a-5:30p

...MAIN ST. continued from page 1

the 2009 Parking Study were dusted off as a "starting point."

"Our concern, is that if we are going to rework Main Street, now is the time," said Commissioner Dotson. "We only need to tear up Main Street once, that's for sure."

What concerned Main Street shop owners was the potential loss of parking spaces.

That 2009 plan included a crosswalk from north to south in the center of the block at Town Square, a 2-foot, a curb and gutter median running down the middle of the street from 3rd to 4th streets with trees planted along the way.

Not only would a crosswalk in that location take up 6-10 parking spaces, but logic suggested people wouldn't use it – which is one reason the plan was nixed back in 2009 and again Thursday night.

"People walk from their cars to the sidewalk and back anyway, so the crosswalk doesn't serve any purpose. How do you make someone use a crosswalk when they are parked in the center of the block? They would have to get out into the traffic to get to the crosswalk," said Commissioner Amy Patterson.

People also suggested the 2-foot median running the length of the street would be a tripping hazard.

Commissioners Dotson and Pierson said the 2009 plan was never on the table; but rather was a starting place.

So, for the next hour the talk began with not doing anything to coming up with a workable, agreeable plan.

Initially, Commissioners Brian Stiehler and Donnie Calloway tried to nix the entire discussion because they thought they were called to the meeting to vote on the 2009 plan. In fact, Calloway made a motion to halt the discussion all together and Stiehler seconded it; the motion failed 3-2.

Finally, it was agreed that installing five or six diamond-shaped planters – like the ones along the sidewalks – in the middle of that many 33-ft.-long parking spaces would keep drivers from pulling through those particular spots to do U-turns while softening the parking lot look of Main Street with trees.

Mary Adair Trumbly suggested the idea which she said would satisfy the desire to green up and cool down the street without losing parking.

Michelle Bears thought it was a good idea, too, saying a few shortened spots – like those along the sidewalks – wasn't going to hurt anything.

"Putting in planters shouldn't be an issue for anyone. If they don't want to use the shorter spots, they can go to the next one. It's a win-win situation and the street will look fuller as far as green space goes," she said.

Bob Mills reminded everyone that back in 1989 the trees on Main

Street were cut down and Harry Bears said he thought the street was "freaking beautiful" the way it is now.

"Every 75 feet on either side there is a tree. Town Square is gorgeous. Up and down Main Street there are trees. There is so much green on Main Street, now. I wonder if you have taken a walk," he asked the board.

Commissioner Dotson agreed that the ends of the street and the sides look great, "but down the middle we could soften up the nasty bowling alley feeling you get when you drive into town whether its full and you see cars or if it's empty and you just see asphalt."

Commissioner Patterson said she understood people's concerns but didn't want to just say no to the whole thing.

"Yes, it's different and yes, it will present challenges until people get used to it, but I see positives in the plan. It will look better, it will green it up, cool it down, would even help with storm water retention. And it may help with traffic flow because we won't have both lines of cars waiting to get out or in on both sides all the way up the street," she said.

In the end the board agreed to have the Land Use Committee go over the plan. A visual will be presented at the October Town Board meeting so the plan can be put into action.

– Kim Lewicki

...MAYOR from 2

optic network would promote the use of small antennas on our utility poles without the need for those unsightly transmission units that will be used in many areas of the county. Because we will have a cost effective alternative, I believe we will be able to work with G5 providers in the coming decade.

While the deployment of the G5 system may be alarming to some, there are potential benefits. The reliance on cell towers, structures detested by many, could be diminished. Also, the G5 system could be economically deployed in areas that now have no, or little, broadband access, like most of Western Carolina. It would eventually reduce the need for large bundles of copper wires that currently adorn our utility poles.

Avoid Crowded Malls ...

Stock up Before you Lock up!

Friendly Customers Receive

Top-Notch Service

Complimentary Holiday Gift

Wrap

Shipping Available

The

Toy Store

10-5 daily • 364 Main Street

828-526-9415

Obagi Healthy Skin Open House Find How to Transform Your Skin



Before



After

20% Discount

Friday, Oct. 5th 10a-4p

Center for Plastic Surgery

209 Hospital Dr., Ste 202 Highlands

828-526-3783

Robert T. Buchanan, MD • Board Certified Plastic Surgeon

www.PlasticSurgeryToday.com

Dr. Joseph H. Wilbanks, D.D.S.

278 East Doyle St. • Toccoa, GA

COMPLETE DENTAL CARE UNDER ONE ROOF.

- Dental Implants • Root Canal Therapy
 - SINGLE VISIT CROWNS!
 - Orthodontics including Invisalign
 - Wisdom Teeth Extractions
- and of course Fillings and Cleanings. (IV Sedation, too)



You are only 50 miles away from 30 years experience in top-notch, high-tech, one-stop dentistry known for its gentle touch.

706-886-9439 • 800-884-9439

www.WilbanksSmileCenter.com



• FINANCIAL MATTERS •

Is a living trust necessary?



Michael P Henderson, CFP®
CERTIFIED FINANCIAL PLANNER™

Since this is my very first article in this paper, I thought I'd take a minute to introduce myself.

My name is Mike Henderson and my family has owned a home on the Cashiers Road near the entrance to Highlands Falls CC since 1953. My wife Colleen and I have been married for 35 years and have 3 children and 4 grandchildren (soon to be five).

We usually come to Highlands at least 3 times per year and I've spent part of every summer in Highlands since 1963. My teenage summers were spent hanging out at the Rec Park, playing baseball on the Little League team, and square dancing at Helen's Barn every Friday night (yes, I can clog).

I'm an independent wealth advisor and CERTIFIED FINANCIAL PLANNER™ in the Orlando area and my goal for this column is to write articles designed to help you better manage financial resources beyond simply saving and investing.

So, to start out, let's talk about a question I often hear – Is a living trust worthwhile??

With the estate tax exemption for a married couple just above \$11 million in 2018 4 (up from \$650,000 in 1999), and since there is no longer the need to use a trust to capture the exemption amount for each spouse while they're still alive, obtaining a Revocable Living Trust may not be as cut and dry as it once was.

To help answer this question, let's look at what living trusts can and cannot do.

Are living trusts as necessary as some make them out to be? The fact is that they are not for everyone. However, they can be used to pursue (and realize) some key estate planning objectives.

A properly written and executed living trust has three key benefits. One, assets placed within the trust are exempt from probate. Two, a living trust is a private document—the way assets from it are distributed will never be made public. Lastly, although creating a trust may cost more than creating a will, trusts are often cheaper for heirs to execute than wills 1,2

Not all assets need living trust protection. Some assets routinely transfer to heirs without being probated – Individual Retirement Accounts (IRAs), workplace retirement plan accounts, payment on death

bank accounts, transfer on death brokerage accounts, and insurance policies among them.2

Inevitably, some assets may be left outside the trust. Many people live for years after the creation of their living trust and acquire further assets. Unless a pour-over will is subsequently written and authorized to direct those assets into the trust at your death, they will be distributed to your heirs the way the courts see fit (and

pour-over wills must be probated). A living trust is not considered a will substitute.3

Living trusts lack creditor protection. They are not exempt from “predators and creditors” who might want a piece of your estate.2

The larger your estate, the more useful a living trust may be. So, as you think about your wealth and your heirs, you should explore whether a living trust is appropriate for you.

And don't forget to fund the trust. One of the problems I often see in my practice are people who walk out of their attorney's office and never “fund the trust”. It's an unfortunate reality that many people spend all the time, money, and effort of setting up a trust, and then fail to fund it properly. Assets that are never placed in the trust don't qualify for the benefits. Also, consider having your documents reviewed every 3 to 5 years by a qualified, trusted professional.

• *Investment advice and financial planning services offered through CollaborativeWEALTH® an SEC Registered Investment Advisor; Securities offered through LPL Financial - Member FINRA/SIPC and separate business entity.*

1. *LegalZoom.com, “Top Three Benefits of a Living Trust” (November 2015)*

2. *Bankrate.com, “6 surprising facts about a living revocable trust” (January 15, 2016)*

3. *TheBalance.com, “Using a Pour-Over Will in Estate Planning” (May 12, 2017)*

4. *IRS.gov, “Estate and Gift Taxes” (Sept 2018)*

This information is not intended to be a substitute for specific individualized tax or legal advice. We suggest that you discuss your specific situation with a qualified tax or legal advisor. The writer is not engaged in rendering legal or accounting services. This information should not be construed as investment, tax or legal advice and may not be relied on for the purpose of avoiding any Federal tax penalty. LPL Financial Representatives offer access to Trust Services through The Private Trust Company N.A., an affiliate of LPL Financial



MOUNTAIN FRESH GROCERY EVERY FRIDAY AND SATURDAY NIGHT FROM 6 TO 8PM

FRIDAY NIGHT IS STEAKHOUSE NIGHT FROM 6PM TO 8PM (DINE-IN ONLY)

ORDER FROM THE GRILL

12-OUNCE RIBEYE	23.99
12 OUNCE NY STRIP	18.99
8-OUNCE FILET	24.99
GRILLED WILD CAUGHT SALMON	18.99
TWO 5-OUNCE LOBSTER TAILS	24.99

THEN HELP YOURSELF TO THE PREMIUM HOT AND COLD BAR WITH STEAKHOUSE SPECIALTIES SUCH AS:

FRENCH ONION SOUP, SPINACH GRATIN, BAKED POTATOES, STEAK FRIES, MAC N CHEESE, SHERRIED MUSHROOMS, POTATOES AU GRATIN, FRENCH GREEN BEANS, ICEBERG WEDGES AND DESSERT.

SATURDAY NIGHT IS FAMILY BBQ BUFFET FROM 6PM TO 8PM (DINE-IN ONLY)

Adults \$13.99 - 10 and under \$7.99
UNLIMITED, CONTINUOUSLY SERVED
FRESH FROM THE HOT BAR!

Pulled Pork

Smoked BBQ Chicken

Smoked Ribs

Beef Brisket

WITH SIDES LIKE:

Corn Bread, Collard Greens, Slaw, Baked Beans and Hushpuppies.

VISIT MFGRO.COM FOR DETAILS

BEER, WINE AND PREMIUM COCKTAILS AVAILABLE.

COOKING FOR HIGHLANDS
MON-SAT OPEN AT 7AM AND SUNDAYS AT 8AM

CORNER OF FIFTH & MAIN, HIGHLANDS NC • 828.526.2400 • MFGRO.COM



Argus String Quartet

Highlands-Cashiers Chamber Music Festival presents Fall Mini-Residency with the Argus String Quartet! Friday-Saturday, October 12th-13th



Rising stars, the Argus String Quartet, in Residence at The Juilliard School, will give programs for all the area schools, the Chestnut Hill Retirement Center and a public concert on Saturday evening **October 13th** at 5 PM in Highlands at the Episcopal Church of the Incarnation.
The Argus Residency is sponsored by Cullasaja Women's Outreach.
Call 828-526-9060 or email hccmfnc@gmail.com for tickets.

