

Highlands Newspaper

Happy Mother's Day!

FREE Every Thursday

Volume 21, Number 19

Real-Time News, Weather & WebCams: HighlandsInfo.com

Thurs., May 9, 2024

Inadequate reimbursements are pushing small pharmacies to the brink

Owner of Highlands Pharmacy seeks help from community and legislators

By Kim Lewicki

A recent National Community Pharmacists Association

(NCPA) survey revealed more doors in 2024.

than 30% of independent pharmacists might have to close their

According to the survey, 99%

• See PHARMACIES page 10

Fly fishing tourney reels in \$24,000

By Brian O'Shea, Plateau Daily News

The 14th annual 3 River Fly Fishing Festival was held over the weekend and raised an estimated \$24,000 for the Town of Highlands Scholarship Fund.

"Back when we started this thing, there weren't many fundraisers held for the Town of Highlands Scholarship Fund," said festival organizer and owner of the Highlands Hiker Chris Wilkes. "We thought there should be more and began this festival."

The fishing tournament is called 3-River because of the three different designations of rivers in North Carolina, including hatchery supported, delayed harvest, and native. This allows fishermen to experience various types of rivers that may or may not be

• See FLY FISHING page 12

The Bascom bridge is now open



The Will Henry Stevens Bridge that makes up the main entrance at The Bascom had been closed for almost two years to undergo repairs. But now the the striking, rough-hewn 87 ft. 5 in. long covered bridge, estimated to have been built in 1807, can once again serve as the main entrance to The Bascom's 6-acre, 3-building visual art destination in Highlands. Be sure to mark your calendars for the re-dedication on July 6th as part of The Bascom's Community Day.

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The lack of building permits on sites is a concern county wide

By Brittney Lofthouse

In April, the Highlands Police Department reported 14 verbal warnings for individuals doing construction without a permit since January. The persons given the warnings either complied or are in the process of obtaining the proper permits for the work. All work has to stop until permits have been obtained.

Macon County issued 12 "building without a permit" Stop Orders since January.

For any construction or remodeling venture within the Town of Highlands, a meticulous adherence to zoning regulations and building codes is paramount. Beyond the purview of the North Carolina State Building, Plumbing, Electrical, Mechanical, and Fire codes enforced by the Macon County Inspection Department, the Town of Highlands mandates compliance with its own set of ordinances. These include zoning

regulations, subdivision rules, soil erosion and sedimentation guidelines, and a comprehensive Code of General Ordinances.

Macon County Tax Assessor Abby Braswell said that during the last property revaluation, the tax department found countless new structures or remodels, many of which had no paper trail, meaning they were completed without proper permits, creating challenges during the revaluation process.

Before beginning any construction or remodeling project, individuals are required to secure a Zoning Certificate from the Town of Highlands. This certificate serves as a prerequisite for obtaining a building permit and ensures that the proposed project aligns with the town's zoning regulations.

Once armed with a Zoning Certificate, the next crucial step is to apply for a Building Per-

• See PERMITS page 24

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• THE PLATEAU'S POSITION •

• MAYOR ON DUTY •

Budget for FY '24-'25 to be presented at May 16 Town Board meeting



Highlands Mayor
Patrick Taylor

The budget planning season is coming to a close, as the last budget workshop was held last Thursday. The next budget stop is the presentation of a proposed budget for FYI 2024-2025 at the Town Board meeting on May 16.

The proposed budget will be big, maybe as much as 45 million dollars. In past years, the town budgets have hovered around 28 to 30 million dollars. Budgets like the forthcoming one include all operations and revenue sources needed to operate every department, such as electricity, water and sewer, roads, police, and recreation.

Why is the budget so large this coming year? Three major factors are in play. First, the town has received state grants for infrastructure projects that total into the millions. These funds have to be included in the budgetary process.

Second, we have carryover expenditures from previous budget appropriations. For instance, we are still waiting for the delivery of several expensive vehicles purchased a number of years ago, but the funds have to be carried over to this budget when, hopefully, we will actually receive and pay for the vehicles that have been backordered.

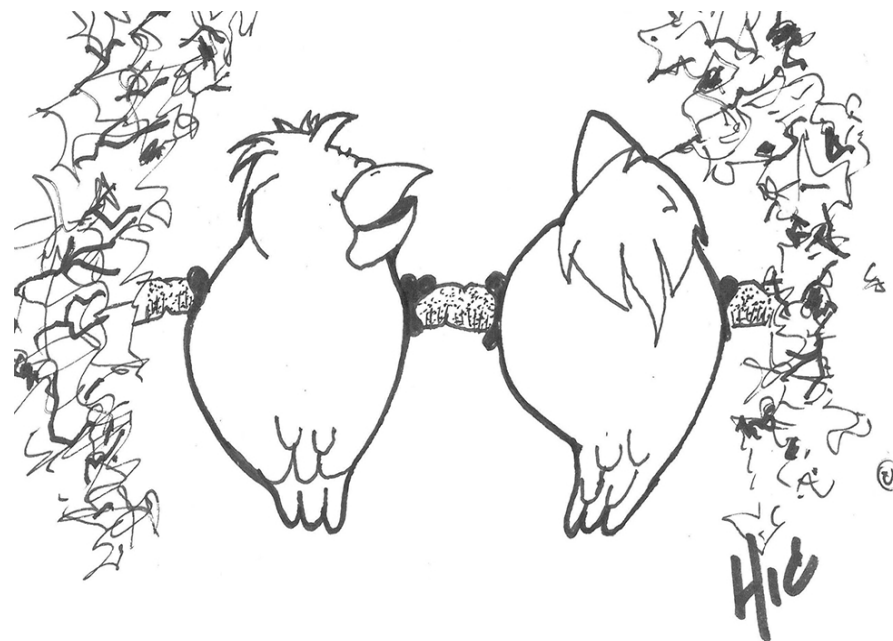
Third, the town is using reserve funds that we have to address several critical projects. For instance, almost three million dollars are directed toward electric grid upgrades. At the present time we anticipate borrowing from the electric fund to replace the main sewer line on US 64 that failed this year. The caveat to this project is that I am also working with Congressman Edwards' office to see if federal funds are available to complete this critical project.

