

# MOUNTAIN

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*Life*



*September 2022*

A PUBLICATION OF THE HIGHLANDER  
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# PUBLISHER'S *note*



**T**he mountains of Western North Carolina simply come alive during autumn.

While there is no lack of beautiful overlooks, blaze orange and red hiking trails, and scenic drives for anyone wanting to experience fall in Macon and Jackson counties, there are still some hidden gems to discover.

In this edition of Mountain Life magazine, we take a look at some of the options to make any autumn day special. Take a moment to properly prepare with some tips from hiking safety expert Nancy East and then pick the perfect trail from the included hiking guide.

It may not be a hike in the traditional sense, but visitors to The Village Green in Cashiers will have access to more of the public property thanks to a new boardwalk being installed.

If getting out in a crowd is more your style, consider the Cashiers Valley Leaf Festival or the always popular Highlands Food and Wine Festival. Both will bring in masses of people both from local neighborhoods and far off destinations.

Getting outside is just one way to beat the blues associated with seasonal depression. We have ideas from an expert on how to feel your best as the seasons change and winter eventually sets in. Even when the weather turns cold, there is still plenty to do in Highlands and Cashiers, the events calendar has something for everyone.

Fall is perhaps the most beautiful time of year to live, work and play in the mountains of Western North Carolina. We hope you'll enjoy the season.

*Ryan D. Hanchett*

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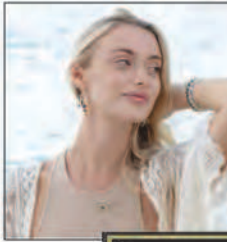


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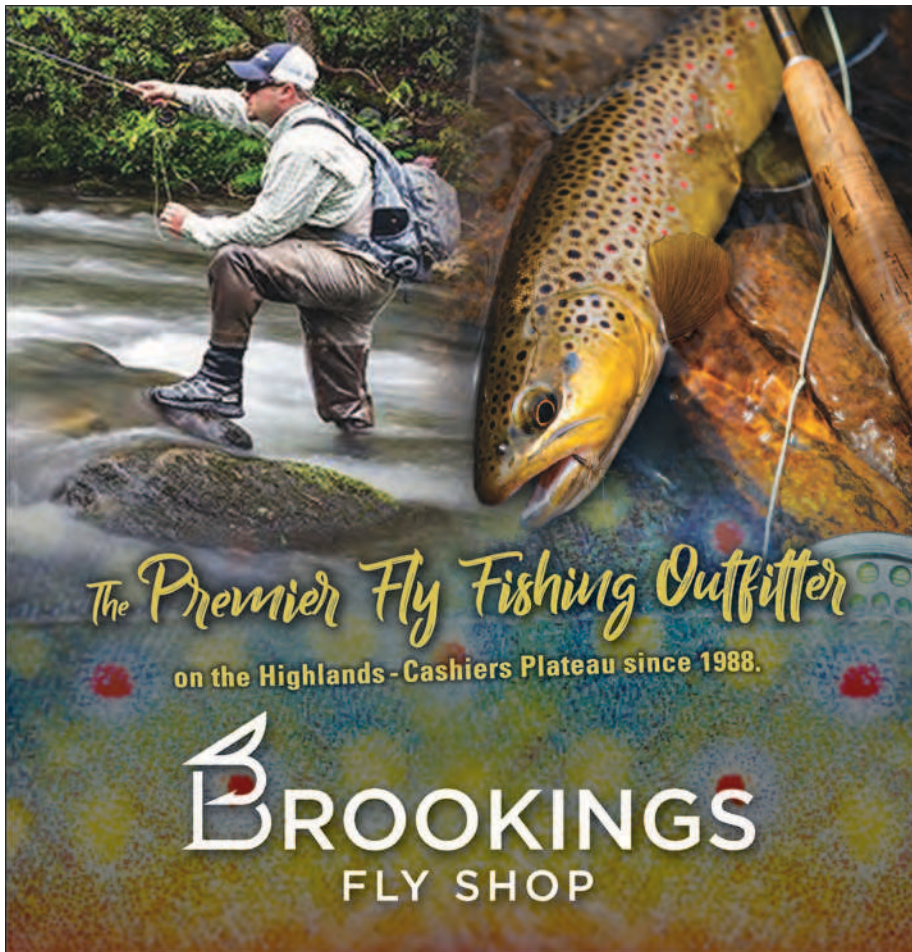
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# Hiking Safety

BY RYAN HANCHETT

**The crisp air of fall is inviting for outdoor enthusiasts of all interests.**

Fishermen find their way to local streams, campers pick out places to set up shop for a long weekend, leaf lookers plan routes to drive their way across the Highlands Cashiers Plateau, and hikers take advantage of cool conditions to get in as many miles as possible.

Boasting hundreds of miles worth of trails, Macon and Jackson counties are popular hiking destinations year-round, but the fall is a particularly busy season.

During a recent author talk event, Author and Western North Carolina Search and Rescue team member Nancy East explained to a crowd at Hudson Library exactly what it takes to be safe on the trails during the fall and winter months. East recently released “Chasing the Smokies Moon” and the novel has gotten rave reviews from readers.

“I have always been a hiker and a person who just loves being outdoors,” East said. “It wasn’t until 2015 that my interest in search and rescue was piqued. I remember Julie Hays being missing and thinking to myself about ways I could get involved to help people who are lost or injured on the trails.”







Hays, an attorney and experienced hiker from Tennessee, was hiking on Cold Mountain in Haywood County when she stopped for a breather. She leaned up against a tree, which unbeknownst to her was dead. The tree snapped and Hays fell down a steep embankment.

Fortunately for Hays, she had informed her husband of where she would be hiking and when to expect her home. When she didn't arrive, her husband called the Haywood County Sheriff's Office and reported her missing. Rescuers found Hays three days later and she survived her ordeal despite multiple injuries.

"That is probably the number one rule of hiking safety, always make sure someone knows where you are going and when you should return," East said. "Too often hikers are lost or injured and the family knows they didn't come home, but they have no idea where the person was hiking. It adds a lot of time to search and rescue operations if sheriff's deputies, park rangers, etc. have to drive all over the county looking for a hiker's vehicle at a trailhead."

East called the rescue squad captain the day after Hays was found and volunteered to help in future searches.

According to Great Smoky Mountains National Park

**Roughly**  
**49%**  
of all search and rescue  
calls in the park are  
related to falls,  
trips or slips.

statistics, roughly 49 percent of all search and rescue calls in the park are related to falls, trips or slips. East noted that those statistics are mirrored in many of the mountainous counties across the region.

One particular terrain feature traditionally leads the way when it comes to falls, trips and slips.

"Western North Carolina's gorgeous waterfalls, unfortunately, are magnets for bad decisions," East said. "It's one of the most frustrating things we deal with because too often it ends in a recovery mission, which means we are taking a body out of the woods rather than a live person. The stakes at waterfalls are so high."

East noted that bad information is often a contributing factor to accidents involving waterfalls. She shared an excerpt from a popular hiking website that noted waterfall viewers could go out into the water at the top of the falls for a closer view at one Macon County waterfall. Going into the water at the top of a falls is never a good idea, according to East.