CHEFS IN THE HOUSE
At The Farm at Old Edwards

PARADE-NIGHT PARTY
with Pitmaster Rodney Scott

December 1, 2018

OLDEDWARDSINN.COM/RODNEYSMOTT
 828-787-2635 | #ChefsInTheHouse

Acorns
DESIGNER FASHIONS
& ACCESSORIES

The Acorn's Ladies Boutique is now located on South 4th Street beside Acorns on Church.

The first floor of Acorns on Main will relocate on November 2.

We've
Moved to
South 4th
Street!

Shop our
moving
sale on
Main Street
throughout
October.



New Location: 212 South 4th Street | Highlands, NC | 828.787.1877

• HIGHLANDS SCHOOL SPORTS •

End of season games are winding up

Highschool volleyball played Swain, Hiwassee Dam, and Andrews this week. Varsity couldn't finish any with a win but pushed both Swain and Andrews into a fourth set.

JV lost to Swain and Hi Dam but finished the game with a win in 2 sets against Andrews. There regular season games are slowly coming to an end. They won't have any more home games but have their conference tournament coming up.



Kedra McCall

Middle school volleyball also played three games this week. They played Cullowhee, Hiwassee Dam, and Eagle Ridge. They lost to Cullowhee and Hiwassee in two sets but beat Eagle Ridge in two. Their second round of Tri State Tournament is on October 5th if they make it. The place is TBA but they will play at 4:30.

High school soccer played Franklin as well as Murphy. The finished the game against

Franklin at a 1-1 tie. With about 20 minutes left of the game the refs walked off the field deeming it unsafe to continue playing with the soaking wet field and kids intentionally sliding after being warned. They also beat Murphy 4-2. Their next home game will be on Saturday, October 13th. They will play Polk County at 10 am.

Middle school soccer played Cullowhee, Tallulah Falls, and Summit. They beat Cullowhee 2-1 but lost to Tallulah Falls 4-1. They also played their first round of their conference tournament. They played Summit and finished with a 3-1 win.

They don't have any more home games this season but their next game will be on Friday, October 5th if they continue to win through their tournament.

Outside of their tournament their next game will be on Monday, September 8th. They will play at Cullowhee starting at 4pm.

Come support your Highlanders as their seasons begin to finish up

Community Health Fair

Hosted by the Health Ministry at
First Baptist Church of Highlands
For insured and uninsured



FIRST BAPTIST CHURCH
HIGHLANDS

Oct. 6 • 10am - 2pm
Highlands Rec Park

- Flu Shots
- Blood sugar screening
- Vital Sign Screening
- doTerra Essential Oils
- Advance Directives
- Safe Mobility & Movement
- Medication Review
by a Pharmacist
- Massage Therapy
- Dietitian Consultation

October Special!
Shellac Manicure
w/Kassie
\$35

Shear Elevations

Owner/Stylist: Lisa L. Shearon
Stylist: Jane B. Earp
Stylist: Kristi Stockton
Stylist/Nail Tech: Kassie Vinson

828-526-9477 • 225 Spring Street, Highlands

• YOUNGER THROUGH FITNESS •

The 3 Pillars of Fitness Part 3 Cardio Fitness For Life

The best should always be saved for last as it will resonate longer.

Cardio fitness actually should be first on everyone's list of health priorities but I am presenting it last in this series due to its vital importance so that it actually will be first on everyone's mind who follow this column.

A few decades ago the term aerobics became part of the common vernacular.

Many of you remember the jogging craze of the 1970s, followed by the aerobic dance classes popularized by Jane Fonda and Richard Simmons.

It wasn't long before the onslaught of treadmills, elliptical machines and numerous videos promoting weight loss and heart health -- Tae Bo, PX 90, Water Aerobics, Jazzercise, Spin classes and on and on.

The variety is endless and if performed regularly any one of them can be effective for improving quality of life.

Before we go into just what the benefits of cardio exercise are I think it's important to delve into some aspects of our internal make up, so that we can visualize just what these exercises are effecting inside our machinery.

In past columns we've discussed muscle typing in skeletal muscles. In this article we will take it a step further. There are three distinct classes of muscles in the human body.

The first muscles were the topic of our previous column on muscle mass. They are the voluntary, striated, skeletal muscles and those are the muscles which allow us to be mobile. Secondly, there are involuntary smooth muscles which are found in the walls



Hank Miller
828-305-9713

of blood vessels and hollow organs such as the intestines, stomach, the iris of our eyes etc. The smooth muscles in our veins and arteries dilate and contract to facilitate blood flow.

Lastly, and most importantly, is the cardiac muscle itself. Without cardiac muscle there is no blood flow and without blood flow there is no life.

Cardio exercises depending on intensity will utilize variations of our energy systems. The term most of us know is aerobic which means functioning in the presence of oxygen. Exercises that are aerobic comprise repetitive motions in which the body can bring in enough oxygen to facilitate motion for a long period of time. Jogging, dancing and hiking are examples of aerobic movement. The other variation of cardio exercise, anaerobic movement, is more intense and the system cannot get in oxygen fast enough for the metabolism to handle it for a long period of time. Sprinting a hundred-yard dash is an example of anaerobic exercise. The human system on average can go anaerobic for up to three minutes. After approximately three minutes it needs time to recover the needed oxygen and regenerate the energy system. If you have ever run out of steam after running really fast for a short distance you have experienced anaerobic movement. All of life's emergencies usually require anaerobic conditioning.

Both of these systems are vital to our function and it is vital to challenge them regularly to maintain our health and stave off early onset aging.

In past articles I have emphasized that our

• See FITNESS page 19




spartina
449
Daufuskie Island, SC

Stop & Shop our
Highlands Location

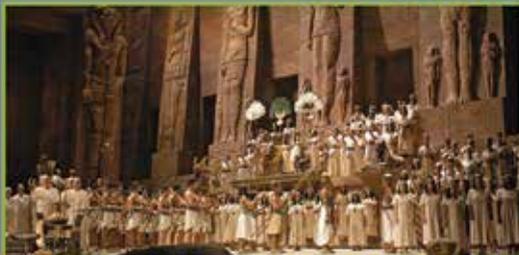
394 MAIN STREET

The Metropolitan Opera

HD LIVE



Live via Satellite



Aida

by Verdi

Saturday, October 6

12:55 pm

Pre-Opera Discussion

@ 12:30pm

Highlands Performing Arts Center 507 Chestnut Street
Tickets available online: www.highlandspac.org, at the door
or by calling 828.526.9047

Leaf look and shop through Highlands!



**THE
CUSTOM
HOUSE**

**AT
CAROLINA WAY**

**Lighting
Lamp Shades**

- Pottery
- Rugs
- Pillows
&

**Meridith's Custom
Painting**

828-526-2665
442 Carolina Way

Join us for our
3rd Annual
Men's Night Out!

Thursday,
October 18
5PM - 8PM

Lots of great food,
beverages & door
prizes!



Jannie Bean
Custom Jeweler

152 South 2nd Street Highlands, NC
www.janniebean.com 828-526-5858



Oakleaf
flower & garden

133 S. 4th St., Highlands
828-526-8000

113 Hwy. 64 E., Cashiers
828-743-5632

**BIG
Fall
SALE
Begins!**



S. 4th Street
526-4473

TJBAILEYS
CLASSIC. LIMITED. CURATED.

**WE STAND WITH YOU FOR
BREAST CANCER
AWARENESS MONTH**

A DESTINATION BOUTIQUE

HIGHLANDS
TOWN SQUARE
828.526.2262

CASHIERS
104 HWY 107 S.
828.743.8855

TJBAILEYS.COM
TJBAILEYS@f@

Fall is in
the air at
APPAREL

- Free People • BB Dakota • Michael Stars
- Diba • CP Shades • THML

Jeans by:

- Joes
- 7 for All Mankind
- AG
- Citizens
- Hudson
- Mother



Visit our Upstairs
Shoe Boutique &
Sale Room

355 Main Street
(in The Galax Theatre)
526-4660

New FALL Arrivals!



C. ORRICO

il ins

Leaf look and shop through Highlands!



JOHNNY WAS

Biya



JOHNNY WAS

Lulu Bleu

All the sumptuous stylish brands you love!
the boutique

326 Main St.
828-482-4375

Order online at www.facebook.com/LuluBleuNC



PAMPA BAY
CHARM - STYLE - ARGENTINA

- High-fired porcelain serverware
- Dishwasher safe.
- Stain resistant.
- Food safe.
- Will not scratch or loose luster.
- Tarnish free.

The Dry Sink Main Street Highlands, NC

KINROSS
CASHMERE



Wit's End

A Highlands tradition since 1940
Our 78th season on Main Street

Monday-Saturday
828-526-3160



The
SOUTHERN
WAY

338 Main St.
526-4777



**BAGS on
MAIN**

Next to The Toy Store
Main St. • 828-526-9415



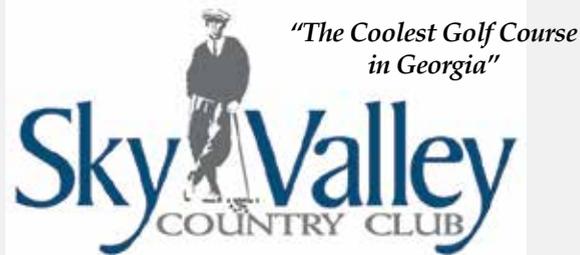
Jolie's of Highlands


**FRENCH
KANDE.**

*Vintage French medallions from the 1960s
that Kande discovered during her travels
throughout France.*

*Each medallion offers it's own unique
history and brilliantly captures the style of
the French culture. Designed and
manufactured entirely in Los Angeles.*

Open Daily
446 Main Street, Highlands, NC
526-3963



On the Golf Advisor website, Sky Valley Country Club has been listed and reviewed for 2017 to be among the top 25 Public Golf Courses in Georgia!

- Incredible Views
 - Par 72 Championship Course stretching 6,900 yards of Peaks and Valleys
 - Open Daily, • Year-Round • Public Welcome.
 - 2 hrs. northeast of Atlanta • 20 Minutes from Highlands, NC
- For Tee Times, Membership Information or Event Rentals, please call 706-746-5302**
www.skyvalleycountryclub.com

Advertising in Highlands Newspaper and online at www.highlandsinfo.com WORKS.
 For information, call 828-200-1371 or email: highlandseditor@aol.com

Bryson's

FOOD STORE, INC.

We have everything you need to prepare great meals:

Prime and Choice Angus Meats Cut-to-Order,

Full Line of Springer Mountain Chicken

Party Trays, Cooked Meats, Sides, Desserts, too!

North Carolina Apples are now available!

Locally-grown tomatoes, squash, zucchini and white corn,

Hardy Mums, bittersweet, pumpkins and gourds.

Try one of our locally baked products including:

- Cindy Lou's Caramel Cakes
- Kelly's Buttermilk Pies and Yeast Rolls
- Chocolate Heaven and Banana Bread
- Season's Samplers Cinnamon Rolls and Cakes

A Large Selection of Craft Beer and Wines available
Case Discounts on Bryson's Jams & Jellies

Take advantage of our in-store sales every day in all departments

Open 7 days a week • 7:30a to 7:30p

Highlands Plaza • Highlands (828) 526-3775 • (828) 526-0430 FAX

...LEAF continued from page 1



A preview of what's to come. This is a shot of Mirror Lake in Highlands in 2017.
 – Photo by Linda Barden

weather pattern would result in a brighter tapestry of hues across the region.

