

OCTOBER, 2024



# Sky Valley Times

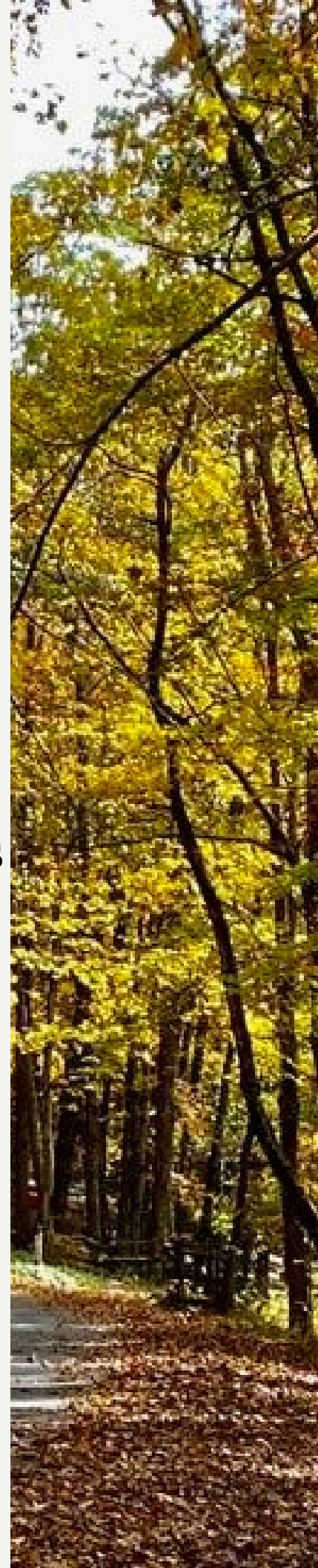
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# Sky Valley's Vision

## Our Vision

- Responsive, Quality Service
- Protection of our Resources
- Integrity and Innovation in City Government
- Sky Valley, a world-class city



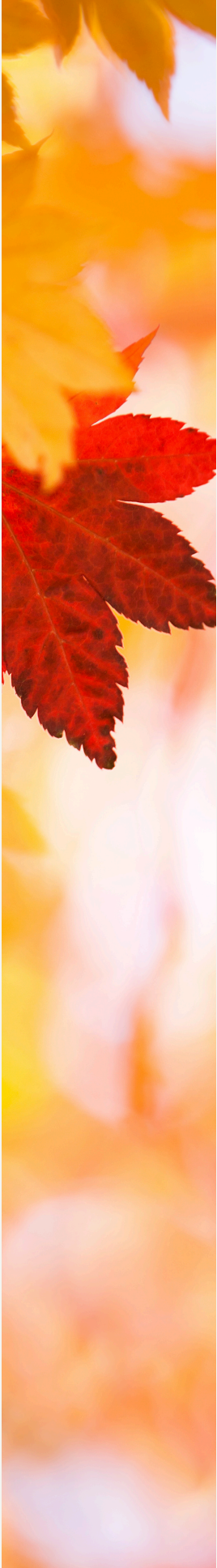
# Sky Valley's Mission

## Our Mission

- To enrich the quality of life for our citizens
- To protect and enhance our scenic beauty
- To ensure a safe and secure community
- To enhance our resources
- To develop and follow a vibrant plan for our city's future

# Mayoral Comments

From the Desk of Mayor Hollie Steil



Fall has once again come to our beautiful mountains. The weather is cool, the skies are blue, and the leaves are in full color. How lucky we are to live here.

I am so thankful our city came through the hurricane, and we only sustained minor damage. Our City Employees worked tirelessly to make sure we were able to travel our streets and that we had the services we needed to stay safe.

I was saddened to learn that some of our Sky Valley people lost their Florida homes due to the hurricanes but I was glad to know they and their families are safe.

Many of our North Carolina neighbors are still trying to return to normal and are still struggling from this weather catastrophe. THANK YOU to all our Sky Valleyians who continue to help our neighbors with prayers, food, clothing, and donations. Sky Valley people continue to display their big hearts and are always willing to help others.

The Sky Valley Garden Club has once again decorated our city. These imaginative decorations make me smile every time I drive thru the city streets. Thank you, GARDEN CLUB!

The hay bales are up and painted and greet all our visitors and residents who attended our annual Fall Fest. The antique car show, dog costume parade, pumpkin painting, hayrides, and arts and craft vendors made our Fall Fest fun for all. Thank you, city employees and the members of the Sky Valley Special Projects Committee, for your hard work to offer our Fall Fest!

Your City Council and City Manager are working on our 2025 City Budget and several ordinances that will be presented at our next few meetings. The City Manager and Public Works Director have developed a list of our roads that are scheduled to be re-paved in 2025. The revenue for repaving these roads will come from TSPLOST and GDOT grants.

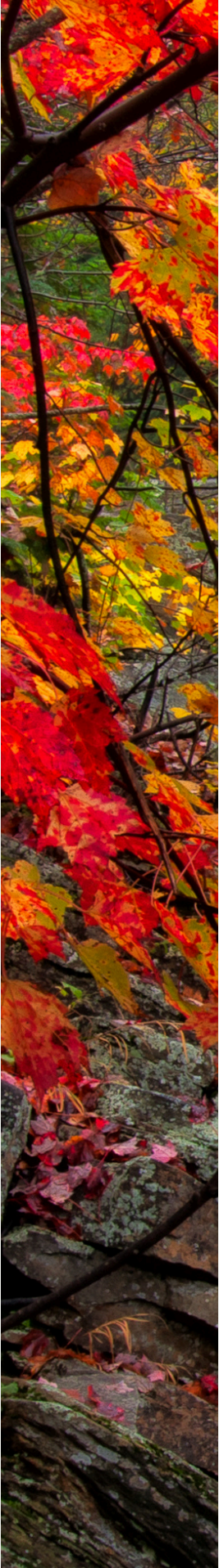
## **PROJECTED PAVING PROJECTS FOR FY2025**

- EVERGREEN ROAD WIDENING
- EAST SUGARBUSH
- LOST VALLEY
- SADDLEBACK
- DRIVER LANE

As I always say – these are exciting times to live in Sky Valley.