At the last budget workshop, the staff and board discussed several related budget issues. One of which is we have some police officers nearing retirement. The Town Manager and Police Chief informed the board that the town needs to begin paying for new police recruits to attend basic law enforcement training (BLET) and begin the process of filling in for the retiring officers. The BLET program is a six- to seven-month full-time educational experience for which almost all other municipalities fund for their recruits. The agreement would be for the town to pay the BLET costs and begin paying a modest salary while new officers are in the training program. The new officer would commit to serving in the Highlands Police Department for two or three years.

The board and staff also discussed fee increases; the big one will be an increase in water and sewer rates by \$10 a month. This rate increase is being driven by the NC Local Government Commission and the town auditors, who contend our rates are too low to maintain our water and sewer systems into the future. Water and sewer tap fees will also be adjusted to reflect the real cost of making these connections. Ice skating fees will go from the rather low \$5 to \$8 per skater.





• See MAYOR page 8

• HIC'S VIEW •



*"You know Mom liked you best.
She always gave you the wiggly bits."*

• WEATHER •

Thu, 9-May	Fri, 10-May	Sat, 11-May	Sun, 12-May
 71°F 52°F	 67°F 39°F	 64°F 42°F	 64°F 44°F
Showers and a heavier t-storm	Mostly sunny	Mostly cloudy	Mostly sunny
RealFeel® High: 71° Low: 57°	RealFeel® High: 74° Low: 54°	RealFeel® High: 67° Low: 47°	RealFeel® High: 72° Low: 51°

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Highlands Newspaper

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Letter Policy:

There is a 500-word limit. We reserve the right to reject or edit letters-to-the-editor. No anonymous letters will be accepted. Views expressed are not necessarily those of Highlands Newspaper.

Obituary Policy:

We do not charge for obituaries at this time, but we reserve the right to edit as needed for space.

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THE FARM
at Old Edwards

4th annual Bear Shadow music festival is set for this weekend New shuttle routes announced

Preparations for the 4th annual Bear Shadow music festival scheduled for this weekend, May 11 and 12, are underway at Winfield Farm in Scaly Mountain, where crews are setting the stage for headliners Black Pumas and JJ Grey & Mofro. A limited number of tickets for the Bear Shadow music main stage, called "Base Camp," are still available online and will be sold at the gate.

Also set to take the stage this weekend are American Aquarium, Futurebirds and North Mississippi Allstars on Saturday, May 11 and Grace Bowers, The Record Company and White Denim on Sunday, May 12.

Gates open on Saturday at 1:30 p.m., and shows will be 2:30-9:30 p.m. On Sunday, gates open at 12:30 p.m. and the performances run from 1:30-8:30 p.m. The full schedule and lineup can be found at <https://bearshadownc.com/lineup/>.

Free shuttles will run continuously between Downtown Highlands and Winfield on Saturday from 1-10 p.m. and on Sunday from 12-9 p.m. Shuttles will pick up/drop off guests at the Highlands Community Center (864 N. 4th Street), Highlands School (545 Pierson Drive), Regions Bank (161 Spring Street), and directly at Base Camp gates. Limited on-site parking passes are still available for \$25

per car, each day for Saturday and Sunday.

At Base Camp, ticket holders will have access to multiple food trucks and food vendors. GA and VIP ticket holders can also enjoy included beer, wine, water and other non-alcoholic beverages. Complimentary small plates from local and regional food partners, along with selected spirits will be available for VIP ticket holders.

As a reminder, all kids 18 and under are free with the purchase of an adult ticket.

In honor of Wildfire Preparedness Month and Teacher Appreciation Week, Bear Shadow is also offering a special Buy One, Get One (BOGO) promotion exclusively for North Carolina-based firefighters and teachers. Eligible participants can take advantage of this by using code BearShadowHero24 when purchasing tickets online.

For more information, or to purchase tickets and parking passes, visit <https://bearshadownc.com/tickets/>.

All events are rain or shine. However, in the event of severe inclement weather, event organizers reserve the right to cancel individual performances or events in order to maintain optimal safety for all attendees, staff, talent, and vendors. For more information, visit <https://bearshadownc.com/faq/> or sign up to receive weekend updates and festival information by texting BEARSHADOW to (828) 202-8911.

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"To the World, you are a Mother, but to your family, You are the World" (author unknown)

Dear Mom~

How's the view up there?

Since you've been gone Bee and I got into the Real Estate business here in Highlands, North Carolina which is going great guns. We have incredible views too, but nothing like you have. I'll bet the food is fantastic in Heaven. I know there's a real nice garden up there (as long as you stay away from the apples).

You and Dad taught us many great lessons throughout life. I thought I'd give you an update on how those are going.