That's the word from Beverly Collins, Western Carolina University's autumnal season soothsayer and prognosticator of leaf pigment potency. A professor of biology at WCU, Collins combines her knowledge of forest ecology with observations of weather trends to assess the potential for a big leaf color season.

"Warm and wet conditions are great for photosynthesis, but the sugars that are made tend to be used in tree stem and leaf growth, rather than accumulated in leaves, where they can trigger the tree to make less chlorophyll (the green pigment) or produce anthocyanins, the red color we see in fall," she said.

The weather typically becomes drier in the WNC mountains during autumn, which is what long-range forecasts are indicating for this year. "If that comes to pass, leaf color could very well turn out to be brighter, but still a little more muted than normal because photosynthesis and chlorophyll production slow in the fall as the days get shorter and temperatures cool," Collins said.

Leaf fanatics want to know when the color will be at its peak. Collins said the declining daylight of late summer and autumn is the primary factor affecting the timing of the colors. "In the Western North Carolina mountains, colors begin to appear in early September as the shortening days cue color change in plants such as sumac and sourwood," she said.

However, weather also contributes to the timing of fall color, and if the weather stays warmer than normal, the peak could be delayed and more spread out over time, Collins said. For example, many of the towns in WNC's southwestern mountains are located in valleys at around 2,000 feet in elevation, and peak color there might be delayed until the fourth week of October, rather than happening the week before. Generally, the peak occurs at higher elevations north of Asheville in early October, and then works its way down the mountainsides and to the southwest across the region, she said.

The quality of the fall leaf season isn't just related to the sharpness of the hues, but also is influenced by the spectacular variety of tree species in WNC that create a patchwork quilt of color that blankets the mountains, Collins said. The highest elevations along the Blue Ridge Parkway and in Great Smoky Mountains National Park feature red spruce and Fraser fir trees that retain their green needles all year, but below those trees is the northern hardwood forest of maple, cherry and birch trees that often shows its red and yellow colors early.

Even lower down, the mixed oak and hardwood forest usually retains its red, orange and yellow colors for a longer period. Overall, the high species diversity and varied topography of WNC is likely to provide some inspiring scenery for the typical traveler who visits the region through October and into early November, Collins said.

Larry Rogers Construction Company, Inc.

Excavating • Grading • Trucking Trackhoe
 Backhoe • Utilities
 (828) 526-2874



...FITNESS continued from page 15

systems function best when they are regularly and reasonably stressed. Also, we have emphasized that our modern world has resulted in much less systematic stressing and therefore poorer health and vitality. Exercising is the modern remedy to this dilemma.

So, what are the benefits of cardio exercise on our systems and which exercise is best? Regular aerobic exercise increases the tone and function of the heart muscle itself and can be a big factor in reducing the risk of cardio vascular disease.

It does this by building the structure of the heart muscle which in turn increases the stroke volume of each cardio contraction. Increased stroke volume means that the heart pushes out more blood every time it contracts. Along with the former benefits the body will produce denser capillaries which in turn improve the cellular gas exchanges, bringing in more oxygen-rich blood and nutrients to our cells and taking away more of the wastes and carbon dioxide.

The results are: overall lower resting blood pressure, increases in HDL Cholesterol (good stuff) and reductions in LDL cholesterol (bad stuff), lower stress levels, mood elevation, weight management and lower levels of depression.

Any aerobic exercise done with enough intensity will bring about these benefits. The aerobic you choose should be the one that

you enjoy the most. For aerobics to be effective they need to be done regularly. In other words, most days of the week, and should be practiced for 20 minutes to an hour. If you like to walk, then just do it and do it regularly. If dancing is your thing then do that. You could try riding a bike, going to an exercise class or hiking in the woods. Any of these will work just fine and if I haven't mentioned enough then use your imagination.

If you have not been exercising you should start slowly and give your body time to adapt to the new stresses. Also remember to check with your doctors and inform them that you intend to begin a regular exercise program. I encourage people not to over stress themselves but to use a common sense approach of regularly getting their bodies to a level of moderately challenged breathing and maintaining it for a reasonable period of time and then take enough time to slowly bring themselves back to a relaxed breathing state before they sit down or stop.

We will discuss more about anaerobic exercise in a future column. Until then remember, life is about movement!

• *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@thebestexerciseforseniors.com*

DUTCHMANS CASUAL LIVING STORES

Book Signing!

GOLFING ACROSS THE PONDS

A DUFFER'S PERSPECTIVE

Saturday, October 6th

BOOK SIGNING

11:00 am - 3:00 pm

828-526-8864

342 Main Street • Highlands
www.DutchmansDesigns.com



Follow us on social media!

BOOK SIGNING
with the
AUTHOR

DR. GEORGE G. KITCHENS

Foreword by Jack Nicklaus
Preface by William Faulkner

MOUNTAIN FRESH GROCERY DINNERS-TO-GO WINTER MENU 2018

MADE FRESH AND SERVED HOT

MON - SAT PICK UP FROM 4:30 PM UNTIL 8 PM.

DON'T FORGET OUR GRILL AND WOOD FIRE
OVEN ARE OPEN EVERY DAY FROM 11AM-CLOSE

EACH DINNER CONTAINS FOUR SERVINGS

MON	MEXICAN MONDAY: FOUR CHEESE AND FOUR CHICKEN ENCHILADAS, REFRIED BEANS, MONTEREY RICE, HOMEMADE TORTILLA CHIPS, SALSA, SHREDDED LETTUCE, TOMATOES, SOUR CREAM	\$22.95 SERVES 4
TUES	ROASTED MEATLOAF WITH MASHED POTATOES, GRAVY AND A LARGE SALAD	\$22.95 SERVES 4
WED	CHICKEN OR STEAK POT PIE and A LARGE SALAD	\$22.95 SERVES 4
THURS	IN-HOUSE SMOKED BBQ, COLESLAW, APPLE AND BACON BAKED BEANS, AND YEAST ROLLS	\$22.95 SERVES 4
FRI	WILD CAUGHT FRIED SHRIMP, BAKED POTATOES, HUSH PUPPIES, AND COLESLAW	\$25.95 SERVES 4
SAT	CLASSIC ITALIAN SELECTION WITH MADE-IN-HOUSE GARLIC KNOTS AND A LARGE SALAD	\$22.95 SERVES 4

WALK IN OR CALL AHEAD TO RESERVE

COOKING FOR HIGHLANDS
MON-SAT OPEN AT 7AM AND SUNDAYS AT 8AM

CORNER OF FIFTH & MAIN, HIGHLANDS NC • 828.526.2400 • MFGRO.COM

...HCA from page 1

be the watchdog concerning the best interests of the HC Hospital and thereby its future.

“The way you have presented your position tonight encourages us to have a lot of faith and trust in you where you can personally flip the coin one way or the other,”

said Commissioner John Dotson, who was initially opposed to waiting to send the resolution and didn't believe Mission had been forthcoming about the sale.

According to his presentation, Lucas has been involved every step along the way and actually had a hand in making sure the Foundation Board got \$15 million from Mission after the sale – initially the amount was

going to be less.

Lucas said he understands the HCA acquisition and the Dogwood Trust means the community is losing the emotional attachment to the hospital; something it has supported for so long.

But he said something had to be done because HC Hospital wasn't sustainable. Before going with HCA, several healthcare entities were vetted including Duke Life-point, Carolina Health Systems, NE Georgia Health Systems and others, but HCA was the only option that would be profitable and sustainable for the future of HC Hospital.

Lucas said the hospital suffers from having a seasonal population that doesn't use the facility when it is here.

Commissioners said the community is afraid that HCA will pull out leaving a shell if HC Hospital isn't profitable over the next 5-10 years.

Lucas said the Attorney General has the tail-end oversight when it comes to the Dogwood Trust which in turn oversees HCA's operations so a decreasing bottom line wouldn't be a surprise.

“After the local foundation is reorganized, funds can be used for things like an indigent care clinic which would keep people out of the Emergency Room which will immediately raise the bottom line at the hospital,” he said.

In addition, he said the Eckerd Living Center can actually grow the bottom line for a for-profit entity. “There is a lot of money in nursing homes,” he said.

“Furthermore, we have protections now which we didn't have with Mission. The Dogwood Trust is the seller's representative and has rights of oversight over HCA.”

He also suggested the local foundation take part of the \$15 million and put it in a fund so it could purchase the hospital if necessary. But most importantly, there won't be any “surprises.”

“The Dogwood Trust, the AG and the advisory board will know of a proposed sale if HCA can't make it work. It will go to the highest bidder and we [the local foundation board] will be the highest bidder,” he said.

Lucas said it's likely the future of healthcare in Highlands and Cashiers will change moving from an old-fashioned hospital with beds to a health center model with more care provided at people's homes.

But for the HC Hospital to be sustainable under the current environment, the AG will want to know everyone is putting their best foot forward, he said.

“He has to believe HCA and we have support from the community – that this is positive and not gloom and doom,” said Lucas.

– Kim Lewicki

Get Custom Fit By Bobby Grace in the Studio and walk out with your new putter



The Very Same Day!

www.bobbygraceputters.com

- 200+PGA Tour Wins
- 800+ Tour players fitted
- 100's of millions in Tour Earnings

Gift Certificates Available!

Follow Bobby on social media for updates.





727.458.0787



DUTCHMANS

CASUAL LIVING STORES

25% Off

Highlands Annual Fall Furniture SALE

October 1st - 28th

342 Main Street • Highlands • 828-526-8864
www.DutchmansDesigns.com





Follow us on social Media!

*All sales Final. No approvals on sale items. Discounts are calculated on prices before tax. **Delivery and design fees are excluded from sale.

• HIGHLANDS EVENTS •

Thurs., Oct. 4

• Bingo at the Community Building from 6:30-8:30p to benefit Wreaths Across America.

Fri., Oct. 5

• At Cashiers Rec Park, 355 Frank Allen Road, Town Hall meeting with President/CNO Jackie Medland noon to 1 p.m. Jane Woodruff Clinic room 103. Subject: Hospital update.

Sat., Oct. 6

• The Cashiers Quilters will offer a detailed look at the craftsmanship and diversity of modern quilting with a display, a boutique, a silent auction and a bake sale from 10a-4p. at Albert Carlton-Cashiers Library. Free.

• Highlands School Fall Festival in the old gym 5-9p. Cake walk, bounce house, dunking booth, haunted house, and much more.

• Health Clinic hosted by the Health Ministry at First Baptist Church of Highlands. For insured and uninsured, 10a to 2p at the Highlands Rec Park. Flu Shots, Blood sugar screening, Vital Sign Screening, doTerra Essential Oils, Advance Directives, Safe Mobility & Movement, Medication Review by a Pharmacist, Massage Therapy and Dietitian Consultation.

• At PAC, Verdi's Aida, 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.com.

org, at the door or by calling: 828.526.9047. Highlands Performing Arts Center, 507 Chestnut Street, Highlands.

