

Highlands Newspaper

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Thursday, May 2, 2019

Let a nurse know you care during National Nurses Week May 6-12

By Brian O'Shea
Plateau Daily News

Nursing is a job unlike many others. Not only do nurses take care of a patient's medical needs, but their bedside manner is often what makes the difference in a patient's journey through the medical process.

May 6-12 is National Nurses

Week when the country recognizes the efforts of those unsung heroes in the medical profession dedicated to taking care of those in need.

Sonya James has been a nurse for 12 years and works in Highlands-Cashiers Hospital's Emergency Department. Her patients are often scared, in pain, or worried when she sees them and she's

there to keep them informed and at ease.

"A kind face, a smile, an introduction, this makes a world of difference," said James. "I really listen to them and enjoy the bedside care. You want to understand as best you can how they're feeling."

James made the switch to

•See NURSE page 19

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Highlands Sch. golf team takes first place in SMC

By Brian O'Shea
Plateau Daily News

For the second time in its history, Highlands School golf team won the Smoky Mountain Conference Championship; this time after two rounds of play at Sky Valley Country Club on Thursday

and Old Union Golf Course on Monday. Highlands Head Coach Keven Gabbard said everyone stepped up and did a great job and four Highlands golfers are in the top 10 in conference.

"Great day for the team in

•See GOLF page 10

Highlands annual litter pick-up bags trash



Last Saturday, a few days before Earth Day, more than 80 volunteers donned safety vests and gloves to scour Highlands' roadways and inroads for litter in the Annual Plateau Litter Pickup sponsored by the Chamber of Commerce. Volunteers filled at least 175 bags of trash – 18 cubic yards – found on the highways and roads in and around Highlands. Mayor Pat Taylor called for a year-long trash pick-up effort since it doesn't take long for roadways to become littered again.

– Photo by Brian O'Shea, Plateau Daily News

Highlanders nabbed in Operation JAWbreaker in 2018 heading to trial

During the early morning hours of Thursday, April 26, 2018, officers with the Macon, Jackson and Rabun county sheriff's offices, N.C. State Bureau of Investigation, Georgia Bureau of Investigation, 30th Judicial District Attorney's Office, Franklin Police Department and the Federal Drug Enforcement Administration executed search warrants and served arrest warrants on numerous individuals involved in distributing

heroin and methamphetamine into the area. Many have since been indicted.

Named "Operation JAWbreaker," the operation was aimed at dismantling a well-organized criminal enterprise involved in distributing large quantities of meth and heroin – not only in Macon County, but in Western North Carolina and North Georgia as well.

•See JAWBREAKER page 5

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• THE PLATEAU'S POSITION •

• MAYOR ON DUTY •

Litter pick-up needs to be more than a one-day event

I want to thank the more than 80 volunteers who participated in last weekend's Highlands Plateau Cleanup. We collected more than 18 cubic yards of road trash and litter. The corridors to the town look great.

I also want to thank the Highlands Chamber of Commerce for sponsoring and coordinating the event. Beverly Wichman and Bob Kiltyka did a great job in making this event run smoothly. Steve Mehder, a great volunteer at the chamber, always lends his assistance before and during the event. The Town of Highlands Sanitation Department under the guidance of Larry Holt and the US Forest Service staff under the direction of Richard McClure are critical to making sure the more than 150 bags of trash are transported to the proper location for disposal.

I appreciate the Highlands Police Department and the Macon County Sheriff's Department's their efforts to slow motorists down while the cleanup was under way. As a side note, many volunteers on the roads realized a lot of folks drive too fast



Highlands Mayor
Patrick Taylor

for these mountain conditions.

Businesses on the plateau also helped. Old Edwards Inn literally had a bus load of employees who participated in the cleanup. Under the guidance of George Powell of Highlands Aerial Park, the cleanup of NC 106 extended from Highlands all the way to the state line. Tate Landscaping and the Mountain Retreat also had workers who cleaned parts of NC 106. Julianna's has adopted a portion of NC 106 and routinely does a pickup. I hope other business will follow Julianna Stoddlemeyer's example and adopt sections of the corridors.

Fred Motz and the Methodist Men's Club have adopted a portion of US 64 east going north to Cashiers. They were out on Saturday picking up litter well beyond their adopted area. David Young organized a group that picks up US 64 well into Jackson County.

While the roads look so good immediately after the cleanup, conditions a few day later can be disheartening. On Monday I came around the US 64 west curve at the Buck Creek intersection. There on the road was a half-filled plastic bag of peat moss that had fallen off a truck. The truck was probably leaving a job in Highlands when the unsecured bag fell into the roadway. Volunteers on Saturday collected similar materials like insulation and sheetrock scraps. Bud Light must be the most popular beer in town based on the number of cans collected. While many of us do not litter, we hire other folks who do. There are those who directly choose to litter and others who do it by negligence by not securing loads being transported to and from our worksites.

While this one-day event was a great success, we all need to address this roadway litter problem with a more comprehensive, year-long strategy. I will be discussing ideas with my friends at the Highlands Chamber of Commerce about developing an education program and a system of periodic sweeps for litter. I believe the business community has a tremendous stake in making the Highlands Plateau a beautiful and attractive place for our residents and visitors.

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• HIC'S VIEW •



"The Hoopers are very upset. You promised as you would stop teasing their rottweilers."

whicseven@yahoo.com

hic

• LETTER •

Thanks for picking up litter

Dear Editorm,

On behalf of the Highlands Chamber of Commerce and Board of Directors, I would like to thank the volunteers and community for their involvement and participation in this year's Plateau Pickup. More than 80 volunteers joined the effort last Saturday, donned safety vests and gloves and filled at least 175 bags of trash on the highways and roads in and around Highlands. A special thank-you to Mayor Patrick Taylor and Highlands' resident

• See LETTER page 6

• WEATHER •

	Friday 5/3		Saturday 5/4		Sunday 5/5	
	Daytime	Overnight	Daytime	Overnight	Daytime	Overnight
Temp	73 F	54 F	71 F	51 F	69 F	43 F
RealFeel®	81 F	56 F	73 F	61 F	76 F	52 F
Winds	3 g 6	2 g 5	5 g 8	5 g 8	6 g 9	5 g 7
T-Storms	52%	42%	50%	23%	24%	24%
Rainfall	0.25	0.04	0.3	0.15	0	0
Snowfall	0	0	0	0	0	0

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

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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.



CHESTNUT COVE Pristine upper level 2BR/2BA condo at Highlands Falls CC. Many upgrades and improvements over the years, such as new flooring throughout, new flat ceilings with crown molding and fresh paint. Enjoy soaring vaulted ceilings in the foyer, great room and kitchen areas. Stone-faced fireplace with custom built-in to the right for home entertainment. Offered furnished with a minor exclusions. Membership to HFCC is not required but available.