You always said to follow the Golden Rule and told us repeatedly "Do unto others as you would have them do unto you." I always thought you made that up, until I read the Bible and see that a guy named Matthew wrote it. While you plagiarized Matthew, I'm sure you've been forgiven. Anyway, it's truly the rule to live by, and while we all fall short from time to time, it's a great way to conduct our Real Estate business.

The other one you taught us above all else was to "Love One Another." We all do our best to "out one another one another." I must say that in this sometimes uncivilized world and cultural weirdness some people have forgotten about it. But by and large here in Highlands, it's still alive and well. Thank you for sharing these truths with us!

The next time you run into God, please let him know what a great job he did creating Highlands. These mountains, rivers, lakes, forests and clean air just can't be beat. Remember how much trouble you had waking me up? No problem in Highlands, because thousands of birds start singing around 5am. There's no way I can sleep in! He put bears, fox, deer, raccoons, lynx, chipmunks, and hoot owls all over the place.



Pat Gleeson
828.782.0472

Christie's International Realty

It's hot as ___ (sorry God) in most cities, but we barely get over 80 here in July and August. These are a few of reasons the Moms, Dads, and Kids flock to Highlands to live, work, and play.

I'm wondering about the real estate in Heaven. My understanding is that everyone who makes it through the gates gets a mansion made of gold. I'll bet you and Dad have a real beauty. I'm assuming Short Term Rentals aren't allowed in Heaven which will make a lot of people

in Highlands very happy when they get up there.

Yes, every day is Mother's Day in Highlands, and we show property to Moms like you pretty much every week. Most Moms come to realize they can be here and enjoy safe Haven (that's Heaven without the "e") for themselves and their families. Kids finally get off their cell phones, social media, and gaming for a time and head outside in the natural surroundings to hike, fish, swim, and sit by the fire. Dads know that "if momma ain't happy, nobody's happy," so we pay close attention to the Moms.

In closing, tell Dad I miss him every day but especially when I'm fly fishing (see photo). When he taught me to fish he said this: "give someone a fish and they'll eat for day, but teach someone to fish and they'll eat for a lifetime." Let him know I'm still fishing as often as I can.

With all my Love,
Pat

• Pat and Bee Gleeson are proud to work with the founding team of Brokers at Christie's International Real Estate Highlands-Cashiers. You can reach us at 828.782.0472. Please stop by for coffee and conversation at 210 N. 5th Street.





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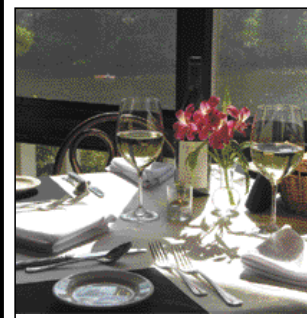
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• LETTERS •

One cub rescued; the fate of the other is unknown

Dear Editor,
I appreciate the public interest and outrage over the harassment of black bear cubs in the video that recently went viral.

The thoughtless act resulted in the permanent separation of one cub from his/her mother while the fate of the other cub uncertain.



We can only hope the latter cub reunited with his/her mother, but must realize there is a significant chance they never found each other. If that is the case this young cub will have died.

Although I am grateful for the publicity this thoughtless act is receiving, I must wonder where is the public outcry and outrage for the vast number of cubs and mother bears who are separated from each other or cubs who are outright attacked and killed by packs of bear hunting dogs every year during bear hunting and dog training season throughout North Carolina.

Why are we not protesting the cruelty inflicted upon bears and cubs by bear hunting with dogs, which is endorsed by the State of NC and the NC Wildlife Resources Commission (NCWRC)?

People should not be surprised NCWRC took no action against the perpetrators of this recent incident. Such deaths and harassment occur on such a large scale every year that the NCWRC has simply become desensitized to the suffering of bears and their cubs.

Last year more than 4,000 bears were killed by hunters in North Carolina. Now NCWRC wants to kill more bears this year by expanding the season and allowing bear hunting with dogs in additional parts of the state. Where is the public outrage?

Bear hunting with dogs is not a hunting issue – it is a cruelty issue! It is one thing to kill bears, but to harass, torment and torture non-target bears (moms and cubs) and bears before they are actually killed is barbaric in my opinion. I believe if more people really knew what was taking place in the backwoods throughout the state, they would be horrified.

It is time to bring this cruel practice to an end. Our bears deserve better. To learn more, please visit: www.stop-bearhuntingwithdogs.com

**Bill Lea
Townsend, TN
www.BillLea.com
bears@dnet.net**

Humpty Dumpty

Dear Editor,

Humpty Dumpty sat on a wall,
Humpty Dumpty had a great fall.
All the King's horses
And all the King's men
Couldn't put Humpty together again.
Joe Biden tore down a wall
Joe Biden had a great fall.
All of his government
And all of his men
Can't put Joe together again.

**Alice Nelson
Highlands**

Banning books at MC libraries is not the issue

Dear Editor,

Recent letters to the editor about our local libraries and certain controversial books motivated me to learn more and I began attending public meetings of the Macon County Public Library Board. I have learned that, fortunately, there are no groups in Macon County trying to ban or censor books in our libraries.

I encourage everyone with an interest in our local libraries to check the website of the Macon County Public Library for meeting dates and get to know your board members.

In September, the American Library Association, headquartered in Chicago, sponsors Banned Books week. They supply local libraries around the country with pamphlets, display materials and bookmarks with their list of ten most banned and challenged books, materials that our local libraries display. This is a national campaign from the American Library Association in Chicago and is not a statement about any groups active in Macon County.