"People always underestimate the power of water, and they never think something bad could happen," East said. "It's a potentially life-threatening combination that can have dire consequences with one misstep."





Whether viewing a waterfall is on the itinerary or not, hikers should always be prepared for a worst-case scenario. East shared the “10 essentials of hiking” and explained their utility.

East recalled a story about how having just one of the 10 essentials nearly cost two young hikers their lives during what was supposed to be a winter day hike.

“The two young men from Charlotte decided to hike in Shining Rock Wilderness Area, didn’t tell anyone where they were going or when they would be back, and drove up and started on a trail in Haywood County,” East said. “This was in January, and they realized they were not getting off the trail as fast as they expected. They had hiked 13 miles and they knew they should only have done 9 miles and been back to their vehicle.”

The men found a pocket of cell phone reception and were able to get a call out to 911, but were not able to give search and rescue members any idea of where they were located.

“They were essentially a needle in a haystack because they didn’t even know the name of the trail they were on originally,” East said. “The first night it didn’t snow and was relatively mild for January. The next day, rather than stay put, they kept moving and a massive snowstorm blew in. They were not prepared for the weather, but they did have a lighter and it truly saved their lives.”



# 10 Essentials Of Hiking

- SOME FORM OF SHELTER
- WATER/FILTER
- FOOD
- FIRST AID KIT/REPAIR KIT
- KNIFE
- LIGHT SOURCE
- FIRE STARTER
- COMPASS/GPS
- SUN PROTECTION
- APPROPRIATE CLOTHING





The two men were able to make it through the second night in the elements because they were able to start a fire near a large hemlock tree.

“Without that lighter and the ability to stay relatively warm, they would not have survived the night,” East said. “It was bitterly cold and wet with wind chills in the teens. Exposure would have taken over.”

East decided to write “Chasing the Smokie Moon” following the death of Susan Clements in 2018. Clements was lost while on a hike in Great Smoky Mountains National Park. Despite the best effort of search and rescue workers, including East, Clements succumbed to the elements and her body was found roughly a week after she went missing.

As a fundraiser to help start a specialized search and rescue team specifically for the park, East and a pair of her avid hiking companions decided to complete the “Smokies 900” in an attempt to set the fastest known time in 2020. East and her partner finished all 900 miles of trail inside the park in 29 days, easily breaking the previous record of 33 days, and raised more than \$30,000 to launch the rescue team.

“Chasing the Smokies Moon” is available online at multiple retailers including Amazon, Walmart and Barnes and Noble.

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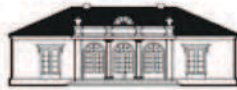
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A close-up, low-angle shot of a hiker's legs and feet as they walk on a dirt trail. The hiker is wearing dark shorts, red socks, and grey hiking shoes with black soles. They are using trekking poles. The trail is surrounded by lush green foliage and trees, creating a dense forest environment. The lighting is bright, suggesting daytime.

*Hike descriptions adapted from the Highlands Hiker's "Guide to Day Hikes."*

# HIKING GUIDE

“Thousands of tired, nerve-shaken over-civilized people are beginning to find out that going to the mountains is going home; that wilderness is a necessity.”

The naturalist John Muir expressed that observation in 1901 and it grows only more pertinent as modern lives become crowded with busyness and technological distractions. Luckily, the Highlands-Cashiers region offers respite in the form of inspiring peaks, dazzling waterfalls and rivers and quiet forests to feed the soul.

**The following hikes are trails with varying difficulty:**

## **BRIDAL VEIL FALLS**

**Level of difficulty:** Extremely easy. Visible from the road.

**Driving distance/directions from Highlands:** 2.7 miles. Follow Highway 64 (Franklin Road). Waterfall is on the right.

**Parking:** Limited.

**Highlight:** Easily accessible photo opportunity.

**Description:** an old alternate road curves under this waterfall, allowing pedestrians to pass underneath. A parking area is adjacent. Be careful not to impede traffic on the highway.

## **CHINQUAPIN MOUNTAIN**

**Level of difficulty:** Moderate; 700-foot elevation gain

**Driving distance/directions from Highlands:** 2.9 miles. Follow Highway 106 (Dillard Road) to Glen Falls Road on the left. Take an immediate right and follow road to trailhead.

**Parking:** Adequate.

**Highlight:** 3 miles round trip.

**Description:** Take the trail that bears right from Glen Falls trailhead and bulletin board. Be ready to rock-hop over several small streams on the way to the summit, which has a number of overlooks into Blue Valley.



## CLIFFSIDE LAKE RECREATION AREA

**Level of difficulty:** Varies. Mostly easy. Hiking distance varies, but not more than 2 miles.

**Driving distance/directions from Highlands:** Take Highway 64 west toward Franklin for 4 miles. Drive past Bridal Veil Falls, Dry Falls and the entrance to Van Hook Glade Campground. Turn right into Cliffside Lake Recreation Area. Follow the road to parking areas. There is a day-use fee for vehicles.

**Parking:** Ample.

**Highlight:** A scenic lake that's great for a relaxing picnic, with short nature hikes in the area.

**Description:** The Cliffside Lake Recreation Area includes several trails: Clifftop Vista (1 mile), Potts Memorial (0.6 miles), Cliffside Loop (0.75 miles), Homesite Road (1.25

miles), Skitty Creek (0.3 miles), Van Hook (0.3 miles) and Ranger Falls (2.4 miles). Follow posted signs and maps.

## CULLASAJA FALLS

**Level of difficulty:** Easy. Visible from the road.

**Driving distance/directions from Highlands:** About 9 miles. Follow Highway 64 (Franklin Road). Waterfall and pull-off are on the left.

**Parking:** Extremely limited.

**Highlight:** Very scenic waterfall.

**Description:** This waterfall is visible from the road, but it is strongly advisable to pull off to view it. It is more easily accessible when traveling east on Highway 64 up the mountain. The viewing area is in a narrow portion of the gorge, so use extreme caution and be aware of traffic.

## DRY FALLS

**Level of difficulty:** Easy

**Driving distance/directions from Highlands:** About 3.5 miles. Follow Highway 64 (Franklin Road). Waterfall parking area is on the left.

**Parking:** Ample.

**Highlight:** Absolutely gorgeous waterfall with very little hiking involved.

**Description:** This relatively accessible hike involves a series of steps to a very short trail that allows visitors to walk behind the waterfall — hence the name. Recent upgrades include a more level trail, improved drainage, new railings and improvements underneath the waterfall.

## ELLCOTT'S ROCK

**Level of difficulty:** Moderate. Hiking distance 7.4 miles round-trip.

**Driving distance/directions from Highlands:** 6.3 miles. Follow Horse Cove Road from Highlands down to the intersection of Bull Pen and Whiteside Cove roads. Bear right on graveled Bull Pen Road and drive 1.8 miles to the trailhead.

**Parking:** Adequate.

**Highlight:** A pleasant wooded hike, with a historical bonus.

**Description:** The trail follows an old roadbed and is about 3.7 miles one way. The trail leads through a rich pine and rhododendron forest. At 2 miles, there is an intersection of two trails; continue straight. At 2.7 miles, bear left at junction and descend toward the river. At 3.5 miles the trail bends to the right and heads downriver. At 3.65 miles, just after a left bend in the trail, a narrow path descends to the river. To reach Elliott's Rock you must ford the river. After



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fording, take the Chattooga River Trail to the right for a short distance to Ellicott's Rock, which is the area where Georgia, South Carolina and North Carolina meet.