MLS# 90499 | Offered for \$249,000



HIGHLANDS MOUNTAIN CLUB Amazingly remodeled 3BR/2BA condo within Highlands city limits. Wood floors in living area and brand new carpet in bedrooms. Both bathrooms have marble counter tops, marble floors, and walk-in showers. Updated kitchen with new SS appliances, and granite counters. The kitchen has been reconfigured and opened to great room. Stone fireplace in great room, glass doors to spacious covered/screened deck. Freshly painted and move in ready.

MLS# 86242 | Offered for \$245,000

HIGHLANDS MOUNTAIN CLUB You'll love this three bedroom, two bath spacious unit at Highlands Mountain Club, a popular place to spend the summers. Enjoy the pool, tennis, clubhouse, and the great mountain view from the unit itself. It comes furnished with dishes and linens, so just move in. In great condition or you can renovate to your tastes.

MLS# 82270 | Offered for \$219,000

CHESTNUT COVE This condo is being offered fully furnished. The great room, kitchen and foyer have vaulted ceilings. The side porch is screened; the back deck is open and has some view. It is important to note that this unit is well positioned to avoid late afternoon sun and with all of the trees it stays nice and cool. Social or golf membership in Highlands Falls is available with approval but not mandatory.

MLS# 89991 | Offered for \$219,000



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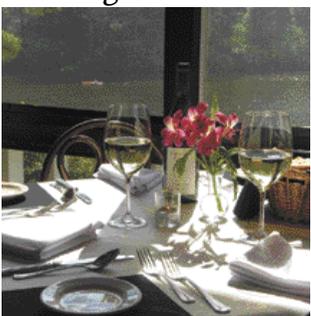
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...JAWBREAKER continued from page 1

Now, almost a year to the day, some of those indicted last year are heading to trial.

Working together to undo this criminal enterprise, local, state and federal investigators gathered intelligence on multiple suspects and successfully obtained enough evidence to identify at least 25 individuals involved in the conspiracy of transporting, delivering and/or selling heroin and methamphetamine throughout Macon and Jackson counties, and Rabun County, GA.

Of those 25 suspects, three were identified as co-conspirators and suppliers living in the Franklin and Highlands area.

The first names of these suspects were the inspiration for Operation JAWbreaker's name – an acronym for the three individuals whom investigators identified as a main source of Macon County's heroin and meth supply: James Steele, Arthur Potts, and Wade Ennis.

During Operation JAWbreaker, investigators identi-

fied at least three additional sources of suppliers living in the Atlanta area and supplying Macon County.

Investigators spent hundreds of hours conducting surveillance in both Western North Carolina and Georgia, including the Atlanta area.

During the gathering of intelligence, investigators discovered that drug purchases and transactions were arranged by James Steele, Arthur Potts, or Wade Ennis and that the three men made additional arrangements for those drugs to be transported back to the area for distribution.

During the operation, investigators were able to identify the three suppliers of heroin and meth in the Atlanta area. In collaboration with their local, state and federal partners, investigators were able to intercept various shipments of heroin and meth during traffic stops by law enforcement as it headed back to Macon County.

This investigation was initiated in January 2017 shortly after the conclusion of Operation Thunderstruck which re-

sulted in the conviction of 26 defendants. Following the overdose death of a former FHS student in 2017, information was obtained by investigators that some of the people identified in Operation JAWbreaker were with her at the time of her death.

“We did not forget about this beautiful young life and many times throughout this case investigators working this Operation have talked about her and others just like her,” said Macon County Sheriff Robert Holland. “Just as with Operation Thunderstruck in 2016, many of these suspects played a significant role in distributing the same poison into our community that is becoming an epidemic nationally. They each made a conscious decision to get into the business of selling drugs and did so without any concern or compassion for the families they were helping to destroy.”

Sheriff Holland said additional arrests were made connected to Operation JAWbreaker.

•See JAWBREAKER page 19

• OBITUARIES •

Paul Wayne Johnson

Paul Wayne Johnson, 58, passed away April 20, 2019. Mr. Johnson was born in Highlands, NC June 20, 1960 to the late Roy and Audrey Johnson. He was a carpenter and worked on many construction projects.

Paul served his country in the U.S. Air Force from 1978-1986.

He loved building cars and building things out of wood. The love of his life was motorcycle riding and the joy it brought him. He was also of the Baptist faith.

Survivors include his son, Jason Paul Johnson; two daughters, Amber Manley and April Bell; five grandchildren; a sister, Pa-



tricia Johnson; and three nieces.

A Celebration of Life service will be held Saturday, May 4th, 2019 at 4 p.m. in the Chapel of Bryant-Grant Funeral Home. The family will receive friends following the service.

In lieu of flowers donations can be made to Bryant-Grant Funeral Home, 105 W. Main St. Franklin, NC 28734 to help with the funeral expenses.

Online condolences can be made to bryantgrantfuneralhome.com

Bryant-Grant Funeral Home and Crematory is serving the Johnson family.

Charles Floyd Baty

Charles Floyd Baty, 56, of Highlands, NC, passed away Monday, April 29, 2019. He was born February 18, 1963 to the late Roy Lee Baty and Mary Jenkins Baty.

He was a mechanic by trade; he loved music and loved being outside with his dogs "Bandit" and "Scooter."

Survivors include his companion, June A. Webb of Highlands, NC; three daughters, Brittney Leigh Baty of Troutman, NC, Kelly Baty of Rockwell, NC and Jessica Keener; two grandchildren, Timothy



Flock and Ali Kelly; two sisters, Renee Baty and Melissa Baty; two brothers, Scott Baty and Roy "Punk" Baty. In addition to his parents, he was preceded in death by a brother, Michael Baty.

A memorial service will be held Saturday, May 11, 2019 at 2 pm at 81 Webb-Baty Drive, Highlands, NC in the Horse Cove Community.

Byrant-Grant Funeral Home and Crematory is serving the Baty family. Online condolences are available at www.bryantgrantfuneralhome.com.

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...LETTER continued from page 2

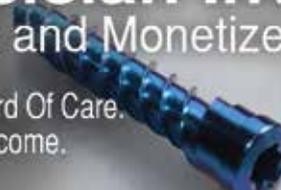
Steve Mehder for their support and work in planning the road pickup layout and picking up the trash bags. Much appreciation also goes to The Highlander, Highlands Newspaper, Plateau Daily News, The Laurel Magazine and WHLC 104.5 FM for advertising and covering the event and to Debbie Grossman of Fresser's Café for providing breakfast and lunch to all the volunteers. Lastly and not least, we have much gratitude to the Highlands Police Department, Macon County Sheriff's Office, North Carolina DOT and U.S. Forest Service for their important involvement and helping keep the volunteers safe on the roads.

Beverly Wichman

Events & Volunteer Manager, Highlands Chamber of Commerce

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• WORD MATTER •

Well Done, Indeed

I enjoyed a lesson recently involving one of the intricacies of fine dining. I should preface the ensuing remarks with a disclaimer; I believe I can enjoy most fine dining experiences, especially those available here on the plateau. And, at the end of the day, I did enjoy this one.