# Administration

From the Desk of Jason Streetman



Hello residents and visitors of Sky Valley.

As I sit here and write this article, I can not help but notice how the leaves are really starting to burst with color, and the sky is as blue as can be. These things affirm what I already know, there is no place better than North Georgia in the fall. The fall time is my absolute favorite time of the year, in particular October. During this time, Sky Valley is the place to be with the Hay Bale Trail, the Fall Fest and just all around splendor of being here.

Speaking of the Hay Bale Trail, I would like to thank all of the participants and dedicated staff who took the time to order, place and paint the hay bales. Every year it seems they just get better and better and congratulations to the First, Second and Third place participants. As long as the weather is cooperative and does not advance the deterioration of the hay bales, we plan to have them up for a few more weeks.

The annual Fall Fest was a big hit and you could not have asked for better weather. I believe the attendance was down a little from last year, however; still a great turnout and a good time had by all. Just like with the hay bales, a big thank you to the staff and volunteers who helped make it a big success and we will look forward to next year.

As we get closer to 2025, the City will be very busy with end of year projects to help improve your city to include: canopy clearing, water system upgrades and preparing for winter weather.

With cooler weather approaching, if you are looking for a unique gift to showcase Sky Valley, stop by City Hall as we have lots of sweat shirts, and other items. Many are priced under \$30 so stop by.

Happy fall y'all!

# Code Enforcement

From the Desk of Jim Pyburn

The first day of Fall was Sunday, September 22nd . A time to celebrate harvest and nature's bounty, Fall colors, football, family gatherings and warm fires. This year an unprecedented event occurred. That being Hurricane Helene. Our prayers are with all those affected.

Do you know what this is? You might want to familiarize yourself as it could possibly save you and your property time and a lot of money.

This is an example of a Pressure Reducing Valve (PRV). In homes, PRVs are installed to control the pressure of the water coming from municipal lines, protecting household appliances and reducing the risk of leaks.



Sometimes they are installed near your water meter. Other installations are possibly in your basement or crawl space. You should identify the location of yours. A pressure-reducing valve (PRV) is a self-operating valve that is used to reduce any excess pressure in a system. The basic function of PRV is to reduce higher pressure into lower. They are commonly used in homes, particularly in the mountains where pressure can vary depending upon your elevation.

As many of you have experienced, the water system in Sky Valley was installed 50 years or more ago. With variable city water pressure, a PRV can provide valuable protection for your home.

# Code Enforcement

From the Desk of Jim Pyburn

Some of you have found out the hard way by having a poor functioning or outdated PRV that didn't do its job and when there was a serious spike in water pressure, you may have experienced burst pipes and other consequences including damaged water heaters, etc. If you believe yours is 10 years or older, you might consider replacing it.

Pressure REDUCING Valves maintain almost constant pressure at the downstream side of the valve. So, this valve is used only to maintain or reduce the higher pressure. Whereas Pressure-RELIEF Valves (such as on your water heater) are used to protect equipment and systems from high pressure when the system or equipment pressure exceeds the set limit.

Pressure REDUCING Valves operate continuously in the line whereas Pressure-Relief Valves pop up only when the set pressure limit is exceeded.



**Save Time & Money**

# Public Works

From the Desks of Jerry Shope & Cody English

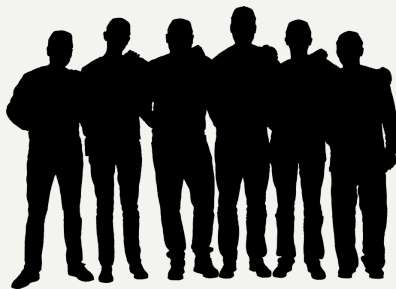


## Public Works

The City of Sky Valley Public Works Department is in transition from the summer months into the fall months. The crew has worked hard all summer to maintain the right-of-ways throughout the city. We have trimmed the canopy, mowed grass, picked up yard debris, and many more projects. The Public Works Department has also worked on pothole patching along with contracting Precision paving to overlay Ridgepole Drive.

As all of you know we were hit with Hurricane Helene, and with the damage, it caused several trees to fall. Our guys worked diligently before the storm to have signs and barricades placed accordingly. They also worked countless hours during and after the storm to clear roads from the debris.

The Public works Department would like to thank all that had a hand in the clearing of our roads. Our thoughts and prayers go out to the people affected by this storm. As we move into fall, we look forward to the annual fall fest. With that comes planning, decorations, and painting of each hay bale. We would like to say thank you to all the ladies that decorate the intersections, they look great.



CITY OF  
**Sky Valley**

## Water Department

The Public Works Department has fixed quite a few small leaks over the last couple of months. We have also had several major main line breaks. The city is aging and we are working on getting a better plan together to repair/replace these issues over the next several years.

Many of you know that when we have to turn the water off to repair the main lines there is a boil water advisory to follow. This is a mandatory requirement from the GaEPD (environmental protection division). The advisory normally lasts 24-48 hrs due to sampling times. We immediately draw a sample from the nearest site following a main line break and ship to the lab. The city really appreciates your patience through this process.

As always we would like to thank the Mayor, Council, city staff, and all of the people of Sky Valley for their continued support.



# Police Department



From the Desk of Interim Chief David Edwards

We would like to welcome everyone to our city.

Please make sure you use extra caution while driving, the increase in visitor vehicles on our narrow roads continues to grow.

The speed limits are posted at 25mph, please be observant of them. Keep in mind that from the timeshare office to past the post office is a 15 MPH zone. We continue to receive resident requests to slow vehicles down on our city streets.

There are also several road and residential projects currently underway. We have increased our efforts in slowing traffic but are bound by the 25/15 mph limits. There have been complaints regarding parking vehicles on the sides of the roads. Efforts are being taken by the city to address this issue.

