

Highlands Newspaper

FREE Every Thursday

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Thursday, Feb. 14, 2019

Southside Project decision being finalized

For almost four years the US Forest Service has been discussing and tweaking its plans to implement the Southside Project in Whiteside Cove that straddles Macon and Jackson counties east

of Highlands.

The purpose of the Southside Project, which involves 29,090 acres is to thin old growth areas to spur new growth. New growth will make the forest more

resilient and sustainable by improving breeding and foraging habitat for wildlife by incorporating young trees in the 0-10 year age class that currently makes up only 1% of the

•See **SOUTHSIDE** page 9

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County looks back at 2018; and forward to 2019-2020

Last week, the Macon County Board of Commissioners met to begin the 2019-2020 budget process. County Manager Derek Roland began the budget kickoff with a presentation of the 2018 Year-in-Review highlighting accomplishments as well as expenditures and revenue in the last fiscal year.

“This is a very important time of year when we begin looking at the next fiscal year budget,” said Roland. “It is an interesting time, because we just got the 2018 audit back, and we are looking at the audit, assessing and analyzing what happened in 2018. At the same time, we are also in the middle of fiscal year 2019 in which we have a lot of projects and a lot of things happening. With all those things, we still have to look

• See **COUNTY** page 5

Town hires Code Enforcement/Police Officer



The Town of Highlands' newest addition to its administration and its police department is Officer John Cherry. He is the new Code Enforcement Officer in the Planning Department. He will oversee the enforcement of the town's zoning ordinances and will also work in the police department. Town Manager Josh Ward said it's been difficult to fill the Planning Director position because most candidates aren't interested in code enforcement. He said Highlands decided to do what many municipalities have done and that is split the positions. The search for Planning Director is still on. Officer Cherry began his second tour in Highlands on February 7. He returns to the Highlands Police Department after an original tour from 2005-2010, where he was assigned as Highlands' first K9 Handler for retired K9, Ruby. He then deployed to Afghanistan from 2010-2011 as an Explosives K9 Handler and returned to the states in 2011, where he trained other explosive K-9's and handlers until his return to Macon County. Pictured from left is Town Manager Josh Ward, Mayor Patrick Taylor, Officer John Cherry, and Chief Bill Harrell.

Local man arrested for possession and intent to sell drugs

On February 4, after a thorough investigation, the Highlands Police Department drew charges on Manuel “Manny” Chico, 44, of Highlands, for Possession with Intent to Sell and Deliver Heroin and Possession with Intent to Sell and Deliver Methamphetamine.

On January 22 the Highlands Police Department investigated an incident involving the theft of power from two separate addresses in Highlands. Probable Cause for these incidents were also found against Chico of 144 Helens Barn Avenue, Highlands and he was also charged for these offenses. He was arrested by the Highlands Police Department on January 24 and issued a \$1,000 secured bond.

On February 6, Chico was

•See **ARRESTED** page 5

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• THE PLATEAU'S POSITION •

• MAYOR ON DUTY •

Getting ready of this season's bear problem

The North Carolina Wildlife Commission recently sponsored a BearWise workshop in Asheville.

Cynthia Strain of the Highlands B.E.A.R. Taskforce and I, along with BEAR board members Elaine Carlton, Gerri Tulley, Debbie Lassiter and Kelly and Scott McDuff all attended. Highlands was well represented.

BearWise is a new program for communities committed to adopting policies and practices that help manage and coexist with the bear population. To learn more about the program visit www.bearwise.org. The website features the six basics for minimizing bear inactions and confrontations.

The workshop confirmed Highlands is not the only community with problems in managing the bear population, although some of our recent incidents truly underscore the expanding problem. The leader of the workshop, Colleen Olfenbittel of the Wildlife Resources Commission is a certified wildlife biologist. She pointed out that there are more bears living on North Carolina's east coast than in the mountains. Due to the size of the area, and may be



Highlands Mayor
Patrick Taylor

community practices, Olfenbittel stated the encounters with humans is not as great a problem on the coastal plain as in the mountains.

I also learned that Highlands is in a strategic position to become one of the first state-certified BearWise Communities. The program consists of three parts, education, waste management and enforcement ordinances. The B.E.A.R. Taskforce is in position to expand their education efforts. The town is moving toward adopting garbage collection procedures that deter bears, and I believe we will adopt stricter ordinances concerning feeding bears and garbage disposal.

The community coffee with the mayor will be on Friday, February 22, at 11 am at the Hudson Library. The topic will be how to become a BearWise Community. Cynthia Strain of the B.E.A.R. Taskforce will join me on the program.

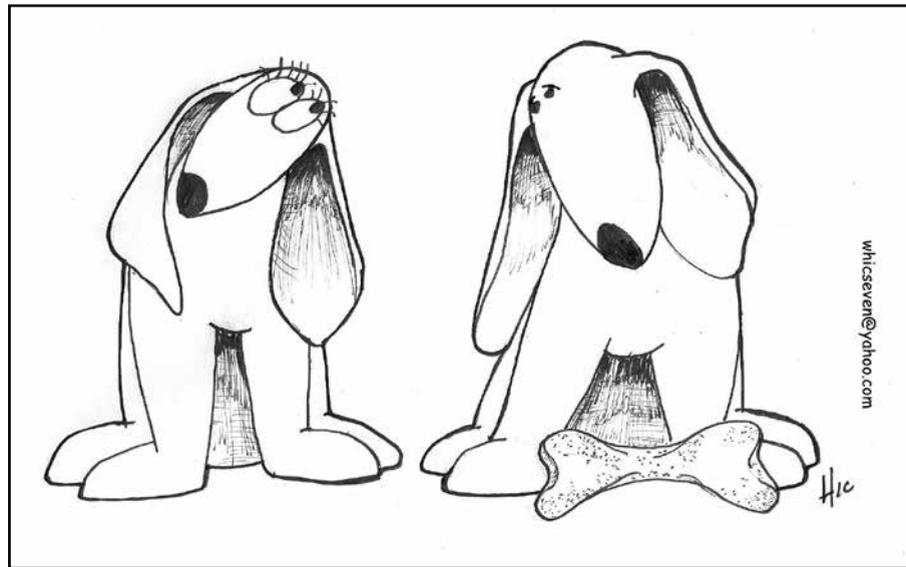
I want to invite everyone to this meeting, the business community, nonprofits and local residents. To implement this management program, everyone will have to buy in and participate. It can't be a matter of just town staff and officials solving a problem, everyone has to be a part of the solution. Please come and learn about the basics of the BearWise program and how Highlands can implement them. Other organizations like country clubs can also become BearWise communities.

This session will be focused on the BearWise effort. It will not be about bear hunting which is prohibited in the Highlands town limits.

I want to encourage folks to attend the upcoming community coffees. It's been suggested I should host town meetings to get citizen feedback. My response is that I hold a town meeting on the last Friday of every month, aka the community coffee. Last year we covered an array of issues, but at every event I am available to talk about any town issue. My only caveat is that my response is what I think at that moment. Final decisions on major issues have to be approved by the Town Board.

Also, I talked again with NCDOT. They have three crews with large chippers cleaning roadways in the Highlands and Scaly area.

• HIC'S VIEW •



whicsevent@yahoo.com

• LETTER •

Roadside Issues

Dear Editor,

Beer Drinkers — Is there a reward for throwing out your cans on the roadside? As my husband and I were once again cleaning up the garbage on Highway 28 I found myself wondering why so many beer drinkers find it so difficult to use trash cans. Then it occurred to me. Can you guess?

There is usually a police car parked around a curve on Hwy 28 right before Bryson's Food Store. The beer drinkers have figured this out. They may be lazy, but they are not stupid. If they throw out the beer cans, or one-shot whiskey bottles or wine bottles before they reach said police car they never have to admit to DUI. And open containers are illegal, so there they go — out the window. Bingo

So, I am just wondering if there is a remedy for this. I am old and tired and would surely like to live on a clean road that stays clean. Maybe the police car could be parked on the town line so the beer cans would be the county's problem and we would not have to deal with them.