Bud Katz

While taking in the hospitality at a truly remarkable resort recently I shook my head at something I saw on a menu at the resort's upscale steak house. At first, I wasn't sure if it was a joke, but taken in the context of the entire menu, I came to the conclusion it was not.

Now, when it comes to food, I'm a middle-of-the-road kind of guy. I like my eggs over medium, neither runny nor overcooked. I prefer my fish cooked (as opposed to raw), my chicken and pork white (as opposed to pink), and I prefer my steaks cooked "medium."

The missus, on the other hand, is a well-done kind of gal. Her eggs are over hard, yolks broken, or scrambled, firm. And when it comes to her steak, she unapologetically utters those words no self-respecting chef ever likes to hear; well-done, please. As she likes to explain it, she doesn't want to hear any mooing or see any bleeding when her steak is delivered. Fair enough.

We were seated in this particular fine-dining establishment at this otherwise outstanding resort and began reviewing the menu. Menu-reviewing can be among the most scintillating types of pre-dining activities. This is where the restaurant "sells" the upcoming experience. As this was a special occasion, we considered the entire menu in play. Nothing was off the table, so to speak. Until, that is, we got to the place on the menu where the chef, or the proprietor, took it upon him or herself to offer specific terms for each potential cooking category.

Vegans and vegetarians be advised; the following might constitute what newscasters often refer to as "disturbing" language.

Meat ordered 'blue,' which I guess means rarer than rare, is described as having a 'very red, cold center.' I must admit, I'd never heard of meat, of the fresh variety, being described as 'blue.' Under 'Rare,' the menu said, comes with a 'red, cool center.' As a word nerd I could make a distinction-

without-a-difference argument here but what would be the point? 'Medium rare,' our menu stated, has a red, warm center, while 'medium,' my favored choice, is cooked to a pink, hot center. 'Medium well,' which the missus will occasionally consider, is cooked to a 'dull, pink center.' Absolutely no information regarding temperature was provided; no cold, cool, warm, hot. It's as if we're being told that by ordering your steak 'medium-well' your palate isn't quite discerning enough for any information other than color. 'Dull, pink.' What does dull, pink even look like? And just for the record, my missus has a very discerning palate.

Then, we get to the category du jour; "well-done."

I've heard 'well-done' described as, you know, 'cook it like a ping pong paddle.' Or, as someone in my presence once said to a server, "just scorch it." On the menu at this establishment, "well-done" is described as "dull gray." Or, as we translated it, don't even bother.

Understand, I'm not trying to be overly critical, but why would someone include language such as "dull gray" on a menu to describe a steak? If meat is delivered "dull gray," I'm not eating it! (The missus might, but not me.) I'm not sure I've ever seen "dull gray" meat that was still OK, as in, not spoiled.

We didn't deem it appropriate to discuss this matter in the open room setting of an upscale steak house at an exceptional resort. There were children present, and we didn't want to spoil anyone's dining circumstances. We're not that kind of people. We don't discuss dirty laundry, or well-done meat, in public.

But we did have a rather robust laugh at the thought of how many people along the way to getting those menus printed might have wondered about actually describing, on a menu, in print, a well-done steak as "dull gray." "Dark brown," or "no pink or red," but never "dull gray."

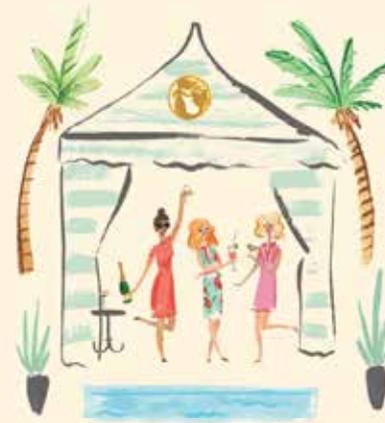
Just so as not to leave you in the lurch, I ordered the scallops, while the missus opted for a nice Chilean sea bass. It should be noted, both arrived at the table cooked to perfection and were absolutely delicious.

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D.A. Welch appointed to the NC Innocence Commission

Prior to his retirement, North Carolina Supreme Court Chief Justice Mark D. Martin appointed District Attorney Ashley Hornsby Welch to the NC Innocence Commission.

The Innocence Commission was established in 2006 by the General Assembly as an independent commission charged with investigating and evaluating post-conviction claims of factual innocence. The NC Innocence Commission is the first of its kind in the nation. The Innocence Commission is comprised of two Superior Court Judges, two District Attorneys, two victim advocates, two criminal defense at-



torneys, two sheriffs, two members of the public, and four discretionary members. Commissioners are selected for their experience, integrity and knowledge of the criminal court system.

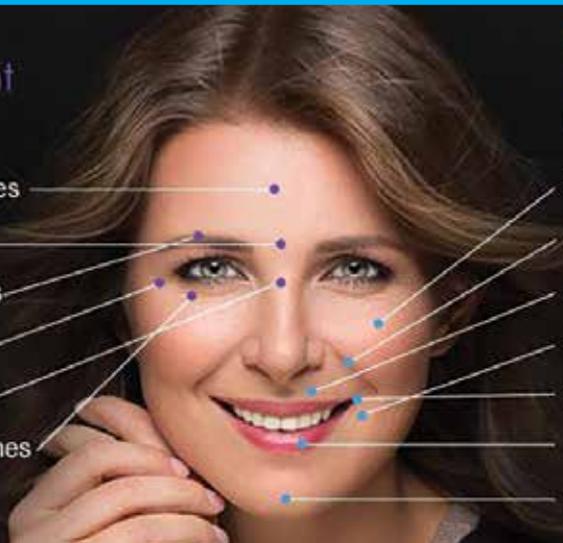
Since its inception, the Commission has

reviewed more than 2000 innocence claims. More information about the Commission can be found on their website at innocencecommission-nc.gov.

District Attorney Welch's term on the Commission began January 30, 2019, and expires December 31, 2020.

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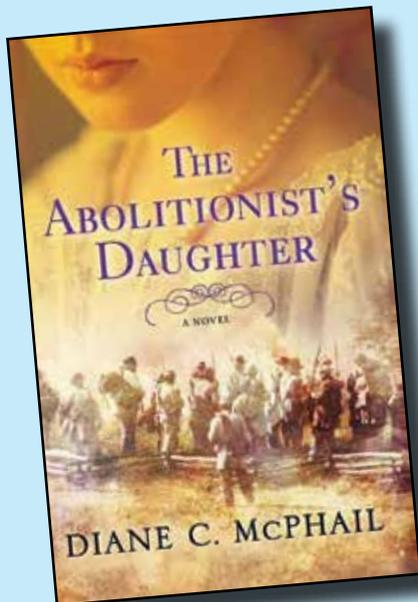
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Highlands School hosts fourth annual Color Run



Runners of all ages gathered at Highlands School on a sunny Saturday morning for the fourth annual Color Run 5K race. The yearly tradition of running/walking through Highlands whilst being doused with colored-cornstarch throughout the route is all to raise money for prom and graduation expenses.

