

VISITSKYVALLEYGA.COM

# SKY VALLEY

TIMES

JUNE, 2023

**20<sup>th</sup> ANNUAL  
INDEPENDENCE  
DAY CELEBRATION  
IN SKY VALLEY**



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JUNE, 2023

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**706-782-7777**

**TWITTER@skyvalleypolice**



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# *Sky Valley Times*

JUNE, 2023



## *Sherron Van Camp's letter*

### *Editor*

My husband, Dee, and I officially moved to Sky Valley in December of 2022. After having visited this beautiful town for five or so years, we bought our home in May of 2020, and we have never looked back. We knew this would be our forever home as soon as we retired from our careers in East Texas.

## *Team*

Mayor Hollie Steil

City Manager Jason

Streetman

Editor Sherron Van Camp

Unpaid Property Tax report

by Monica Blalcock

Housing & Development

Departmental Data Report

by Karen Fleming

Police report by Ronald

Baumes

Public works report by Jerry

Shope and Cody English

Layout, entertainment section

by Yuliia Poplavska

Building Inspector Jim Pybirn

This community has been so welcoming as we have settled in, and for that, we are grateful. Our daughter, son-in-law, and precious granddaughter live in the area, so being here certainly has perks. Another huge bonus has been this "summer" weather. In Texas, my family and friends are complaining about blazing hot temperatures, and we are still using our firepit on the deck in the evenings. Sky Valley is definitely the place for us, and we are happy to be here as full timers.

***The Council, Sky Valley Committees, and I are busy working on several important items***

1. Approval of the Hotel/Motel Tax Ordinance to increase this tax rate from 5% to 8% in alignment with Rabun County and surrounding municipalities.
2. Completing an ordinance draft to address our Short-Term Rentals to include utilizing an internet Short Term Rental Management Company.
3. Continue discussions to provide sewer services in the valley area of our city by utilizing updated engineering studies in conjunction with our awarded GIFA three million dollar grant.
4. Bringing the city's 2022 financial audit to our citizens.
5. Creating a well-researched plan for our water system.

MAYORAL COMMENTS



***Hollie Steil***  
City mayor

6. Continuing to update our aging infrastructure.

***We look forward to our Independence Day events on July 3rd. We hope we will see you all there!***

***These are exciting times in Sky Valley.***

***Hollie***

# ADMINISTRATION

***Jason Streetman***

***The city manager of Sky Valley***

The latest Unpaid Property Tax Report will follow this newsletter

*Hello residents and visitors of Sky Valley!*

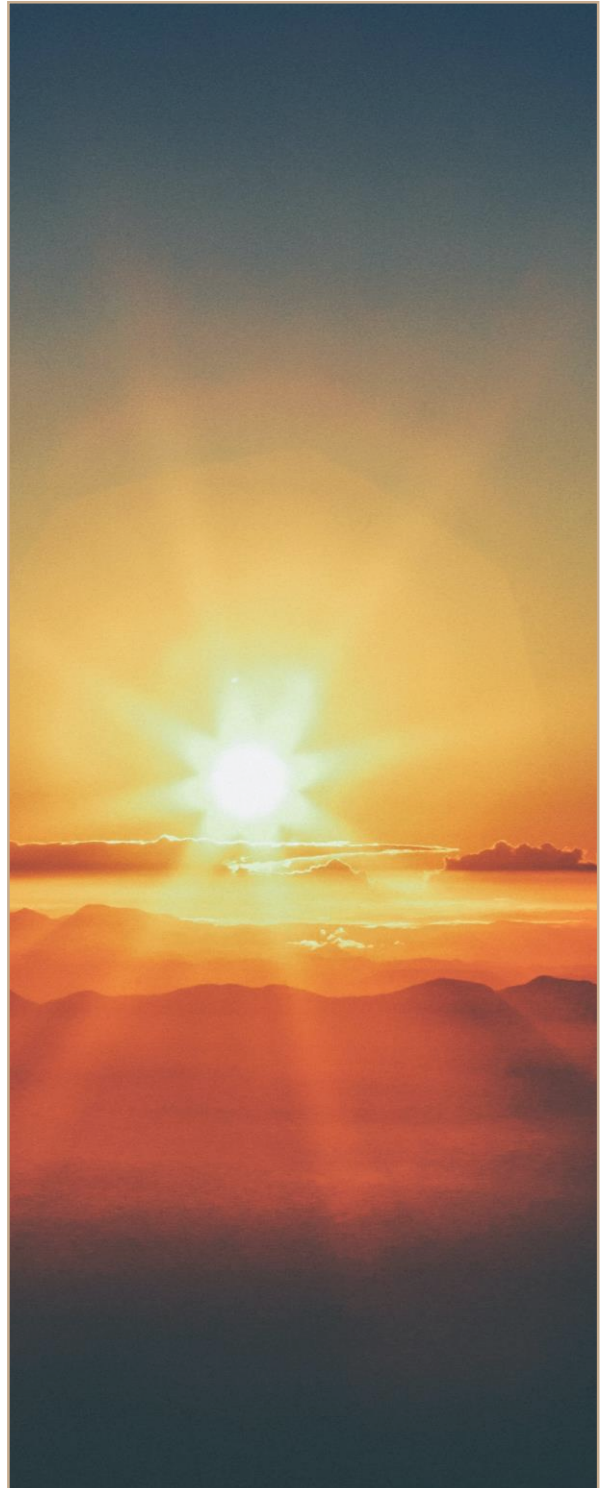
It is Wed. June 21, 2023- the Summer Solstice.