## GLEN FALLS

**Level of difficulty:** Difficult; 700-foot elevation drop in 1 mile. Trail is 2-mile round trip.

**Driving distance/directions from Highlands:** 2.9 miles. Follow Highway 106 (Dillard Road) to Glen Falls Road on the left. Take an immediate right and follow the road to the trailhead.

**Parking:** Adequate.

**Highlight:** Multi-layered waterfall that's gorgeous any time of year.

**Description:** The trail leads to three cascades, starting at the top of the first falls. The trail down is easy, but the trail back up can feel quite steep. The hike length can be tailored by turning around at any of the falls viewing platforms.

## GORGES STATE PARK

**Level of difficulty:** Something for all skill levels. The hiking distance varies

**Driving distance/directions from Highlands:** Take Highway 64 to Cashiers and continue through the crossroads 10.2 miles to Highway 281 South. Turn right and go 0.9 miles to entrance to the park on the left. Continue to one of the parking areas.

**Parking:** Ample.

**Highlight:** Large, well-designed new visitors center with interesting exhibits; lovely scenery and impressive waterfalls.

**Description:** Gorges State Park has one of the most

extensive network of trails in the area, with various hikes for all levels. Gorges offers more than 125 types of rare plants, long-distance views from cliffs and multiple waterfalls to enjoy. Rainbow Falls is one of the most popular sites, at 150-feet tall. Hikes range from intermediate to strenuous, but ongoing improvements make the park easily accessible for large groups, and informational maps at trailheads and along paths make navigation fairly easy.

## GRANITE CITY

**Level of difficulty:** Moderate, hiking distance short.

**Driving distance/directions from Highlands:** 6 miles. Follow Horse Cove Road from Highlands down to the intersection of Bull Pen and Whiteside Cove Roads. Bear left on Whiteside and drive 1.2 miles to a steep trail on the left.

**Parking:** Limited.

**Highlight:** A fun area that serves as a natural playground.

**Description:** A trail up the hill leads to a jumble of larger granite outcrops and boulders, with many nooks to explore. Warning: This area attracts snakes, so it's best to wear boots and long pants.

## JONES KNOB AND WHITEROCK MOUNTAIN

**Level of difficulty:** Easy to moderate hike of 0.6 miles to Jones Knob and 2 miles one way to Whiterock.

**Driving distance/directions from Highlands:** Follow Highway 64 west (Franklin Road) for 4.6 miles. Turn left on Turtle Pond Road, go 1.1 miles and continue right on Dendy

Orchard Road for 1.4 miles. This will become a steep dirt road. Turn left on Jones Gap Road, indicated by a Bartram Trail sign. Continue 2 miles to parking area. Trail starts to the right.

**Parking:** Ample.

**Highlight:** Astounding views from two peaks overlooking the Franklin area.

**Description:** From the parking area, blue blazes will lead on a spur trail to Jones Knob, an easy, short hike. Retrace your steps and rejoin the yellow-blazed Bartram Trail to continue on the Whiterock Mountain.

## OLD IRON BRIDGE AND CHATTOOGA RIVER LOOP

**Level of difficulty:** Moderate. Hike is a 2-mile loop.

**Driving distance/directions from Highlands:** 7.9 miles. Follow Horse Cove Road from Highlands down to the intersection of Bull Pen and Whiteside Cove roads. Bear right on graveled Bull Pen Road and drive 3.1 miles to the bridge.

**Parking:** Adequate.

**Highlight:** A river with swimming holes.

**Description:** The trail begins just before the bridge on the west side of the river and proceeds upriver for some distance before switching back to the left and returning through a hemlock forest to Bull Pen Road. The more aggressive hiker may wish to follow the Chattooga River Trail on Whiteside Cove Road.

## PANTHERTOWN VALLEY

**Level of difficulty:** Varies, as does hiking distances.

**Driving distance/directions from Highlands:** Take Highway 64 east through Cashiers. Two miles past the Cashiers crossroads, turn left on Cedar Creek Road. Continue 2.3 miles. Turn right on Breedlove Road and drive 3.5 miles, the last bit of which is unpaved.

**Parking:** Adequate. Parking is along the end of the road before the trailhead. Do not block road or any private property.

**Highlight:** A large backcountry area with an extensive network of trails.

**Description:** Panthertown Valley comprises 10,000 acres of land in the Nantahala National Forest and has been referred to as the "Yosemite of the East." Numerous trails loop through the valley, and there are opportunities for camping, horseback riding and mountain biking. The area boasts streams, woods, mountain bogs, waterfalls, granite cliffs and biologically diverse habitats. It is recommended that hikers first obtain a map of Panthertown, as its complexity can confuse even repeat visitors.

## SATULAH MOUNTAIN

**Level of difficulty:** Moderate; 700-foot elevation gain.

**Driving distance/directions from Highlands:** None.

**Parking:** None.

**Hiking distance:** 3.2 miles round-trip.

**Highlight:** Inspiring views to be had without leaving town.

**Description:** As there is no public parking on the mountain, hikers must park in downtown Highlands or at Kelsey-Hutchinson Founders Park. From Main Street, walk on South Fourth Street/



Highway 28 about 0.2 miles; as the road curves right, stay to the left to walk up Satulah Road. At the intersection with Whorley Road, hikers can choose to take Whorley Road to the summit via the road; the Satulah Road route leads to the summit by way of a mountain trail. About half of the Satulah Road hike is on paved road skirting multiple private properties to the summit, which is owned by the Highlands-Cashiers Land Trust and open to the public. The summit affords sweeping vistas.

## SCALY MOUNTAIN

**Level of difficulty:** Moderate, 1,000-foot elevation gain. Trail is 3.8 miles round trip.

**Driving distance/directions from Highlands:** Take Highway 106 (Dillard Road) south 5.7 miles to the Osage Mountain Vista. Trail begins across the highway at a set of wooden steps.

**Parking:** Adequate. Be careful crossing the highway, as there is no crosswalk.

**Highlight:** Rock outcroppings with glorious views.

**Description:** The 1.9-mile trail, which is part of the longer Bartram Trail, ascends the mountain steeply, passing a small waterfall. It soon joins an old roadbed and continues to climb, following switchbacks before it becomes more level. At the trail intersection, follow the yellow blazes to the left to the summit of Scaly Mountain.

## SECRET FALLS

**Level of difficulty:** Easy to moderate, 1.5 miles round-trip.

**Driving distance/directions from Highlands:** From the intersection of Highways 28 and 64 in downtown Highlands,

drive south on Main Street for 4.1 miles to Wilson Cap and turn left on Rich Gap Road. Drive 0.6 miles and turn right on Forest Service Road 45670, which is unpaved. Drive about 1.7 miles to the Big Shoals parking area on the right.

**Parking:** Adequate.

**Highlight:** Stunning waterfall with a swimming hole at the bottom.

**Description:** This beautiful waterfall was long a secret because the only good access was across private property. A trail has been constructed across public lands and this once-secret falls is no longer so mysterious.