Remember school is back in session so be alert for children near the roadways and for school busses loading and unloading. Also be aware that, as of July 1st, 2024, Addie's Law, O.C.G.A 40-6-163, is in effect. Addie's Law set new standards for school bus safety such as not having bus stops where children would have to cross the roadway when the speed limit is 40 MPH or above.



The biggest change in the law is the punishment for any violations. Under the new standards, the MINIMUM fine for passing a stopped school bus is now \$1000 and may include up to 12 months in jail. One recent violator thought that once he stopped he could then proceed on his way just as he could with any other stop sign. This is not the case. The best practice is if you're not sure whether you need to stop or not, STOP. Always err on the side of caution!

<b>Housing &amp; Development Departmental Data Report</b>	<b>For month ending September 30, 2024</b>		
	<b>September 2024</b>	<b>YTD</b>	<b>2023 YTD</b>
New Residential & Commercial permits issued	0	3	5
All other addition, remodel and repair permits	12	122	100
Certificates of Occupancy issued	0	4	9
Total New Construction not yet finalized	5		0
Total Other Construction not yet finalized	41		0
Notices to Comply issued	1	5	3
Stop Work Orders issued	0	0	0
Tree Cutting permits issued	10	77	74
Code & Ordinance Violations cited	0	4	2
<b>Fees Collected</b>			
	<b>Sept. 2024</b>	<b>YTD</b>	<b>2023 YTD</b>
New Residential or Commercial Permits	\$2,125.00	\$12,774.00	\$12,512.50
Other Addition, Remodel, Repair Permits	\$750.00	\$11,712.00	\$7,077.00
Tree Cutting Permits	\$1,330.00	\$6,905.00	\$3,565.00
Land Disturbing Permits	\$0.00	\$0.00	\$0.00
Fines Collected for Ordinance Violations	\$400.00	\$400.00	\$0.00



# sky valley georgia

Georgia's Highest & Coolest City

## Police Department

### Monthly Count Sheet, July, August, September, 2024

	07-2024	08-2024	09-2024	YTD
Fire	0	0	1	1
Med Call	1	4	2	20
Accident	5	1	2	38
Family Viol.	1	0	0	2
Fight/Assault	0	0	0	1
Death/Suicide	1	1	0	2
Missing Person	0	0	0	0
Burglary/Break in	0	0	0	0
Theft	0	0	0	3
Susp. Activity	0	0	0	0
Susp. Person	4	5	0	21
Susp. Vehicle	0	6	1	7
Alarm	2	1	3	17
Investigation	0	2	4	17
DUI/PUI	0	1	0	4
Drug Related	0	0	0	0
Juvenile	0	0	0	1
Traffic Control	3	3	0	30
Traffic Stop	79	63	42	630
Warning	42	26	23	314
Citation	37	37	19	316
Mutual Aid	2	2	2	30
Animal	8	0	10	44
Lost and Found	0	0	0	0
Complaint	0	0	0	6
City Ord.	0	0	2	15
Public Assist	20	9	24	117
Resident Check	2,840	1,541	2,300	22,045
Business Check	1,936	1,000	1,342	15,664
Welfare Check	15	15	6	37
Visitor Escort	5	5	1	21
Arrest	0	0	0	3
911 Calls	39	39	22	190
Mileage	6,724	5,173	5,017	49,562

# Events

**Jingle Mingle and the Lighting of the Chicken** is one of the Southeast's most fun and quirky holiday events, perfect for kicking off the season in the Poultry Capital of the World! The Downtown Gainesville Square will be buzzing with holiday spirit, featuring store open houses, live music, carriage and kiddie train rides, Santa's arrival, the Coca-Cola bear, and the grand Lighting of the Chicken!



Join us the Saturday before Thanksgiving from 4-8pm as we "light up" the 25-foot chicken atop Main Street Market!



**Dahlonega Carriage & Horse Rides** will be giving carriage tours around the Dahlonega historic district, beginning Nov 29th. See the Christmas Event Calendar for specific dates, times and a link to their business page for updates.

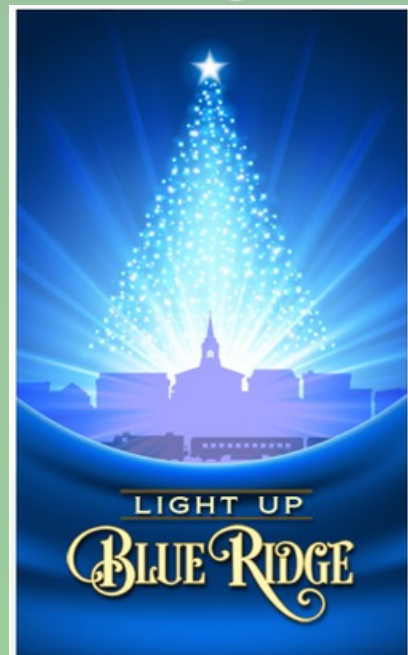
\$20/adult and \$10/child under 12 years (no charge for infants)  
cash only

**Mountain Country Christmas in Lights 2024**, is a holiday treat at the Georgia Mountain Fairgrounds in Hiawassee, GA. The Georgia Mountain Fairgrounds will transform into a spectacular, magical holiday light show immersed in Christmas music, arts and crafts, food, fun, entertainment, photo opportunities, and a visit with Santa Claus!

Event runs 6pm-9pm Thursday, Friday, & Saturday from November 28 - December 7th. Open EVERY night from December 12th - 23rd! (closed Christmas Eve and Christmas Day)



**Light Up Blue Ridge** is the Saturday after Thanksgiving  
Blue Friday – November 29, 2024  
Light Up – November 30, 2024  
Both Blue Friday and Light Up Saturday will happen, rain, snow or shine!  
See you there



Join us for a great day here at the **Foxfire Museum**. We have fun activities going on in the Children's Village beginning at 10:00am. We will have Hot Chocolate and Cider all day while you are experiencing the Christmas Spirit of Appalachia. We will also have Caroling, Demonstrations, Food, Family Photo Ops, Live Music, and Educational Opportunities.