– Photo by Brian O’Shea, Plateau Daily News

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PRINCESS PUDDIN'

• CATSPEAK •

Kitty sues parents for neglect

Did you read about Lord Banjo's marvelous vacation to Anytown, USA? The Royal Pooch got to accompany the Royal Parents to a mountain town in March, and I was left behind. Not that I "wanted" to travel; I just didn't want to be abandoned.

Sure, my pet parents occasionally take off for a long weekend, but when they're gone longer than that, a critter sitter usually appears. Sometimes the sitter stays at our house with us and takes care of both Banjo and me; other times, when Banjo goes to stay with a friend or, like this time, goes with our parents, some sweet little girls show up to check on me.

This time, however, none of these things occurred. I don't think it matters that the sweet little girls have to hunt me down if they want to see me when they visit. Do you? Mum has alerted them to all my hiding spots, so they can find me.

Likewise, I shunned the last critter sitter who stayed with us for three weeks when Mum and Dad went to England. We have two couches, and I chose to sit on the one she wasn't occupying. I never slept with her either. Could that be because she took up way too much time with my canine brother? Heck, she even took him jogging. Still, me being standoffish is no reason not



Princess Puddin'

to have someone take care of me.

This time around, my parents left me an extra cat pan, my automatic dry food dispenser, a humongous bowl of water and my automatic water dispenser. I was in no danger of starving or getting dehydrated, but several things were amiss.

First, I got no wet food the whole time they were gone. You know I'm accustomed to dabs of wet food all day long. Also, I got no milk in the morning. Worst of all? There were no treats. I hang out in Mum's office most of the day, except for my several hours curled up on Mum and Dad's king size bed. I get treats from the desk drawer pretty much any time I look at Mum pleadingly or jump up on the desk or stroll into the office meowing.

Is it any wonder that I talked and talked as I came yawning out of Dad's office when everyone came home? Yes, Dad has an office too,

and I'm partial to his desk chair and the dog's bed in that room.

Mum and Dad were amazed at how talkative and how affectionate I was. Typically, I snub them when they first come home, but this time I was starved for my special food and treats, and yes, affection. Mum was further amazed that I slept with her every night for a week. I'm not usually that consistent, especially as the weather warms up. I'm more of a snuggler when it's cold. I even got in Mum's lap each morning when she drank her coffee in her comfy chair.

I was sticking close to her so she wouldn't want to leave me again, but I'm already hearing talk of an upcoming weekend trip and a week out West in the summer. Will she and Dad never learn that there's no place like home? It just may take a lawsuit to get their attention. Does anyone know a good kitty lawyer?

• *Princess Puddin' Penn resides in Georgia with her dad, her mom Kathy Manos Penn, and her canine brother Lord Banjo. Please send comments, compliments, and questions to inkpenn119@gmail.com. She appears in "Lord Banjo the Royal Pooch," a book that can be found on Amazon, at Books Unlimited in Franklin, and at Mountain Paws.*

...GOLF continued from page 1

coming from behind to win the Championship by 29 shots," said Gabbard. "Thank you, parents and grandparents for your support this season. Everyone played great under the pressure of a championship, I am a very proud coach. Thank you, team, love you guys."

Two-day totals of SMC Championship:

Highlands 750; Murphy 779; Blue Ridge 785; Swain 788; Cherokee 789; Robbinsville 815; Rosman 840.

Blue Ridge Early College (BREC) came in third place of the seven teams competing in the

championship and both Highlands and BREC qualified for regionals. BREC Head Coach Tim Mayse said it was best finish they have had in conference in a long time.

"Very proud of the effort and determination of our guys," said Mayse. "Second time in three years we have qualified for regionals as a team, which hasn't been done in a very long time at Blue Ridge. Great year for our guys. We hope to now play well at regionals. And I would like to thank Trillium for allowing us to use their club for practice again this year. They have been very gracious and supportive."

Highlands' Samuel Hawkins had a two-round total of 183 and earned top 5 in conference. Highlands Drew Chalker, Mattson Gates, and Destin Gearhart; and BREC's Fisher Druffel and Steve Madden earned Honorable Mentions.

Gates said Sky Valley and Old Union were very different courses each with their own challenges.

"Architecturally, Old Union is a completely different course with much less elevation change and longer holes," he said. "Sky

• See GOLF page 10

• INVESTING AT 4,118 FT. •

A better place and time



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Restaurant, is genuinely happy to see you and aims to please. The hostesses and wait staff at On the Veranda are so very nice and Alan, the bartender makes sure your drink of choice is perfect. Andrea at Meritage knows my love for red wine and always has a new one for me to try.

I choose to be grateful to live in a town where you can enjoy a favorite libation at our pub, the Ugly Dog, and clog or watch cloggers on Wednesday nights or stop in the Hummingbird Lounge at Old Edwards Inn on weekends and listen to the soothing voice of Cy Tim-

mons, who takes you back with the sounds of Johnny Mathis, Elton John, Barry White and more. His humor is sure to cheer you as well. When I walk in, Tommy knows my drink of choice. Chris Duffy, on our radio station, WHLC 104.5, keeps us informed of weather, events, and lost cats and dogs. The music is relaxing and memories are jogged many times a day.

I choose to be grateful for our two newspapers whose police reports consist of dogs barking or a door blowing open, etc. and extremely rare crime of any sort. Where candidates for political offices don't destroy each other but meet in church and sit down to lunch to congratulate their opponents. I'm grateful for a town where three traffic lights control the traffic flow in the busy season.

I choose to be grateful for our Performing Arts Center and Mary Adair Leslie who brings in fantastic talent with Chamber Music, Opera, and foot-stomping blue grass music as well. The Hit Men (Four Season's music) and music of the Beatles are two of my favorites. I love that the Playhouse now offers first-run movies, complete with popcorn and wine! Soon the PAC and Playhouse will combine facilities on Chestnut Street and that is exciting news with thanks given to Cindy Trevathan and others who worked tirelessly to fundraise to finally see it become a reality!

I choose to be grateful for a town where art galleries and boutiques offer their finest. Mary at McCulley's lets me know when a sale is coming and I come home with bags of bargains! Our many jewelers

What a mess the world is in these days! Hated has become rampant or perhaps, with sophisticated communications, we are just more aware of it. Terrorists are out to kill us and other countries want to ruin us financially to the point we are dependent on them.

Political candidates are destroying each other and it is apparent that the rhetoric is about them and not the country as a whole. This will continue until the next election is over and then smolder again with renewed division. There

seems to be no end in sight or a solution to the stress we all feel as a culmination of current events. Well, actually there is and we, on the Highlands/Cashiers Plateau, live it each and everyday. It's almost as if we live on a different planet.

Having lived in Highlands full-time for 25 years, I have been socialized to a different way of life. To wake up each day in an area where I can marvel at nature's beauty with mountain views that are a reminder there is still good and beauty in the world, or rushing waters of the Cullasaja River that offer solace that life will go on - sometimes faster than we would choose - but will be there for the next generations to appreciate.