## SILVER RUN FALLS

**Level of difficulty:** Easy hike of 0.1 mile.

**Driving distance/directions from Highlands:** Take Highway 64 to Cashiers. At the crossroads, turn right onto Highway 107 South and go 4.3 miles. A small parking area along the road will be on the left.

**Parking:** Limited, along the highway.

**Highlight:** Great little waterfall and swimming hole.

**Description:** Within 100 yards of the parking area, visitors can take a break on large boulders and watch Silver Run Creek pour over a 25-foot cascade into a deep pool. This attraction is extremely family-accessible and offers a touch of the wild even for those unable to venture out into the wilderness.

## SUNSET ROCK

**Level of difficulty:** Moderate, less than 300-foot gain with a hiking distance of 1.3 miles round trip.

**Driving distance/directions from Highlands:** 0.5 miles. Drive out Horse Cove Road from downtown Highlands.

**Parking:** Adequate parking across the road from the Nature Center.

**Highlight:** Perfect spot for a picnic or a quick respite in town.

**Description:** Walk up Sunset Park Road from the trailhead to a turnaround at the top of the gravel road. Sunset Rock provides an overlook with a wonderful view of Highlands. A trail heading east from the turnaround leads to Sunrise Rock and a good view of Horse Cove.

## WHITESIDE MOUNTAIN

**Level of difficulty:** Moderate to strenuous 2-mile loop

**Driving distance/directions from Highlands:** 5.3 miles. Take Highway 64 east toward Cashiers. Turn right on Whiteside Mountain Road and drive to the trailhead and parking lot on the left.

**Parking:** Ample. The U.S. Forest Service charges a parking fee of \$2 per vehicle.

**Highlight:** A marquee local hike with hard-to-beat views and interesting history.

**Description:** A loop trail leads to the summit, which is a ridge with many dazzling overlooks. From the parking lot, starting the loop trail to the left is easier, with a more gradual ascent. A more strenuous climb can be had by starting the hike on the wooden stairs to the right.

## WHITewater FALL

**Level of difficulty:** Easy to strenuous hike of 0.28 to 1 mile

**Driving distance/directions from Highlands:** Take Highway 64 east to the crossroads in Cashiers. Continue east for 10.1 miles. Turn right on Highway 281 South. Continue 9 miles to the turnoff for Whitewater Falls.

**Parking:** Ample.

**Highlight:** Stunning waterfall, one of the tallest on the East Coast.

**Description:** Whitewater Falls is perhaps the most easily accessible large waterfall in the area. A large parking lot area accommodates groups and within a few hundred feet visitors can view the 411-foot-tall falls from a large viewing platform. This is the highest waterfall east of the Rockies, and a heavily maintained trail makes access easy for everyone.

## YELLOW MOUNTAIN

**Level of difficulty:** Strenuous, 2,000-foot overall elevation gain with a 12.4-mile round trip hike.

**Driving distance/directions from Highlands:** 4.9 miles. Follow Highway 64 East to Buck Creek Road on the left. Proceed 2.2 miles on Buck Creek to trailhead on right.

**Parking:** Adequate, across the road from the trailhead.

**Highlight:** Panoramic vista after a challenging climb.

**Description:** This long hike up Cole Mountain, Shortoff Mountain, around Goat Knob and up Yellow Mountain is worth the trip for the view to be had from the old fire tower at the summit. There's a nice collection of wildflowers along the trail, in season. Trail work has added nearly 3 miles to the round-trip hike, so be prepared with ample food, water and supplies.





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# *The Village Green* **Boardwalk**

MAJOR OVERHAUL IN NOVEMBER

- BY MICHAEL O'HEARN -

**T**his November, a boardwalk connecting one side of The Village Green to the opposite end is being completely redone and updated for use by the public.

The Village Green is replacing the existing boardwalk that is 723 linear feet and adding 800 linear feet of raised boardwalk during the project, Village Green executive director Ashlie Mitchell-Lanning said.

This is the most needed project on the Village Green property, and Mitchell-Lanning said it comes with a \$750,000 price tag.

"The section I lovingly refer to as 'the upland bog' is also a hazard, to me anyway, because the kids go back there and it's just a huge boggy mud hole," Mitchell-Lanning said.

The boardwalk was built 20 years ago, and staff at The Village Green have worked the past two





decades to replace sections of it as needed. The boardwalk starts near the Cashiers Post Office on the Frank Allen Road side of the venue and ends near The Village Play playground on the U.S. 64 East side.

“We are at the beginning of the headwaters, one of the tributaries for the headwaters of the Chattooga [River] as well as Horsepasture [River],” Mitchell-Lanning said. “So, the boardwalk gets used, this is probably the most frequented section of The Village Green aside from the playground.”

Speaking of The Village Play, the playground is about as old as the boardwalk, and Mitchell-Lanning has a vision to expand the footprint of the play area next to U.S. 64. That would mean increasing the size of the playground

so it takes up about half the greenspace next to U.S. 64.

The lowest elevation of Cashiers is along the boardwalk and, whenever it rains, the boardwalk gets flooded with at least four feet of water. Mitchell-Lanning noted the species around the boardwalk, such as the trout in the stream bed and the hundreds of bird species that migrate and stay nearby.

“All of this [the boardwalk] is kind of wonky and falling apart,” Mitchell-Lanning explained. “So, this year, we’ve already contracted with Elite Marine Team, I believe they are out of Charleston, and they did the overpass near High Hampton, and they also did the wetlands construction at CCSV [the Country Club of Sapphire Valley]. They’re very knowledgeable about Cashiers, which is great.”



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“He [Brian Jr.] is going to come in here and we’re going to stay in the existing footprint to a tee,” Mitchell-Lanning said. “We’re going to do pilings that are driven 10 feet into the ground, and the boardwalk is, right now, six feet [wide]. It will be expanded to eight feet, and then it will have bumper rails. Where there aren’t bumper rails, we’ll have a four-foot-tall fence that’ll have hog fence behind it so children can’t fall in.”

The boardwalk will also be raised another foot off the ground and Elite Marine Team will build as they go along and tear down the existing walk.

“My vision for this section of the boardwalk, which is 742 linear feet, is to have five educational kiosks along the section,” Mitchell-Lanning said. “Those can look like bump outs to where it’s a larger section and there are benches between them.”

Mitchell-Lanning wants to have one for our bird pattern because we are Audubon classified as a birding hotspot. The Cashiers area has more than 900 migrating birds that come through, she said.

“I want to do one where we have our native plants that are in this type of area of Cashiers,” she said. “We have a lot of biological species and everything that you don’t find anywhere else. We’re just a cool little microcosm, microbiome. I want to have that and then, of course, all the little snakes and amphibians and then talk about this being the headwaters and ecology and conservation basically.”

The Village Green has been in existence for 30 years and has conserved 20 acres in the heart of Cashiers. Mitchell-Lanning said she hopes to continue that track and conserve more land around the Cashiers core.



**“We want to make sure that we are seen as recreational,” Mitchell-Lanning said.**

“I think the conservation efforts, the board and this organization’s put forth, and the donors, it’s not been observed as much. That’ll become more of a highlight, and this boardwalk is a huge part of it. Not only are we doing permitting through Jackson County, but we’re working with the Army Corps of Engineers to ensure that nothing is disturbed, which we shouldn’t have any problem with the existing footprint.”