Saturday, Dec 21, 2024 4 PM to 5 PM -  
**Black Rock Mountain State Park** -  
Mountain City, GA - Come celebrate the return of the sun with us on the shortest day of the year. Let go of the things holding you back before the start of the new year, enjoy a nice warm fire with s'mores, and make some fun and symbolic crafts.

Meet at the Mellinger Center.



### **Dillsboro Lights & Luminaries--Free**

Dillsboro, NC, Celebrate the enchanting Dillsboro Lights & Luminaries festival, a dazzling holiday tradition held annually the first two weeks of December in the quaint town of Dillsboro. Visitors from all corners come to experience the magical ambiance created by the illumination of 2,500 candles and twinkling white lights. Explore the glowing downtown streets, where the air is filled with the harmonious sound of carolers and the sweet scent of cider and cocoa. Enjoy live music and visits with Santa and Mrs. Claus. Indulge in the nostalgia of the season with complimentary horse and buggy rides. The allure of this radiant festival extends beyond the sparkling lights and warm melodies; it's an annual gathering of joy, tradition, and community spirit, inviting one and all to bask in the glowing warmth of the holiday season.



December 14

### **Sapphire Valley Ski Slopes Open**

Sapphire Valley Resort 127 Cherokee Trail, Sapphire, NC.

Nestled in the Blue Ridge Mountains of North Carolina, Sapphire Valley offers the area's finest skiing facility, boasting a state-of-the-art quad lift, a learning center slope and newly expanded, multiple lane, 500-foot snow tubing run.

The actual open date is weather dependent but typically around the second to third week of December. Just above 3,400 feet elevation, Sapphire Valley offers a 1,600-foot main run with a vertical drop of 200 feet and a 500-foot snow tubing run. And now, Sapphire Valley Ski Area offers a moving carpet to quickly transport you back to the top of the slopes for multiple runs throughout each 1.75 hour session.



# THE BEST ALTERNATIVE FALL FOLIAGE EXPERIENCES IN GEORGIA



## Climb an Eight-Story Castle Tower in Helen

Perched atop a Helen mountain is Uhuburg, a newly constructed castle with amazing views of the forested hills below. Step up into the eight-story lookout tower for 360-degree views of the Blue Ridge Mountains.

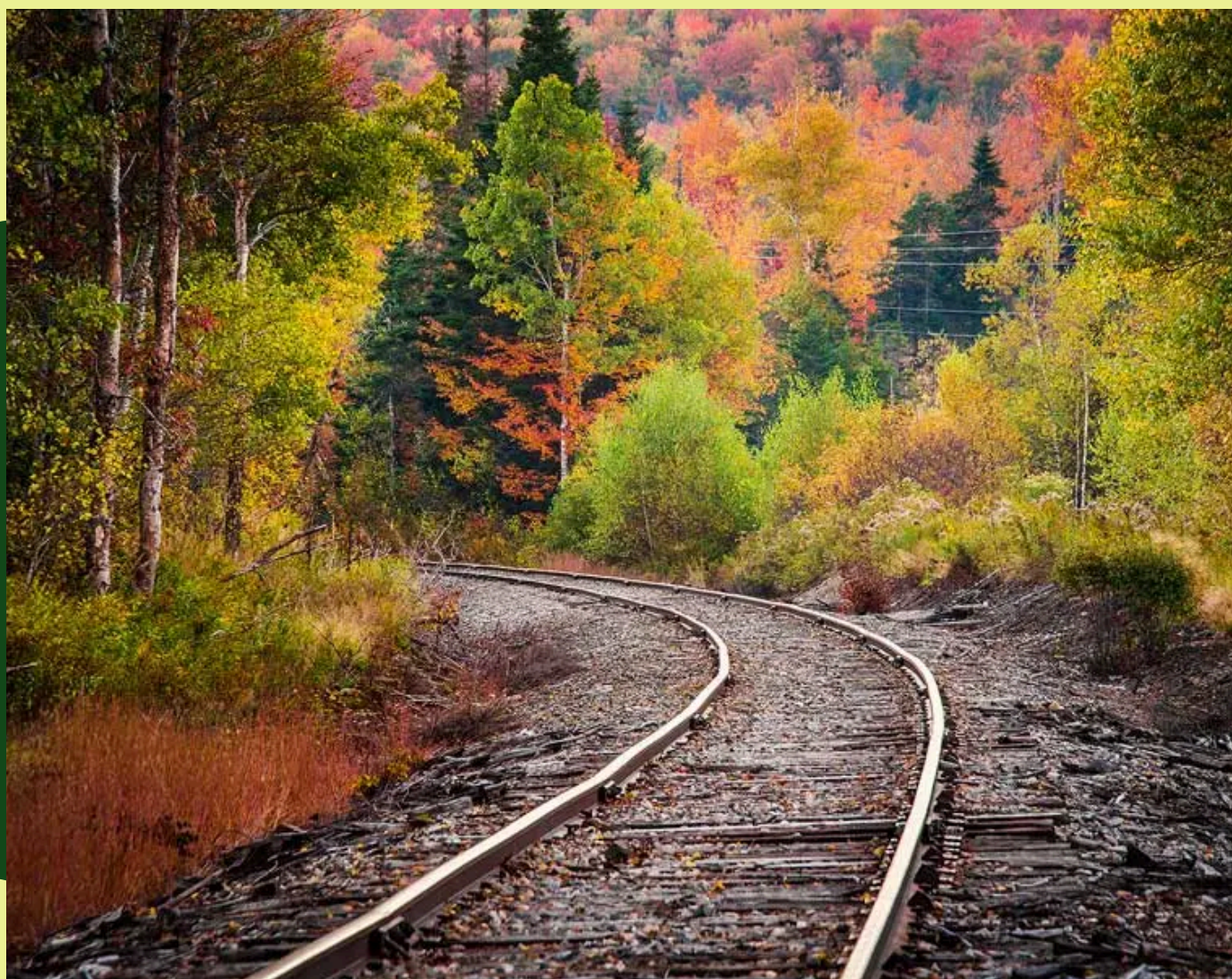
Explore the surrounding gardens and trails that pass by waterfalls, springs, valleys, unique trees, plants, and rock formations, and highlight spectacular vistas and scenic views. Join a tour to learn about the castle's architectural features and murals, or enjoy exploring the view on your own.