There have been requests by local library patrons to move certain explicit recently released books out of the young children's section and into the young adult section, but no requests to ban or censor books – an important distinction. There has been no organized demand to remove books from our library shelves. Once again, please attend these public library board meetings and observe for yourself how hard the board members work to balance the needs of the community.

Carlyn Morenus, the librarian of the Hudson Library in Highlands, recently gave a highly informative and well-received talk to the Highlands Rotary Club about the impressive array of services our libraries offer. Community outreach is extensive and sensitive to the needs of Macon County citizens. Our local libraries deserve our continued support and involvement.

**Kathy Smith
Highlands**

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• INK PENN •

Choosing your next read

How do you choose which books to read at what time? For me, the choice is often dictated by what arrives at the library, where I regularly put books on hold. Sometimes, they come in within a few days. Other times, it can be months. Sometimes, I come home with five or six books. Other times with only one. When I don't have a stack of library books to choose from, I turn to my Kindle and catch up on books I've downloaded and not gotten around to. Heaven forbid, I run out of books.

This week's selections were chosen from the TBR stack on my desk because my ship came in at the library. I knew I wasn't in the mood for the Jane Harper book set in the Australian outback. Her books are extremely well-written but very serious. So, I turned first to a gothic romance, something I've rarely read as an adult. Who knows why?

A Dreadful Splendor by B. R. Myers

I'm not sure what made me place this book on hold. Perhaps it was reading that it won a Mary Higgins Clark award. Or maybe it was the blurb from "The Globe and Mail" describing it as a "... gem of a book [that] sparkles with wit and originality . . . There is no shortage of tricks and feints in this excellent novel and Genevieve is a delightful character."

Whatever attracted me to it, the author Victoria Holt came to mind as I became immersed in the story. I read her gothic romances as a teenager, and I have vivid memories of purchasing her books at school book fairs, along with those of Phyllis Whitney and Mary Higgins Clark.

The setting is a grand estate in Victorian England, complete with a murder victim, a damsel in distress, and possibly even a ghost. It wasn't jolly, but it was a jolly good read. The twists kept me guessing until the



Kathy Manos Penn

end. If gothic romances appeal to you, I recommend you grab this one.

The Lost Man by Jane Harper

I'm a Jane Harper fan and picked this book up thinking it was part of her Aaron Falk series. Instead, I discovered it's a standalone and what a tour de force it is.

The pacing seemed slow at first, and the uncluttered sentences seemed to mirror the isolation of the life and the land in this bleak Australian setting. This is the remote outback, sparsely populated with cattle ranches and men of few words.

When the middle brother of a ranching family is found dead in the brutal heat and sun, nowhere near his car, the question is not only how but why? Everyone knows not to set out without water and supplies in the desert. Why did he leave his car without water and walk an unbelievable distance? There's nothing wrong with the car, and no evidence he was forced to leave it. What happened?

The suspense builds as family secrets come to light. Was the victim troubled? Did he commit suicide? Because walking in the desert is a sure way to do it. Did someone want him dead?

It's not the police who piece together the clues. It's the family history and dark events of the present and the past that finally reveal the truth of what happened. Let's just say, "I never saw it coming."

This week, I've turned to a cozy mystery set in 1920s England and book ten in The Chronicles of St. Mary's series. From there, who knows?

- Award-winning author Kathy Manos Penn is a Georgia resident. Find her cozy mysteries at Franklin Office Supply & Gifts, and on Amazon. Contact her at inkpenn119@gmail.com, and follow her on Facebook, www.facebook.com/KathyManosPennAuthor/.

...MAYOR continued from page 2

Again, the town has overhead costs such as replacing skates and equipment that need to be covered to some extent from fees.

The town will also be getting out of the commercial totter rental business where customers are charged a monthly fee. The preliminary plan is to turn over the existing town totters to businesses and then have the businesses replace totters when they wear out. That is the model for residential customers now.

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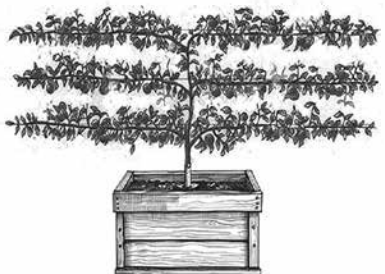
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of them have experienced lower reimbursements for prescription medications at the point-of-sale where they either break-even or lose money.

Highlands Pharmacy and other independently owned pharmacies in Western NC and across the nation are all facing disaster due to price fixing by discount drug companies like Good RX and Pharmacy Benefit Managers (PBM) practices.

"As per a North Carolina gag order, which is part of my contract with PBMs, I am not supposed to be telling and sharing what's happening but they are driving me out of business so what do I have to lose," said Sherry Sims, owner/pharmacist of Highlands Pharmacy in business for 96 years. "Consumers need to know what's going on, so I am breaking the gag order."

PBMs, which are the entities that actually pay the pharmacy, have imposed "gag clauses" that prohibit community pharmacists from volunteering the fact that a medication may be less expensive if purchased at the "cash price" rather than through the insurance plan. In other words, the patient has to affirmatively ask about pricing before information can be given.

PBMs serve as middlemen for health insurers, positioned between pharmaceutical manufacturers and pharmacy retailers. In their role as drug claim adjudicators, PBMs can leverage their size to negotiate contracts between manufacturers and retail outlets, securing drug rebates and determining which drugs are covered by various health plans.

To make matters worse, as of Jan. 1, 2024, pharmacies are being forced against their will to accept discount cards for transactions and associated fees for prescriptions submitted as an insurance claim.