Glenda and Griffin Bell
Highlands citizens, voters and taxpayers

• WEATHER •

	Friday 2/15		Saturday 2/16		Sunday 2/17	
	Daytime	Overnight	Daytime	Overnight	Daytime	Overnight
Temp	54 F	44 F	55 F	40 F	49 F	38 F
RealFeel®	52 F	39 F	56 F	45 F	47 F	37 F
Win ds	6 g 9	4 g 7	4 g 6	4 g 6	5 g 7	6 g 10
T-Storms	2%	3%	3%	20%	12%	4%
Rain fall	0	0.68	0.04	0.15	0.1	0
Snowfall	0	0	0	0	0	0

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Letter Policy:

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



FLAT MOUNTAIN This lovely home features lots of natural wood and refinished floors. With 3BR/2.5BA on the main level, it also features a garage, workshop, and additional room downstairs that could be whatever you need it to be! The owners have made great improvements, including a new deck, retaining wall, new paint, encapsulated crawl space, appliances, and the price includes furnishings with only a couple of exceptions.

MLS# 88950 | Offered for \$385,000



CHESTNUT HILL This one level house is in pristine condition with an encapsulated crawlspace that provides great storage. Living room and den separated by a see-thru fireplace. The kitchen is open to the living room and has SS appliances and granite counters. Great built-in bookshelves. HOA fees include road maintenance, exterior home maintenance (including roofs and siding), water, and sewer.

MLS# 89650 | Offered for \$359,000

HIGHLANDS FALLS CC The main level of this home has two bedrooms and two baths and a great room. The kitchen and deck overlook a beautiful mountain view. Separate lower level has all the same as the main level. Each level has its own zoned heat and air so both levels stay comfortable. Full house generator, Renault instant hot water system. Although club membership is optional, in order to enjoy the club's amenities, membership is required.

MLS# 89839 | Offered for \$349,000

HIGHLANDS Adorable cabin in the woods with level, usable land which would make a great spot for a garden or a play area for children. The great room has a vaulted wood ceiling with a beautiful fireplace as the focal point. The kitchen has been renovated with hickory cabinetry, granite countertops and an island. Master and two full baths are on the main level; upstairs is another bedroom with full bath. A garage and lots of storage or room for a workshop are in the basement.

MLS# 89976 | Offered for \$319,000



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...COUNTY continued from page 1

out to 2020 to project our expenditures and revenues and put together a budget to head into the new fiscal year.”

Roland said 2018 was a great year with the county receiving another unmodified opinion on its audit. The county's fund balance increased slightly which leaves the county in an even better position than last year. The planning phase of the capital improvement plan is completed, and the county is heading into the action phase with the finalization of the space needs analysis plan. The slight increase in fund balance will help with planning and prioritization of the county's project list that now exceeds 100 million dollars.

Roland shared accomplishments completed in the 2018 fiscal year including improvements to the community buildings in both Highlands and Franklin. A much-needed renovation of the Highlands Civic Center at a cost of \$350,000, as well as a complete overhaul of the Robert C. Carpenter Community Building in Franklin at a cost of \$796,000.

Other accomplishments in the last fiscal year included completing a Capital Improvement Plan prioritizing the facility needs throughout Macon County. The county also increased the capital outlay budget for the Macon County School System in 2018-2019, purchased six new patrol vehicles for the Macon County Sheriff's Department and put a new roof on the detention center.

“Our greatest accomplishment is our continued ability to provide efficient and high-level public services the way we do,” said Roland. “This falls directly back on our school board, the school system, our department heads and everyone who is working together through the budget cycle.”

In 2018-'19, expenditures included \$22.8 million for salaries and benefits accounting for 49.2 percent of all expenditures in the general fund. Operations costs were at \$10 million, an increase of \$671,000 over the prior fiscal year. Together salaries and benefits and operations costs were \$33 million accounting for 73 percent of expenditures in the general fund.

In 2019, the county spent \$400,000 to give employees a cost of living raise. In addition, the county increased the retirement benefit by \$40,236 to pay for increases passed down from the state. In the current fiscal year, the county saw an increase of \$504,00 for health insurance with employees also realizing a significant rise in family health care costs.

Another large county expenditure included education at \$8.7 million, a two-percent increase over fiscal year 2017 levels with additional capital outlay appropriations also added in 2018.

On the revenue side of the budget, the ad valorem tax saw a slight increase in the general fund. Ad valorem tax, the county's most consistent and reliable source of revenue, accounted for 56 percent of all revenue in the general fund. Moving from 2017 to 2018, the ad valorem tax revenue saw a minimal increase of \$2,000 on \$28.3 million.

Sales tax revenue was \$7.9 million, a revenue increase of \$541,000 over 2017. Sales tax revenue accounts for 15 percent of total revenue. Occupancy tax also increased slightly in the prior fiscal year.

Revenue in 2018 decreased overall by \$305,000 largely due to the elimination of the child care subsidy. Sales and services revenue also declined from 2017 to 2018 by \$283,000. This decline includes a \$100,000 decrease in revenue from EMS ambulance

• See COUNTY page 14

...ARRESTED continued from page 1

investigated again for additional charges of Theft of Power from yet another Highlands address at separate times from the previous offences. “Manny” Chico was located and arrested in the Franklin area on February 7 for these charges and was issued a \$40,000 secured bond.

On February 8, 2019 the Highlands Police Department also found probable cause to charge Manny Chico with Breaking and Entering and Damage to Real Property of another Highlands address.

Manuel “Manny” Chico



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• MILESTONE •



Knight and Crowe named King and Queen at HUMC

Ken Knight and Geri Crowe are the latest members of our HUMC family to be honored as King and Queen of Highlands at this past Sunday's Heart of Highlands Valentines' Banquet.

Noted for their years of faithful and selfless service to God through the life and ministry of Highlands United Methodist Church, Geri and Ken are worthy recipients of this year's award, a recognition that seeks to honor those who have led and served the church so faithfully.

Both Geri and Ken have given freely of their time, talents, resources, and energy over the years. They have both served in a variety of leadership roles, and represent the kind of generous grace-filled spirit that characterizes this very special community of faith.

Heavy machinery in action at Performing Arts Center



Phase I of construction is moving full-steam ahead as part of the renovation and expansion of the Highlands Performing Arts Center. Items currently underway include site clearance and utilities work, said PAC Executive Director Mary Adair Trumbly. Bids for the final phase of construction are currently under review and the project is expected to be completed in 2020.

The canopy over the entryway was destroyed by the winter storm in December of 2018, but Trumbly said wheels are in motion to have it replaced.

"We are working with our insurance agent for the funds to replace it," said Trumbly. "The replacement will be consistent with the renovation design."

During construction, access to the PAC will be slightly impacted with parking available on the left side and rear of the facility since the expansion will occur on the right-side parking lot.

— Brian O'Shea

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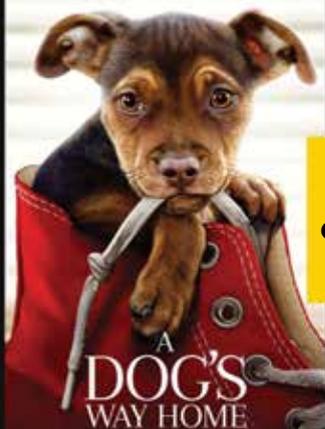
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• WORD MATTER •

Glass Houses and Stones

It takes a certain amount of maturity for people to come to terms with the fact that words and deeds have consequences.

This works both ways.

The right words and deeds can result in, let's call them pleasant consequences. Show someone respect and there's a good chance you'll be treated in similar fashion. Be pleasant and it's likely you'll get pleasant back. Behave badly, say or do something in terrible taste, act or speak disrespectfully, you could end up losing your job, even your entire career.