The summer solstice is the longest day of the year in the northern hemisphere, and the shortest day in the southern hemisphere. It signals the start of the astronomical summer season. This day is celebrated in different ways around the world. One of the most famous events takes place at Stonehenge in the UK, where thousands of people gather to watch the sunrise over the ancient monument. The summer solstice is not necessarily the hottest day of the year, usually it is in July or August. It is also not the same as the longest day of sunlight, because of atmospheric refraction and twilight effects. As overcast and cloudy as today is, this is true.

It is hard to believe that it is almost July. The city, volunteers and other entities are working hard to make the Independence Day celebration the biggest ever with lots of free and family fun activities. City staff are in full swing with projects, maintenance and everyday operations. If you have not stopped by the new city hall; please do and say Hi. We hope you will be pleased and do not forget food truck Fridays - here at city hall.

*Warm regards,*

*Jason*



# ADMINISTRATION

**Jim Pyburn**

**Building inspector**

The latest Housing & Development Data Report will follow this newsletter

Summer finally arrived officially on June 21<sup>st</sup>. After a cold winter and a chilly spring, welcome back all our seasonal residents and visitors to Sky Valley!

Along with this time of year here's a reminder that we all need to be considerate of our neighbors. We encourage you to enjoy our beautiful city while not infringing on other's enjoyment. A small portion but certainly not all-inclusive examples of city ordinances range from property maintenance issues, noise infractions to animal control.

**Ordinance 05-08, Sec 24-20, Public nuisances designated:**

**Weeds or grass** allowed to grow to a height greater than 12 inches on the average, or any accumulation of dead weeds, grass, or brush, that may provide safe harborage for rats, mice, snakes and/or other vermin.

**Dead or dying trees or other vegetation** which may cause a hazardous situation if they fall.

**Any building, structure, or other place or location** where any activity is conducted, performed or maintained in violation of local, state, or federal law.

**Sec. 24-22. – Provisions for specific nuisances.**

**Animals.** No domestic animals shall be permitted to run at large within the city limits. It shall be unlawful for any domestic animal to be running at large on the streets or sidewalks of the city unless said domestic pet is under the control of a leash, collar, or chain.

**Noise.** It shall be unlawful for any person to create or assist in creating, permit or continue any unreasonably loud, disturbing, or unnecessary noise in the city. Noise of such character, intensity, and duration that is detrimental to the reasonable comfort, health, or life of any individual is prohibited.

Just a reminder, there are penalties for violating these ordinances.

*Please join us in keeping Sky Valley a fun, safe and healthy place to live and visit!*

# ***ADMINISTRATION***

## ***Vaughn Estes***

### ***Chief of Police***

We are glad to see folks returning to our wonderful city. As many of you know the department has been half staffed as of late. The department is now attempting to fill the ranks with a new officer. This will allow our night shift to be covered full time once again. Thank you. We would like to extend a special “Thank You!” to the Officers who have been working back-to-back 24 hour shifts.

Please make sure you use extra caution while driving with the increase in vehicles on our narrow roads. The speed limits are posted, please be observant of them. Keep in mind that from the timeshare office to past the post office is a 15 MPH zone.

Please do NOT put cardboard in the compactor. This is our most common issue causing the compactor to stop working. Also be aware that dumpsters located at the timeshare properties as well as Valley View condo complex are for private use only. These areas are under video observation and Violators could be subject to a citation.

While driving, be extra aware of walkers and vehicles stopping in the middle of the road to take in the scenery.

Please DO NOT park in front of the traffic mirrors located throughout the city. These mirrors are necessary for safety in the narrow curves. The parking lot at the CBC is NOT public. Permission must be obtained from the owner, or the owner may have vehicles towed. When parking on the sides of the road please make sure your vehicle is off far enough to not be a hindrance to the traffic and allow large vehicles like Fire Trucks to pass.

The Police Department continues to see positive results from the Bird Feeder ordinance. Our Bears are still present in the surrounding forest but several reports of activity in or near homes have been received. The primary attractions seem to be bird feeders and unsecured garbage. The only bear calls we have received were garbage related.

The July 4th celebration is approaching, and we look forward to seeing everyone return safely.

---

## ***Jerry Shope***

### ***Public Works Superintendent***

Over the last month the crew has worked hard on the right of ways through the city. We have been working on cleaning culverts, tree trimming, grass cutting, and flail mowing. Moving into July we are getting ready for the Independence day festivities with decorations and signs. We would like to thank our crew, city council, mayor, and residents of Sky Valley!