I choose to be grateful to live in a town where sunrises and sunsets turn from reds to pinks on a golden palate giving promises of a new day to follow - offering us a new beginning. We can either focus on our days that remain on earth and choose to be grateful for our blessings or bitter with current circumstances and those of the past. It is made clearer here in the mountains which road we should choose.

I choose to be grateful to live in a town where I can walk into Mountain Fresh Grocery each morning and Dustin starts my Cappuccino (skinny with 1 Stevia) without me saying a word. I am greeted with smiles and wishes for a good day.

I choose to be grateful when restaurateurs come out to talk with you and welcome you by name. Managers, such as Jacque at Wolfgang's, is always smiling and accommodating. Chef Wolfgang makes an appearance to make sure everyone is happy and well fed. Jason, at the Log Cabin



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• See INVESTING page 16

2019 - Spring Home Improvement

The Verdict Is In: These are the 5 Home Trends to Consider Now

(StatePoint) Keeping up with the latest décor trends is no easy feat. That's why celebrity interior designer, Taniya Nayak, has pulled together top five home design trends to provide inspiration no matter your personal taste.

1. Natural and Organic. Bring a touch of Mother Nature into your home with this trend that accentuates earthy, organic elements. Nayak recommends adding layers of textures, like natural raw jute, and incorporating muted tones,

such as terra cotta, moss green or mustard, to achieve this nature-inspired style.

2. Feminine and Free. This style embraces a pastel palette of pale blue, pink and cream to achieve a romantic and glam look. Infuse this trend into your space by creating a striped accent wall with soft-hued tones or alternate different paint finishes, such as eggshell and satin, in the same color for a dimensional effect. Bring the look to life with fresh greenery and indoor plants.

3. Eclectic and Bold. Nayak says "own your own style and show it off...make a statement!" An easy way to achieve this bold trend is to paint a door, an accent piece or even a ceiling in a bright color, like Jester Red or Ceylon Yellow. Unsure if bold colors are for you? Take a look in your closet to see which shades you tend to gravitate toward most.

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2019 - Spring Home Improvement

And when it comes to achieving clean, sharp paint lines, one of Nayak's go-to tools is a premium painter's tape like FrogTape brand painter's tape that delivers the sharpest paint lines possible. Treated with patented Paint-Block Technology, FrogTape is a foolproof way to get professional-looking results and eliminate the need for touch-ups.

4. Fluid and Fashionable. Create a space that exudes effortlessness by infusing repetitive patterns and fluid transitions of the same color. According to Nayak, the best way to incorporate varying shades of a single color is to use a paint sample strip like you might find at a paint supply store as guidance to achieve a serene look throughout the space. Otherwise, stick to a single shade and carefully play with patterns. For example, pair striped dining room chairs with a patterned rug for a fashion-forward statement.

5. Luxe Modern. A little design secret to keep in mind: mixing metals is back and in a big way. Nayak encourages complimenting metallic accents, instead of matching them. She suggests creating a palette of two to four metal tones and distributing them throughout the space in ways that are intentional and maintain balance. For a look that is glam, yet modern, consider pairing rose gold with pewter or brushed gold and stainless steel.

Ingenious and easy to achieve, these rising trends for 2019 will provide the necessary inspiration to update your home's interiors.

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• HIGHLANDS AREA EVENTS •

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 is 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.

- At the Rec Park, Dance2Fit classes with Tori Schmitt at 5:30pm.

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.

Mon., Wed., Fri.

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

- Step Aerobics with Tina Rogers 8-9a.
- Gentle Yoga at the Rec park at 9:15-10:30 a.m.. All levels welcome.

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 Highlands Writers Group meets every Tuesday, 3pm in the downstairs boardroom at the Bascom Center for the Visual Arts. Writers at all levels of proficiency are welcome.

For additional information, contact Bud Katz, 828-526-3190 or budandlynn@me.com.

- The Humanist Discussion Group meets from 10:30-11:30 am in the Meeting Room at the back of the Hudson Library.

2nd and 4th Tuesdays

- OccupyWNC meets at the 7pm in the Sneak E. Squirrel Community Room (1314 Main St., Sylva. Visit www.occupy-wnc.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.

- Highlands Area Indivisible Group meets at 5 pm in the Meeting Room at the back of the Hudson Library.

Tuesday and Thursdays

- At the Rec Park, Dance2Fit with Tori Schmitt at 7:30am.

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

Wednesdays

- At Community Bible Church, 5-5:30p - Dinner – Free (Donations Appreciated) 5:45-7p - G.R.O.W. Get Real on Wednesdays – Classes offered on money management, addiction, discovering your spiritual gifts and personality type, studying the bible, evangelism, parenting, marriage, grief, and more. All are welcome! Visit www.cbchighlands.com for class schedule.

- Power Flow Yoga with Nalicia Allio a certified Yoga Instructor 12-1pm and 6:30-7:30pm.

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

- Beginning June 6 through July 18, The Church of the Incarnation announces that a Grief Support Group will be offered on Thursdays, from 4 – 5:30, beginning June 6 through July 18. The group will not meet on July 4th. The purpose of the group is to offer support for those suffering from life transitions, such as terminal illness, death of family or close friend,

miscarriage, and relationship or job loss.

- Storytime at Hudson Library, 10:40 am. Open to the public

- Kids Zone at Hudson Library, 3:30-5 pm. A different STEAM Program each week, with LEGO Club on the 4th Thursday.

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

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

2nd Thursdays

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

3rd Thursdays

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

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

- The Bascom at Sotheby's series features different artists each month with a reception the first Friday of every month at Highlands Sotheby's International Realty from 4-5:30p at the corner of Main Street and Highway 64 across from The Old Edwards Inn. The public is invited to come meet the artist, view the exhibit and have some wine.

- At the Rec Park Pool. Movie Float-in 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.

Fourth Friday

- Community Coffee with Mayor Pat Taylor at the Hudson Library in the Meeting Room from 11a until noon.

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.

• HIGHLANDS AREA EVENTS •

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

Sundays

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

• Nantahala Hiking Club members and others celebrate Easter on the trail by bringing hard boiled eggs, fruit and goodies to hand out to the hikers on the Appalachian Trail. Meet at the Nantahala Clubhouse to pack the items before taking them out on the trail. Call Elena March, 369-8915, if you'd like to participate in this appreciated activity.

Fri., May 3

• Apply now for the 2019-20 school year at Summit Charter School and join us at our next Open House on Friday, May 3rd at 8:45 AM. Come walk the beautiful public school campus, tour the classrooms, meet the faculty and learn more about becoming a Summit Bear. Summit is a tuition-free public school in Cashiers that engages students in learning experiences that stimulate discovery, inspire excellence and nurture a positive influence in an ever-changing world. Learn more about the school's place-based learning, small class sizes and individualized education. For more information or to RSVP, please call 828-743-5755 or email mhudson@summitschool.org.