## Ride Along the Toccoa River in a Historic Train Car in Blue Ridge

Experience a breathtaking mountain excursion on the Blue Ridge Scenic Railway, a 26-mile round-trip journey along the Toccoa River, showcasing some of North Georgia's most picturesque landscapes, including rolling hills and preserved farmlands.

The four-hour ride departs from a historic depot in downtown Blue Ridge and travels to McCaysville, Georgia, and Copperhill, Tennessee. Here, visitors can disembark to explore the shops, restaurants, and charming downtowns of the twin cities. The return trip winds through lush forests, offering prime leaf viewing, and concludes back in Blue Ridge.





## Brave rapids on the Chattooga River

The Chattooga River offers an unforgettable Southeast adventure, designated "Wild & Scenic" in 1974 for its untouched beauty, rapids, and wilderness.

Section 3 is ideal for families with kids 8+, featuring Class II-III rapids and a Class IV finale at Bull Sluice. Section 4, for ages 12+, offers more thrills with Seven Foot Falls and Class IV Five Falls. Both include a scenic lunch stop.

Since 1972, NOC's expert guides have led expeditions on the Chattooga, making it the ultimate rafting destination near Georgia and South Carolina.

## Fly in a Helicopter Over North Georgia

Experience the breathtaking fall foliage of North Georgia from above with a helicopter tour from Rock Creek Aviation. These tours offer passengers a unique perspective of renowned landmarks such as Lookout Mountain, Lula Lake Falls, Rock City Gardens, Cloudland Canyon, and Fall Creek Falls.

Witness the striking patchwork of colors blanketing the North Georgia mountains on 60- to 90-minute tours.



# Top Thanksgiving Getaways in Georgia

Thanksgiving is not only a time to gather with loved ones and give thanks but also a great opportunity for a festive getaway. Why not kick off the holiday season with a long weekend in Georgia, where you can enjoy both Thanksgiving traditions and seasonal celebrations?

Begin your holidays with unforgettable experiences like delicious meals, stunning light displays, outdoor activities, and holiday shopping. Visit these Georgia cities and towns for everything you need to start the season on the right note.

## Dahlonega



Wine lovers will find the perfect escape in Dahlonega, nestled in the North Georgia mountains and home to over 10 wineries, each offering exceptional wines. For a cozy stay, rent a mountain cabin with a fireplace and a scenic porch where you can enjoy the wines collected from local vineyards.

On Thanksgiving, indulge in Southern cuisine at The Smith House, famous for its fried chicken and comfort dishes, or reserve a spot for dinner at Dahlonega Resort and Vineyard. Spend the afternoon exploring the area's hiking trails, including sections of the Appalachian Trail.

On Friday, discover unique finds while shopping downtown at places like Giggle Monkey Toys and Dahlonega General Store. In the evening, join the festivities for the Lighting of the Square, a spectacular holiday light display that kicks off the town's Old-Fashioned Christmas celebrations.

# Jekyll Island

Jekyll Island transforms into a holiday wonderland, with festive lights and decor from seashells to palm trees.

Stay at The Westin Jekyll Island Beach Resort for ocean views and morning sunrises.

Jekyll Island transforms into a holiday wonderland, with festive lights and decor from seashells to palm trees. Stay at The Westin Jekyll Island Beach Resort for ocean views and morning sunrises.

Enjoy a Thanksgiving buffet at the Jekyll Island Club Resort, then explore the island by bike, from the historic district's cottages to Driftwood Beach. Holly Jolly Jekyll kicks off on Friday, featuring a parade, fireworks, and nearly 2 million lights.



# Savannah



Experience a memorable Thanksgiving in Savannah, starting with drinks at Bar Julian atop the Thompson Hotel, and exploring the nightlife at Plant Riverside District. Stay nearby at the JW Marriott for a touch of luxury.

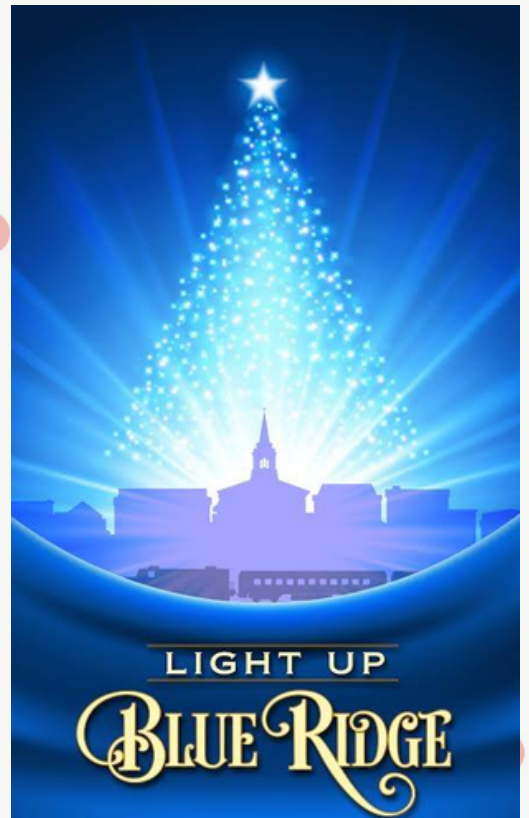
On Thanksgiving Day, stroll through historic squares adorned with holiday decor, and enjoy a traditional feast aboard a Savannah Riverboat Cruise.

Friday is perfect for shopping at the Savannah Christmas Market, City Market, and Broughton Street, or taking a trolley tour.