# FOR YOUR BENEFIT

## Birdfeeders

Birdfeeders are not permitted between April 15 & November 15

## Reminders

- The speed limit from the timeshare office to past the post office is a **15 MPH zone**
- Loud noises of all kinds are prohibited **after 10 pm**

## Communication methods

You may sign up for informative emails on the city site or call at City Hall: 706-746-2204

City Hall: 706-746-2204

Website: [www.skyvalleyga.com](http://www.skyvalleyga.com)

Facebook:

[www.facebook.com/skyvalleyga](http://www.facebook.com/skyvalleyga)

Instagram: @visitskyvalleyga

## *Boil water advisories*

- ✓ Drink bottled water if possible
- ✓ Bring tap water to a rolling boil for 1 minute when cooking or preparing drinks
- ✓ Wash all fruits and vegetable with boiled or bottled water
- ✓ Use bottled water or boiled water when mixing with baby formula
- ✓ Laundry can be done as usual, but dishwashers need to be on the hot setting



- ✗ Don't use ice from ice trays, ice dispensers or ice makers
- ✗ Don't swallow any water when bathing or showering
- ✗ Don't brush your teeth with tap water
- ✗ Don't give your pets tap water
- ✗ Don't trust a filter; most water filters typically do not remove bacteria

The new City Hall/Visitor Center/Council Chamber and Municipal Court is located at 3608 Highway 246



# *Upcoming events*

***June 28th***

Sky Valley Garden Club June Meeting at 10 am  
Cost is \$25.00

***June, 29th***

Sky Valley Literati Bookworms meeting

***July, 3rd***

The annual Sky Valley Independence Day celebration

***July, 3rd***

Pancake Breakfast  
8 am – 10 am  
Cost is \$5-10

***July, 3rd***

Sky Valley Garden Club July Fundraiser  
8 am – 10 am  
Items price from \$10

***July, 13th***

Sky Valley Garden Club Ceramic Bird Bath Workshop  
10 am – 3 pm  
Cost is \$70-75

***July, 19th***

Sky Valley Literary Group Book Presentation – “A Shadow in Moscow” by Katherine Reay  
Cost is \$25

***July, 19th***

Sky Valley POA Meeting  
3 pm

***July, 21st***

The Mod Podge Workshop  
Cost is TBD

***July, 26th***

Garden Club annual Arts and Crafts Event  
10 am – 1 pm  
Cost from \$25

***July, 27th***

“Joys of Mountain Findings in Floral Design” by Ms. Jane Godshalk  
11:30 am  
Cost is \$75

# ***The message board***

## ***Pancake Breakfast***

The Sky Valley POA will host a Pancake Breakfast on **Monday, July 3rd, at the Sky Valley Pavilion from 8 am – 10 am.** \$10 for 12 years and up, \$5 ages 5 – 11, no charge for ages 4 and under. Cash or check only.

## ***Sky Valley Garden Club July Fundraiser***

The Sky Valley Garden Club will be having a sale of handcrafted items at the next Pancake Breakfast **on July 3 at the Club Pavilion.** These are unique items our members have voluntarily made and range in price from \$10 and up. Look for the Garden Club table at the pancake breakfast.

## ***Sky Valley Garden Club June Meeting***

The next meeting of the Sky Valley Garden Club is Wednesday, **June 28th, at the Sky Valley Country Club at 10:00 am.** Cost is \$25.00, cash or check, with optional donation for raffle tickets to benefit scholarships and beautification. The speakers will be Linda Barden and Dick Cinquina with the Rabun County Historical Society. The title of their program is “The Environmental Disaster of Clear-Cut Logging” and how the Chattahoochee National Forest was born. After our program we will have a short business meeting with lunch beginning at noon. We will also be collecting garden items for our Sid Weber Memorial Fund raffle basket (garden pot) located on the fireplace hearth as you enter the Sky Valley Country Club. All the baskets will be on view at the pancake breakfast where raffle tickets will be sold. The raffle drawing is **August 2nd.**

## ***Sky Valley Garden Club Annual Arts and Craft Event***

**Wednesday, July 26th at 10:00 a.m. to 1:00 p.m.** This annual event will take place inside the Sky Valley Country Club in Sky Valley, Ga, and is open to the public. The entry fee is \$25 for one table; \$40 for two, and a 6 ft. or 8 ft. table will be provided (bring your own table covering).

The event has limited space so reserve your place by contacting:  
[skyvallengardenclub@outlook.com](mailto:skyvallengardenclub@outlook.com)

# *The message board*

## ***Sky Valley Special Event***

The Sky Valley Garden Club is excited to host Ms. Jane Godshalk to present a program on the “Joys of Mountain Findings in Floral Design” at the Sky Valley Country Club. She will use her distinct style to create unique designs with mountain findings she has collected during her visit to Rabun County. Bring a special container or pot for her to use to create a truly personal design. Date: **Thursday, July 27, 2023 Time: 11:30 am**  
Location: **Sky Valley Country Club** Cost: \$75

A meet and greet will begin with champagne, followed by a luncheon. This event is sponsored by Club Member Ms. Sherran Blair. All proceeds will be contributed to the Sky Valley Garden Club Scholarship Fund. For additional information, contact [skyvalleygardenclub@outlook.com](mailto:skyvalleygardenclub@outlook.com)