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**welcomes around**  
**12.6 million**  
**travelers during**  
**the fall season**  
**from September**  
**to November**  
**every**  
**year.**





# Signs OF THE SEASON

- BY **KAYLEE COOK** -

Every year, North Carolina welcomes a slew of tourists and visitors who travel from near and far to see the state's bright and picturesque fall foliage.

In fact, North Carolina welcomes around 12.6 million travelers during the fall season from September to November every year, Tourism Research Manager for the N.C. Department of Commerce's Tourism Division Marlise Moody Taylor said in an interview with Triangle Business Journal. Although the actual number of people who visit the state solely to see the leaves is unknown.

But what are the factors that cause the vibrant, rich Fall colors that draw these tourists to WNC each year? Well there are a few different factors that work in tandem to form the scenic fall views, West-

ern Carolina University Biology Professor Beverly Collins said.

Those factors include the shortening days of Autumn, the amount of rainfall that an area has received throughout the year, the drop in temperature around late August and September, and the decrease in chlorophyll production in the leaves themselves.

"There are several factors that affect, both the color and when they turn," Collins said. "So the biggest factors that affect when they turn are the shortening day lengths in fall and how cold it gets at night. Those are the environmental conditions that que the plant to slow down chlorophyll, the green pigment production."

For years, Collins and other scientists like her have

PHOTO BY CHARLES JOHNSON





## PICTURED

**Above:**  
Professor Beverly  
Collins

**Next Page:**  
Barn located on Big  
Ridge

attempted to understand the physiological changes that occur within plants come Autumn. If there is a sharp cold snap, then leaf lookers can expect to see brighter colors versus the more dulled colors that may occur without it.

Collins said she can make an educated guess at what the leaves could look like, but it's impossible to predict the weather and her guess is based largely on past weather patterns.

"It's heavily influenced by the weather right around late September into October," Collins said. "How long the leaves last is heavily related to that, plus, how good the growing season has been in the summer. So right now, it's been pretty warm this summer, but it's also been fairly wet. And so the leaves are still making their green, they're running photosynthesis, and as long as there's no cue to stop doing that, they will continue to do that and they will slow down as the days get shorter."

Collins made an educated guess to say that, as of July, her prediction would be that the overall color will turn a week or two later in the season than normal,

and that the colors will last longer and be less peaky this year. She said that lack of a cold snap will gradually cause the leaves to slow their chlorophyll production, which will cause the colors to last into November, as they did last year.

So, there's one question answered. But what exactly are you seeing when you look at the cacophony of colors on the Fall trees? Collins had an answer for that too.

The oranges, yellows, reds, and browns that decorate the trees are caused by pigments within the leaves that are exposed when the plant stops or slows down production of chlorophyll, the green pigment. When chlorophyll levels drop, the other pigments are able to take center stage. Most of the colors that are seen are actually produced by a mixture of the red and yellow pigments within the leaves.

The red pigment (anthocyanin) is one of the most common pigments made in the Fall, Collins said. It is produced when the temperature drops and the days begin to shorten, meaning that the colder the weather, the more red pig-





ment will be produced. Collins also mentioned that the yellow pigment is always present in the leaves, even in the summertime.

“So the colors you see are mixtures of the red pigment and the yellow pigments that are in the leaf,” Collins said. “And so obviously, red leaves, like red maple, have more of the red pigment. Leaves that are yellow have more of the yellow pigment, leaves that are orange have a mixture of red and yellow and then leaves that are brown have sort of a mixture of everything. And so it’s the pigments in the leaves that you are seeing. [The yellow pigment is] just exposed when the leaves stop making chlorophyll and the red pigment is sort of made.”

But, how bright the pigments will be is currently up in the air since it’s largely dependent upon the weather. The level of rainfall leading up to the Autumn months and how sunny it is leading up to the time of the leaf change plays a major role in the amount of each pigment that will be produced.

“Sunny days during the time of the leaf change will trigger more of that red pigment to be made,” Collins said. “And a little bit of drought can cause the chlorophyll to slow down a bit and more of the red pigments to be made. So when it’s sunny days and cold nights, that springs on the color and it brings on bright colors. If it’s a little dry, but not droughty, that can enhance the colors as well. If it’s really wet and warm and cloudy, the leaves don’t stop making chlorophyll or it slows down less abruptly and you don’t get as much of the bright or intense colors. And if it’s really dry like drought, like we had in 2016, the leaves just basically give up and turn brown and start to fall off.”

Different species of trees also turn different colors at different times, such as oaks which turn later in the season and tend to be more brownish with a bit of red. Maples and walnuts tend to turn much earlier and typically have a larger array of red and yellow. This means that when the leaves change, what colors are most

dominant, and how long the leaf season will last is also dependent upon what type of trees are in the area.

“There are a whole bunch of factors that play into it,” Collins said. “And there are other factors that over the long term will play into it. And that is, you know, whether our species of trees in our forests began to change, and we get more establishment of what you might think of as southern tree species. More conifers, think about the Piedmont of North Carolina or down in South Carolina. If we get more conifers and we get more oaks in our forests, then the colors are going to shift to be the colors of those species.”

Among the list of things that excite people for the coming of Fall, the bright, colorful leaves definitely tops the list. But, what many don’t think about is all of the moving cogs required to form those colors WNC is known for during the season. Clearly, it is a much more complicated process than one might have thought, but so very worth it.



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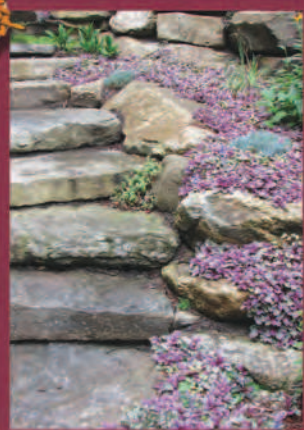
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# *how to beat* Seasonal Depression

- BY KAYLEE COOK -

Fall and Winter are approaching and bringing with it fuller school and work schedules as well as holiday stress and colder, longer nights.

But, as everyone begins to fall back into their school and work routines and begins thinking about holiday plans, it's important to take the time to check in with yourself mentally, because those "Winter blues" could actually be seasonal depression.

Seasonal depression, also named seasonal affective disorder, is a depressive disorder that is related to the changing of the seasons and begins

and ends around the same time each year, as defined by the Mayo Clinic. Typically, symptoms of SAD begin in the Fall months and continue throughout the Winter.

The biggest factor that causes seasonal depression is the decrease in the amount of sunlight and the slowing down of activity due to the cooler weather, therapist Tawana Valentine, HS-BCP, MSW, LCSWA of Ridgeline Therapeutic Collaborative said.

"Seasonal depression really has to do with the sun, or the lack thereof," Valentine said. "And so,





## PICTURED

**Above:**  
Therapist Tawana Valentine, HS-BCP,  
MSW, LCSWA of Ridgeline Therapeutic  
Collaborative

when we move into our Fall and our Winter Solstices, we're obviously getting less sun. It is not as bright, not as warm and it's cooling, and we have found that cooling is like a feeling of being calmer and slowing down. And so when those things occur, you're not spending as much time outside, so you're missing that vitamin D. And with all those things working together, the perfect storm results in a lower mood. And I believe that everybody has this experience to varying degrees and to varying outcomes because there are some who love that cooling off period and look forward to those chillier days where it's crisp in the morning and then you get that crisp air in the evening time. And so that's a perfect door for seasonal depression."