The scary part of this cause and effect axiom is that we are living in a place and age when a single bad act, perhaps performed years or even decades ago, even one the perpetrator feels terrible about and apologizes for, can have consequences and ramifications way beyond what might have been the case just a few short years ago.

I recently watched with horror the revelation that someone I know, someone I like, someone I respect, someone with a lofty, highly visible position, did something about 14 years ago that was in absolutely terrible taste. This is neither arguable nor defensible. It happened. It was an act of racial insensitivity on its face, but because, as I said, I know, like and respect this man, and because since this bad act he has, to the best of my knowledge, behaved with honor, dignity, intelligence and a demonstrable professional competence, my first instinct was to say, to myself, 'This is a one-off, a bad mistake. He's apologized, he's acknowledged his insensitivity, I'm prepared to forgive him.' He exercised terrible judgement, but no one got hurt other than feelings and some crushed expectations.

This is a public person, an elected official, with a political career on the rise, who, because of a single (as far as I know) bad act, resigned from his job, probably lost his career, and who can guess how much more.

When I learned of this I checked in with some friends and acquaintances who, I believed, also knew, liked and respected this man. I was, unfortunately, not surprised by the reactions. One and done. He did it. They've wiped their hands of him.



Bud Katz

They want nothing to do with someone who would do something so terrible. Once, a long time ago, he did something stupid and insensitive. Now, he's dead to them.

When did we Americans become so unforgiving? When did we become so holier-than-thou that a person's entire life becomes defined by a single misstep? How many of us are prepared to open our lives to the kind of scrutiny available via the Internet? Who among us hasn't done something, said something we regret doing or saying? Who among us is prepared to say, 'I am pure! I have nothing in my past I wish I hadn't said or done? Who among us is able to stand as judge, jury and executioner, over someone else's single wrong-headed statement or deed?

I'm sorry, but I'm not that guy.

I'm not talking about breaking the law, causing physical harm, anything like that. And admittedly, I can't put myself into anyone else's skin. I know my own points of no return, red lines, if you will, but not those of others. Not yours.

There are things in my life I've said and done for which I wish I'd had a do-over. In hindsight, I'm grateful I'm still here. But let me be clear. Without forgiveness from others, I can't imagine who, what or where I'd be today.

I understand disappointment when someone doesn't live up to our standards and expectations. I understand reserving admiration, support, even our vote when a public official or a candidate is revealed for being human, for having said or done something stupid once upon a time.

I've lived a pretty long time. I've seen a lot of head-shake-inducing behavior and heard a lot of hateful, insensitive speech. One thing I've learned, and it's served me well over the years. When anyone exhibits this kind of dumb-speak or ignorance-based behavior my default position is to offer forgiveness.

Why, you may very well ask? How can you dismiss such terrible behavior or such awful language? Simple. Some time, for some reason, there's still a chance I'm going to do something or say something that I am going to wish later I hadn't done or said. At that moment, I'm going to need forgiveness. I can only hope I'll be able to get it.

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Happy Valentine's Day to friends far and wide!

On this day of hearts and expressing love for those we cherish, we recognize that loving where we live is important to nourish our souls so that we can love one another. As Dorothy in The Wizard of Oz and as John Howard Payne wrote in the opera Clari, the Maid of Milan (1823):

*Mid pleasures and palaces though we may roam,
Be it ever so humble, there's no place like home;*

A charm from the skies seems to hallow us there,

Which sought through the world is ne'er met with elsewhere.

Where is your home? If you ask someone where one lives, the answer is normally a quick geographic location. But ask someone with a second or third home: "Where is your home?" To answer the question from the heart, the person will consider where they feel safe, protected, loved, respected and free. A home should comfort us and bring our families and friends together. A home should resonate with our inner self, especially a second home.

What is a home versus a house? Many times a main house or residence is dictated by work or close proximity to family. A second home is usually chosen where a person desires a sense of renewal, spirituality and liberation. Liberation from the traffic, the crime, the pollution, the scheduling and the suburban hysteria of activity. Oftentimes in a city, we lose the sensation of shelter. We become oblivious to the luxury that surrounds us because we are overstimulated with the concerns of city life.

Yet, when one is on vacation, it seems one is more aware of his/her sense of shelter whether it is palpable and pleasurable. Thus, a vacation home is the opportunity to reconnect with what is im-

portant to you and your family. The Highlands/Cashiers Plateau offers all of the physical desires of safety, cleanliness, ease of living and quiet surroundings that make a house a refuge-a home. Also, this area fulfills emotional needs for connecting with nature, cultural, solitude and like-kind souls which make us feel at home.

but live in Atlanta, Birmingham or Naples, you may decide that this vacation house is really your home. And to those just visiting, imagine what your ideal "home" could be, and consider whether this venue provides the canvas for you to create your "home" as opposed to just buying a house. My husband, Wood, and I made Highlands our home nineteen years ago, and even though we lived in and traveled to many places, now that we found the Plateau: "There's no place like home."

• Jody and Wood Lovell are the Broker/Owners of Highlands Sotheby's International Realty, a top producing firm on the Plateau for the last 19 years. Now with over 30 brokers in Highlands, Cashiers and at the gate of Cullasaja Club, they can help you with all of your real estate needs. Call them today at 828.526.4104 to help you find or sell your home.

• MILESTONE •

Brooks wins first place in 'Voice of Democracy' competition



John Brooks, a senior at Highlands School, traveled to Cary, N.C. for the "Voice of Democracy Competition" this past weekend. John won first prize among a group of 17 students who were chosen from the state of North Carolina. The 1st place prize was \$5,000 from the Veterans of Foreign Wars who sponsors the annual contest and a chance to compete at the National level. John will travel to Washington, D.C. in March in order to compete on the National level as the North Carolina representative. Congratulations and good luck, John!

...SOUTHSIDE continued from page 1

project area.

Young forest habitat provides food and cover for a diversity of wildlife including bats, ruffed grouse and pollinators. Many species of wildlife need young forest to complete their life cycles, including some that also depend on older forest habitat.

A diversity of tree ages also helps maintain healthy forests that are more resilient in the face of forest pests and changing climate, says the USFS.

With the majority of trees in the nearly 19,000 acres in the project's analysis area at 80 years and older, the USFS says there is a need to establish additional young forest and that's where the Southside Project comes in.

Commercial timber harvesting and silvicultural treatments will be used to thin old growth areas while controlling woolly vines. Eliminating the vines will release oaks and hickories to ensure acorn and nut production in the regenerating stands, control non-native invasive species, prolong grass and brushy habitat on temporary roads and skid trails for wildlife and will rehabilitate wildlife openings.

In addition, existing wildlife openings, log lands and roadsides will be planted with native nectar and pollen producing species.

According to the USFS, old life forest conditions – about 37% of the area – will persist across the Southside Project area into the future.

The USFS says in about 10 years, about 11,000 acres in the Southside Project area will be 100 years or older moving toward what it considers “true old growth” which ranges from 240-348 years old for oaks and 225-400 years old for other forest types.

Now, the four-year discussion is coming to an end.

In 2015-16 an informal dialogue began between the USFS and environmental and wildlife groups as well as the state's game commission.

Interested parties were invited to provide input about the

Southside Project regarding the areas targeted and the way the project would be implemented.

An official input period was opened in February 2017 and in March 2017 the USFS met with the Chattooga Conservancy to discuss specifics.

The Chattooga Conservancy's mission is to protect, promote and restore the natural ecological integrity of the Chattooga River watershed ecosystems; to ensure the viability of native species in harmony with the need for a healthy human environment; and to educate and empower communities to practice good stewardship on public and private lands.

Following the discussion with the Chattooga Conservancy, a draft Environmental Assessment (EA) was given to the public and comments were solicited in February 2018.

On July 11, 2018, USFS District Manager Mike Wilkins circulated a Decisional EA and a Draft Decision. Then based on input from the community and various groups, Forest Supervisor Hurston Nicholas held an objection resolution meeting Nov. 1, 2018 where more issues brought forth by the community were considered.