Prior to Jan. 1, 2024, pharmacies were allowed to accept or decline prescription discount cards programs and associated fees they charge, but no longer.

For instance, Good RX has embedded discount card processing and fees inside regular insurance PBM transactions, and pharmacies have no ability to opt out. Due to the discount cards and the costs negotiated through the PBM, they get less.

Case in point:

"A local consumer who is diabetic needed an injectable drug named Mounjaro. If I fill it, I lose \$48. So, I had to call the patient and say I can't fill it. The patient understood and called Ingles Pharmacy, Walmart, CVS and Walgreens who all said they couldn't get it, which means even the big box pharmacies can't make money on the prescription which costs us more than \$900 to fill, so they are just saying they can't get it.

"This same consumer needed a migraine prescription filled but that cost was \$900 for nine pills. Again, I said 'I can't fill it.'"

Sims said in most cases consumers' insurance cover it for them, but it still translates to a break-even or loss scenario to her after buying the drug, and filling the prescription which includes labor, bottles, labels, and bags to take it to the point-of-sale.

Sims said, community pharmacists can't survive by just breaking even or worse losing \$2-\$240 per order when reimbursements are 18 cents or \$3.23.

"Obviously, not filling a prescription hurts consumers. They need their medicine. So, we independent pharmacists are getting creative. We charge a delivery fee, or a special-order fee, or charge \$48 for a candy bar, or a tube of lotion, which the consumer pays separately, because the transaction can't be tied to the medicine," she said.

Sims is urging people to sign her petition against the PBMs who she and others say are in direct violation of anti-trust laws.

"Their actions mutate prescription benefits initially presented at the time of enrollment. They use everyone to use their PBM-owned mail-order pharmacies or their PBM-owned big box chain pharmacies. That threaten the economic sustainability of community pharmacies," she said.

It all comes down to unfair PBM contracts and practices.

If it costs the pharmacy \$500 to buy a medicine and it is only reimbursed \$400 the pharmacy must accept the \$100 lost. It can't be passed on to the customer. The PBM expects the pharmacy to fill the prescription and take the loss.

Two additional major trends are driving decreasing reimbursement to pharmacies: DIR fees and copay clawbacks.

Direct and indirect remuneration (DIR) fees which are imposed on community pharmacies, sometimes weeks or months after a medication is dispensed, can eat up the pharmacy's profit on a prescription transaction, and sometimes even lead to a loss.

Clawbacks happen when PBMs instruct the pharmacy to collect an elevated copay amount and subsequently recoup the excess amount — and sometimes more — from the pharmacy.

According to NCPA's survey, 83 percent of pharmacists say they have witnessed clawbacks at least 10 times during any given month.

"Patients purchase insurance with the presumption that they will save money using the plan's designated health care providers,"

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GET TICKETS



Highlands Charlotte Westendorf drives to the goal against Murphy.

- Photo by Brian O'Shea, Plateau Daily News

Lady Highlanders tie after double overtime

By Brian O'Shea
Plateau Daily News

Highlands girls varsity soccer team hosted Murphy on Tuesday that ended up with a 1-1 final after taking it to double

overtime.

Highlands Aislynn Wyatt-Luck scored the Lady Highlanders sole goal.

Highlands has a conference record

• See TIE page 14

...FLY FISHING continued from 1



Anglers in the 3-River Fly Fishing Festival competed in teams of two. Pictured are two fishermen in the Tuckasegee River on Saturday.

- Photo by Brian O'Shea, Plateau Daily News

stocked with trout by the North Carolina Wildlife Commission.

"We want people to see the different types of streams in North Carolina," said Wilkes. "Don't just sit in a stocked hon-ey-pot all weekend, check out some of the wild streams. Plus, it's springtime, things are blooming, and the fishing is great."

This year's festival included 40 anglers competing in teams of two in either guided or unguided categories.

Wilkes said a heartfelt thanks goes out to the many local artists and businesses who donated prizes, including Jeannie Edwards, Pat Taylor, Berkshire Hathaway HomeServices, Old Edwards Inn.

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Be BearWise

What Bears Do In May

May at a Glance: All bears visit all the places where they reliably found food last year. Cubs learn how to climb up (and down) trees, and learn to “talk.” Cubs are still nursing, but start experimenting with bear food. Mother bears sometimes leave the youngsters alone and travel up to two miles to search for food. Cubs that are alone aren’t usually orphaned or abandoned.



they’ll grow big and strong and know how to take care of themselves by next summer.

Polar bear cubs often get to ride piggyback on land, but young black bear cubs usually follow their moms. Cubs quickly learn to stick together and close to mom; mother bears will sometimes pick up a cub by holding its head in her mouth if one of them is lagging behind or having trouble getting

Home Alone, Not Abandoned

If you come across a bear cub (or two or three) that seem to be abandoned, mom is probably off industriously searching for food and has left the cubs in or under a “babysitter tree.” It takes a lot of calories to stay in nursing shape and keep the cubs well-fed and growing; the mother bear may be two miles away. Or mom may be hiding nearby, stressed out and waiting for you to leave, so the longer you hang around, the longer the cubs will be on their own.

If you see bear cubs all alone, don’t pick them up or touch them. If you believe they are truly orphaned, take a quick photo of the cubs that shows the location (no selfies, please), note GPS coordinates if you can, and leave the area. Contact your state wildlife agency for further guidance.

How Big Is That Bear Cub?

Bear cubs may look cute and cuddly, but appearances can be deceiving. By the time they start exploring the area around their den they have very sharp little teeth and curved claws designed for climbing. If you’ve ever picked up a cantankerous cat, you know one reason why you should never pick up a bear cub.