There is a vast array of symptoms of SAD that an individual can exhibit, however, each person is different and does not present symptoms in the same way. Some of these symptoms include feeling listless or sad almost every day, losing interest in activities you once enjoyed, having low energy levels or sleeping too much, overeating, difficulty concentrating, and feelings of hopelessness or guilt. In more severe cases, an individual may also have thoughts of not wanting to live, in these cases it is important to reach out to someone for help immediately.

While the Fall and Winter-onset form of SAD is typically the most common, some individuals can also deal



with a Spring and Summer-onset version.

Valentine said there are three main chemicals in the brain that are affected by the changing of the seasons and can lead to seasonal affective disorder. Those chemicals are Dopamine, Norepinephrine and Serotonin. When the production of these chemicals is reduced, it can cause their levels to become unbalanced. Valentine suggests that finding ways to accommodate for the decrease in activity from summer to winter will help increase these chemicals and keep them in balance.

Ensuring that you are staying active is not the only coping mechanism available to those who may be dealing with some level of seasonal depression. There are a plethora of different things that an individual can do to help alleviate symptoms and it's important to remember that what works best for someone else, may not be exactly what you need.





“

Seasonal  
depression  
really has to  
do with the  
sun, or the  
lack thereof.

Some of these coping mechanisms can include finding the time in your schedule to spend time and talk with friends and family members, picking up a new hobby, learning something new, finding some time to get outside, even for a brief period of time, and working to find a purpose for yourself.

“The biggest key is finding your purpose,” Valentine said.

“And what I mean by that is, what is something that’s important to you? I have found that when you are finding yourself in that dip, find something new to do. Like a new hobby, something you’ve always wanted to learn, because there’s a motivation in that, but then at the same

time, your mind is busy. And so when you’re able to learn a new activity, it’s like, ‘oh, yeah, I’m doing this great thing!’ and you’re excited about it. In addition to that, another element that typically happens in the winter and fall months is that people fall into their routines. And when that happens, that you’re locked into that routine, you have fewer opportunities to connect with

friends and extended family. So, to combat that part of it, I would encourage staying connected to the people who are most important.”

There are also resources available for those who may need extra support dealing with seasonal depression.





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who are most  
important.”

Valentine suggests that anyone who needs or wants to speak with a mental health professional should first contact their insurance provider for assistance with finding someone who is in-network. She said that this will help to avoid and alleviate some of the stress of seeking mental health care.

Valentine encourages anyone who may be dealing with Seasonal Affective Disorder, or if you know someone who may be dealing with it, to speak up and ask for help.

She said in light of our current environment where everyone has a ‘see something say something’ mantra, she hopes people will also think of mental health in the same way. The best thing a person can do for their loved ones is to reach out and offer support.

For anyone struggling with any form of mental health issues, Valentine said asking for help is the bravest thing a person can do.

“The first step is always to call your insurance provider and they can give directions on how to locate someone in your area, who will accept your insurance to help you navigate that,” Valentine said. “But also, you have community partners that you can reach out to. If you have access to the Department of Social Services, they have resources. There are private partners and groups and individuals across the county to help you with supporting you through the seasonal depression, but I would encourage people to first reach out to your insurance provider that way they can immediately connect you with somebody who is contracted with that particular insurance because if not, it creates a barrier and that can discourage someone.”



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16. Serenberry Vineyards
17. Sharp Mountain Vineyards
18. Waldmet Cellars

➤ Mountain Wine Country continued next 2 pages



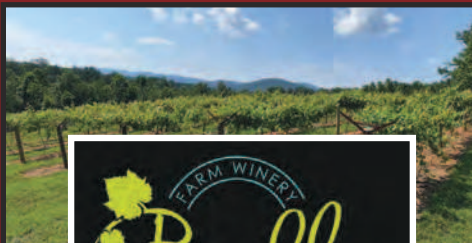
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706.972.2080 | buckleyvineyards.com



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**3** 299 Happy Trails Way | Jasper  
770.893.1111 | www.cairnviewwinery.com



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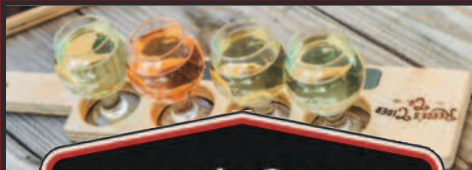
**8** 127 Lakeview Road | Ellijay  
706.635.9463 | engelheim.com



**9** 201 Vineyard Way | Jasper | 706.692.9463  
faintinggoatvineyardsandwinery.com



**13** 230 Henry Evans Road | Ellijay  
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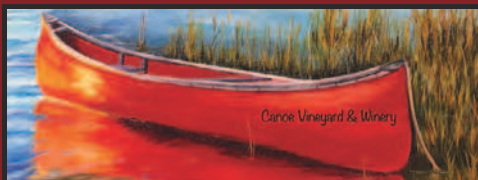
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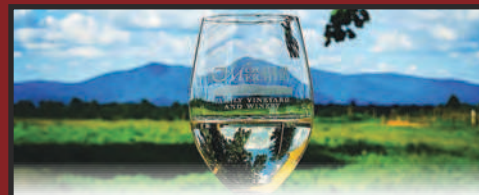
### Canoe Vineyard & Winery Family Farm

**4** 119 Inland Drive | Talking Rock  
706-253-WINE | [www.canoevineyard.com](http://www.canoevineyard.com)



### Cartecay Vineyards

**5** 5704 Clear Creek Road | Ellijay  
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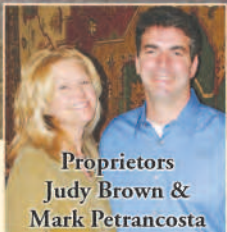
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# Cashiers **LEAF FESTIVAL**

The 2022 Cashiers Valley Leaf Festival returns Oct. 7-9 with 75 artisans and vendors at The Village Green.

From honey and bread, to jewelry, leather works, and metallurgy, the Cashiers Valley Leaf Festival will have vendors for everyone.

One change from last year will be the expansion of the festival to include the entire 13.2-acre Village Green compared to just the playground side.

Ceramic artists, jewelers, woodworkers, and more will be offering their goods and services throughout the three-day event. Food, drinks, and live music will also be offered all three days of the festival.





# Cashiers Leaf Festival October 7-9

FRIDAY 10 AM TO 5 PM  
SATURDAY 10 AM TO 5 PM  
SUNDAY 10 AM TO 3 PM







"I think the leaf festival marks a time to celebrate the changing seasons and all the wonderful aspects of October in the mountains," The Village Green Events Coordinator Shelby Batchelor said. "It's a time where people can gather to enjoy a multitude of talented artisans during one of the plateau's most anticipated and beautiful seasons."

The festival will start Friday, Oct. 7 from 10 a.m. to 5 p.m., continue Saturday, Oct. 8 from 10 a.m. to 5 p.m., and conclude on Sunday, Oct. 9 from 10 a.m. to 3 p.m.