Now, within a week's time, Wilkins is in the process of drafting and signing his decision which will be final.

According to the USFS, concerns were heard and consequently the initial scope of the Southside Project was altered – though according to Nicole Hayler, executive director of the Chattooga Conservancy, not enough has changed and the USFS is using “doublespeak” to trick people into thinking changes are meaningful.

“Designated old growth and existing old growth are not the same thing but the USFS is using those terms interchangeably,” she said. “True old growth is only 1/2% to 1% in the targeted area. For instance, they are claiming the area on Brushy Mountain is old growth and therefore targeted and it's not.”

She said the “old growth” discussion needs clarification.

“We are disagreeing with the analysis of old growth,” said Hay-

ler. “The USFS is claiming Granite City and Brushy Face are old growth and therefore parts will be harvested. We say they aren't old growth and therefore shouldn't be harvested. Furthermore, we believe old growth connectivity is important. The USFS needs to preserve rare resources on public lands and connect these old growth patches.”

There are also issues concerning the green salamander habitat.

“There is overwhelming scientific opinion that what the USFS is doing to protect and save the green salamander populations that have been found isn't enough,” she said.

In response, USFS Forest Supervisor Hurston Nicholas said 37% – 6,944 acres – has been set aside as designated old growth and will continue to be managed as such into the future.

As to green salamanders, recommendations for protection of green salamander habitat, based on best available science, is to include a 100-meter buffer around documented locations. This buffer was applied to documented locations within the treatment areas previously.

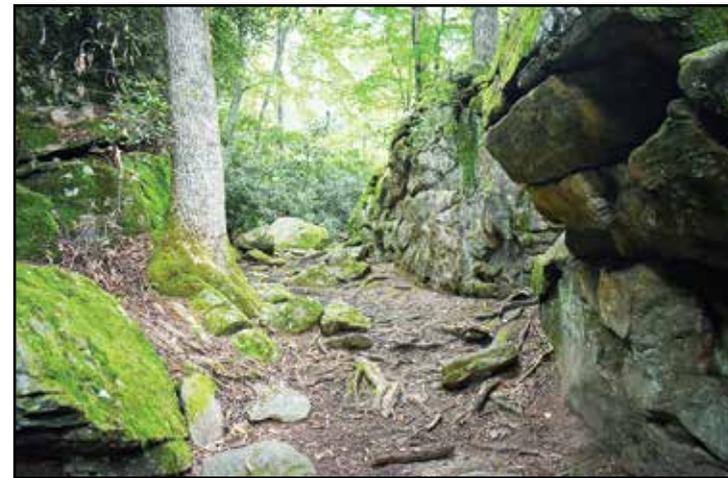
Furthermore, based on a new survey from the NCWRC biologist in October 2018, additional green salamanders were located.

The USFS says these occurrences were in the same area as a previously documented green salamander that were found in November 2017 and demonstrate that the population of green salamanders in the area is more robust than previously identified.

Consequently, an additional 100-meter buffer will be applied around the newly documented locations.

Nicholas said he has instructed District Ranger Wilkins to modify the last decision notice to include additional buffers around all documented locations of green salamanders.

Additional clarifying edits to the EA include recognition that a unit previously considered for harvesting/treatment next to the Whitewater River which is being considered for inclusion in the National Wild and Scenic Rivers Systems will be handled with the utmost care to sustain the “out-



Granite City outcrop where USFS “old growth” will be thinned.

– Photo by Brian O'Shea

standingly remarkable values and free flowing nature of the river.”

Wilkins said the USFS has listened to concerns and between the Draft EA February 2018 and the Decisional EA of July 2018, he has dropped old growth stands from the plan – a total of 29 acres – and has dropped an additional 19-acre stand proposed for thinning.

He expects to sign the final decision by Friday this week or the

beginning of next week and work will begin immediately.

Hayler said the Chattooga Conservancy will look at the issues outlined in the final decision and will consider filing a lawsuit against the USFS concerning its stance on old growth clarification as well as the green salamander habitats.

– Kim Lewicki



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•H-C HOSPITAL NEWS•

When the Unexpected happens: Highlands-Cashiers Hospital Works to Ensure Patient Safety in Multiple Ways

This month I want to focus on the importance of emergency preparedness, both for you as individual community members and for us at Highlands-Cashiers Hospital (HCH). It's imperative to be ready for any unexpected emergency, whether it's a serious threat to your health or to our facility's safety and security. At HCH, we regularly test and evaluate the security and functionality of our organization amidst the daily work of patient care, because nothing is more important than the safety of our patients and team members.

To that end, we recently executed a logistically complex, campus-wide drill for a scenario where an active assailant enters our hospital armed with a weapon and



Jacqueline Medland, PhD, RN, is the President/Chief Nursing Officer (CNO) of Highlands-Cashiers Hospital

intending to do harm. Through this carefully simulated event, our hospital team and community partners, including the Macon County Emergency Management, the Macon County Sheriff's Department and the Highlands Police and Fire Departments were exposed to a harrowing situation, one that required critical thinking, precise execution of protocol and teamwork. The drill confirmed what we already knew: that full preparedness is inextricably linked to our relationships with these community agency partners. These are the very same people who respond to any 911 call, perhaps from a person who may be experiencing a heart attack, and whose first priority is, incredibly, to always run toward any threat.

There's another type of preparedness I'd like to talk about now that we've entered National Heart Month. February is the perfect time for you to learn what to do if you think you might be suffering from a heart attack. Heart attacks can strike at any time, so it's important to be aware of the symptoms and know what steps

to take.

For example, did you know that the signs of heart attack in men and women may be different? Men often experience chest and arm pain and shortness of breath, while women may experience nausea, flu-like symptoms and back or jaw pain. Either sex may experience any of these symptoms, so it's important to remain aware.

Should you note these symptoms, you must enact your own drill — immediately dial 911 and get to the emergency department closest to you, because every second counts.

If you were to arrive at our HCH ED, our highly skilled clinical team would deliver the same clinical protocols as those of our main Mission Hospital facility in Asheville. You'd be fully evaluated to determine whether you are experiencing a heart attack or not.

The Emergency Physician at Highlands-Cashiers can begin diagnostic and treatment protocols, stabilize you and immediately access a cardiologist via telehealth. If need be, arrangements for transfer will be made.

You can feel secure knowing that HCH is a gateway to one of the most sophisticated cardiac programs in the nation, as evidenced by IBM Watson Health's repeated rankings of Mission Health as one of the nation's Top 15 Health Systems and Mission Hospital as one of the Top 50 Cardiovascular Hospitals in America.

Partnerships are all-important when responding to the unexpected, whether in your own home or here at the hospital. We know that preserving and enhancing our alliances with our community members and agencies makes for a stronger, healthier community.

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Giving people a healthier tomorrow is why HCA Healthcare and Mission Health exist. And, it's one of the many reasons HCA Healthcare is excited to invest in the people, innovation and services that lead to excellent, patient-centered care. We are proud to become part of Mission Health's 133-year legacy.

To get to know HCA Healthcare, visit the HCA Today blog at hcatodayblog.com.

To learn more about our growing family, visit caretogethernc.com.

 **MISSION HEALTH**

• HIGHLANDS AREA EVENTS •

NOTE

• Sign Up now for Macon County Spring Soccer. For information, call the Reck Park at 828-526-3556.

• The Rec Park is now taking teams for the Spring Men's League Basketball league through February 1st. For any other information contact Lester Norris or Maxine Ramey at 828-526-3556.

Ongoing

• Movies at the Playhouse – NEW SCHEDULE – Fri. & Sat. 1, 4, and 7 p.m.; Sunday 1 and 4 p.m.; NO MOVIES MONDAY; Tues., Wed., and Thurs. 1, 4, 7 p.m. Tickets are \$10 / \$2 off on Tuesdays.