Sun. Oct. 7

• LIFE CHAIN on US 64 east downhill from the Rec Park. At 1:45 p.m., park at the Rec Park, pick up signs and walk down the hill. Come stand and pray with us. 2-3p.

• This year's Empty Bowls Benefit The Food Pantry will be held on Sunday, October 7, 11.30a-1.30p and will be hosted again at the First Presbyterian Church of Highlands. Tickets are \$25 each and will be available at the door, while supplies last, or in advance at the International Friendship Center (526-0890).

Fri.-Sat., Oct. 12-13

• The Highlands-Cashiers Chamber Music Festival concludes its 37th season with a Fall Mini-Residency by the Argus String Quartet. On Friday Oct. 12, the Quartet will offer programs at the Blue Ridge School and Summit Charter School in Cashiers. They will then travel to Highlands to perform at the Highlands School. The final Feast of the Festival will be hosted by Mike and Cathy Crosby at 7p. that evening with the Quartet as special guests. On Saturday, Oct. 13 at Chestnut Hill Retirement Community and a ticketed concert at the Episcopal Church

• See EVENTS page 22

THANKSGIVING DINNER

Order by November 16

FRESH ROASTED ON THANKSGIVING MORNING

\$175 • DINNER FOR SIX INCLUDES:

BUTTER-BASTED TURKEY OR HONEY SPIRAL GLAZED
HAM MOUNTAIN FRESH DRESSING
TRADITIONAL GREEN BEAN CASSEROLE
CRANBERRY RELISH
YUKON GOLD MASHED POTATOES
HOUSE-MADE YEAST ROLLS & TURKEY HERB GRAVY
CHOICE OF PIES:
GRANNY SMITH APPLE, PUMPKIN, OR PECAN

RESERVE YOURS TODAY, WE SELL OUT EARLY!



MOUNTAIN FRESH GROCERY

STORE HOURS: MON - SAT
OPEN AT 7AM, AND SUNDAYS AT 8AM

CORNER OF FIFTH & MAIN, HIGHLANDS NC • 828.526.2400

THE SUMMER HOUSE

Complete Home Furnishings

513106

*Visit our Bed
& Bath Shop*

FINE LINENS • ACCESSORIES
PAJAMAS • TOWELS • SHEETS

We have it all!

MONDAY - SATURDAY
9AM - 5PM
SUNDAY 12PM - 5PM

White Glove Delivery Throughout The Southeast & Beyond

2089 Dillard Road, Highlands | 2 miles from Main Street | 828-526-5577 | www.summerhousehighlands.com

...EVENTS continued from page 21

of the Incarnation at 5 p.m. Tickets for the Feast of the Festival and performance at the Episcopal Church may be purchased by calling 828-526-9060 or emailing at hccmfnc@gmail.com.

Thurs.- Sun., Oct. 18-21

• HCP presents Mauritius by Theresa Rebeck at the Highlands Performing Arts Center, 507 Chestnut Street, Thursdays through Sundays. Evening shows begin at 7:30, Sunday matinees at 2:30 p.m. For tickets and more information check the Players website: Highlandscashiersplayers.org or leave a message at 828-526-8084.

Sat., Oct. 20

• Sky Valley, GA Fallfest. 10a to 3p. Cars - antiques, classics, hot rods and other unique cars & trucks. Live Entertainment, art & crafts.

• At PAC, Saint-Saens' Samson et Dalila, 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.

Sat., Oct. 27

• At PAC, Puccini's La Fanciulla Del West, 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.

Thurs.-Sun. Oct. 25-28

• HCP presents Mauritius by Theresa Rebeck. Performances at the Highlands Performing Arts Center, 507 Chestnut Street, Thursdays through Sundays. Evening shows begin at 7:30, Sunday matinees at 2:30 p.m. For tickets and more information check the Players website: Highlandscashiersplayers.org or leave a message at 828-526-8084.

Happy Birthday to Us!



It's Our **17th Birthday** and we are **CELEBRATING** with an **OPEN HOUSE** at our new location in Cullowhee near the old WCU entrance at **117 Monteith Gap Rd.**

Come out **October 8th, 4-6pm** and take a tour of our beautiful new medical clinic. You will be able to meet our staff and board members, enjoy hors d'oeuvres while hearing about the many things **SMPCC** does. We hope you'll see how **SMPCC** makes a difference in the lives around **WNC**.



Come Celebrate with Us!

...PROFILE continued from page 1

County from the age of five, graduating from Franklin High School in 1971. He then attended the U.S. Naval Academy graduating in 1975 with a B.S. in Electrical Engineering. He married his wife Peggy also of Franklin, following graduation.

Kuppers and his wife have three grown daughters, Amanda, Lauren and Susannah. The family attends the Snow Hill United Methodist Church where Peggy is the Chairman of the Administrative Council and where Kuppers serves as the Lay Leader.

Kuppers was selected for the Navy Nuclear Power program and embarked upon a 25-year career in the U.S. Submarine Force. He served on six nuclear submarines and was commanding officer of the USS Key West (SSN 722) from February 1993 to October 1995. He served as Chief of Staff at a major NATO submarine staff in Northwood, United Kingdom and his last tour was as Commander Officer of the Trident Training Facility in Kings Bay, GA.

He retired in 2000 and returned home to Franklin to teach and coach football. He is in his 19th year of teaching in Macon County Schools and currently teaches Civics and Economics and American History at Franklin High School. He coached varsity football for 15 years and basketball for four years. Kuppers is also on the Board of Directors for the Burningtown-Iotla Fire Department. He also serves on the board for the Cowee Arts and Heritage Center. He served as the Chairman of the Macon County Democratic party for four years and was elected to the Macon County Board of Commissioners from 2008 – 2012.

"There are several reasons I am running" said Kuppers. "First, I am concerned about the direction public education has been going in for the past eight years. Per pupil spending is down, funds for instructional supplies are down, and teacher morale is as low as I have seen it in 18 years. I am concerned about the level of commitment at the state level

of improving our public schools. Second, I am concerned about the access to affordable health care and specifically at the state level about our failure as a state to expand Medicaid. Rural hospitals are shutting down or reducing services at an alarming rate and the opioid crisis is worsening. Lastly, the partisan bickering and "my way or the highway" governing that we are living with isn't solving any of our problems and in many instances is making them much worse. North Carolinians deserve better, we can do better and we must do better!"

Jim Davis – Republican

Davis is 71 years old and has been married to his wife Judy Salyers since 1972. They have two sons, Jeffrey Davis age 42, Joshua Davis age 41. Davis also has two granddaughters, Carly Davis, 17, and Megan Davis, 14. Davis graduated Loma Linda University School of Dentistry in 1974 and received his MS in Orthodontics 1989. Davis has practiced general dentistry in Franklin from 1974-1986 and has practiced orthodontics from 1989 to present.

Davis served as a Macon County Commissioner from 1996-2000 and again from 2004 until 2010 when he was elected to the North Carolina Senate. Davis has served in the Senate since 2011.

"As a fiscal conservative I believe government should live within its means so as not to leave a legacy of debt for those who follow," said Davis. "Since 2011, the Republican majority has transformed this state through regulatory and tax reform so that we routinely have budget surpluses and our unfunded and underfunded liabilities are being lessened. Coming from a background of local government, I have been a champion of local government in the North Carolina legislature with a bias that the government closest to the people is the best government."

North Carolina's Senate 50th seat serves Macon, Jackson, Haywood, Swain, Cherokee, Clay, and Graham counties. While each county has unique challenges and strengths, with both candidates being from Macon County, they spoke to what they felt would im-

port Macon County the most in regards to state legislature.

"There are many very important issues in the General Assembly that affect not only Macon County but the entire state - opioids, education funding, protection of the environment, gerrymandering and more," said Kuppers. "The one that might hit closest to home is the loss of rural hospitals and rural health care services. Rural hospitals are closing at an alarming rate; Franklin has already lost labor and delivery services. It is approaching a crisis situation in rural North Carolina both in the east and in the west. Medicaid expansion would be a good first step, but more must be done to protect our rural healthcare."

Like Kuppers, Davis believes addressing the opioid epidemic is paramount and something he plans to continue working to improve.

"Addressing the opioid epidemic," Davis said of the most pertinent issues facing Macon County. "We lose between three and four North Carolinians every day to drug overdoses. This epidemic affects every demographic. I have been a leader in the North Carolina Senate introducing legislative efforts to combat this deadly problem."

Public education dominates the political conversation across the state and with a lifetime of experience teaching, Kuppers believes he is the best candidate to move the education system forward.

"My emphasis for public education would be to give our teachers the tools they need to do the job and to make sure that they know that we, as the General Assembly value what they do. The General Assembly must fund the number of teachers necessary to get our class sizes down. When they fail to adequately fund the proper number of teachers, the burden falls to the counties and that is unacceptable. Next, we must ensure adequate funding for textbooks, technology, and instructional supplies necessary to get the job done. High school chemistry teachers should NOT have to buy chemicals out of

• See PROFILE page 23

• POLICE & FIRE REPORTS •

Highlands Police entries from Sept. 21. Only the names of persons arrested, issued a Class-3 misdemeanor or public officials have been used.

Sept. 21

• At 2:05 p.m., officers responded to a two-vehicle accident in Wright Square.

• At 9:20 p.m., officers received a report of a burglary at a residence on Harris Drive where \$80 was taken.

Sept. 22

• At noon, officers were notified of a larceny at The Little Flower Shoppe on Main Street where a hanging basket worth \$60 was taken.

• At 7:50 p.m., officers responded to a one-vehicle accident at Park on Main.

Sept. 23

• At 3:17 a.m., officers responded to a one-vehicle accident on US 64 west at Hickory Hill Road.

• At 6 p.m., officers responded to a one-vehicle accident on Oak Street.

Sept. 24

• At 2:34 p.m., officers received a report

of a burglary, breaking & entering at a residence on Satulah Road where jewelry worth \$1,500 was stolen.

Sept. 25

• At 4:15 p.m., officers were notified of someone communicating threats when a man walked into the kitchen of Main Street Inn with a metal bat saying "I'm gonna knock some teeth in, Where's that maggot?" The case is under investigation.

Sept. 28

• At 1:26 a.m., officers responded to a one-vehicle accident on NC 106.

The Highlands Fire & Rescue log from Sept. 19.

Sept. 19

• At 9:03 a.m., the dept. was first-responders to a resident on Cherrywood Road.

• At 9:12 a.m., the dept. was first-responders to a location on Main Street.

• At 9:23 a.m., the dept. was first-responders to a location on Hospital Dr.

• At 11:09 a.m., the dept. investigated smoke in the Bowery Road vicinity.

• At 5:05 p.m., the dept. responded to a

motor vehicle accident on N. 4th. Street.

• At 9:06 p.m., the dept. responded to a motor vehicle accident on Billy Cabin Road.

Sept. 20

• The dept. responded to a fire alarm at a resident on Norton Ridge Road.

Sept. 21

• At 8:30 p.m., the dept. responded to a motor vehicle accident on Blue Valley Road.

Sept. 23

• At 7:10 a.m., the dept. responded to a fire alarm at a residence on Webb Branch Road.