"We've got five sponsor tents, Ingles being one of them, and they're going to have a Kids-a-palooza over at the Commons lawn, which will be fun," Village Green Executive Director Ashlie Mitchell-Lanning said. "They're going to have all kinds of games and things there. This year, the Leaf Festival will extend all the way through the park from one end of the crossroads all the way to the Commons lawn."

Mitchell-Lanning said the event has garnered a lot of interest from new vendors, crafters, and artisans, which they are extremely grateful for.

"What's cool about the festival is that every person that is a vendor, they make all their crafts, they make everything they sell," Mitchell-Lanning said. "That's a requirement. They can't re-sell anybody's goods. They have to make their own, and that goes even down to making honey or soaps, anything."



## Cashiers Farmers Market



Fresh local produce, jams and jellies,  
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## HORSEPASTURE RIVER FRONT

Rushing river sounds from this mountain home. Two decks with Horsepasture River-front and Hogback Mountain view. Updated kitchen with granite countertops and stainless appliances. Built-in wet bar with antique doors. There are three bedroom suites. Great-room with stone wood burning fireplace, wood floors and ceilings. Master on main, master bath has tile shower and jetted tub. Walkway to the river. Great vacation home in a magical setting. Adjoining riverfront lot included. Sapphire Valley Master Association Amenities.

**MLS# 98777 ⚡ \$ 875,000 PRICE IMPROVEMENT**

## HOLLY FOREST

3BR/3BA spacious home. Sky lights, track lighting & windows for a bright living space. 2 gas FPs feature real stone w/ redwood mantel & cultured stone. Updated kitchen has new cabinets, stainless appliances & granite. Elevator. Master BA has tile shower w/ 2 shower heads. winter mtn. view. Includes lower lot & pond. 2 car garage. SV Resort Amenities.

**MLS# 97949 ⚡ \$ 569,000 PRICE IMPROVEMENT**



## WHITEWATER RIDGE

Solitude & high elevation. Some with superb views of Whiteside Mtn. or SC lakes. Paved roads & picnic area at Sandy Gap Pond. Gated 285+/- acre community enhanced by waterfalls in the White-water River in Nantahala National Forest bordering 3 sides. Water system, & underground utilities. Great buildable lots! Newly built Pavillion with Natl Forest access for fly fishing, hiking & Waterfalls.

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**Lot 31 \$ 75,000 MLS# 97643**

**Lot 16 \$ 95,000 MLS# 97619**  
**Lot 13 \$ 125,000 MLS# 97756**

**Lot 51 \$ 150,000 MLS# 100208 NEW LISTING**

## GLENVILLE LAKE LIVING

Live just off the lake with close path to Lake Glenville common area with dock. Quaint two bedroom, two bath, two story home with three lots in total. Gentle slope behind the home to one of two ponds on the property.

**MLS# 99106 ⚡ \$ 775,000 PRICE IMPROVEMENT**



## CLEAR CREEK COTTAGE

Well-priced 3BR/2BA & just a short drive to the downtown of Highlands! Cathedral ceilings in both kitchen & living room give this quaint hide-away grand charm. Living room w/ stone FP & a copper hood in the kitchen. Ground level wood deck has beautiful pond view. Mature Landscaping surrounds the home. Loft is perfect for office /additional sleeping space. Garden shed.

**MLS# 100258 ⚡ \$ 419,000 PRICE IMPROVEMENT**

## BLACK ROCK FOREST

Well maintained 3BR/2BA home. Level entry to main & basement levels w/ split driveway. Extremely private location at over 4,000' elev. for a cool, natural setting that can be enjoyed from the wrap around deck. Includes 2 additional adjoining parcels for a total of 5.25+/- acres. With light restrictions. Open floor plan with large kitchen. Low maintenance yard with gardens.

**MLS# 97169 ⚡ \$ 430,000 REDUCED**

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**MLS# 100405 ⚡ \$ 75,000**





HIGHLANDS

# Food & Wine Festival

- BY RYAN HANCHETT -

## Event tickets sell out fast for premier festivals.

From Bonnaroo to MerleFest, multi-day music festivals have become cultural phenomena across the country.

The Highlands Food and Wine Festival may

not be the on the same scale in terms of the number of attendees, but tickets are just as hard to come by. The festival will return for four days of food, drink and live music Nov. 10-13.

From classic rock-and-roll to funk, folk, country and soul tunes, Highlands Festivals, Inc. has brought in major acts for the sixth annual festival.





## MUSIC LINEUP

### **Grand Tasting** [ THURSDAY, NOV. 10, 7-10 PM ]

**Lyric** – Asheville native singer-songwriter, musician and music teacher Leeda “Lyric” Jones will kick off the weekend’s festivities with a mix of funk, soul and R&B sounds from her crowd-funded EP, *Perspective*, as well as recent solo projects. Lyric got her start as a street performer, but she has since shared the stage with legends such as George Clinton & Parliament Funkadelic, Mavis Staples, Gladys Knight, Booker T. Jones, Little Big Town, Dionne Warwick, and more.

### **Truckin’** [ FRIDAY, NOV. 11, 12-3:30 PM ]

**Lilly Hiatt** – Nashville-based singer songwriter Lillian “Lilly” Hiatt will bring her country folk rock to the Truckin’ stage on Friday. Since releasing her fourth studio album, *Walking Proof*, in March 2020, Hiatt has produced songs she wrote after going through what she refers to as “the depths of solitude” during the pandemic.

**The Texas Gentlemen** – Prepare for everything from “woozy, brass-fueled Dixieland-style jazz to slinky, chicken-scratch country funk to lushly orchestrated pop-soul balladry” as The Texas Gentlemen take the Truckin’ stage on Friday, with performances from their new and second full-length EP, *Floor it!*

### **A Generous Pour** [ FRIDAY, NOV. 11, 7-10 PM ]

**Durand Jones & The Indications** – American contemporary R&B soul group Durand Jones & The Indications will bring its “synthy,” modern soul and disco beats dotted with strings to the Generous Pour stage on Friday night. The band calls its third and most recent album, *Private Space*, released in July 2021, an “escapist fantasy and a much-needed recentering after a tumultuous 2020.”

### **The Main Event** [ SATURDAY, NOV. 12, 12-3:30 PM ]

**Old Crow Medicine Show** – Nashville-based, American string band Old Crow Medicine Show will headline the Main Event stage on Saturday, featuring songs from their new album, *Paint This Town*. The band was inducted into the Grand Ole Opry in 2013, and their ninth album, *Remedy* (2014), won the Grammy Award for Best Folk Album. In addition to original songs in their old-time, folk and alternative country sound, the band also performs pre-World War II blues and folk songs.

**Molly Tuttle & Golden Highway** – Special Main Event guest, Molly Tuttle, is known as one of the most compelling new voices in the roots music world. An American virtuosic, award-winning songwriter, banjo player and guitarist, recording artist, teacher and life-long lover of bluegrass, Tuttle is known for her flatpicking, clawhammer and crosspicking guitar skills.

### **Sunday Shindig** [ SUNDAY, NOV. 13, 12-3 PM ]

**The California Honeydrops** – American blues and R&B band The California Honeydrops will round out the weekend, bringing their instrumentation, vocal harmonies and New Orleans style to the Sunday Shindig stage. The California Honeydrops are known for off-stage jamming with crowd interaction and unusual instruments, such as a homemade gutbucket bass, jug and washboard, in addition to the more traditional trumpet and piano to back their bluesy vocals.