# Blue Ridge

Kick off the holidays with a cozy weekend in Blue Ridge, nestled in the North Georgia mountains. Rent a cabin from Escape to Blue Ridge, featuring a fireplace, hot tub, and scenic views. Start your getaway on Wednesday with a visit to a local winery or brewery.

On Thanksgiving, enjoy a homestyle feast at Southern Charm, then spend the afternoon hiking to nearby waterfalls. Begin holiday shopping on Friday in downtown Blue Ridge, and don't miss the evening's Light Up Blue Ridge festivities. Hop aboard the Blue Ridge Scenic Railway for a special holiday train ride and visit with Santa.



# Athens

Head to this charming college town, just an hour from Atlanta, for a festive weekend of holiday cheer and football excitement. Stay at Rivet House, a boutique hotel in the historic Southern Mill, with a luxurious spa and the Southern-inspired Italian eatery Osteria Olio.

Start the fun on Wednesday night with drinks at Creature Comforts or other downtown spots. On Thanksgiving, enjoy a gospel performance and hearty feast at Weaver D's Fine Foods, known for its fried chicken and soul food.

Catch the UGA vs. Georgia Tech football game on Friday night, then explore local markets on Small Business Saturday. Don't miss Winter WonderLights at the State Botanical Garden for family fun.



# Walk the Labyrinth at the Otto Labyrinth Park in the Smoky Mountains, NC

The Labyrinth represents a spiritual journey inward, offering peace and harmony. Found in ancient Crete and throughout history in various cultures, labyrinths are now used by churches, hospitals, and spiritual centers worldwide. Walking a labyrinth or tracing its pattern brings calm and clarity.

The Labyrinth represents a spiritual journey inward, offering peace and harmony. Found in ancient Crete and throughout history in various cultures, labyrinths are now used by churches, hospitals, and spiritual centers worldwide. Walking a labyrinth or tracing its pattern brings calm and clarity.



At Otto Labyrinth Park, discover a 7-circuit Cretan Labyrinth near the Welcome Center. Follow the path—it leads to the center, just like life. Begin by ringing the bell and navigating around the cedar tree, symbolizing life's obstacles. Reflect in the center, embracing healing and joy. Afterwards, explore the laurel forest where a healing bench awaits.



The park is open from dawn to dusk, with the Welcome Center open 1-4 pm, Thursday through Saturday.

# Sky Valley Golf



In 2007, renowned designer Bill Bergin transformed Sky Valley into a championship course, adding 500 yards and extending it to over 6,900 yards. With 7 sets of tees per hole, the course caters to all skill levels.

Golfers can enjoy drinks or lunch at the Turn Café or Clubhouse Patio, available Tuesday through Saturday, April to September. The semi-private Sky Valley Country Club also offers a golf learning center with a practice range and putting green. PGA Professional Mark Carlson provides lessons and can help arrange individual play, group events, or tournaments.

For dining, our Clubhouse Manager and Chef offer a range of options, from casual bites to gourmet meals and cocktails. Contact them for your event needs.

Ready to Reserve your Tee Time?

Call 706.746.5302





# Sky Valley Golf

## Membership at Sky Valley Country Club

### Amenities Include:

- Invitation to all Club activities including bocce ball, bingo, special interest night seminars and cultural events
- Clubhouse lunch, bar and dining room dinner privileges. Password Protected Clubhouse Wi-Fi
- Use of Pool, Hot Tub, Tennis Courts and Exercise Room at the Time Share Facility.
- Priority use of covered Pavilion
- Club charge privileges.
- Discounted golf: Social Members and their guests receive 15% off the in-season rack rate
- Unlimited Golf Rounds
- Priority & Reserved Member Tee Times
- Optional Unlimited Cart Rental Plan
- Discounted Guest Fees
- Discounted Range Fees
- Member-only Golf Tournaments, Clinics and Activities
- Bag Storage Room, and more