Sat., May 4

• Summit Charter School is throwing a Cinco de Mayo party Saturday noon to 4p. and you are invited! Hosted by families at Summit, funds raised from this event will benefit critical needs of the school. The fun-filled event will include homemade food (elotes, pambasos, tamales, chicharrones, tortas, Mexican desserts and more) plus sack races, balloon competitions, musical chairs and bingo (win prizes at each, including gift certificates to local restaurants!) There will also be an inflatable for the kids and tra-

ditional Mexican dances. Admission is free with tickets available to purchase for food and games. Tickets are \$10 for 12 tickets if purchased in the school office (370 Mitten Lane) before May 4th or \$10 for 10 tickets at the event. See you there!

Mon., May 6

• At the Rec Park, the Highlands School highschool Athletic Banquet at 6 p.m.

Tues., May 7

• At the Rec Park, the Highlands School Middle School Athletic Banquet at 6 p.m.

Wed. - Sat., May 8-11

• At the Rec Park, the Mother's Day Bridge Tournament.

Thurs., May 9

• Join the Highlands Biological Foundation on an outing to see some of Highlands' most beautiful wildflowers! Sonya Car-

penter and Canty Worley will lead a private tour of Pond Hollow Garden, a Buck Creek retreat owned by Greg and Amanda Gregory. The walking tour will combine native woodland and meadow species with a cultivated garden. Spring ephemerals will be in full bloom with possible viewings ranging from trillium to lady slippers and showy orchids. Birding opportunities are available, so bring your binoculars if interested! The trip will meet at 9:30a at the Kelsey-Hutchinson Park to carpool to Pond Hollow Garden. Please bring water and rain gear and wear comfortable walking shoes. A buffet lunch will be served with a lovely view of the pond. \$30 members, \$35 non-members

Sat., May 11

• Rabies Vaccination clinics

are at the Highlands Community Center from 9-10:30a and at the Sclay Mountain Post Office from 11a to noon. State law requires all dogs, cats and ferrets over the age of 4 months be vaccinated. Please keep pets in vehicles or on a leash until it is their turn.

• Theatre at the Library announces auditions for "A Mid-

summer Night's Dream" to be performed on the weekends of August 9-11 and 16-18th! Auditions will be held on May 11 at 2pm and 5:30pm at the MC Public Library! For more information, call Roberta Pipitone at 828-332-2837 or Savannah DeHart at the Macon County Public Library at 828-524-3600.

'Calendar Girls' at PAC in May



While actors rehearse, other members of the team meet to discuss other elements of production, such as Ken Knight (left) who plays the role of Lawrence and also serves as Set Advisor. Director Ricky Siegel (center) listens as Prop Master Lee Lyons (right) discusses props she needs to gather.

And a lovely, talented bunch of ladies they are, acting in the Highlands Cashiers Players' final production of the 2018-2019 season.

The play of "Calendar Girls" is based on the true story of a group of women in Yorkshire, England, who conspire to raise money for leukemia research to honor a husband who has died of the disease.

Their shocking project is "an alternative calendar" with the village ladies posing "tastefully nude."

The HCP cast of 10 women and three men come from Highlands and several nearby communities, and include experienced actors Jamie Thomas, Lynleigh McLean, Robin Phillips, Barbara Werder, Sue Feldkamp, Vangie Rich, Donna Cochran, and Marsha Schmalow as well as

newcomers to the HCP stage Kaye McHan and Pam Sharpe. The men are David Spivey, Ron Leslie, Ken Knight, and newcomer Pastor Randy Lucas.

Directed by Ricky Siegel, the play brings to life a true life story of humor, the pain of loss, and the courage of a group of women who step way-out of their comfort zone to honor someone they all truly loved.

"Calendar Girls" opens at Highlands Performing Arts Center on May 23. There will be eight performances over two weeks: Thursday, Friday, and Saturday evenings at 7:30 and two Sunday matinees on May 26 and June 2 beginning at 2:30 p.m. Tickets will not be available until the Thursday before the play opens, Box office is 828-526-8084, website highlands cashiersplayers.org.

• BIZ/ORG NEWS •



From left: Margo Gramling, Margie Ashburn, Joan Dyer, Donna Dasse of Spartina 449; Beverly Wichman, Highlands Chamber of Commerce; Mary Adair Trumbly, President-Elect Highlands Chamber of Commerce Board; Bob Kieltyka, Highlands Chamber of Commerce

Spartina 449 celebrates Chamber membership and 10 years of business

Spartina 449 held a Ribbon Cutting and Open House at its Highlands store on Wednesday, April 25. The upscale fashion and accessory store was started 10 years ago in Daufuskie Island, SC, and now has 10 stores in the Carolinas. The Highlands store recently joined the Highlands Chamber of Commerce at the Leadership level - the highest tier of membership.

...INVESTING continued from page 11

are so creative and we sparkle and shine thanks to them!

I choose to be grateful for our small town Christmas parades in Highlands and Cashiers, where you are taken back to a more innocent time when kids' eyes light up seeing the floats, horses, camels and of course, Santa, all the while gathering candy being thrown their way. I love a town that still does traditional Thanksgiving, where families gather to reminisce. Where the 4th of July fireworks light up a small town to "oohs and ahhs" and everyone lines the streets with blankets and lawn chairs.

I choose to be grateful for our wonderful small inns with heavenly breakfasts

and front porches. For the Old Edwards Inn and Spa where you can rejuvenate your skin and spirit after a massage of choice and sit by the fire and read with a glass of wine or relax in the whirlpool to your heart's delight. I am grateful for Art and Angela Williams who continue to improve our town and to Richard and Melissa Delany who keep the plans in motion. I'm grateful for Larry and Mary Roberts who saw the need for a dog-friendly hotel, the Park on Main, and another coming soon.

I choose to be grateful to live in a town with the Kelsey Hutchinson Park where a farmer's market is held on Saturdays, bands perform on stage as people bring lawn chairs and blankets, where kids run through the fountain with sounds of giggles, and where other events such as a low-country dinner will be held June 15 and is always a delight. Art and craft shows should not be missed. In the winter the park magically becomes an ice-skating rink and appears a Winter Wonderland!

More importantly, I am grateful to live in a town where there is genuine concern for each other...where we know people's troubles - health wise and otherwise.; where you walk down Main Street and shop owners come out to say "hello" and chat. Where everyone knows your dog and stocks up on treats for them! Where everyone knows your name and shares your concerns as well

as your triumphs. Where those of us fortunate enough to "give back" can experience first-hand the needs of others and know who to help and which causes cause to support.

With all this being said, it explains why more and more retired people are choosing to live here full-time versus only having a summer place. Younger people are discovering us and desire a second home here. New beginnings allow for better endings. Come and explore and let us help in your search for the right home for you in our magical place on earth. I wouldn't live anywhere else!

Happy Spring from all us at Pat Allen Realty Group. Remember today and everyday - the best gifts are tied with heartstrings.

• Pat Allen is owner of Pat Allen Realty Group and a Certified Luxury Home Marketing Specialist and is certified in Resort and Second home properties. She chooses to remain an independent firm, allowing for personalized service and decision making, welcomed and needed in a small town. She sponsors many non-profit events and gives back so others can move forward. Her firm was recently selected as a Leading Real Estate Company of the World. She is consistently a top producer and award-winning broker on the plateau. Visit her on the web at Pat Allen Realty Group.com, call 828-526-8784, or 828-200-9179. The office is conveniently located at 295 Dillard Road across from Highlands Decorating Center.