**DOWNSIZING
SALE**

**Saturday, Oct. 6
9a-2p**

**829 Foreman Rd ,
Highlands
828-200-0361**

...PROFILE continued from page 22

their own pocket to teach chemistry as some teachers in the 50th district have done and are doing. We need to fully restore the Teaching Fellows program so that we can recruit the best and brightest high school graduates to enter our public

school classrooms. Finally, we need to embark on a plan that will raise our teacher's salaries to the national average over a period of years."

Davis believes the work he has done in

• See PROFILE page 20

Highlands Cashiers
PLAYERS
PRESENT

MAURIT' IUS

By Theresa Rebeck
Directed by Michael Lanzilotta

Thurs-Sun, Oct. 18-21 & Thurs-Sun, Oct. 25-28
Evenings at 7:30, Sunday Matinees at 2:30
Performing Arts Center, 507 Chestnut St.

For Tickets call 828-526-8084
or order online at
highlandscashiersplayers.org

2018

Not using your home as much
as you'd planned?

Thinking of purchasing a
getaway home?

Turn weeks of vacancy
into income!


LANDMARK
REAL ESTATE SALES & VACATION RENTALS

A ROYAL SHELL COMPANY

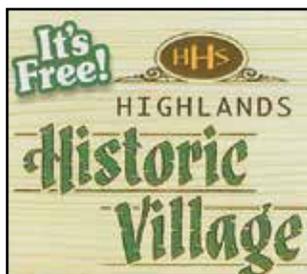
828.526.4663

828.526.HOME

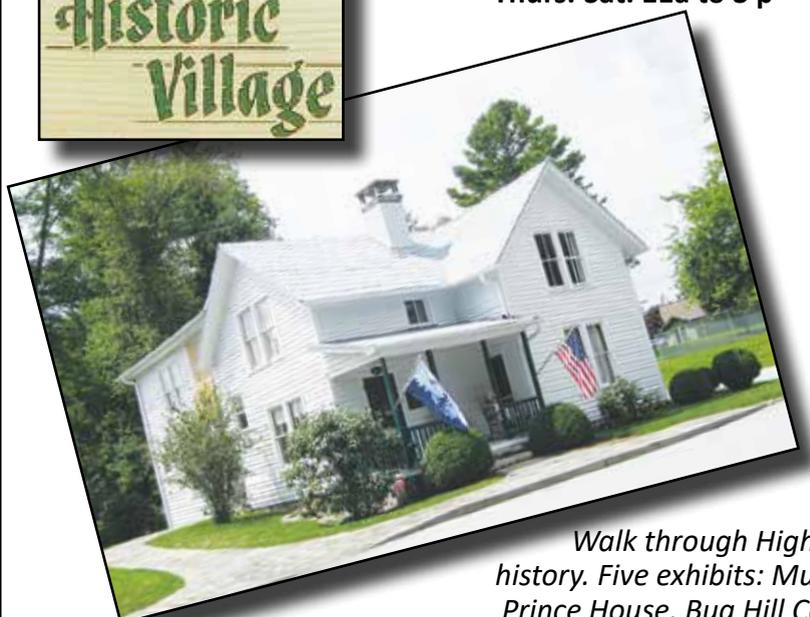
18 years of rental management
in Highlands-Cashiers

Leading the Plateau in sales the last five years.

**information provided by HCMLS - based on HCMLS data.*



Highlands Historic Village
 Admittance is free!
 Open June – October
 Thurs.-Sat. 11a to 3 p



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

524 N. 4th St. • 828-787-1050

• INVESTING AT 4,118 FT. •

Outside your comfort zone ... or the roads less traveled?

When I moved to Highlands 24 years ago, I was focused on the bed and breakfast inn we were opening in October. Little did I know about the crowds of leaf lookers that would emerge! It was all I could do to keep up as other innkeepers recommended us since they had been full for months!

We lived our dream for seven years and made cooking classes a sought-after event for locals and tourists. During that time, I was pretty much "married" to the inn with little time to venture out and learn more about other areas other than Highlands proper. We were ecstatic to find help that allowed us to take a break that involved dining out twice a week at one of the many great restaurants in the area. That was our exposure to Highlands.

Once we sold the inn, I became a real estate broker which allowed me to explore all of the areas surrounding Highlands and Cashiers as I became involved in the community. I am delighted to be part of what I call my little



Pat Allen
 Broker-in-charge
 Pat Allen Realty Group
 Cell: 828-200-9179

"Hallmark" town.

But downtown is not for everyone and since I have written so much about Highlands in the past, I want to acquaint you with other less exposed areas that surround us but keep with "the mountain feel."

An area that needs exploring is passed through by almost every motorist from all of the southern states on the way up the mountain. I still remember the sign, "Ski Scaly," and all eyes turned to see the lines of those awaiting their chance to venture down the mountain as we drove past. That would be Scaly Mountain. Most people are in such a hurry to get to Highlands they travel through this area quickly. It's time to explore Scaly Mountain and all it has to offer!

Scaly Mountain offers high elevations (surprising to most) and some of the most beautiful vistas of numerous mountains that allow glorious and mesmerizing sunsets. The cool mountain breezes of fresh mountain air

• See **INVESTING** page 25



Kay Deckman
 917-363-5700
 kaydeckman@yahoo.com

Highlands

Sotheby's

INTERNATIONAL REALTY

MAIN OFFICE: (828) 526-4104
DOWNTOWN OFFICE: (828) 526-8300
 highlandssir.com

Joe Deckman
 347-749-6468
 deckman43@gmail.com



\$795,000 • HCMLS# 97556

A beautiful contemporary home on 46 acres of property surrounded on three sides by National Forest. The home has two wings. Part of the house can be used as an in-law suite with its own kitchen, bedrooms, and living area. Approximately 20 minutes from Western Carolina University and 10 minutes from the Bear Lake boat ramp. There is an additional 19.7-acre parcel available for purchase near the listed property Co-listed with Jody Lovell.



\$995,000 • MLS# 89133A

This is a beautifully situated traditional home in HFCC on North Big Bearpen Mountain Road with views of Whiteside Mountain, Shortoff Mountain, Chimney Top Mountain in Cashiers, and distant Mount Toxaway. The waterfall on HFCC golf hole #15 is visible from the home's front deck. Open floor plan. Stone fireplace is focal point in the living room and dining area. Two master bedrooms on one end and two bedrooms on the other. Finished lower level with full bath and a deck.



\$599,000 • MLS# 89218

At the end of HFCC golf hole #5 with a commanding view of the green and down the fairway, this home offers excellent views to be enjoyed from the main floor deck and the lower level area. The main floor features two bedrooms and two baths with a large great room which opens to the expansive covered wraparound deck. The attractive stone fireplace is a focal point in the living room area. The terrace level has another living area with a second stone fireplace plus a kitchenette.



\$429,000 • MLS# 88084

A beautifully maintained home with updated finishes backing up to the Highlands falls County Golf course on hole number 4. From the front entrance, you can see HFCC golf hole number 5. This well-designed home has an open living space and one level living with the master bedroom on one end and the other two bedrooms on the other end of the home. The stone fireplace provides an inviting focal point for the living room, dining, and kitchen area.

...INVESTING continued from page 24

are unpolluted by car fumes and the sounds of traffic disappear. The land itself is still pure with majestic trees that tower above the green space they adorn. Butterflies are free and fireflies can light up a jar and thrill your children or grandchildren. The feel of nature is real with wild turkeys that roam and unpolluted creeks running through meadows that allow for natural spring water to be your water of choice. Back to nature allows children to play outdoors (as remembered in my own childhood) and encourages them to put down their cell phones and go for a hike on the many trails that surround them.

Put your toes in the creek, picnic on a blanket with nothing but the sounds of birds and katydids surrounding you as you actually communicate with those you are with...not checking texts or emails. Engage in life as it used to be. Many professionals including doctors and celebrities have discovered the tranquility and privacy it offers.

My friends opened the zip-line in Scaly Mountain that allows you to sail through the crisp mountain air above treetops and lets you soar like the eagles and hawks seen there. This is a fun activity for families or couples to experience the mountains in a different way that is sure to please all and keeps you wanting more.

Other friends, after a trip to France and numerous vineyards, fell in love and decided to

try their hand with grapes!

After purchasing 20 acres in Scaly mountain, they have created an artist's masterpiece with one of the most beautiful settings I have ever seen. They converted the old barn into bedroom suites and remodeled the old cottage-that used to be a condiment shop on the old road to Highlands -- and it is adorable! They also built a lovely home with a view of the vineyard. The dahlia garden that overlooks a pond stands majestically above the vines. A fully equipped and covered pavilion is perfect for weddings, corporate retreats or family gatherings. Wine dinners are a favorite there and I try to attend each one!

You can't judge Scaly Mountain by what you see on Highway 106. You need to venture off the beaten path and take the roads less traveled. You will appreciate what you see. We will be delighted to help you explore and discover the beauty and serenity of Scaly Mountain, NC. After all, you're only 15 minutes from the "hustle and bustle" of Highlands!

• *Pat Allen is broker-in-charge of Pat Allen Realty Group and has been a top producer in real estate for the last 15 years. She is a Certified Luxury Home and Marketing Specialist but prides herself in selling small cabins to large mansions. She can be reached at 828-200-9179 or 828-526-8784. Stop by the office at 295 Dillard Road across from Highlands Decorating Center and visit their website: patallenrealtygroup.com*

**Minutes from Main Street
4 Bedroom bordering
USFS, great value
\$419,000**



**Highlands
Mountain Club
Condo
Great view, ready to
remodel \$184,999**

**3 bedroom, 4.5 Acres, Scaly \$275,000
117 Acres between Highlands & Franklin \$394,500
Whisper Lake - Buildable lots starting at \$7,000
Bank Owned Foreclosure - Log Cabin \$275,000**

**Ted Schmidt, Realtor
Carolina Select Real Estate, Inc.
828-279-2732**

Great country club living at Wildcat Cliffs Country Club



\$595,000

MLS# 84598

4 BRMS-5 BTHS

Private Setting with View.



\$670,000

MLS# 87904

3 BRMS-4 BTHS

Two Story with View.



\$799,000

MLS# 87898

3 BRMS-3 BTHS

One Level.



BLAIR REALTY

WCCC Information Center

5121 Cashiers Road

Highlands, NC

828-526-9155

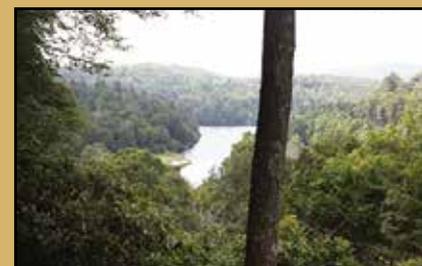
Blair & Margaret Heinlein

Owners/Brokers

www.blair-realty.com

Blair's cell:828-421-6995

Margaret's cell:828-421-1295



• SPIRITUALLY SPEAKING •

What sinning means for the unbeliever and the Christian

HIGHLANDS CENTRAL BAPTIST CHURCH

Pastor Dan Robinson

I recently spent time walking the grounds of Montreat, N.C. It was there I first met Billy Graham. It would be one of several other subsequent meetings. This was because the Grahams lived in Montreat where I was a college student and because my Dad worked for the Billy Graham Evangelistic Association for 20 years. How does one describe this sweet blessing? I don't know. I haven't figured it out yet. Just so very thankful that a Holy God crossed our paths.