## ***Sky Valley Garden Club Workshops***

A second Ceramic Bird Bath Workshop is scheduled for **July 13th, from 10:00 am - 3:00 pm at the Country Club Pavilion**, led by Diana Winuk, an artist from South Carolina. The bird bath bowl will be ceramic tiles of your choice. A painted stand, along with anchor stake, paint, grout, sealant, and some tiles will be provided. Bring some old plates or china to break to add your own personal touch. The cost is \$70-75 and due upon arrival for the workshop. Please reply to [skyvalleygardenclub@outlook.com](mailto:skyvalleygardenclub@outlook.com)

The Mod Podge Workshop on **July 21st** is filling up fast! Cindi Freeman, Sunshine and Sawdust, will be presenting how to make these summer pots covered in decoupage medium. Step-by-step instructions will be given to complete these decorative pots, held **at the Sky Valley Country Club in the Lakeside Room**. Cost is TBD. To register, contact [skyvalleygardenclub@outlook.com](mailto:skyvalleygardenclub@outlook.com)

## ***Sky Valley Garden Club Membership***

**You don't need to be a gardener to join our club.** We raise funds for scholarships for local students, make a major contribution to landscaping and beautification of Sky Valley, offer various learning opportunities through workshops, present information on local history and local shops and venues at our monthly meetings, and help with events with the City such as the 4th of July Celebration, Fall Hay Bales, and corner decorations, and much more. For more information, contact [skyvalleygardencub@outlook.com](mailto:skyvalleygardencub@outlook.com)

# *The message board*

## *Sky Valley Literati Bookworms*

The next meeting of the Literati Bookworms will be **June 29th at noon at the Sky Valley Country Club**. The Reading List, the debut novel by Sara Nisha Adams, will be discussed with Grace Guess leading the panel.

To reserve your spot and to register for lunch, contact [rsvp@skyvalleycountryclub.com](mailto:rsvp@skyvalleycountryclub.com)

## *The Tomato Guy*

The Tomato Guy is **at the Mountain Junction intersection**.

He has delicious fruits and vegetables and always offers curbside service—Rain or Shine! Go buy and get your fresh goodies!

**Picking Days:** Wednesdays

**Open:** Thursday, Friday and Saturday 9:00 am - 7:00 pm

Grown from Old Seedline and Heritage seeds

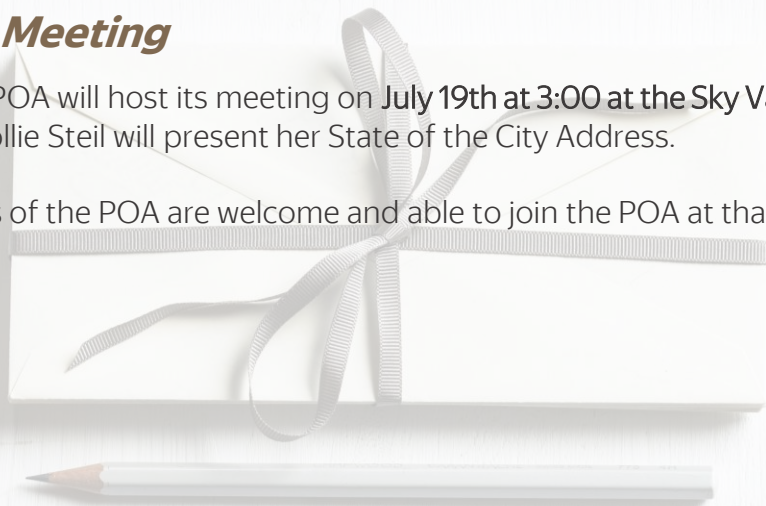
## *Sky Valley Literary Group*

The book club's July book, *A Shadow in Moscow*, will be presented by author, Katherine Reay, **on Thursday, July 19th at noon**. Please RSVP the club at [rsvp@skyvalleycountryclub.com](mailto:rsvp@skyvalleycountryclub.com) to attend this meeting. The cost is \$25 per person. Pay at door - check or cash \$25 includes lunch. Checks payable to SVCC. Contact Cheryl Beckert for more info [cinsurance7@verizon.net](mailto:cinsurance7@verizon.net)

## *Sky Valley Meeting*

The Sky Valley POA will host its meeting on **July 19th at 3:00 at the Sky Valley Country Club**. Mayor Hollie Steil will present her State of the City Address.

Non-Memebers of the POA are welcome and able to join the POA at that time.





***Join us***  
***on 3<sup>rd</sup> of July***  
***for Independence Day Celebration***

# ***WHAT IS WAITING FOR YOU...***

- 8 am – 10 am - **Pancake Breakfast** (Country Club Pavilion) \$10
- 10 am – 11 am Register for **Rubber Duck Race** on the Walking Trail Bridge free
- 11 am – **Race begins** - Fastest Swimming Ducks receive prizes
- 10:30 am – 11:30 am **Parade Entries** come to Tahoe Lane and receive a Parade Position Number free
- 11:45 am – **Parade begins**
- 12:30 pm - **Sky Valley Grand Parade prizes** for Best Parade Entries

- 5:30 pm – 8 pm – **The Sid Weber Cancer Fund BBQ** (at the SV Country Club Pavilion) advanced tickets sales only
- 9:45 pm – **Fireworks** over the lake free