...GOLF continued from page 10



On April 28, the Highlands School Boys Golf Team won their golf tournament which makes them Smokey Mountain Conference champs. From left are Matteson Gates, Drew Chalker, Dillon Schmidt, Samuel Hawkins, Destin Gearhart and coach Keven Gabbard

— Photo by Carla Gates

Valley is tighter, narrower; it's more challenging with the elevation change, and the shots it makes you take aren't as forgiving."

Gates added that a golfer's state of mind plays a big role in one's performance.

"In the first round I wasn't feeling really confident," he said. "Golf is a mental game and when you lose your confidence it's hard to get back. During the second round at Old Union I was calm, confident, and it translated into my score."

Druffel said he was frustrated with his performance at Old Union and that Sky Valley was more his speed.

"I played way better at Sky Valley and it was in way better shape," said Druffel. "We

are ready for regionals. Noah (Pressler) and myself have been to regionals the past two years so this will be three in a row and we are used to it now. We're also happy this year to make regionals as a whole team."

Highlands Destin Gearhart felt a better vibe with the flat fairways of Old Union.

"I played a lot better in the second round," he said. "I was more relaxed and just had fun. I like Old Union as a golfer, it's open and forgiving. Sky Valley is really tight and you have to be perfect on all your shots.

Highlands and BREC face off again at regionals on May 7 at The Ridges in Hayesville.



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The 95 Percent Rule



Hank Miller
828-305-9713

Most of the information I convey in this column and to my clients is rooted in actual science. Much of it is relayed from an amazing instructor I was fortunate enough to study under when I began my studies in exercise science. Dr. Anthony Abbot founder of Fitness Institute International, impressed upon his students not to fall prey to fads and quackery when teaching clients better lifestyle choices. For almost 20 years this has stuck with me and been a foundation in the way I design fitness prescriptions for my clients and also how I coach them in making choices regarding food.

There is one small rule or pseudo fact that I created for myself which is based on my own rationalization. It is the "95 percent rule." The 95 percent rule is rooted in the concept of moderation in lieu of total abstinence.

When it comes to food, I limit myself to almost zero intake of foods and food additives which have been proven to be detrimental to our health. Foods containing high levels of saturated fats, processed foods containing excessive sugar, ridiculously high sodium levels, trans fats, high fructose corn syrup, etc.

I also make a point to consume 95 percent of my diet from actual food that comes as close to possible from nature without chemical additives. Daily I strive to eat a large amount of fibrous

foods, especially fruits, grains, legumes and vegetables of multitudes of colors.

Both current science and instinct leads me to believe that this is the best way to honor the greatest gift each and every one of us has been given. That gift of course is the miracle machine we live in, the machine that gives us mobility and houses our mind; our human body.

The other 5 percent of the time I have rationalized that taking in a few indulgences such as a Coke or a bag of M&M's maybe once a week is okay.

This also applies to every now and then pulling into a Wendy's, McDonald's or Burger King and consuming a hamburger, fries and soda. Note, I have rationalized that five percent of the time I can indulge in what the modern world constantly pushes at us. These indulgences

actually do taste good.

So far, this theory has worked well for me, I am pretty darn healthy for a 65-year-old man.

I practice what I preach both for myself and as an exercise instructor, I believe that the best way to teach and to motivate is to actually model the lesson.

The 95 percent rule also includes a reasonable amount of intense exercise encompassing cardio exercise of both aerobic and anaerobic variations for my heart, strength training to maintain muscle mass and functional strength for as long as possible with flexibility exercise to maintain youthful fluidity in the course of my life.

My reasoning for all of this is that I do my best and I encourage you the reader and my clients to do your best. Take care of yourself and set a training goal for the great years you can have if you maintain your health. If you're 50 then train yourself for your next decade of health. If you're 60 then train yourself for your 70s or 70 train for your 80s and beyond.

I am not encouraging you to indulge in unhealthy food choices, I'm just admitting that we all are subject to be tempted to eat something just for the pleasure of taste and sensation or to have an occasional beverage containing alcohol.

For myself I feel it works because I do not say I can't ever eat food just for enjoyability. I make a choice to take care of myself 95 percent of the time.

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 and is a licensed NC Massage Therapist specializing in Therapeutic Stretching. Send comments to: hank@thebestexerciseforseniors.com



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- Vik's Garlic Fix, 1 Tbs
- Dried Shallots, 1 Tbs
- Thyme, 1 tsp
- Chili Flakes, a pinch

From the Grocer

- 1 lb mushrooms

- 6 oz tomato paste
- 1 tsp balsamic vinegar
- 1/2 cup vegetable stock
- 4 Tbs butter
- 1/2 cup Parmesan cheese
- 3 Tbs of olive oil
- 2 cups milk
- Box of Instant Polenta
- Green Salad fixings



Directions

Polenta

Bring 2 cups of water and 2 cups of milk to a boil. Add salt and gradually add the polenta over medium heat until the polenta begins to pull away from the walls of the pot. Stir in 2 Tbs of butter and Parmesan cheese and let sit for 5 minutes.

Ragu

1. Put olive oil, shallots, and a pinch of salt in a large skillet and place over medium heat. Cook, stirring shallots occasionally until softened.

2. Add the chopped mushrooms to the pan, adding a little more salt to help release the moisture. Cook until the mushrooms become tender and the liquid is evaporated.

3. Stir in Vik's Garlic Fix, thyme, tomato paste, balsamic vinegar and 2 Tbs of butter and cook down. Add 1/2 cup of vegetable stock and stir until saucy. Serve over polenta with your favorite green salad and enjoy!

• SPIRITUALLY SPEAKING •

A very happy and blessed Easter!

Rev. W. Bentley Manning
Episcopal Church
of the Incarnation

During this season, Christians remember and give thanks for the action of God who through his Son Jesus Christ overcame death and opened to us the gate of everlasting life. It is a time of joy and new birth, promise and hope, thanksgiving and praise. However, this season can be marked with some degree of uncertainty and doubt.

As our lectionary readings (the assigned readings for our church year) unfold, the very first Sunday after Easter Day will require us to consider the story of “doubting Thomas” and the other disciples who, out of fear, locked themselves up behind the secure walls of the Upper Room immediately following Jesus’ arrest and crucifixion.

People are very good at doubting and we appear to live in a time suffering from a crisis of trust. Indeed, many in our country no longer feel like the great institutions of society are working for them (educational systems, health care services, law enforcement, the press, politicians, the church, etc.). And even for those who think these institutions are working relatively well - and for the benefit of everyone - there remains no small amount of suspicion and uncertainty just below the surface.