• The Bascom has gone to winter hours. We will be open Friday - Monday

10am -5pm (Sundays 12pm - 5pm). The Bascom galleries and shops will be closed Tuesdays - Thursdays. Admin offices and The Dave Drake Studio Barn are open normal business hours. Visitors are welcome to enjoy the newly updated Story Walk Trail throughout the week.

Monday - Saturday

• At the Bascom, 10am - 5pm, Sunday 12pm - 5pm: Open Studio in The Dave Drake Studio Barn. For more information call 828-526-4949.

• At the Bascom, Art By Appointment private ceramic classes in The Dave Drake Studio Barn. For more information call 828-526-4949.

Monday - Friday

• At the Bascom, You Too Can Raku by appointment class in The Dave Drake Studio Barn. For more information call 828-526-4949.

First Mondays

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

Mondays

• At the Bascom, 10am - 1pm: Studio Alive drawing group, For more information call 828-526-4949.

Mon. & Thurs.

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

Mon.-Wed.

• Hip Hop classes with Tori Schmitt 5:30-6:30.

• Gentle Yoga at the Rec park at 9:30-10:30 a.m.. All levels welcome.

Mon., Wed., Fri.

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

• Aerobics with Tina Rogers 8-9a.

Mon., Wed., Thurs.

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

Tuesdays

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

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

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

Tuesday

• At the Bascom, 3pm - 5pm: Writers group. For more information call 828-526-4949.

2nd and 4th Tuesdays

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

Third Tuesday

• The Macon County Poultry club meets to discuss topics related to raising backyard chickens. For more information please call 828-349-2046 or 828-369-3916.

Tuesday and Thursdays

• Exercise Class with Michelle Lane at 5:30. A combination class with many different styles of exercise at Rec Park.

First Wednesdays

• Family Movies at the Hudson Library

at 3:30pm. Call 828-526-3031 for titles.

3rd Wednesdays

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

Wed. & Fri.

• Duplicate Bridge 12-4pm at Rec Park.

Thursdays

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

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

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

2nd Thursdays

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

3rd Thursdays

• Highlands Area Indivisible group meets at 5 p.m. at the Highlands Hudson Library.

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

1st and 3rd Thursdays

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

Fourth Thursday

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

First Fridays

• At the Rec Park Pool. Movie Night - all ages First Friday night of every month. Pool opens at 6:30p and movie starts at 7 p.m. Call for movie title and prices. For any other information call 828-526-1595.

Friday - Monday

• At the Bascom, 10am - 5pm (Sundays 12pm - 5pm): Free Admission to exhibition spaces and SmArt Space for children. For more information call 828-526-4949.

Saturdays

• At The Bascom, Pottery Sale in the barn from 10a to 5p.

• Scrabble at Hudson Library from 1-4 p.m. Bring board if possible. All are welcome. 727-871-8298.

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

• At the Bascom, 10am - 12pm: Community Knitters group, For more information call 828-526-4949.

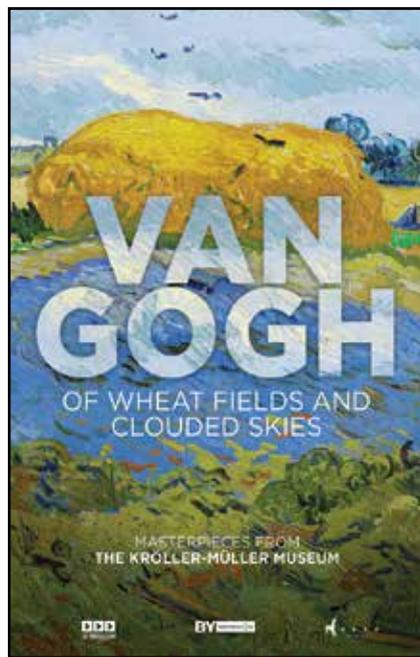
'GREAT ART' on SCREEN

The Highlands Performing Arts Center and the Bascom Center for Visual Arts have joined forces to bring Great Art on Screen to the Highlands Cashiers area. Great Art on Screen is a series of ninety minute documentaries featuring such great artists as: Van Gogh, Caravaggio, Klimt & Schiele and Monet.

Audiences will be able to journey all over the world with the most expert scholars viewing the immense breadth of Vincent Van Gogh's preparatory drawing, providing context and the basis for his beloved painting of wheat fields, to the dramatic and violent portraits of the master of light and shadow, Caravaggio, whose internal struggles are expressed in his emotional masterpieces. Turn of the century Vienna provides the backdrop for works of extraordinary visual power by two friends, a mentor Gustav Klimt and his protégé Egon Schiele, and an exclusive tour and examination of Claude Monet's timeless and stunning masterpieces of water lilies. Three more events are in production and will be announced shortly.

The first screening will be on Friday, February 15 at 5:30pm featuring Van Gogh. Take a fresh look at Van Gogh through the legacy of the greatest private collector of Van Gogh: Helene Kröller-Müller, one of the first to recognize the genius of Van Gogh. In the early 20th century, Kröller-Müller amassed nearly 300 of Van Gogh's paintings and drawing now housed at her namesake museum in Holland.

Van Gogh's seemingly instinctive



canvases were the result of long, preparatory studies very rarely exhibited – not just sketches but stunning works of art in and of themselves, where the broken flow of lines that characterize the style and stokes in Van Gogh's painting can already be seen.

There will be an opportunity for discussion afterwards at Meritage, on Carolina Way. Please call Meritage for reservations, please mention Great Art on Screen, 828.526.1019. Tickets (\$16) are available online: www.highlandspac.org or at the door. Highlands PAC, 507 Chestnut Street, Highlands NC

• HIGHLANDS AREA EVENTS •

Sundays

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

Through March 10

- At The Bascom, SOUNDWAVE, Western Carolina University MFA and Ink-Space BFA Exhibition. For more information, call 526-4949. **Through Feb. 24**

- At The Bascom, hear + there, a collaborative installation by The Bascom's Winter Artist Residency Program. For more information, call 526-4949.

Feb. 14, 19, and 21

- At The Bascom, February Resident Artist Series (Making and using molds from plaster, clay, or whatever we can find. For more information, call 526-4949.

Fri., Feb. 15

- Senior Dinner at 12 noon at The Highlands Recreation Department. For any other information contact Lester Norris or Maxine Ramey at 828-526-3556.

- The High Mountain Squares will host their "Let Me Call You Sweetheart Dance", Friday night, at the Robert C Carpenter Community Building, GA Road (441 South), Franklin NC from 6:15 to 8:45 PM. "Old" Mr Ken Perkins from Pelzer, SC will be the caller. We dance Western Style Square Dancing, main/stream and plus levels. Everyone is welcome. For information call: 828-787-2324, 828-332-0001, 706-746-5426 or

- At PAC, Great Art on Screen, a collaboration between The Bascom and PAC, at 5:30 p.m. A 90-min. VanGogh Documentary. tickets are \$16 available online at www.highlandspac.org or call 828-526-9047. Optional Dinner Discussion at 7:30 at Meritage. Call for reservations 828-526-1019. Mention. Great Art on Screen.

Sat., Feb. 16

- American Legion Highlands Post 370 Breakfast at 9 am with monthly meeting to follow at 10 a.m. Meeting at Highlands United Methodist Church in the new Faith and Fellowship building 315 Main St. All veterans welcome.

- The Nantahala Hiking Club will take a moderate 3-mile hike with some ups and downs along the way to Yellow Branch Falls, one of the most scenic falls in western SC, 60 ft. high with dark rocky ledges over which the water falls (some say) like icing on a chocolate cake. Meet at Cashiers Rec Park at 10am, drive 50 miles round trip. Call leaders Mike and Sue Kettles, 743-1079, for reservations. Visitors welcome.