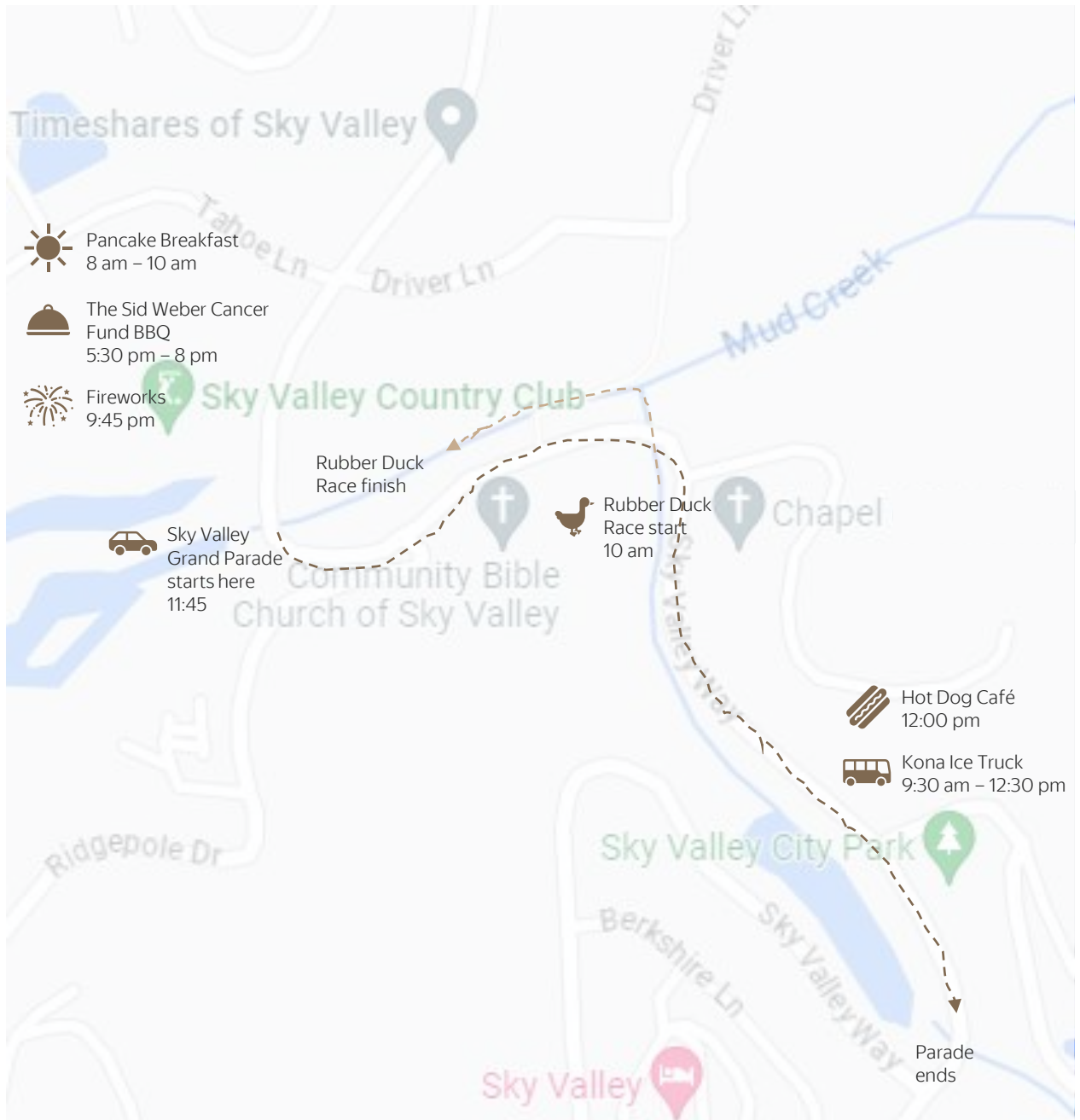
## *Also...*



- ✓ Sky Valley/Scaly Mountain Fire Department **Hot Dog Café** free
- ✓ Kona **Ice Truck** cost

# YOUR GUIDE

*For Independence Day Celebration on July, 3<sup>rd</sup>, 2023*



# Unpaid Property Tax

City of Sky Valley

Unpaid Property Tax 2014-05/2023

RECEIPT	TAXES	FEES	PENALTY	INTEREST	COSTS	TOTAL
2014	97,86	0	9,79	70,01	22	199,66
2015	178,83	0	17,88	110,2	324	630,87
2016	283,06	0	9,98	102,7	507,89	903,64
2017	352,81	0	52,95	106,1	1 265,00	1 776,81
2018	365,43	0	18,27	104	3 238,15	3 725,85
2019	354,31	0	17,71	69,3	63,35	504,67
2020	354,31	0	0	29,44	60	443,75
2021	2 154,20	0	107,69	67,32	527	2 856,21
2022	14207,4		710,45	372,7	2507	17797,55
<b>TOTAL</b>	18348,2	0	944,72	1032	8514,4	28839,01