On one level such skepticism can be a good thing. We need a certain level of critical response in a healthy society, to question what we are told, and to hold people and institutions accountable. Nevertheless, as Archbishop Rowan Williams has suggested, we have come to a point in our culture where, regrettably, we just assume things are not arranged for our benefit. That is, we are overcome with mistrust and a sense of powerlessness even before we receive all the relevant information. In such an environment, trust feels like risk and folly.

Against this cultural backdrop, the idea of putting one’s trust in God can seem more than a bit reckless. Knowing why we should put our confidence in a divine power might be less than obvious. For Christians, such an answer can be found in the life, death, and resurrection of Jesus, through whom the loving purposes of God have been laid bare. We now see that the only “agenda” God has for the world is love and love alone.

And if this is what God is truly about - if God’s only agenda is love - then maybe we can let down our guard just a bit and open ourselves up ever more deeply to the love and promise of Easter.

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
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.

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;
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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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
Lutheran Church of the Holy Family, yolosite.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
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4224 Big Ridge Road (4.5 miles from NC 107)
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Wednesdays: Prayer Mtg.: 7 p.m.

SCALY MOUNTAIN CHURCH OF GOD

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

706.746.3144 • 696 Sky Valley Way #447, Pastor Gary Hewins
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Thursday: Noon Healing Service with Eucharist.

UNITARIAN UNIVERSALIST FELLOWSHIP

85 Sierra Drive, Franklin • ufranklin.org
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WHITESIDE PRESBYTERIAN CHURCH

Rev. Sam Forrester/Cashiers
Sunday School: 10 am, Worship Service: 11 am

• POLICE & FIRE •

Highlands Police entries from April 16. Only the names of persons arrested, issued a Class-3 misdemeanor or public officials have been used.

April 16

• At 7:58 a.m., officers received a report of a burglary with breaking and Entering at a residence on N. Cobb road where the back door was opened. April 17

• At 12:35 p.m., officers responded to a 2-vehicle accident on US 64 east near Poplar Street.

April 17

• At 4:47 a.m., officers received a report of someone communicating threats through text messages at a residence on Hickory Hill road.

April 22

• At noon a larceny of prescription pills and \$2,900 cash was reported from a residence on Main Street.

April 23

• At 12:52 p.m., officers responded to a 2-vehicle accident on N. 4th Street near Carolina Way.

The Highlands Fire & Rescue log from April 19.

April 19

• At 12:44 p.m., the dept. was called about flooding on NC 106.

• At 1:47 p.m., the dept. responded to a fire alarm at a residence on Falcon Ridge road.

At 2:13 p.m., the dept. responded to a fire alarm at a residence on Lower Brush Face road.

• At 7:17 p.m., the dept. responded to a motor vehicle accident on NC 106.

April 20

• At 1:16 p.m., the dept. responded to a motor vehicle

• See **POLICE & FIRE** page 20

...JAWBREAKER continued from page 5

“Investigators identified those suspects and have gathered even more intelligence so that just as it was in Operation Thunderstruck the cases are rock solid and end with a successful prosecution and conviction while keeping more drugs out of our community,” he said.

Last week, Jessica Elizabeth Keener, 32, of Franklin, NC entered a guilty plea to one count of Trafficking in Heroin arising out of an April 22, 2018 traffic stop and seizure that was the culmination of a 16-month investigation by the Macon County Sheriff’s Office Narcotics Division and the North Carolina State Bureau of Investigation. This is the first conviction resulting from operation J.A.W. Breaker.

She was sentenced to a maximum term of 93 months in prison, and will serve at least 70 months before she is eligible for release and must pay a \$50,000 fine.

The court date for James Steele, Arthur Potts, and Wade Ennis is June 24, 2019.

Note: If you are needing help combating drugs or alcohol, please contact Appalachian Community Services 1-888-315-2880, available to you 24/7/365.

– Submitted
MC Sheriff’s Office

...NURSE continued from page 1

nursing after 20 years as a medical technician. She said she wanted to be closer to her patients and changing roles in the medical field was a smooth transition.

“I wanted to try something different,” said James. “As a nurse, I work closely with my patients and can give more direct care. I really enjoy that.”

Jessica Brooks has been at HCH for 10 years, nine as a nurse and one as a CNA. She said she wanted to be a nurse since 6th-grade.

“It was that or a dolphin trainer, and I had my sights set on one of them,” said Brooks. “But honestly nursing is who I am, it’s my wellbeing.”

After working in HCH’s Acute Care Surgical Unit for several years, Brooks made the switch to the Emergency Department (ED).

“The Emergency Department was an opportunity to take care of more critical patients,” said Brooks. “It’s a much different pace and it’s challenging, but it’s really rewarding when you save someone’s life.”

As with all jobs, there are ups and downs. James said some cases are much more difficult than others. In one case a patient had come in who had severed their fingers in a workshop accident and she stressed the importance of remaining calm and assuring. However, the cases that really stick with her are those involving children.

“When young people are in full-cardiac arrest, sometimes the outcome is OK but sometimes it’s not,” she said. “It wears on your heart strings.”

Brooks agreed that cases involving children are terrible, and that’s where nurses need to step up and be as supportive as they can be for the patients and families.

“When bad things happen, someone gets bad news,” said Brooks. “It’s our job to listen to the family and support them, and again that comes back to it being rewarding that you were there for them and made them feel comfortable. I’m happy to be able to do that and give back to my community.”

HCH’s ED is rated first amongst HCA hospitals and third in the state in terms of patient satisfaction.

“That says a lot about the type of care we provide to our community,” said James. “We have a wonderful team of nurses in the ED. They are compassionate and care for each patient like our family. We’re a small unit here and people can



Nurses Jessica Brooks and Sonja James look over a patient’s file.

see how we get along as a team.”

Nurses often work three 12-hour shifts a week, and Miller said things can get exhausting when you’re pushing the end of that third shift.

“By the end of that third one, you’re tired mentally,” said James. “Even if you’re not busy, you are wondering what’s going to walk through the door?”

She said having a week dedicated to the recognition of nurses makes her feel appreciated.

“It makes me feel valued to have a whole week in honor of nurses,” she said.

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...POLICE & FIRE REPORT continued from page 19

accident on US 64 west.

At 3:55 a.m., the dept. was first-responders to a residence on Clearview Lane.

April 21

• At a little past midnight, the dept. was first-responders to a residence on Ashwood Circle.

• At 11:49 a.m., the dept. was first-responders to Main

Street.

April 22

• At 1:38 a.m., the dept. provided mutual aid to the Cashiers FD.

• At 12:20 p.m., the dept. responded to a motor vehicle accident on NC 28 south.

April 25

• At 9:48 a.m., the dept. responded to a fire alarm at VZ Top.

April 26

• At 7:58 p.m., the dept. responded to a fire alarm at a residence on Ridge Trail.

April 27

• At 2:08 p.m., the dept. was first-responders to a location on Main Street.

April 28

• At 9:47 a.m. the dept. was first-responders to a residence on US 64 west.

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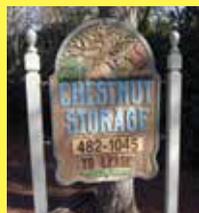
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