Some cubs are born bigger and stronger than others, and litter mates can develop and grow at very different rates. In May, mother bears are still nursing their rambunctious youngsters. Cubs will begin experimenting with bear food, but typically aren’t fully weaned until late summer. A steady diet of their mother’s rich milk helps black bear cubs grow from about five pounds at eight weeks old to somewhere between 40 and 60 pounds by six months.

Close To Home

Mom and cubs hang close to the den at first. Cubs shadow their moms and start learning and mimicking some behaviors and vocalizations. Mother bears have a lot to teach their youngsters over the summer and fall so

over an obstacle. And occasionally a cub will “climb” up mom’s leg for a rest and a ride.

Ups And Downs Of Climbing

For cubs, climbing up is instinctive. By May cubs can scoot up a tree faster than you can say “Look at that cute bear cub!” Cubs seem to enjoy climbing and will sometimes climb way up into the tree and then discover they’re not sure how to get back down again. Sometimes mom must climb up and show the cubs the proper technique for safely backing down the tree, which is pretty much the same way people back down a ladder, only faster.

Cubs Learn Bear Talk

Mother bears will spend the next several months teaching their cubs everything they need to know to eventually survive on their own. One of the first lessons are the vocalizations that mean “Danger! Get up that tree now! And “It’s safe to come down.” Cubs instinctively know how to cry “I’m hungry” and “I’m scared.” A mother bear sometimes sends the youngsters up a tree to keep them safe while she stretches out on the ground below and takes a much-needed nap.

Where’s The Food?

Bears have a built-in GPS, great long-term memories and an uncanny ability to find their way back to anywhere they found reliable sources of food last year. So, if you had any bear visits last year, make sure the bird feeders are down, there’s no pet food or birdseed outside and the garbage is in bear-resistant containers or stored securely somewhere bears can’t see, smell or get at it. Screened-in porches, inside the garage that’s always open, in your truck bed or outside the back door are not secure places.

Thanks for being BearWise and giving cubs a better chance to grow up wild.

• *BearWise®. Created by bear biologists. Supported by State Wildlife Agencies. Dedicated to helping people live responsibly with black bears.*

...TIE continued from page 1

of 9-1-1, and tying Murphy ends a 4-game winning streak that leaves Highlands tied for first in conference with Swain. Beating Murphy would have earned Highlands an uncontested first place.

“They played well,” said Highlands Coach Caleb Brown. “They brought so much positivity to the game and they gave it 100%. We started slow but we grew into it, and they never gave up. Murphy is a good team with a deep bench and a great coach.”

Brown added that Highlands beat both Murphy and

Swain 5-1 on the road where he described their fields as “more suitable playing surfaces.”

“We’re asking a group of teenagers to go out and give it everything they have on a wet field, and they didn’t hesitate,” he said. “And it takes endurance to play 100 minutes, I commend them for that.”

As of press time, Highlands was scheduled to celebrate Senior Night on Wednesday when they host Tri-County.

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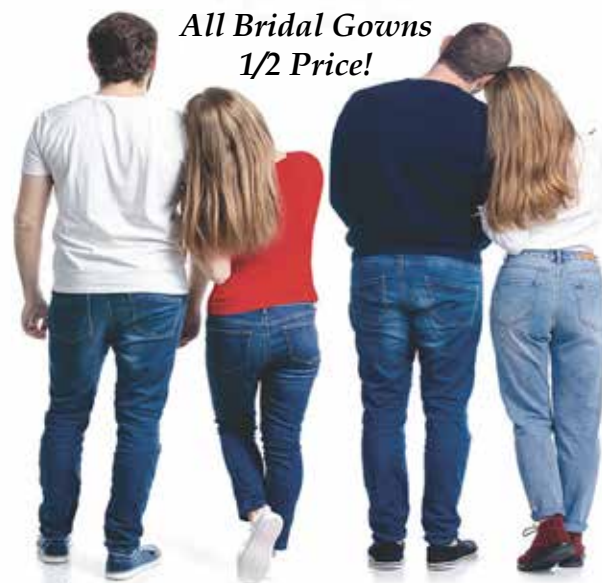


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Fri.-Wed., May 17-22

• The Rec Park gym and aerobic room will be **CLOSED**. floors are being re-finished. For more information, call Lester Norris or Janice Mathis at 828-526-3556.

POOL SCHEDULE

• Lap Swim: Mon.-Fri., 6-9:45a, and Sat., 10a-1p - 6 lanes. Water Aerobics: 18 yrs plus, Mon.-Fri. 10-11am with Karen Chambers. Adult Swim: 18 years old+, Mon.-Thurs 11a-3:30p and Fri., 11a-1:30p. Public Swim Mon.-Thurs. 3:30-7p; Sat. 11a-6p and Sun. 1-6p. For info, call 828-526-1595.

MEETINGS ALL WEEK

• Highlands/ Cashiers Alcoholics Anonymous "Open Meetings" are for anyone who thinks they may have a drinking problem or for anyone interested in the A.A. recovery program. Open meetings are held in Highlands @ the 1st Presbyterian Church, 471 Main St., on Monday at 5:30 p.m. and on Wednesday & Fridays @ 12:00 noon. Open in person meetings are held in Cashiers

@ the Albert Carlton Cashiers Community Library, 249 Frank Allen Rd. on Sunday at 5:00 pm, on Tuesday @ 7:00 pm, on Friday at 5:00 pm and on Saturday at 9:00 am. Cashiers Open ZOOM Meetings are on Wednesday @ 700 pm. ZOOM ROOM 921 817 2966 PASSWORD CVG2020. For more information please visit our website www.aawnc80.org or to speak with a member of A.A. 24/7 call our HELP Line 828 349-4357.