In light of this, I was stunned with incredulity when I asked someone, about five years ago, if they had heard of Billy Graham, certain that they had. They said, "No." I usually ask that question when giving an evangelistic talk or invitation. Unbelievably, the name "Billy Graham" meant nothing to my listening friend.

I am finding a very uncomfortable sameness when I talk about Sin. It seems fewer and fewer have heard of it. And to some it means nothing at all. Although not AS true, it seems it is still true for some even in the church. So, forgive me if I sound pedantic in my following comments; but here goes.

Sin is either by Commission (doing what the Bible instructs me not to do), or by Omission (not doing what the Bible instructs me to do). And for a very long time it seems that many Christians have contented themselves with this basic (albeit accurate) definition. But the resulting implications and consequences of Sin are inestimable.

I am speaking now to the Christian. The Born-again. The Disciple of Jesus Christ. While the consequences of sin for the Unbeliever are judgement and separation from God forever, the consequences for the Believer are also severe. Yes. God will forgive. Yes. A Christian who sins will still go to heaven based on the forgiveness of Jesus Christ. But the Christian loses something which is more important than anything else. It is Fellowship with God.

When a Christian sins, his/her relationship with God remains intact. The Fellowship, however, is shattered. Frankly, this is not such a great loss to the Christian who has been a mere Religionist, or carnal, or a spiritual babe (I Corinthians 3). One cannot appreciate the loss of something one has never had. Losing Fellowship with the Lord means that we lose the sense of His Presence. This was too steep a price for Joseph to pay when tempted by the wife of another man. So, Joseph's response to the woman's overtures was: "How can I do such a thing in the Presence of God?"

I have said that the consequence of Sin is inestimable (and so it is). But, how can one make such a statement? Because the only thing greater than the sense of His Presence now is His actual physical Presence which the Christian will enjoy forever in heaven. I maintain that there is only a paper-thin veil separating those two events even now.

So, the question becomes: What does one do when they have lost this sense of His Presence? They go to a merciful God. Our Heavenly Father is not a mean parent. He is more grieved

• See SPIRITUALLY page 28

Proverbs 3:5

• PLACES TO WORSHIP •

John 3:16

BLUE VALLEY BAPTIST CHURCH

Rev. Oliver Rice, Pastor (706) 782-3965

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

Sunday night services every 2nd & 4th Sunday at 7

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

BUCK CREEK BAPTIST CHURCH

828-269-3546 • Rev. Jamie Passmore, Pastor

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

CHAPEL OF THE SKY

Sky Valley, GA • 706-746-2999

Sundays: 10 a.m.; Worship

Holy Communion 1st & 3rd Sundays

CHRIST ANGLICAN CHURCH

Rector: Jim Murphy, 252-671-4011

464 US Hwy 64 east, Cashiers

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

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

First Thursdays 5p bi-lingual Holy Eucharist

CHRIST CHURCH OF THE VALLEY, CASHIERS

Pastor Brent Metcalf • 743-5470

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

Tues. Guys study 8am, Gals 10am.

CHRISTIAN SCIENCE CHURCH

283 Spring Street • Sunday Service 11 a.m.

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

CLEAR CREEK BAPTIST CHURCH

Pastor Jim Kinard

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

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

Wednesdays - Supper at 6 p.m.

COMMUNITY BIBLE CHURCH

www.cbchighlands.com • 526-4685

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

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

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

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

EPISCOPAL CHURCH OF THE INCARNATION

Rev. W. Bentley Manning • 526-2968

Monday-Friday: Morning Prayer at 8:15a. Sundays: 8 am

Holy Eucharist Rite I; 9 am Sunday School; 10:30 am Holy

Eucharist Rite II. Childcare available at 10:30

FIRST BAPTIST CHURCH HIGHLANDS

828-526-4153 • www.fbchighlands.org

Dr. Mark Ford, Pastor

220 Main Street, Highlands

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

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

FIRST PRESBYTERIAN CHURCH

Curtis Fussell & Emily Wilmarth, pastors

526-3175 • fpchighlands.org

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

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

Wednesdays: Choir: 6p

GOLDMINE BAPTIST CHURCH

(Off Franklin/Highlands Rd)

Sunday School: 10 am, Worship Service: 11 am

GRACE COMMUNITY CHURCH OF CASHIERS

Non-Denominational-Contemporary Worship

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

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

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

HAMBURG BAPTIST CHURCH

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

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

Wed. Kidsquest 6p.; Worship 7p.

HIGHLANDS ASSEMBLY OF GOD

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

Sundays: Worship: 11

HIGHLANDS CENTRAL BAPTIST CHURCH

Pastor Dan Robinson

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

Sun.: Bible Study 10a; Morning Worship 10:45a., Evening Worship,

6p. Wednesday: Prayer Service, 6:30 p.

HIGHLANDS UNITED METHODIST CHURCH

Pastor Randy Lucas 526-3376

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

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

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

Intercessory Prayer Ministry

HOLY FAMILY LUTHERAN CHURCH: ELCA

Chaplain Margaret Howell • 2152 Dillard Road • 526-9741

LutheranChurchoftheHolyFamily.yolasite.com

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

Worship/Communion: 10:30

HEALING SERVICE on the 5th Sunday of the month.

MACEDONIA BAPTIST CHURCH

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

Pastor Zane Talley

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

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

MOUNTAIN SYNAGOGUE

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

MOUNTAIN BIBLE CHURCH

743-2583 • Independent Bible Church

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

4224 Big Ridge Road (4.5 miles from NC 107)

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

OUR LADY OF THE MOUNTAINS

CATHOLIC CHURCH

Rev. Father Casimir - 526-2418

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

SCALY MOUNTAIN BAPTIST CHURCH

Rev. Marty Kilby

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

Wednesdays: Prayer Mtg.: 7 p.m.

SCALY MOUNTAIN CHURCH OF GOD

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

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

SHORTOFF BAPTIST CHURCH

Pastor Rev. Andy Cloer

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

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

COMMUNITY BIBLE CHURCH OF SKY VALLEY

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

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

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

LITTLE CHURCH IN THE WILDWOOD

Memorial Day weekend through Labor Day

Horse Cove - Kay Ward 828-506-8148

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

THE CHURCH OF THE GOOD SHEPHERD

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

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

Nursery available for Rite II services

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

Thursday: Noon Healing Service with Eucharist.

UNITARIAN UNIVERSALIST FELLOWSHIP

85 Sierra Drive, Franklin • ufranklin.org

Sunday Worship - 11 a.m.

WHITESIDE PRESBYTERIAN CHURCH

Rev. Sam Forrester/Cashiers

Sunday School: 10 am, Worship Service: 11 am

VIVA WELLNESS

Dr. Kit Barker, Ph.D.

526-1566

**LIVE PAIN FREE with
Healthy CBD * Hemp Oil
Vape/Tincture**

**550 mg, 1,000 mg, 1,500 mg
CBD Capsules – 50 mg each
CBD Roll-on Balm**

*Plus**Stimulating Natural Healing*

Dr. Kit Barker, PhD, Cellular Biology
5 Cottage Row • US 64 east

**MORALES
PAINTING**

RICARDO MORALES

MORALESPAINTINGSERVICES@GMAIL.COM

706.982.9768**828-226.5347**

INTERIOR/EXTERIOR PAINTING • LAWN MAINTENANCE
HOUSE MAINTENANCE • QUALITY WORK
FULLY INSURED

**American
Upholstery****WE HAVE MOVED TO**

105 Ashley Drive • Walhalla, SC 29691
(Same Owners: Morris & Rachel Bible)

Same Phone Numbers:

(864) 638-9661 cell: (864) 710-9106

- Residential or Commercial
- Over 40 Years Experience
- Fast and Dependable
- FREE Estimates
- FREE Pick-up and Delivery



Sample Books Available

**Loma Linda
Farm**

Dog Boarding • Day Care
Pastoral Park
in Home and Leash Free
Lodging in the lap of luxury
(828) 421-7922
Highlands Nc
lomalindafarm@gmail.com
www.lomalindafarm.com



NC License #10978

CHESTNUT STORAGE

Storage Units Available

Secure 24 Hour Access
Easy In - Easy Out
Great Rates - Great Terms

Call today to find out why we're
"Highland's Premier Facility"

828-482-1045*Look for our sign!*

10890 Buck Creek Rd. - 1/2 mile off Cashiers Rd near the hospital



- Grading
- Excavating
- Driveways
- Build sites
- Hauling
- Septic Systems

Edwin Wilson

Cell (828) 421-3643

Office/fax (828) 526-4758
wilsongrading@yahoo.com

Allan Dearth & Sons**Generator**

Sales & Service, Inc.

828-526-9325**Cell: 828-200-1139**

email: allandearth@msn.com



- Interior & Exterior Painting
- Pressure Washing
- House Maintenance
- Drywall Repair
- Deck Repair

Quality Work • Fully Insured

Lupe Gonzales

avpintura@gmail.com

828-332-1539 or 678-873-2927**HIGHLANDER
ROOFING SERVICES INC**

New & Re-Roofing Applications Including:
Asphalt • Cedar • Metal & Synthetic Materials

Showroom Location
1511 Highlands Rd
Franklin, NC 28734

Office (828) 524-7773

Cell (828) 526-6421

luke@highlandernc.com

www.highlandernc.com

**Whiteside Cove
Cottages**

5 new log cabins
nestled in the
hemlocks on 25 acres at
the base of Whiteside
Mountain.

800-805-3558 • 828-526-2222

Mendoza Tree Expert

Quality Tree Care & Removal • 14+ years

Juventino Mendoza

828-200-9217

Fully Insured

• References Available

We now accept all credit cards

mendozatreexpert@gmail.com

FIREWOOD FOR SALE

Ryan M. Bears

Broker

Cell: 803-271-5426

Office: 828-526-8784

Ryan@patallenrealtygroup.com

Pat Allen
REALTY GROUP

Pat Allen, Broker in Charge



Highlands Automotive

Service
&
Repair



NC
Inspection
Station



828-787-2360



2851 Cashiers Road • highlandsautomotive.com

By Local Author

Jeannie Chambers

JeannieChambers.com

Available in Highlands at:
The Book Nook in the Toy
Store on Main and
The Molly Grace on 4th



...SPIRITUALLY SPEAKING continued from page 26

than we when we sin. Everything Jesus Christ has ever done has been for the purpose of uniting in Fellowship 'whosoever will' with the Father. He made this possible at Calvary. The Sin which separated the human race from a Holy God was dealt with once and for all. Now, anyone (yes, anyone), may know God personally and intimately through Jesus Christ the Son.

In light of all of this, I have to ask: Which is sweeter to me, Sin or the Sense of His Presence? By faith and the enabling Holy Spirit, the Christian chooses the Truth. The temptations and traps litter his way all day long. Yet, like a holy mine-sweeper, the Holy Spirit steers the Christian safely through and around. Yes. The Sense of His Presence is the Pearl of Great Price.