# Housing & Development Departmental Data Report

Housing & Development Departmental Data Report	For month ending, May 31, 2023		
	May 2023	YTD	2022 YTD
New Residential & Commercial permits issued	0	2	2
All other addition, remodel and repair permits	8	59	47
Certificates of Occupancy issued	0	6	0
Total New Construction not yet finalized	4		0
Total Other Construction not yet finalized	18		0
Notices to Comply issued	0	0	0
Stop Work Orders issued	0	0	0
Tree Cutting permits issued	7	26	10
Code & Ordinance Violations cited	0	0	0
<b>Fees Collected</b>			
	May 2023	YTD	2022 YTD
New Residential or Commercial Permits	\$0,00	\$6 493,50	\$7 831,00
Other Addition, Remodel, Repair Permits	\$590,00	\$2 380,00	\$4 700,00
Tree Cutting Permits	\$240,00	\$1 425,00	\$1 980,00
Land Disturbing Permits	\$0,00	\$0,00	\$0,00
Fines Collected for Ordinance Violations	\$0,00	\$0,00	\$0,00

# ***Police department***

## ***Monthly count sheet for May, 2023***

		<b>YTD</b>
Fire	0	0
Med call	0	3
Accident	1	9
Family Viol.	0	2
Fight/assault	0	0
Death/suicide	0	0
Missing Person	0	0
Burglary/Break in	0	0
Theft	0	1
Susp. Activity	0	1
Susp. Person	0	7
Susp. Vehicle	0	1
Alarm	3	3
Investigation	0	3
DUI/PUI	0	0
Drug Related	0	2
Juvenile	0	1

		<b>YTD</b>
Traffic Control	1	14
Traffic Stop	81	304
Warning	39	143
Citation	42	161
Mutual Aid	2	11
Animal	2	6
Lost and Found	0	0
Complaint	0	0
City Ord.	0	1
Public Assist	11	32
Resident Check	901	5,302
Business Check	955	4,893
Welfare Check	1	9
Visitor Escort	1	14
Arrest	0	6
911 Calls	23	83
Mileage	3329	19,367

# SKY VALLEY

JUNE, 2023

TIMES

INTERVIEW  
**CODY  
COCCHI**

*On finding  
purpose  
in life*



*Entertainment content*  
**SECTION 2**

# “Serving people makes makes me truly happy”

The Student Engagement Manager with the Partnership for Inclusive Innovation, an innovation catalyst for all Georgia communities, dr. Cody M. Cocchi is about finding purpose in life and building dream career

**Q** You came to us from Brunswick, what are your first impressions about Sky Valley?

**A** This place is very green, neat and cool! I like the way houses are set up, it's a nice mixture of different architecture styles. I can definitely see why this mountain city is so attractive and people want to come to visit Sky Valley and live here.

**Q** Are you a person of mountains or the sea?

**A** I live by the beach, so I usually say I am beach person. I don't like to be cold (laughing)! But visiting the mountains is always good idea!

**Q** When I googled your name, I found the phrase "innovation catalyst" in your bio, could you explain this term in details, please?

**A** Sure. It is somebody who has the tools, connections and resources to help others to be innovative. As I work for \*PIN, our goal is to share fruits of labor from effective collaborations equally. Everybody can participate and gain the benefits of innovation. So, the term covers this whole process.

**Q** Have you always known you wanted to do this?

**A** Not really. I came out of college with a history degree and had no idea where to go professionally. After graduation, I joined AmeriCorps, a poverty alleviation program in which people who join live at 110% of the poverty level. I was on food stamps and I think I made \$11 000 per year during my year of service.

**Q** Looks like a very tough time!

**A** Yes. This experience makes you sympathetic to the needs of vulnerable populations because the program puts you in the shoes of a person who lives in poverty.

I always knew I wanted to be involved in serving others, to be able to help anybody whenever I could. It is my nature. This experience helped me better understand the minute-by-minute impact of a lack of financial resources.

**Q** Do you remember your very first job?

**A** My very first job was at the age of 14 I was spreading pine straw in our neighborhood. There were 6 of us. My first official job 40 hours a week was washing dishes at a restaurant.

**Q** So, how did you start your career?

**A** I started working with \*AmeriCorps VISTA which means Volunteer In Service to America. AmeriCorps helped me build my professional skills and practical skills. Working with AmeriCorps also allowed me to network with all sorts of public and private sector organizations, eventually leading me to my passion for higher education.

\*PIN – Partnership for Inclusive Innovation

\*AmeriCorps is an independent agency of the US government that engages Americans in service through a variety of stipended volunteer work programs



**Q Can you tell us, please, about the craziest partnerships you've already organized?**

**A** There are two projects using virtual reality (VR) that students are working on. The first is at the College of Coastal Georgia. It is a math-based escape room that uses puzzles based on math in order to gain clues for escaping, such as creating parabolas by slicing a cone a certain way. Another VR project is for interns to initiate career exploration for kids K – 12, so they can experience working as firefighters, policemen, teachers. Both projects use same technology, but they took different approaches.

**Q Were there failed projects?**

**A** No projects have failed. Getting started is always challenging. Initially, some host sites backed out do to timing or capacity issues and some applicants were not right for some of the positions. But once students arrived at their sites, the interns and host sites have found ways to be impactful while implementing the innovation projects.