Mountain Findings Hours

April & May: Fri. and Sat. 10a to 1p. **June:** Thurs.-Sat. 10a to 1p.

Mon.-Fri.

• Nantahala Tennis plays at the Highlands Rec Park 9a-1p.

Mon-Wed-Fri

• Aerobics with Tina Rogers 8-9am at the Rec Park.

• Heart Healthy Exercise Class at the Rec Park 8:30-9:30am. The cost for the class is \$25 a month. The class is led by Cathy Hodgson. Contact the Recreation Department at 828-526-3556 for more information.

Second Mondays

• The local chapter of PEO, an off-campus sorority founded in the 1800s that provides grants and loans to women with financial need who want to return to school or further their education meets at 10 a.m. More meeting places call president Paula McDonald at 706-372-3004

• Indivisible Highlands from 5:15-6:15pm at the Hudson Library Meeting Room.

2nd Tuesdays

• Highlands Writers Group meets on alternate Tuesday afternoons at 3pm. Writers still uncomfortable with in-person gatherings may participate via Zoom meetings For more information contact Bud Katz at either 828-526-3190 or at budandlynn@me.com

Tuesdays

• Strength Training at the Rec Park 8:15-9:15 am. Aim for strong, lean muscles using light weights, body weight, and high repetition to shape and tone. Learn proper form and range of motion to safely target all muscle groups for a metabolic boost and feel great.

• At Hudson Library, Nature Kids on selected Tuesday mornings, For more info call the Hudson Library at 828-526-3031

• At Wayfarers Chapel, Workshop for Writers – Tuesdays from 5-6:30 PM. Facilitated by Sam Renken, this group has a simple mission: to foster and provide consistent community for local writers thereby giving writers of all ages and genres the opportunity to write, read, revise, and present their work to the group.

• ESL classes are held at the Presbyterian Church in Highlands from 6:30-7:30pm. No registration required – just show up and participate. Questions? call 828-526-0863 or email info@maconncliteracy.org

Wednesdays

• Hudson Library, in partnership with VAYA Health, is hosting an educational series on adult mental health topics, held on the first Wednesday of each month at 11 AM. This series is aimed particularly at older adults and will focus on mental health topics of particular interest to them, but all ages are welcome to attend. The

November 1 program is Dementia: A Deeper Understanding. Reservations are required for this free event. To register, stop by the library or call 828-526-3031.

2nd & 4th Wed.

• Digital Navigators will be at the Hudson Library the second and fourth Wednesdays 1PM - 3PM of each month to help patrons with their tech needs. Bring a smartphone, laptop, or other digital device to receive free assistance and support. No appointments are required - all are welcome.

• Pickle Ball inside and outside at the Rec Park. 10am-1pm, everyone is welcome so come out and enjoy a game of Pickle Ball.

Mon., Tues., Thurs.

• The Food Pantry behind the Methodist Church on Spring Street is open from 10a-6p.

• Exercise Class with Michelle Lane at the Rec Park at 5:30. A combination class with different types of exercise. Contact the Recreation Department at 828-526-3556 for more information

2nd & 4th Thursdays

• Dementia Caregivers Support Group, Moderators Chris and Fred ensure that the group is a safe place for judgement-free discussion. The next meeting of the Dementia Caregivers Support Group is February 22 at 10:15 AM at Hudson Library. For more information about the group, contact Chris at 772-473-1088.

Thursdays

• Kickboxing 8:15-9:15 am. at the Rec Park. An exhilarating and fun mix of martial arts for a calorie-burning workout. No martial arts background necessary Contact the Recreation Department at 828-526-3556 for more info.

• At Hudson Library, Family Storytime continues throughout the year on Thursday mornings at 10:40 AM.

• At Hudson Library, Kids Zone at 3:30 pm with a wide variety of STEAM, nature, and craft activities. For more information about any of these sum-



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mer activities, contact Hudson Library at 828-526-3031.

Saturdays

• Story Ballet - a gentle ballet & creative movement class for Children 3-4. The flow of class follows a story or theme that changes each month, engaging imaginations! Saturday 5:30-6:30pm. 828-421-6720

• Adult Ballet - crafted for beginners, but mindfully taught for all levels. Ballet is an excellent way to move, grow stronger, improve balance, flexibility and coordination while having fun. 6:30-7:30pm. 828-421-6720.

2nd Saturdays

• The Western North Carolina Woodturners Club meets in Highlands at The Bascom at 10 a.m. thru Nov.

3rd Saturdays

• The American Legion Post 370 meets at the First Methodist Church at 315 Main St. in their community room/909 chapel. We serve breakfast at 9 AM and hold our monthly meeting at 10 AM. We invite ALL veterans to attend - email ncpost370@gmail.com for more information or just join us at 9 AM on the 3rd Saturday of the month.

Sundays

• At Wayfarers Chapel, Sunday Service: 10 AM Sunday Morning. Stick around for visitation and coffee hour immediately after service. (Coffee hour is replaced by potluck dinner the 1st Sunday of each month).

Through May 10

• Register now for Summer Flag Football for ages 5-18 to be held Tuesdays and Thursdays in Highlands and Franklin in June. Registration is \$45 per person May 2 and May 9 from 6-7p at the Town of Highlands Baseball field, Saturday, May 4 from 10a-noon at the Highlands Rec Park OR at the Highlands Rec Park Front Desk any time through May 10.