Tues., Feb. 19

- The Jackson County Republican Party monthly meeting is scheduled for Tuesday at 6:30 pm at the Dillsboro Masonic Lodge. The agenda will cover plans

for the Jackson County Republican Convention, which is confirmed for March 29, 2019, and will be held at the Jackson County Aging Center. New officers will be elected for years 2019-2021, as well as Delegates and Alternates to serve in the District and State Conventions. Directions to the meeting at 223 Wikes Crescent Dr. Sylva NC 28779, From Sylva Toward Dillsboro on Main St. turn left by the old Pontiac Dealership on Wikes Drive and see an 8'x 4' foot sign for Lodge. From Dillsboro toward Sylva right into Wikes Crescent Drive across from B & Al's Restuarant, Lodge is on road to your left you will see an 8' x 4' sign for Lodge. For additional information, contact Chairman Ralph Slaughter 828-743-6491

Wed., Feb 20

- At The Bascom, from 10am – Noon or 3:15 – 5pm: February Youth Pottery: Wheel thrown bowl with slip pattern, Ages: 8 and up, \$60. For more information, call 526-4949.

Feb. 22-28

- Book Fair at Highlands School in the media center. Preview Day will be the 21st, students can make wish lists during this time. Grandparent's Day is February 22, during lunch, and the late night will be the same night as Science Fair (28th).

Fri., Feb. 22

- Community Coffee with Mayor Pat Taylor at the Hudson Library in the Meeting Room from 11a until noon. The subject: Highlands as a Bear-wise town with guest Cynthia Strain, chair of the B.E.A.R. Taskforce.

Sat., Feb. 23

- The Nantahala Hiking Club will take a moderate 6-mile hike, elevation change 520 ft., from Warwoman Dell to Martin Creek Falls on a lovely leisurely section of the GA. Bartram Trail. Meet at Smoky Mtn. Visitor Center at 9am, drive 15 miles round trip. Call leader Mary Stone, 369-7352, for reservations. Visitors welcome.

- The Nantahala Hiking Club will take a moderate-to-strenuous 9.2-mile hike, elevation change 800 ft., on the Cataloochee Divide in the Smoky Mtn. Nat'l. Park to the Appalachian Highland Science Learning Center, with beautiful views along the way. Meet at Waynesville Ingles at 9 am, drive 30 miles round trip (100 miles from Franklin) Hike is limited to 15. Call leader Keith Patton, 456-8895, for reservations.

Sat., Feb. 24

- The Nantahala Hiking Club will take a moderate 4.5-mile hike in the Smoky Mtn. Nat'l. Park, elevation change 500 ft., along Deep Creek (with two waterfalls along the way), then cross over to Sunkota Ridge, and return to Deep Creek. Meet at Dillsboro Huddle House at 10am, drive 40 miles round

trip. Call leader Jody Burtner, 828-788-2985, for reservations. Visitors welcome.

Sat., Feb. 29

- At PAC, I'm Not Running by David Hare. at 1 p.m. Live via Satellite Series featuring the National Theatre (London.) with a pre-opera discussion 30 minutes prior. Tickets are available online: www.highlandspac.org, at the door: by calling: 828.526.9047. Highlands Performing Arts Center, 507 Chestnut Street, Highlands.

Sat., March 2

- At PAC, Donizetti's La Fille Du Régiment. 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.

ment. 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.

Sat., March 30

- At PAC, Wagner's Die Walküre at 12 noon. Live via Satellite featuring the Metropolitan Opera (NYC) with a pre-opera discussion 30 minutes prior. Tickets are available online: www.highlandspac.org, at the door or by calling: 828.526.9047.

Winter Pool schedule

- **Lap Swim:** Monday-Friday 6-10a. 6 lanes and Monday-Thursday 3:30-7p. 1-2 lanes (shared Pool) and Saturday 10-11a 2 or 3 lanes.
- **Adult Swim:** 18 years plus Monday-Friday 11:30-1:30p no lap lanes and Saturday 10-11a shared with lap swim. Available Equipment: water weights, adult pool noodles, fins, water jog belt & kickboards.
- **Public Swim:** Monday-Thursday 3:20-7p Saturday 11am-6pm, Sunday 1-6pmand Sunday 1-6p.
- **Water Aerobics:** 18 years plus Monday-Friday 10:15-11a.
- **Aqua Dance and Fitness:** Monday 5:30-6:30p.
- **Baby and Me class:** Ages 6 month-3 years Friday 5:30-6p.
- **Movie Night:** all ages First Friday night of every month. Pool opens at 6:30 and movie starts at 7p. Call for movie title and prices
- **Pool Parties:** available Friday, Saturday and Sunday evenings 6-8p. Call the pool at 828-526-1595 if you have any questions concerning the pool.

18-wheeler crashes on The Gorge Road



On Tuesday, Feb. 12, NC Highway Patrol said an 18-wheeler carrying railroad ties traveling toward Highlands from Franklin on US 64 swerved to avoid an oncoming vehicle. The movement made the load in the truck shift and sway causing the truck to go over the embankment and into the creek below.

The driver was transported to NE Georgia Hospital with serious injuries. US 64 east was closed for about eight hours.

– Photo and story courtesy of WLOS-TV 13 Staff

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...COUNTY continued from page 5

because of decreased trips to Mission Hospital and the Community Care Medic Program. In that program, medics make home visits, which has helped to decrease usage of the ambulance service by frequent users.

Permit fees revenue at \$413,000 also represented a decrease, because building inspection permit fees were down 16 percent from 2017. However, register of deeds had an increase in revenue of \$21,000 to \$630,000.

Roland said interest on investments has more than doubled since 2017. He recognized the County Finance Director Lori Hall and the finance office for watching where money is being invested and what is being gained from those investments.

Moving into 2019, Roland said the county is working to put together a budget which is going to enhance service quality particularly in the areas of public safety while simultaneously dealing with rising costs for health insurance, retirement, the detention center and inmate transport.

The space-needs analysis which will prioritize the county's most important capital needs, is on schedule with engineers and

architects completing walk-throughs of county buildings and meeting with department heads. The project should be completed by July for presentation to the commissioners.

Broadband continues to be a priority for the county with \$400,000 budgeted to help expand broadband in Macon County. The broadband committee is still meeting as a group to continue to find ways to improve services in Macon County.

After two years of studying the courthouse, courthouse security will be a top priority for the county and will be addressed in the upcoming budget. The county will also have to consider what it is going to do with its aging vehicle fleet of 292 vehicles with an average age of 12.7 years.

As stated by Chairman Jim Tate "the most important thing we do as county commissioners is set our budget."

Following last week's budget kickoff, the county manager will begin the long budget process first meeting with department heads to access needs and develop a budget to meet those needs.

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DOGSPEAK

REFLECTIONS FROM LORD BANJO

A Winter Retreat

In January, Mum loaded up the Royal Red Carriage, otherwise known as her SUV, and we headed North to the North Carolina mountains. I couldn't wait to romp in the frigid air.

Luckily for us, my Aunt has a cottage in Black Mountain, NC and generously lets us use it. Mum and I consider it a perfect writer's retreat and planned to spend a few days working on my second book.

Mum likes the snug cottage with its gas fireplace, and I like being able to walk off-leash in crisp, cold air.

The first morning, with the temps in the teens, I was in heaven. Mum looked like an Arctic explorer in her red puffer coat with the hood, and I looked stunning in my black fur coat.

We took a brisk walk on the wooded paths before starting back to the cottage. For a bit of a workout, Mum likes to jog on the last leg of our walks. By the time she stopped and looked around for me, I had "dis-a-pyred." That's a term that applies to us Great Pyrenees without a fence and off-leash. I don't do it often, but I wasn't ready to go inside yet so I "dis-a-pyred" that morning.

Mum spotted me cutting across a meadow towards a creek and called to me to come. Did I mention I wasn't ready to go inside? As is my tendency, I ignored Mum's invitation to come. I'm sure it was an invitation, not a command. Luckily for me, Mum's pretty patient. She chuckled and watched my wandering, and waited for me to return.

We spent most of the day inside writing, and then we took another walk. The evening included red wine for Mum, food



The Royal Pooch Lord Banjo

for me, and more writing in front of the fireplace. Additional walks ensued on day two, and then Mum's girlfriends arrived at the Hobbit House, as Mum calls it, to spend a few days with us.