### Public Golf Rates

Tee times are available from 7:30AM - 6:00PM weather permitting

Frost delays on some mornings, so calling ahead is advisable! - 706-746-5302 X 1

In season, enjoy our 19th Hole Clubhouse Bar or Patio for Drinks or Lunch

Turn Cafe open daily 9:30AM - 4:30PM

# EMBRACING AUTUMN: ESSENTIAL SAFETY TIPS FOR ADULTS

FROM HEALTHY AGING MAGAZINE

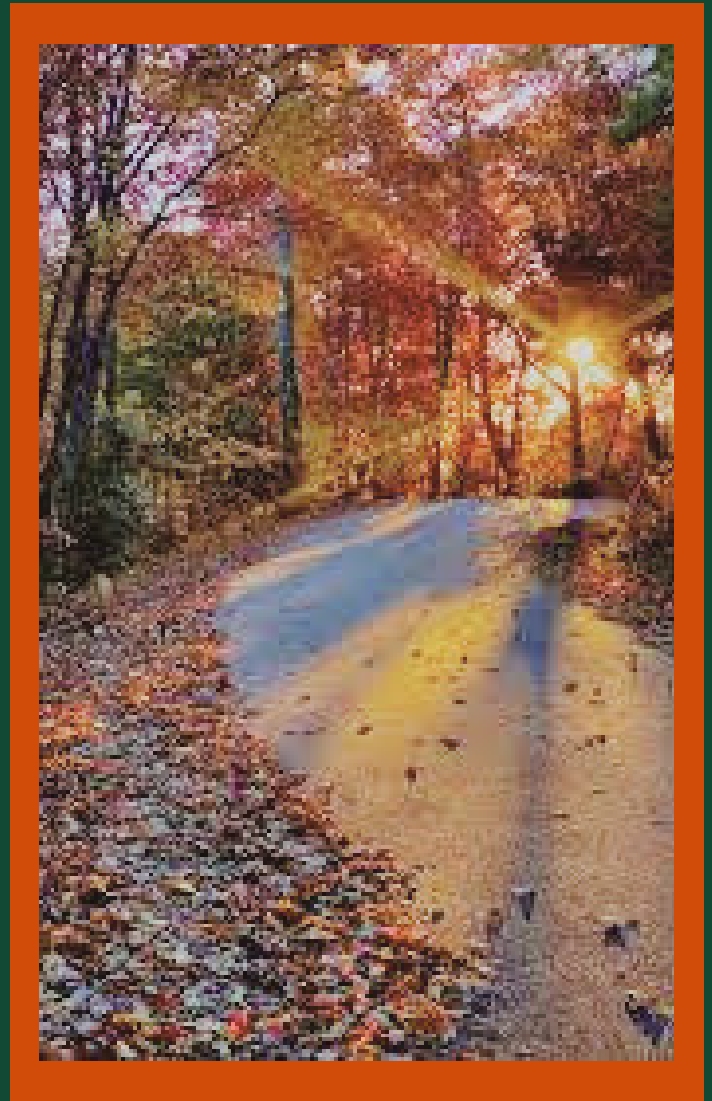


As the leaves begin to fall and the scent of pumpkin spice fills the air, it's clear that autumn has arrived. With each season comes its own set of safety and health challenges, so we'd like to share some tips to help keep you safe during the fall.



**Fall-Proofing:** The leaves have heard their cue to begin cascading to the ground. It's a gorgeous time, but it can sometimes create a slippery mosaic on sidewalks and paths, especially for people with mobility issues.

Ensure walkways around your home are kept clear of foliage and debris. Also wear shoes with good traction. Keep front walkways and walking paths clear. Keeping these walkways clear is a huge help for older adults and people with mobility issues.



**Dressing for Weather Changes:** The temperature can be unpredictable during the fall, especially in Northern Georgia. Mornings can be chilly, while afternoons can be warmer!

So, dressing in layers is key this season. Lightweight, warm clothing that can be easily added or removed allows for flexibility and comfort. Don't forget to bring a sweater!

**Home Safety:** Did you know that the majority of accidents occur at home? It's essential to ensure living spaces are well-lit and free of tripping hazards.

Also, because we're all starting to use our heaters on chilly mornings and cold nights, be sure your smoke detectors and carbon monoxide alarms are functioning correctly. It's so important as we start spending more time inside this fall and throughout the winter season.



**Mental Health:** Did you know daylight saving time ends at 2 am on Sunday, Nov. 5, with clocks moving back one hour?

Those shorter days and longer nights can lead to feelings of isolation or sadness, a condition known as Seasonal Affective Disorder (SAD). Mental health is just as important as physical safety, and they are often interconnected.

Here are a few tips to help with SAD this autumn:

- Stay connected with loved ones, whether through phone calls, texts, video chats or in-person visits.
- Try to stick to your routine and stay active.
- Get as much natural light as possible.

**Nutrition:** A healthy diet plays a significant role in overall well-being, helping to bolster the immune system, maintain energy levels, and support cognitive function.

Enjoy the fall harvests by incorporating some colorful fruits and vegetables into your diet, and don't forget to stay hydrated!



**COVID-19 and Flu Shots:** Getting vaccinated is a small but critical step in protecting your health, especially for older adults.



# Did You Know About The Unique Fall Phenomenon In North Carolina Known As Shadow Of The Bear?

WRITTEN BY CAROLYN HARMON



The North Carolina mountains are always something to behold, especially in autumn when their leaves are bursting with vivid colors. But every year from 5:30 to 6:15 p.m., mid-October through early November, something more wild creeps around the steep Whiteside Mountain slopes. The Shadow of the Bear in North Carolina brings out photographers as the unique fall phenomenon in western NC, just a few miles west of Cashiers and five miles east of Highlands, shows itself.

But you need to be there on time because it doesn't last long and is only visible when the sun shines. Let's take a look at this wild scene. As you admire the lovely fall foliage of Whiteside Mountain along the Rhodes Big View Scenic Overlook on U.S. Highway 64, keep your eyes open.

It won't take long before the bear makes its way across the picturesque mountainside.



With each step, he gets a little larger.