**Q What is the best project you have ever been a part of?**

**A** We have students working with the Mayor of Atlanta's Office researching innovative ways to foster and support public and private partnerships. This projects has the chance to impact policy in Atlanta for years to come.

**Q Well, it looks like you love what you do. Can you give advice for young people? What is the best way to learn your power and life mission?**

**A** Get experience, be involved with internships. Take any professional development opportunity from your Institution and work. For example, if you want to be a veterinarian, you can go volunteer at a vet's office 2 hours a day. This will tell whether you like it or not. Try different areas and field you are interested in.



***“Try different areas and field you are interested in”***

What are you willing to spend your last money on?  
**Travel**

What makes you truly happy, fulfilled?  
**Serving others**

What does your schedule look like?  
**Usually I am balancing of a lot of online and face-to-face meetings, e-mailing and travelling**

Whom do you trust to give you good advice?  
**My mentors**

What is the best non-fiction book you have ever read?  
**The 360 Degree Leader: Developing Your Influence from Anywhere in the Organization. John C. Maxwell (2011)**

Which of the latest movie you watched that impressed you?  
**“Hidden Figures”**

IT IS IMPORTANT

# *Bear Safety*

*“People who choose to live in bear country have a responsibility to adapt and adjust to the bears, and to create solutions, not problems.”*

## **If you encounter a bear**

Remain calm and slowly back away. Identify yourself by talking calmly so the bear knows you are a human and not a prey animal. Pick up small children immediately. A scream or sudden movement may trigger an attack. Raise your arms to appear larger. Do not turn and run and do not try to climb on a tree. Use bear pepper spray only as a last resort.

## **Keep well away**

Don't approach or corner the bear. Restrain pets and go indoors. If a bear or cub is up a tree, just leave it alone.

## **Let the bear know it is not welcome**

Often the bear is just passing through, and if it finds no food, will simply move on. If you see it in your yard, from a safe distance, look it in the eye, yell and bang on a pot; use an air horn or whistle; spray it with a garden hose to encourage it to leave.

## **When to call for help**

Call local law enforcement to report a problematic human-bear conflict or property damage caused by a bear.

## **Safety at home**

1. Don't feed the bears!
2. Keep doors and windows closed and locked.
3. Don't leave any odorous items outside.
4. Do not leave pet food outside and don't let pets roam free at night.



# *Family fun for everyone*

**Get your balance with outside commitments and activities, and family time. Come together and enjoy a quality vacation! From hiking and playing to gourmet dining and cooking together, it all comes with fresh air and outstanding mountain views. Come to Sky Valley and make some special magical memories!**



Photograph by unsplash.com

## **Fun Games for Family And Friends**

*Are you someone who loves playing pickleball or golf? If you love spending quality time with your parents, siblings and grandparents, then these games are for you. There is a pickleball court and a championship golf club in Sky Valley for your joy!*





### 4 Seasons Putt-N-Play

*Drive RC Trucks, race with family and friends, indulge yourself in virtual reality games, have a go at some mini golf. Select something you love to do or try all kinds of activities here.*

### Foxfire Museum & Heritage Center

*Hike through history at Appalachian Village made up of over 20 historic log structures, each home to various artifacts representative of life in the mountains.*



### Tiger Drive-In

*Experience the movies from your car like the “old days” but with the benefits of all modern amenities! With modern and high-quality digital projection, grass terraces, FM broadcasts, outdoor speakers, Pandora pre-show music, Wi-Fi and the delicious TDI Grill!*

### Highlands Ziplines at Highlands Aerial Park

*This canopy tour will whisk you through 95-acres of stunning North Carolina scenery. You’ll get a glimpse of epic views in the state while riding the best ziplines in the country!*



## Andy's Trout Farm

*There are many adventures to be discovered for the whole family: hiking on Macafee Mountain, gem mining, jumping in the cold mountain stream at Andy's swimming hole, and, of course, unforgettable fishing!*



## Extreme Tubing Slide at Highlands Outpost

*Got the need for speed? Grab your inner tube and ride the magic carpet lift to the top. If you have never been tubing, it is a must-do activity.*



## Dillard House Stables

*Experienced guides will take you, your family or group along well-maintained trails, offering you breathtaking views, lush forests and the most amazing opportunity to splash down a cool mountain stream aboard your very own well-trained equine partner!*



## Primitive Outback Kayaking and Gem Mining

*Come enjoy a leisurely, new, and unique adventure! See Nature at its best! Join kayaking trips, Gem mining "Rain or Shine" and visit Fainting Goats and Baby Bunnies along the beautiful little Tennessee river!*



### Julep Farms

*If you love animals, fresh air and amazing food - you will definitely like Julep Farms. Here you will enjoy natural beauty, feeding ponies and ducks, a unique shopping experience and dining at an elegant restaurant.*

### Main Street Gallery, Clayton

*The gallery specializes in contemporary folk art, also known as self-taught or outsider art. Come and estimate Southern folk pottery, fine art, and hand-crafted furniture. Get inspired and create a piece of your own art or visit a gift section!*



### Goats on the Roof

*We found a nice place to stop for you, especially if you have kids! Children will enjoy feeding the adorable goats and watching them on the roof bridges or visiting the playground. You can also try delicious ice cream or buy cute souvenirs here.*

### The Great Smoky Mountains National Park

*Almost 50,000 enthusiastic reviews from Google maps, the most popular national park this summer. It is located in Cherokee and is known as the gem of Appalachia. This is a great place to go with family and friends.*

# How to stay fit

Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities

1

## REGULAR HEALTH CHECKUP

### WHY?

Diagnosing diseases early through regular screening tests is the best defense for treating disease. And the weight of your body is directly related to your health state.