The next day, the girls walked me and then walked to the Black Bear Tavern for breakfast before driving to downtown Black Mountain for a Fairy Hair appointment. The trio came back loaded down with purchases from a few shops plus sparkly silk strands woven through their hair. There was talk of learning to do Fairy Hair with me as a guinea pig — or guinea dog. If I must endure sparkles, I demand they be royal purple.

The girls spent the week shopping, dining out, taking walks with me, and showering me with attention as they lounged in front of the fireplace.

I thought it was a perfect week, and when I heard Mum's girlfriends use words like "best-ever trip," I knew they agreed. I'm sure I was the special ingredient that made the trip so wonderful.

The last morning, Mum took me for a long walk, and I caught her off guard when I decided to take a dip in the creek. She seemed to think swimming in 20-degree weather was somehow inappropriate, but she laughed and dried me off, and before I knew it, we were on our way home. Need I say, "Life is good?"

• *Lord Banjo lives in Georgia with his Mum, Kathy Manos Penn. Find similar stories in his book, "Lord Banjo the Royal Pooch," available at Mountain Paws in Highlands, Books Unlimited in Franklin, and on Amazon. Contact him at inkpenn119@gmail.com.*

Chamber taking advertising grant requests

The Highlands Area Chamber of Commerce is accepting advertising grant requests for local events that are scheduled to occur before June 30, 2019.

These grants are used to promote events that generate overnight visitors and increase tourism to Highlands and Macon County. Funding is provided by the Macon County Occupancy Tax. Event promotions must reach markets beyond a 50 mile radius of Highlands.

The deadline for this round of grants is Friday, March 15, 2019. Contact Bob Kiltyka at president@highlandschamber.org or call 828-526-5841 for grant guidelines and application.



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This week we are celebrating **Ashley**, our **Valentines Day** birthday girl!

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It's Ashley's favorite, and we want to share it with you! **Vik's Garlic Fix** is a bold all-purpose blend that is great on anything. Packed with garlic, chives and shallots, you can't go wrong with this custom blend!



This **Shrimp Scampi** recipe is a classic with our spin on it. I hope you enjoy!

Spices from The Spice & Tea Exchange:

- 2 TBS Vik's Garlic Fix Spice Blend
- 10-15 grinds of Pirate's Bite Spice Blend

Ingredients from Grocer:

- 1 1/2 lbs shrimp, shelled and deveined
- 1 TBS unsalted butter
- 1/4 cup white wine
- 2 TBS shallots
- Zest and juice from one lemon
- 1/2 cup of fresh parsley, chopped for garnish
- Linguini
- Parmesan cheese, for garnish

Directions:

Heat 1 TBS of olive oil in a large non-stick skillet over medium-high heat, until just beginning to smoke.

Add Shrimp and cook 1- 1 1/2 minutes, stirring occasionally until shrimp is opaque. Transfer shrimp to a bowl and set aside.

Reheat now empty skillet over medium heat. Add 1 TBS of olive oil, and melt butter. Stir in shallots and Vik's Garlic Fix Spice Blend. Cook until fragrant, about 30 seconds.

Deglaze pan by stirring in wine, and cooking for 45 seconds.

Return the shrimp to the pan, along with lemon zest, lemon juice, Pirate's Bite and parsley. Remove from heat and toss to blend with linguini. Garnish with parmesan cheese and fresh parsley.

Enjoy!



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• NEWS FROM HARRIS REGIONAL & SWAIN COMMUNITY •

Minutes Matter:

Knowing the Signs of Heart Disease Can Save a Life

When a heart attack strikes, every minute matters. In fact, the first few minutes are critical in determining the short-term and long-term outcome for the patient. According to the National Institutes of Health, of the people who die from heart attacks, about half will die within an hour of their first symptoms.

At Harris Regional and Swain Community Hospital's, we want to make sure everyone in our community knows what signs to look for and understands what to do if you or someone you know experiences a serious heart problem. Quickly taking action will help ensure that the victim gets proper medical treatment before it's too late.

Cardiovascular disease, or heart disease, is the leading cause of death in the



United States, but what causes it? And who is most at risk?

First, heart disease refers to problems inhibiting the heart's ability to properly function and circulate blood through the body. Many of these problems are related to atherosclerosis – the process of a substance called plaque building up in the walls of the arteries. Plaque buildup narrows the arteries, making it harder for blood to flow through. This increases the risk of a blood clot forming, which can stop blood flow and potentially cause a heart attack, stroke or even cardiac arrest.

When it comes to identifying the risk of heart disease, the American Heart Association identifies six major factors: high cholesterol, high blood pressure, smoking, diabetes, being overweight and physical in-

activity. Knowing – and avoiding – these top risk factors for heart disease is vital to prevention.

Heart attacks, stroke and cardiac arrest are all life-threatening, and every second is critical in regard to response time and treatment. If you or someone around you is experiencing any of the following symptoms identified by the American Heart Association, call 9-1-1 immediately to receive help and treatment as quickly as possible.

Symptoms of a heart attack:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

- Shortness of breath with or without chest discomfort.

- Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

Symptoms of a stroke:

- Face drooping. If you notice one side of your or someone else's face drooping, or if it is numb, this is a telltale sign of a stroke. If you are uncertain, ask the person to smile.

- Arm weakness. Many stroke victims experience weakness or numbness in one arm.

- Speech difficulty. Speech may be slurred, prohibited or difficult to understand. If someone you are with is experiencing this, ask him or her to repeat a simple sentence, like "the sky is blue." If he or she cannot, call 9-1-1 immediately.

Symptoms of cardiac arrest:

- Sudden loss of responsiveness. If the person does not respond when tapped on the shoulder, they are likely experiencing cardiac arrest.

- No normal breathing. The victim does not take a normal breath when you tilt the head up and check for at least five seconds.

Talk to your physician to learn more about symptoms and steps you can take today to improve your heart health. If you are in need of a primary care physician, you can search our online Physician Finder at www.myharrisregional.com, www.myswaincommunity.com or call (844) 414-3627 to explore your healthcare options.

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• BUSINESS/ORGANIZATION NEWS •

'Easily an Artist' Opens Studio at New Highlands Location

Local artist Jeanie Edwards recently opened her new studio — Easily an Artist — at 221 N. 4th Street in Highlands. Her first paint party in the new location was held on Saturday, February 2 from 2 to 4 p.m.

“Members of the Mirror Lake community attended the opening and everyone did a beautiful job,” said paint party co-hostess Kelly McDuff. “Wine, hors d’oeuvres, a rush of conversation, and laughter was followed by moments of complete silence and artistic focus.”

Don (Batman) DeBat chose to paint the image of a mountain sunset in Franklin from a photo taken on his cell phone on February 1st, while his wife, Sara Benson, created a Mirror Lake scene on a granite rock. Darla Kelly Welch painted a beautiful tree scene while her husband, Alan Welch, created a water landscape completely free style.

Scott McDuff painted a charming black bear peeking out from behind a tree and his wife, Kelly McDuff, showcased a hypnotic dark blue fish blowing bubbles under water.

John Lyle knocked it out of the park with a close up of an owl face, while Sally Rolfe Lyle chose to finger paint beautiful blue hydrangeas.

Pam Allison Wallace chose a vase with brightly colored flowers, while her husband, Roger, painted an abstract tree with a captivating blood-red moon.

Jill Hoy Hargis also chose to paint beautiful pink and yellow flowers with Queen Anne’s lace.

“Many thanks to Jeanie Edwards for sparking art creativity in Highlands at this special and memorable event,” said Kelly McDuff.

For more information on the new studio, visit: www.easilyanartist.com.



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• SPIRITUALLY SPEAKING •



In Support of Valentine's Day

Rev. W. Bentley Manning
Episcopal Church of the
Incarnation

One could be forgiven for assuming that the church is nothing more than a finger-wagging organization looking for any opportunity to pass judgment on this or that aspect of the current cultural landscape.