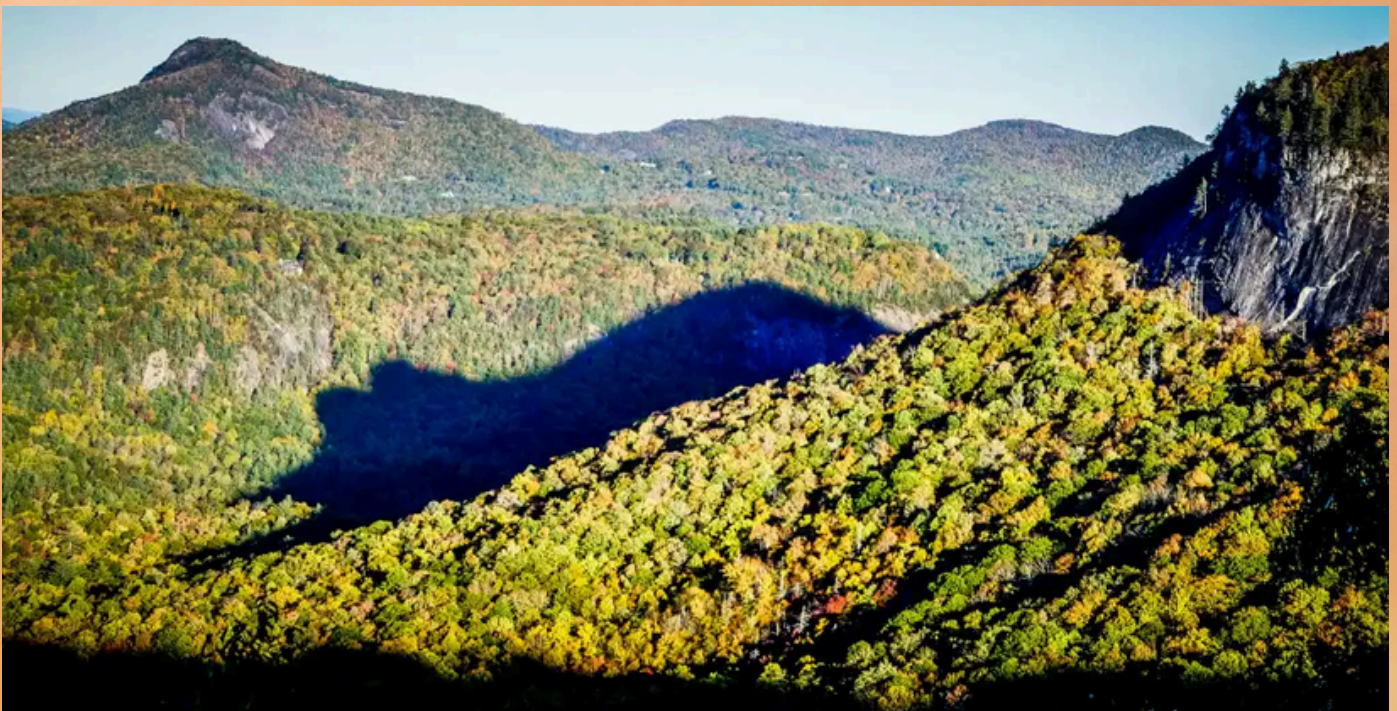


We love the contrast of the orange, red, and yellow hues against the dark, shadowy creature.

This delightful Shadow of the Bear also makes an appearance from mid-February to early March.



You may want to wait until then to avoid the weekend autumn crowds.



While you're there, discover more cool ways to enjoy the lovely towns of Cashiers, Highlands, Scaly Mountain and Sky Valley.

Take a hike or scenic drive, but be sure and stay a few days!



# HAY BALE WINNERS



1st Place Poss Realty



2nd Place Marketing Committee



3rd Place TimeShares of Sky Valley

## Vidalia Onion Pie

submitted by Holly Bowler



4 medium thinly sliced Vidalia onion  
1 stick butter  
3 eggs, beaten  
1 cup sour cream  
¼ tsp salt  
½ tsp pepper  
Dash Tabasco  
1 pie shell (unbaked)  
Grated Parmesan cheese

Saute onions in butter. Combine eggs and sour cream and add onion mixture. Add seasonings and pour into pie shell. Sprinkle with grated cheese and bake at 450 degrees for 20 minutes, then at 325 degrees for 20 minutes. So good! Serves 8

# DELICIOUS

## Shirley's Salad

submitted by Shirley Boyle

### Salad:

1 (5 oz) bag spring mix greens (or your choice)  
1/2 apple (Gala or Jonagold) large dice  
1/8 red onion, cut into slivers  
1/2 c. chopped walnuts  
3 oz crumbled Feta cheese  
1 avocado, cut into chunks  
1/2 c dried cranberries

### Toss with Poppy Seed Dressing

1/2 c oil  
1/3 c sugar  
3 T vinegar  
2 tsp poppy seeds  
1 tsp finely minced onion  
1/2 tsp ground mustard  
1/2 tsp salt

Put in jar and shake until mixed. (Sugar may not completely dissolve, but that's OK. Just pour all over the Salad and Mix Well.



# Just for Fun..



May your Halloween be scarier than what's actually going on with our country.



someecards



If I'm going to take you all over the neighborhood begging for candy, then yes, I'm going to take half...it's called a Candy Tax



someecards  
user card

May none of your  
real feelings slip out at  
Thanksgiving dinner.



someecards



"What do you want for Christmas?"

"Hmmm... lately, I've been really into groceries and gas. Utilities are cool too. Stuff like that.

becomingminimalist

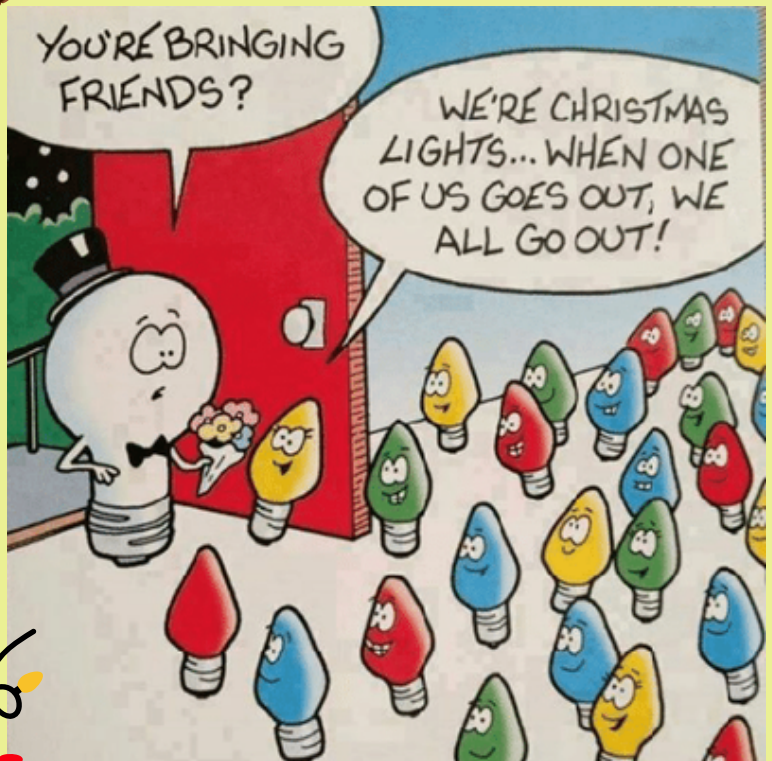
MY JEANS SAY "NO MORE CHRISTMAS GOODIES" BUT MY LEGGINGS ARE LIKE "WE GOT YOU, GURRL"



CHRISTMAS COOKIES?



NO, I HAVEN'T SEEN ANY CHRISTMAS COOKIES



THE LAST THING A CHRISTMAS ORNAMENT SEES



BEFORE IT DIES



- NAUGHTY
- NICE
- I SWEAR I TRIED....