A year ago my weight was 20 lbs extra. I felt tired all of the time, this led to reduction in my daily activities. I was diagnosed with thyroid disorders and had to get treatment and later a surgery.

### HOW?

You should see your primary care physician once a year for your annual checkup. They will check your blood pressure, heart rate, reflexes, and update your vaccinations and your medical history. If you have noticed any changes to your health, your yearly checkup is the perfect time to talk to your doctor about them.

Based on data collected between 2017 and 2020, **41.9%** of adults in the U.S. have **obesity**

Overweight and obesity cause type 2 diabetes, high blood pressure, heart disease, stroke, fatty liver diseases, and osteoarthritis. **Is this list impressive enough?**

2

## SELFLOVE & MENTAL HEALTH

### WHY?

Now is the time to accept and love yourself with no conditions! Love yourself when you are high and when you are sad, whether you have perfect shape/skin/hair or not. You are a unique individual, and deserve the best. You will never please everybody, so stop trying.

### HOW?

Become your best friend! Let your fears go, forgive, accept and trust yourself. Find your strength inside. Care about your body and mental health, protect your own psychological hygiene.





### 3

## THE VALUE OF YOUR LIFE

### WHY?

Usually overeating causes gaining extra weight and leads to stomach expanding, making one consume more food. It is a mental factor.

### HOW?

Recognize the problem. It is time for an honest discussion with yourself. What is it to you? What does bingeing bring you? Pleasure, safety, stress relief? Learn to enjoy your life without eating too much food.

### 4

## MINDFULNESS OF YOUR NUTRITION

### WHY?

We do not notice how we consume extra calories: sweet soda, snacks that make you more hungry, a lot of oil in a frying pan, dining at restaurants.

### HOW?

We'll form some habits:

- 2-4 meals a day (incl. snacks);
- meat/fish/eggs, boiled porridge and vegetables as basis;
- you can bake, boil or fry (use silicone brush for oil) a meal;
- remove trans fats from your diet, replace simple carbs with complex ones;
- 1 cheatmeal a week (you can eat burgers/pizza/chocolate with a clear conscience)
- 50 oz of water a day

### 5

## LOVE SPORT WITH ALL YOUR HEART

### WHY?

If you are still reading, it means you want to improve yourself. I want you to decide you will do this before exercising! Do not give up if your muscles hurt or you are tired, it's just your brain is cheating you. The body tends to keep excess fat – it is an instinct.

### HOW?

Find the sport you will really like (running, hiking, doing yoga, stretching – it's up to you). Just give yourself time.

Focus on your happiness. Let the situation with overweight go. If you'll follow these steps, you are set for success with no exceptions! But

we do it **with love!**  
No self forcing!

# Recipe



*Sugar  
free*

## FITNESS GRANOLA

*Healthier than store-bought, this granola provides wholesome energy. Honey, cinnamon and almonds make for a highly satisfying flavor combination*

### INGREDIENTS

- 4 cups whole grained oatmeal
- 4 packets Sweet'n'Low
- 4 tbsp olive oil (extra virgin)
- 1 tbsp honey
- 1 tbsp ground cinnamon
- 1 tbsp low calorie, sugar free syrup
- 1 pinch salt
- 0,5 tea spoon baking powder
- 0,5 cup almonds
- 1 egg

### METHOD

1. In a large bowl mix oatmeal, sweetener, salt, cinnamon, baking powder and almonds
2. Add oil, honey, syrup and mix it
3. Beat 1 egg in a cup, add it to the large bowl and stir well
4. Use aluminum foil for baking sheets, spread the substance evenly
5. Bake it for 25 minutes at 300°
6. Eat granola with plain Greek yogurt and berries or with coconut milk

# SKY VALLEY shop



\$20



\$15



\$20



\$25



\$22



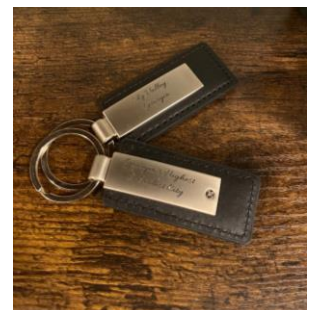
\$20



\$10



\$5



\$10



***Letter of  
Gratitude***

I'd like to thank...

*Sky Valley community*

Thank you for being kind and generous souls !

Thanks so much for everything you've done: for your help, hospitality, taking me shopping, taking me to work and home, your advices and motivation, and spending time with me! I consider myself extremely fortunate to know you and to be here in Sky Valley.

You are the best and you are appreciated more than words can say.

*Yulia*