Fully Insured • 706-982-0864

- Interior
- Exterior
- Pressure Washing
- Drywall Repair
- Window Cleaning
- Gutter Cleaning
- Deck Repair

riospainting0864@gmail.com

Find us on FaceBook
Owner Elias Rios

Kiln-Dried Firewood • Delivered & Stacked

THE FIREWOOD COMPANY



828-200-3050 • bobhenritze@gmail.com

Award Winning Eco-Friendly Interior Design



Dornbush

design studio

828-526-0031 • barb@dornbushdesign.com

www.dornbushdesign.com

Timothy P Donohue, PE

Civil/Structural Engineer-Construction Manager

PROFESSIONAL ENGINEERING AND CONSULTING

Residential - Commercial - Industrial

PO Box 403

Cashiers, North Carolina 28717

Phone (910) 409-3975

Email: timdonohuewb@yahoo.com

DOUGLAS TANK

GENERAL CONTRACTOR

New Home Construction • Remodeling • Licensed & Insured

Serving Highlands since 1983.

Referrals available.

828-526-9450

drtank43@hotmail.com

PO Box 2014 • Highlands, NC 28741

Acupuncture Highlands

for health and vitality!

Chinese herbal medicine & dietary therapy

Myoskeletal Alignment & orthopedic bodywork

acute illness, injury, internal ailments, pain

wellness, prevention, anti-aging

防治百病 (828) 526-0743 保生命力

Kim Bonsteel, LAc — acupuncturehighlands.com

STEVE CONNOR DRAFTING, INC.



CAD Architectural Drafting + Design

Steve Connor

828-342-2884

SCDrafting1@gmail.com

Renovations

Additions

Kitchen remodel

Bath remodel

Electrical layout

Whole house plans

Highlands Vacation Rentals

& Buyers Agency

Call Us for Your Vacation Rental
&

Property Management Needs

David and Lori Bee, Brokers/Owners

177 Main Street
Wright Square
Highlands, NC 28741
828-526-9999

• CLASSIFIEDS •

ITEMS FOR SALE

ATTENTION ANTIQUE LOV-

ERS. used fine furniture, some from England. Pub table with chairs, formal sofa, his and her parlor chairs, Henredon bedroom set, accent tables and collectibles. Please call or text Faye 828-421-7197 or 828-421-3785. (st. 8/30)

JACUZZI, WHIRLPOOL BATH, 23

Jets, 72" x 60", 3 years old, cost \$6,500; sell for \$1,800 404-358-3076. (st. 7/19)

WANTED

LOOKING TO BUY ANTIQUE

GOLF CLUBS AND GUNS; collections considered. Call Robert 828-526-7888, (st. 7/12)

SEEKING:

HOSPITALITY HEARTS

WANTED! Experienced Craft Cocktail Bartender and Cook needed. Seeking staff with impeccable knowledge, service, consistency, passion, humor and great personality - not moodiness, that's honest, dependable and drug-free. Email your resume to hospitalityheartnc@gmail.com. Cheers! (10/11)

NEGLECTED FRUIT/NUT TREES

AND LEAVES/WOOD CHIPS! Many Hands Peace Farm, a local non-profit educational resource, is seeking any and all fruit or nut trees in need of harvest. This includes but is not limited to: apple, pear, hickory nut, black walnut, and heavy-fruited oaks. We will do all the work and share the harvest with our greater community in order to take advantage of the natural abundance around us! If you know of any accessible locations for these or other trees, please contact either farm co-manager, Joey or Ben: Joey.kyle@themountainrlc.org, Ben.galindo@themountainrlc.org. In addition, our farm happily accepts delivery of leaves, mulch, and pine needles. We will use the material for building soil and keeping our poultry coops clean! If you have this kind of yard waste please contact Joey or Ben. (10/4)

HELP WANTED

TREE CLIMBER/GROUNDSMEN

Local Tree Company seeking Tree Climbers. Past experience is a must and references are required Full=part time needed. Salary is based on experience. Also seeking groundsmen crew members. Past experience is a plus but company will train. Full/part time needed. Salary is based on experience. We are looking for reliable, drug-free and hard working individuals. Drivers license and a clean driving record is a plus. If interested, please call owner at 828-342-1974 to set up an interview. (Oct. 4)

HOUSE KEEPING

PROFESSIONALS at Highlands-Cashiers Hospital. Generous shift differentials, paid

time off, health insurance, and retirement benefits for full time roles. Apply today: missionhealth.org/careers. (st. 9/13)

BUSY, FAST-PACED RETAIL

STORE needs someone with a good work ethic and good customer service skills for a part time position. Being comfortable working with computers is essential. Occasional Saturday work will be needed. Please send all inquiries to: info@biz-spot.net (st. 7/26)

FULL-TIME SALES POSITION.

Weekends & holidays a must. Great hours with a great salary. Nancy's Fancys. 828-526-5029. (st. 7/19)

SALES ASSOCIATE- Highend retail clothing store in Highlands and Cashiers, NC. Full time, part time and seasonal. Inquire to 828-200-0928. (st. 5/10)

FRESSERS COURTYARD 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-

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 CUI-

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

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

- Food Server, Cashier and Barista (includes tips)

- Dishwasher
- Positions in the ice cream dept.
- Pizza
- Experienced Breakfast Cook

SERVICES

AVAILABLE CNA, MED-TECH

for 1 on 1 caregiving. 20 years experience with excellent references. I love being able to give 100% to a single client, newborn to 100+ . From assisting with activities of daily living, personal care & meditations to travel companion, chauffeur, gardener ,seamstress housekeeper and light healthy cooking. You get all of me. Licensed in NC with my own home health business focused on one client at a time. Able to travel world wide and or seasonal locations. Mature ,very patient, loving, caring, out going person and responsive to needs, reliable and punctual. Competitive rates with no hidden extra fees. Hourly or live- in. Please contact me at Joyhomecaresolutions@gmail.com or 828-200-9538. (9/27)

EVER DREAM OF PLAYING THE GUITAR? It's easier than you think. I have 25 years of experience teaching all ages. call James at 828-421-2655. (st. 9/13)

GUTTER CLEANING, METAL FABRICATON roof repairs, debris removal. Call 371-1103. (st. 4/26)

SC HOME SERVICES. All things wood. We fix, build, modify or adjust cabinetry. 25 years experience. 772-214-4990. (st. 6/28)

MURPHY'S PAINTING CO. Interior & Exterior Painting, Sheetrock Repair, Wallpaper Removal, Log Homes, Decks. Insured. Free Estimates. 828-524-1391 or 828-332-0525. (st/ 6/28)

PROTECTIVE COATINGS INC. Custom interior/exterior painting, pressure cleaning decks. Log home staining. Water damage repair. Insured. Call 828-421-6361. (st. 3/22)

RELAXING THERAPEUTIC STRETCHING on Heated Table: Free up joints, increase Range Of Motion, improve walking gait & posture, prevent pain. NC LMT6820. A golfer's #1 tool is range of motion. 828-305-9713. (st. 8/23)



DO YOU HAVE POT HOLES? NEED WATER DIVERTED CRACKS REPAIRED? Call Daniel at DC Coatings Asphalt patching maintenance and repair at 828-421-7405 (st. 3/1)

HIGHLANDS-CASHIERS HANDI-MAN - Can fix anything inside or out. Carpentry, painting, pressure washing, lawn care, hauling, and will monitor house during winter. Free Estimates. References. Call Tony, 828-200-5770 or 828-482-0159. (9/20)

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

HIGH COUNTRY PHOTO/KEVIN VINSON: 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 INCREDIBLE INVESTMENT OPPORTUNITY, 3 acre prime location in Scaly Mountain, NC. 7 rental units including US Post Office. Located across from new Dollar General on Hwy 106 (Dillard Rd.) & Hale

Ridge Rd. 10% ROI. For more information contact Sandy Hall (828) 526-3752

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. Please leave a message. (st. 7/20)

RENTALS BEAUTIFUL RIDGE TOP HOUSE, Mirror Lake. 3BR/2.5BA, covered porches, upgrades. Available Sept 1st. Yearly lease, \$1,700/month. 678-576-8312. (st. 8/30)



VACATION RENTAL: In-town Highlands 3bd/3ba. One Oct week available 2018. Perfect for Thanksgiving/Christmas. \$420 nightly. Visit our web site for more details, 29brockcourt.wordpress.com/ or call Chambers Agency 828-526-3717. Open year-round. (9/27)

APARTMENT FOR RENT. 2bed/1bath, Scaly Mountain, NC. \$650 per month, utilities included. Annual lease first month and \$650 security deposit. No pets. References required. Contact Sandy Hall 828-526-3752. (st. 9/13)

LUXURY APARTMENT IN TOWN. Walk to Main Street. 1BR 1BA. \$3,500 per month. 3 month minimum. Sorry, no pets, no smoking. Adults only. 828-421-1709. (st. 5/10)

SOUTHERN BELLS RESTAURANT on Cashiers Road for lease. Experienced restaurateurs only. Call 706-782-6252. (st. 5/3)

FALLS ON MAIN — Up and Down units available. Call 706-782-6252. (st. 5/3).

**18 SP 99
NOTICE OF FORECLOSURE SALE
NORTH CAROLINA,
MACON COUNTY**

Under and by virtue of a Power of Sale contained in that certain Deed of Trust executed Tucker-Joyner Properties and guaranteed by Harold J. Joyner to Smith, Thompson, Shaw & Manause, PA as Trustee in the amount of \$555,000.00, payable to Capital City Bank and secured by a Deed of Trust dated January 10, 2005 and recorded in Book G-29, at Page 1578, Macon County Registry, North Carolina.

Default having been made of the note thereby secured by the said Deed of Trust and the undersigned, Scott D. Neumann, having been substituted as Trustee in said Deed of Trust, and the holder of the note evidencing said default having directed that the Deed of Trust be foreclosed, the undersigned Substitute Trustee will offer for sale at the courthouse door of the county courthouse where the property is located, or the usual and customary location at the county courthouse for conducting the sale on October 29, 2018 at 10:00 AM, and will sell to the highest bidder for cash the following described property situated in Macon County, North Carolina, to wit:

Being all of: Lot 1, containing 1.27 acres, Lot 2, containing 0.92 acre, and Lot 3, containing 0.81 acre, together with that certain 0.59 acre parcel located above Lot 1 and 3, containing 0.81 acre, together with that certain 0.59 acre parcel located above Lot 1 and designated as "Park Area" on plat referenced herein, all of Highlands Gorge and further shown and described on a survey dated May 16, 2005, prepared by Benjimim a. West, RLS, and recorded Card 4508, Macon County Registry, together with the join, non-exclusive right to the use of easements shown on said plat, and the additional 50-foot access easement conveyed to Grantor herein by deed recorded in Deed Book W-25, Pages 1438-1440, Macon County Registry.

*The general description of the property is provided for convenience but is not guaranteed; the legal description in the Deed of Trust controls.