Such criticism from the church is especially pronounced during holiday seasons marketed by the likes of Hallmark, Macy's, and Amazon.com. And while I believe there is a good deal of critique the religiously minded can, and likely should, make of the current cultural landscape, I for one think the church should leave Valentine's Day well enough alone.

We worship a God who loves the world - who loves you and me - with such passion, tenderness, and care that a lifetime is not enough to fully comprehend the depths and breadth of its force. So, if Valentine's Day is truly all about love, then the church should be all about Valentine's Day as well.

If you are lucky enough to have a Valentine this year, I would like to simply remind you that God's love for you is more complete, more profound, more passionate, more wonderful, and more true than the love you feel for the person with whom you have shared a card, a rose, or chocolates today.

The good news of the Gospel is that God's love was made manifest through his Son and revealed to us so that his life, and joy, and love might be in us, and our joy might be complete. And to this end, the church exists for the sole purpose of proclaiming and sharing love. We don't always do the best job at this, as I'm sure you have noticed, but love is the heart of all that we should say and do as Christians.

In the words of St. Paul, "If I speak in the tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but do not have love, I am nothing. If I give away all my possessions, and if I hand over my body so that I may boast, but do not have love, I gain nothing."

So, I say, take great delight in Valentine's Day. Take great delight in love that is kind, love which isn't envious or boastful, arrogant or rude. Take delight in love which doesn't insist on its own way - love which isn't irritable or resentful - love which doesn't rejoice in wrongdoing but rejoices in the truth. Take great delight in love, for such a love is the very description of God himself.

Happy Valentine's Day!

Proverbs 3:5

BLUEVALLEY 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

9:30a Sunday School; 10:30a Worship Service.

Mon. 6p Bible Study & Supper in homes

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.

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.

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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;

Choir 5p

FIRST PRESBYTERIAN CHURCH

Curtis Fussell & Emily Wilmarth, pastors

526-3175 • fpchighlands.org

Sun.: Adult Ed.: 9:30a.m.; Worship 11 a.m.

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

Wed.: Choir: 6p

GOLDMINE BAPTIST CHURCH

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Sunday School: 10 am, Worship Service: 11 am

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HAMBURG BAPTIST CHURCH

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

Wed. Kidsquest 6p.; Worship 7p.

• PLACES TO WORSHIP •

John 3:16

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.

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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

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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.

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

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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

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

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

COMMUNITY BIBLE CHURCH OF SKY VALLEY

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

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

Thursday: Noon Healing Service with Eucharist.

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Sunday Worship - 11 a.m.

WHITESIDE PRESBYTERIAN CHURCH

Rev. Sam Forrester/Cashiers

Sunday School: 10 am, Worship Service: 11 am

• BIZ/ORGANIZATION NEWS •

Announcing the "new" Highlands Cashiers Health Foundation

A new beginning for the Highlands Cashiers Health Foundation was commenced on February 1, 2019 with an expanded goal of supporting health and well-being initiatives in the local Highlands Cashiers area and surrounding communities.

After many years serving the local hospital as the Highlands-Cashiers Hospital Foundation, the Highlands Cashiers Health Foundation has been re-purposed to help our philanthropic donor community to broaden support for initiatives that improve health and well-being conditions in our local communities and the surrounding area.

This transition was made necessary by the completed purchase of the local hospital by HCA Healthcare. The new Highlands Cashiers Health Foundation is still a certified 501 c 3 charity, and IRS rules do not allow direct charitable support to what is now a commercially operated hospital. But while the HC Health Foundation funding must be redirected, its passion and commitment to our communities and our donors has not changed.

Since its inception in 1985 the Hospital Foundation has worked with exceptionally generous donors to provide tens of millions of dollars for the local hospital.

Foundation Chairman, Dr. Walter Clark said, "Our Board is profoundly grateful for the enduring support of our generous donor community, and for their abiding dedication. Investments in the core communities where our donors live will continue. We still hold funds previously contributed by donors who reasonably anticipated that those monies would be reinvested in the immediate area. Moving forward, our new purpose builds upon our

donor legacy of compassion and a shared vision of a healthy and vibrant community. We will continue to seek local support for local needs and demonstrate good stewardship of donor philanthropy."

Robust communications with our communities, our donors and other non-profit service providers is a top priority. The new purpose of "supporting health and well-being" provides a broad range of opportunities including initiatives that address underlying causes impacting the health of individuals to innovative education and wellness initiatives, and more.

The Foundation will also look to extend efforts beyond its historical footprint. During this transition period, the HC Health Foundation has been engaged in discussions with the newly formed Dogwood Health Trust and five other regional foundations. This consortium is formulating preliminary plans to work together in ways that could serve expanded population areas in western North Carolina. Through this proposed collaboration, the foundation could expand its service area to include support for health initiatives in the six westernmost counties of the state.

According to Dr. Clark, "We see our mission as a catalyst for positive change throughout the six westernmost counties of the state. Projects that serve the broader region would be primarily funded by supporters interested in a regional focus."

As the Foundation works to complete this transition, frequent updates will be provided. The Foundation appreciates your support and invites your inquiries.

For further information please visit www.highlandscashiershealthfoundation.org.

• POLICE & FIRE REPORTS •

Highlands Police entries from Jan. 26 Only the names of persons arrested, issued a Class-3 misdemeanor or public officials have been used.

Jan. 26

• At 8:15 a.m., officers responded to a one-vehicle accident on NC 106 near Munger and Buttermilk roads.

Jan. 27

• At 4 p.m., officers responded to a one-vehicle accident in the Highlands Rec Park parking lot.

Jan. 31

• At 10:55 a.m., officers responded to a report of someone stealing power from a restaurant in Wright

• See **POLICE & FIRE page 20**

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...POLICE & FIRE REPORT continued from page 19

Square by plugging an extension cord to an outside lighting source without permission.

Feb. 4

• At 12:50 p.m., officers responded to a report of someone dropping a controlled substance

(methamphetamine) and heroin in the Highlands Plaza parking lot.

Feb. 5

• At 1:51 p.m., officers responded to a two-vehicle accident on NC 28 near Spring Street.

Feb. 6

• At 9:30 a.m., officers responded to a one-vehicle accident on US 64 near Chowan and Vinca lanes.

Feb. 7

• At 2:30 p.m., officers responded to a report of a breaking and entering and vandalism to property at an apartment on Helen's Barn Ave. where someone busted a large hole in the wall to gain entry to an open room not leased to the leasee. Damage is estimated at \$200.

The Highlands Fire & Rescue log from Feb. 5, 2019.

Feb. 5

• At 2:19 p.m., the dept. responded to a fire alarm at a residence on Harris Drive.

Feb. 8

• At 10 a.m., the dept. responded to a fire alarm at the hospital.

• At 7:17 p.m., the dept. was first-responders to a residence on Sage Drive.

Feb. 10

• At 3:20 a.m., the dept. responded to a Co2 alarm at a residence on Center Dr.

• At 12:45 p.m., the dept. responded to a motor vehicle accident on US 64 west.

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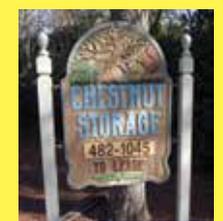
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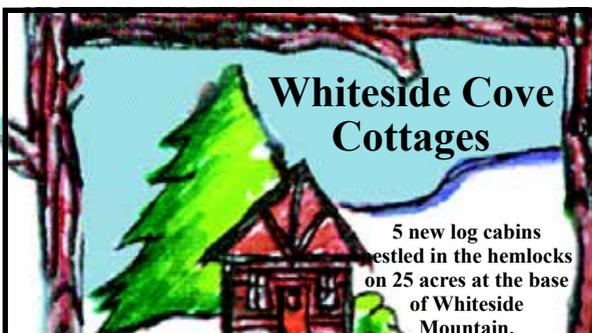
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