Featured acts will include Old Crow Medicine Show, Durand Jones & The Indications, The California Honeydrops, Lilly Hiatt, and Molly Tuttle.

"We have been so proud to watch over the past five years as the festival has grown from a local tasting event to one of the most anticipated and distinct food and wine festivals of the Southeast," said Casey Reid, Festival Director and partner at Eleven Events. "We are thrilled to showcase another star-studded lineup of culinary and musical talent for a weekend celebration of food, wine, music and mountains at the sixth annual Highlands Food and Wine Festival."

The festival will include the popular Grand Tasting, Truckin', Main Event, and Sunday Shindig events, as

well as the return of the Generous Pour fundraiser. The four-day-long festival features world-class food from renowned local and regional chefs from across the Southeast for exquisite culinary experiences capped with live music from today's top artists, fine wine and spirits and specialty dinners.

Proceeds from the Grand Tasting event will be donated to Friends of Founders Park. Proceeds from all other Highlands Food and Wine Festival events will support the Louis Osteen Legacy Scholarship.



**For more information** about the 2022 Highlands Food and Wine Festival, visit [highlandsfoodandwine.com](https://highlandsfoodandwine.com).

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## LEAF SEASON CALENDAR — OF — EVENTS

### SEPTEMBER 30

#### PERFORMANCE:

Brooklyn, The Musical will take the stage at Highlands Playhouse from Sept. 30 through Oct. 16. The Mountain Theater Company's take on the book, music, and lyrics by Mark Schoenfeld and Barri McPherson A fast-paced fairy tale, set on a street corner in Brooklyn, that tells a tapestry of stories as rich and inspiring as the borough that inspired it. Tickets are available by calling 828-526-2695.

### OCTOBER 1

**CONCERT:** Saturdays on Pine will feature Fancy and the Gentlemen for a performance at 6 p.m. on Saturday, Oct. 1 at Kelsey-Hutchinson Founders Park in Highlands. Alt country and

honky tonk band based out of Asheville, Fancy and the Gentlemen combines down home roots style originals and pay homage to the greats of country music from the 40s to the 80s. The free concert series is sponsored by the Highlands Chamber of Commerce.

**MUSIC:** Pop-up Pipers will be featured at locations on and around Main Street on Saturday, Oct. 1. The traditional bagpipe music is a nod to Highlands roots and is free to the public. The event is sponsored by the Highlands Chamber of Commerce.

### OCTOBER 2

#### FUNDRAISER:

Highlands on the Half Shell is the primary fundraiser for the Highlands Biological Foundation. Come enjoy a feast of Louisiana delicacies and mingle with other wonderful community members on Sunday, Oct. 2 from 4 p.m. until dark in the Highlands Biological Station meadow. Tickets are available at [highlandsbiological.org](http://highlandsbiological.org).

### OCTOBER 5

**MARKET:** The Village Green hosts "Locally Grown on the Green." From 2-5 p.m. each Wednesday from April through October. Local merchants sell everything from fresh produce, to honey, to handmade kitchen items. The Village Green is located at 160 Frank Allen Road in Cashiers. For more information, call 828-743-3434.







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## OCTOBER 7

**FESTIVAL:** The Cashiers Valley Leaf Festival will take place at The Village Green in Cashiers Oct. 7-9. This annual fall festival celebrates the leaves beginning to change in Cashiers and welcomes artisans and merchants to the park. Visitors to the festival will find unique handcrafted wood, pottery, jewelry and much more on display as well as for purchase during the three-day event. For more information visit [villagegreencashiersnc.com](http://villagegreencashiersnc.com) or email Village Green events coordinator at [shelby@cashiersgreen.com](mailto:shelby@cashiersgreen.com).

## OCTOBER 8

**CONCERT:** Saturdays on Pine will feature Thirsty Horses for a performance at 6 p.m. on Saturday, Oct. 8 at Kelsey-Hutchinson Founders Park in Highlands. The Thirsty Horses have been making music appearances all over the Southeast for the past 12 years. From private parties, corporate events and outdoor festivals to weddings, college parties, wineries and breweries,

the Horses bring a high-energy show and setlist tailor made to the audience and venue. The free concert series is sponsored by the Highlands Chamber of Commerce.

## OCTOBER 15

**CONCERT:** Saturdays on Pine will feature Picante for a performance at 6 p.m. on Saturday, Oct. 15 at Kelsey-Hutchinson Founders Park in Highlands. Everyone will want to dance to our six-piece band, Picante, comprised of guitar, bass, piano, violin, drums and Latin percussion! Picante will make everyone "feel like dancing". Picante performs original and uniquely arranged Latin rhythms, Latin jazz, rock, reggae and popular music. The free concert series is sponsored by the Highlands Chamber of Commerce.

## OCTOBER 18

**DINING:** Chef Adam Evans will prepare a special "Under the Stars, on the Rocks" dinner in collaboration with Matthew

Weinstein at Skyline Lodge in Highlands. The dinner will feature a four-course, seated meal featuring regional ingredients cooked on an open flame. Signature welcome cocktails and beverage pairings included. \$150 per person, exclusive of tax and gratuity. Limited availability, advance reservations required online, or over the phone. Bookable on Opentable or through 828-526-4008, Option 2.

## OCTOBER 22

**CONCERT:** Saturdays on Pine will feature the Vega Band for a performance at 6 p.m. on Saturday, Oct. 22 at Kelsey-Hutchinson Founders Park in Highlands. When VEGA's glitter-crusted platforms hit the stage you know you're in for a special night. From pet rocks to afros to Star Wars, the 70's had range. When this Atlanta band takes the stage you'll groove across the galaxy, from Bill Withers and Al Green to Johnny Cash, Elvis, Blondie and Grand Funk Railroad. The free concert series is sponsored by the Highlands Chamber of Commerce.





## OCTOBER 25

**LECTURE:** The Highlands-Cashiers Land Trust and The Village Green sponsor the "Village Nature Series" of lectures each summer. Visitors and residents learn about wildlife in the area and various features of their natural habitats. Previous subjects include raptors, black bears, and reptiles. The Village Nature Series begins at 5 p.m. on the last Tuesday of the month from May until October at The Village Green Commons at 160 Frank Allen Road in Cashiers.

## OCTOBER 31 HALLOWEEN:

The annual All Hallows Eve Halloween celebration will take place from 6-8 p.m. on Monday, Oct. 31 along Main Street in Highlands. There will be pumpkin painting at the Ugly Dog Pub on 4th Street from 5-6 p.m. and the Halloween festivities will feature trick-or-treating, a DJ, free hot dogs and live music from the High 5 band.

## NOVEMBER 10

**FESTIVAL:** The Highlands Food and Wine Festival kicks off its annual run on Thursday, Nov 10 celebrating fabulous food, exquisite wine, and world-class music. The festival will feature Nationally acclaimed recording artists Old Crow Medicine Show in 2022. With a fan base spanning multiple generations, Highlands Food and Wine will be your favorite tradition at 4118 feet year after year. For more information, visit [highlandsfoodandwine.com](http://highlandsfoodandwine.com).

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