A cash deposit (no personal checks) of five percent (5%) of the purchase price, or Seven Hundred Fifty Dollars (\$750.00), whichever is greater, will be required at the time of the sale. Following the expiration of the statutory upset bid period, all the remaining amounts are immediately due and owing. **THIRD PARTY PURCHASERS MUST PAY THE EXCISE TAX AND THE RECORDING COSTS FOR THEIR DEED.**

Said property to be offered pursuant to this Notice of Sale is being offered for sale, transfer and conveyance AS IS WHERE IS. There are no representations of warranty relating to the title or any physical, environmental, health or safety conditions existing in, on, at, or relating to the property being offered for sale. This sale is made subject to all prior liens, unpaid taxes, any unpaid land transfer taxes, special assessments, easements, rights of way, deeds of release, and any other encumbrances or exceptions of record. To the best of the knowledge and belief of the undersigned, the current owner(s) of the property is/are Tucker-Joyner Properties, LLC.

An Order for possession of the property may be issued pursuant to G.S. 45-21.29 in favor of the purchaser and against the party or parties in possession by the clerk of superior court of the county in which the property is sold. Any person who occupies the property pursuant to a rental agreement entered into or renewed on or after October 1, 2007, may, after receiving the notice of sale, terminate the rental agreement by providing written notice of termination to the landlord, to be effective on a date stated in the notice that is at least 10 days, but no more than 90 days, after the sale date contained in the notice of sale, provided that the mortgagor has not cured the default at the time the tenant provides the notice of termination [NCGS 45-21.16A(b)(2)]. Upon termination of a rental agreement, the tenant is liable for rent due under the rental agreement prorated to the effective date of the termination.

If the trustee is unable to convey title to this property for any reason, the sole remedy of the purchaser is the return of the deposit. Reasons of such inability to convey include, but are not limited to, the filing of a bankruptcy petition prior to the confirmation of the sale and reinstatement of the loan without the knowledge of the trustee. If the validity of the sale is challenged by any party, the trustee, in their sole discretion, if they believe the challenge to have merit, may request the court to declare the sale to be void and return the deposit. The purchaser will have no further remedy.

**Scott D. Neumann
P.O. Box 2020
535 N. 4th Street
Highlands, NC 28741
(828) 526-0200 • (828) 526-0218 Fax
Oct. 4, Oct. 11**

**NOTICE OF GENERAL ELECTION
MACON COUNTY, NORTH CAROLINA**

A General Election will be held on Tuesday, November 6th, 2018. All registered Voters of Macon County may participate in this Election. The polls will be open 6:30am-7:30pm at all 15 locations. Voters must go to their proper Precinct in order to cast their vote on Election Day. There is NO voting at the Board of Elections Office on Election Day. If you do not know your Polling location, please contact the Board of Elections office and you will be assisted with the information. Lists of polling locations are available on the Macon County Board of Elections webpage.

Absentee by Mail for this Election is available. Absentee by Mail will end October 30, 2018. Registered Voters may request for an Absentee ballot to be mailed to their home to be filled out at their convenience. An Absentee request form is required to be submitted in order to receive an Absentee ballot. Request forms are available on the Macon County Board of Elections Website. Requests must be received by Tuesday, October 30th, 2018. Completed Absentee ballots must be returned to the office by 5:00pm on Election Day.

The Voter registration deadline is Friday, October 12th, 2018 at 5:00pm. Same day registration will also be available at Early Voting locations for those who miss the deadline. With the proper documents, you may register and vote on the same day.

The following contests will appear on the 2018 General Election ballot: US House of Representatives District 11, NC State Senate District 50, NC House of Representatives District 120, District Attorney District 43, NC Supreme Court Associate Justice Seat 1, NC Court of Appeals Judge Seat 1, NC Court of Appeals Judge Seat 2, NC Court of Appeals Judge Seat 3, NC District Court Judge District 30 Seat 1, NC District Court Judge District 30 Seat 2, NC District Court Judge District 30 Seat 3, Macon County Board of Commissioners District 1, Macon County Board of Commissioners District 2, Macon County Clerk of Superior Court, Macon County Register of Deeds, Macon County Sheriff, Macon County Board of Education District 2, Macon County Board of Education District 4, Macon Soil & Water Conservation District Supervisor.

The following Amendments will appear on the ballot: SL2018-96 Hunt and Fish, SL2018-110 Victims Rights, SL2018-117 Ethics and Elections, SL2018-118 Judicial Vacancy, SL2018-119 Maximum Tax Rate, SL2018-128 Require Photo ID. Official explanations of the amendments can be found at ncsbe.gov/Elections/2018-Election-Information or the Board of Elections Office.

Early Voting will begin on Wednesday, October 17, 2018-Saturday, November 3, 2018. Macon County has 2 Early Voting locations. Voters may cast their ballot at either location:

1. The Board of Elections Office located on floor 1 of the Macon County Courthouse, 5 West Main Street, Room 127B

2. The Highlands Civic Center 600 N. 4th Street, Highlands, NC

The hours for both locations will be Monday-Friday 7:00am-7:00pm. Early Voting will also be available on the last Saturday, November 3rd, 2018, 8:00am-1:00pm.

For further information on the Candidates, please contact your local Republican and Democrat Headquarters.

If you have any questions, please contact the Board of Elections Office. 828-349-2034. Your Vote is your Voice!

**Melanie D. Thibault, Director
(Sept. 20, 27, Oct. 4)**

...PROFILE continued from page 23

the Senate over the last seven years speaks for itself.

"Public education is 57% of North Carolina's state budget so it is one of the legislature's top priorities," said Davis. "We have increased the education budget by over \$2.7 billion since the republicans assumed the majority. In-

creased spending is not the answer to all of our education challenges, but it is very important to provide adequate teacher salaries and other educational expenses."

Local and national metrics suggest that the economy is strengthening. Macon County is currently considered a Tier 1 coun-

ty which means that it is one of the most economically distressed counties in the state. Both Davis and Kupperts believe that is something that can be improved.

"There are many factors considered in the Tier designation for counties in NC," said Kupperts. "Additionally, there are a fixed number of counties in each Tier so the counties are rated relative

to each other, rather than to a fixed standard. That being said, the pros of being designated Tier 1 is that your county may qualify for certain grants and state funds not available to the other Tiers. The downside of Tier 1 is a bit more complicated. To determine the downside, you must understand why the county fell to Tier 1. Moving from Tier 2 to Tier 1

could indicate a downward trend in some or many of the measures used to establish the Tier ranking. But, it might not mean your measures dropped at all, just that counties that had been behind you improved more rapidly. Either way, it gives the counties information which can be used to set policy to improve their situation."

SILVER EAGLE
Native American Jewelry
Crystal & Gem Gallery

349 Main Street, Highlands, NC
828.526.5190 silvereaglegallery.com

COUNTRY CLUB PROPERTIES
Real Estate

Country Club Properties
"Your local hometown
Real Estate professionals."
3 Offices 828-526-2520
www.CCPHighlandsNC.com

Main Street Inn & Bistro
828-526-2590 • mainstreet-inn.com

Highlands Sotheby's
INTERNATIONAL REALTY
Suzanne McDavid
Broker
cell: (678) 276-6133 • Off: (828) 526-8300

*"Highlands is calling
and I must go."*

CHAMBERS REALTY
& Vacation Rentals

401 N 5th St., Highlands
828-526-3717
www.highlandscalling.com

LUXURY COLLECTION
BERKSHIRE HATHAWAY
HomeServices
Meadows Mountain Realty

ANDREA GABBARD
828.200.6742
andregabbard@gmail.com
BROKER & LUXURY COLLECTION SPECIALIST

Joe Deckman, Broker
347.749.6468 • deckman43@gmail.com

Kay Deckman, Broker
917.363.5700 • kaydeckman@yahoo.com

Highlands Sotheby's
INTERNATIONAL REALTY
114 N. 4th St., Highlands

BERKSHIRE HATHAWAY
HomeServices
Meadows Mountain Realty
Mitzi Rauers, Broker
404-218-9123
mitzi@meadowsmtnrealty.com
meadowsmountainrealty.com

Please Support Our Advertisers - They Make It All Possible

PROUDLY REPRESENTING THE TOP 4% OF AGENTS WORLDWIDE

THE INSTITUTE for LUXURY HOME MARKETING

"Ace is the Place."

Reeves
Hardware

At Main & 3rd streets
Highlands 526-2157

Highlands Sotheby's
INTERNATIONAL REALTY

114 N. 4th Street • Highlands, NC

"Let me introduce you to our charming corner of the world."

office: 828.526.8300 • cell: 828.337.0706
sheryl.wilson@sothebysrealty.com • highlandssir.com

Sheryl Wilson

The Log Cabin
Casual Dining in 1924 Joe Webb log cabin

Nightly at 5 p.m. • 828-526-5777

Pam Nellis
BROKER
828-787-1895
pamela.nellis@yahoo.com

LANDMARK
REAL ESTATE SALES & VACATION RENTALS

www.LandmarkRG.com | 828-526-4663 | 225 Main St.

BROKERS:

Kurt Barbee 828-200-6165
 828-545-7272
Ryan Bears 828-342-4277
 803-271-5426
Christy Harris 828-200-9762
 404-229-8737
Rick Harrison 404-219-1349
 404-906-5113
Julie Osborn 828-342-0695

Pat Allen
 Broker-in-charge
 Cell: 828-200-9179
 pat@patallenrealtygroup.com

Office: 828-526-8784
 295 Dillard Road
 Highlands, NC 28741



A Top Producer for 14 Years

Pat Allen
REALTY GROUP

Not the Biggest ... Just the Best!

www.patallenrealtygroup.com

5



DAVID
BOCK
BUILDERS

www.BockBuilders.com 828-526-2240

Highlands
Sotheby's
 INTERNATIONAL REALTY



Jody Lovell • 828-526-4104
 highlandssothebysrealty.com
#1 Broker
Highlands/Cashiers
2001-2017 per 33
Highlands-Cashiers MLS

FEATURED BROKER

Pam Nellis
 BROKER
 828-787-1895
 pamela.nellis@yahoo.com

LANDMARK
 REAL ESTATE SALES & VACATION RENTALS
 A RE/MAX COMPANY

6

www.LandmarkRG.com | 828-526-4663 | 225 Main St.



Paoletti

Join us for our 34th year!
Open for Dinner
from 5 p.m.
 Please call for reservations.
 526-4906

7

WILD THYME GOURMET
 RESTAURANT

Open Year-Round
 343-D Main Street • 526-4035



Lunch
 daily
 11a-4p
 Dinner
 daily
 5:30p

www.wildthymegourmet.com

8



www.firemt.com • (800) 775-4446

WHITE OAK
 REALTY GROUP

125 South 4th Street, Highlands • (828) 526-8118 • www.WhiteOakRG.com

Invest In An Extraordinary Experience



Pat Gleeson, Owner, BIC
 828-782-0472



Bee Gleeson, Broker Associate
 404-307-1415



Susie deVille, Broker Associate
 828-371-2079

30...on the Verandah
 Restaurant
 on Lake Sequoyah
 828-526-2338

Open
 7 nights &
 Sunday Brunch

www.ontheverandah.com



McCULLLEY'S
CASHMERE

Scotland's Best Knitwear

Open 7 days a week

526-4407

"Top of the Hill"

242 S. 4th St.



9