Thurs.-Sun., May 9-12

• At PAC, Highlands Community Players presents "Always a Bridesmaid" at 7:30p and 2p on Sunday. For tickets go to: www.highlandscashiersplayers.com or call 828-526-9047.

Fri., May 10

• At the Hudson Library, NC author Diane Kelly, who has several cozy mystery series to her credit, will give a talk about her books and The Appeal of Appalachia on Friday at 11 AM. Books will be available for purchase and signing at this free program.

Sat.-Sun., May 11-12

• The 4th annual Bear Shadow will be held again at Winfield Farm in Scaly Mountain. Visit <https://bearshadownc.com/> for information about how to purchase tickets. Saturday begins at 1:30 and Sunday begins at 12:30.

Sat., May 11

• 3rd Annual FREE Highlands Dog Show in K-H Founders Park on Pine Street. Registration 1-1:30. Judging begins at 1:30 p.m. Award ceremony 2:30-3:30 p.m. Categories: Best in Show, Best Trick, Happiest Dog, Best Behavior, Looks Like Owner.

Mon., May 13

• At Rejuvenate Laser Center 209 Hospital Dr. Ste #202 in Highlands.. OBAGI DAY 9:30a to 3:30p. Raffle for Prizes and 20% off OBAGI Products. Free consultation. Call 828-482-4430 or 828-349-1280 for more info.

Thurs.-Sun., May 16-19

• At PAC, Highlands Community Players presents

"Always a Bridesmaid" at 7:30p and 2p on Sunday. For tickets go to: www.highlandscashiersplayers.com or call 828-526-9047.

Fri.-Sun., May 17-19

• The 2024 Franklin Gem & Mineral Show at the Robert C. Carpenter Community Building on the Georgia Road. Beautiful gems, jewelry, minerals. Hourly Door Prizes, demonstrations, displays and more. Open to the Public. For more information, email FGMSPresident1@gmail.com

Fri., May 17

• At the Literacy & Learning Center, Tinker time for Tots at 10 a.m., No registration needed. Free.

• High Style Meet & Greet in Kelsey Hutchinson Founders Park on Pine Street 5-6:30 p.m. Join us for an evening of mingling, sipping, and savoring. Music by Zorki. Food, beer and wine included in the ticket price. \$45

• Friday Night Live showcases traditional mountain music and exceptional local talent on Main Street's Town Square 6-8:30 p.m. – Silly Ridge (High Style event week-

• See EVENTS page 20

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From May to October, The Bascom will present its Atrium Series, featuring 20 retail artists in The Bascom's Greehey Atrium through four six-week presentations of work. The series will showcase artists from across the Southeast in a variety of mediums, curated by Anna Huff, the Grants Program Manager for the Metropolitan Arts Council in Greenville, SC.

Image credit: Meredith Skinner

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Funding is due in part to a Tourism Grant with Visit Highlands, NC.

• HIGHLANDS AREA EVENTS •

end)

Sat., May 18

• High Style Fashion Show in Town Square at 341 Main St. from 9:30-11 a.m. Whether you are a fashion enthusiast, a

trendsetter, or simply looking for entertainment, the High Style Fashion Show promises an unforgettable experience for all. Price includes seating, beverage and swag bag. * We encourage guests to em-

brace their personal style and dress to impress.* \$25 VIP seating

• **A benefit for Nurse Gina Fox on Saturday at the Cashiers Community Center at 4. \$10 pork plates includes drink and dessert, cake walk, raffle items, auction with an auctioneer, and family fun.**

• Saturdays on Pine features a variety of popular, regional bands and musicians at Kelsey-Hutchinson Founders Park 6-8:30 p.m. – Continental Divide (High Style event weekend)

Tues., May 21

• Boys & Girls Club of the Plateau ribbon cutting ceremony at its Highlands location on the HC Hospital campus - 171 Hospital Drive. Refreshments, outdoor activities and optional self-guided tour following the ceremony.

• Free Sports Physicals at Highlands School at 2 p.m. Rising 5th-12 graders who will be participating in NCHSAA sanctioned sports. A state-mandated sports physical is required prior to trying out for any sport. Parents or guardians should plan to attend the sports physical to answer questions the medical team may have during the exam. For more information contact Highlands School's Mission Sports

Medicine Athletic Trainer Will Mathiowdis at William.Mathiowdis@HCAHealthcare.com.

• Democratic Women of Macon County will have its monthly meeting at Hudson Library, Tuesday at 5 PM. Men are members and welcomed to attend. The speaker will be Hilary Wilkes, who is the Board of Education member from Highlands. Please come out and support her and enjoy the camaraderie. You are also requested to bring either wine or an hors d'oeuvres to share.

Thurs., May 23

• Highlands American Legion Post 370 and Highlands Wreaths across America will put out flags at Highlands Cemetery on Thursday at 4:30pm in observance of Memorial Day. The public is invited to help. Weather permitting.

Fri., May 24

• Hudson Library welcomes Alabama author Terah Shelton Harris on Friday at 12:30 PM for Books & Bites to talk about her new novel "Long After We are Gone." Books will be available for purchase and signing at this free event.

• Friday Night Live in Town Square 6-8:30 p.m. – McClain Family Band.

Sat., May 25

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5:00 - 8:00PM, Dinner at 6

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Rain or Shine, Tented Event at Oak & Pine Streets, Highlands, NC



Live Music by Back Porch Orchestra

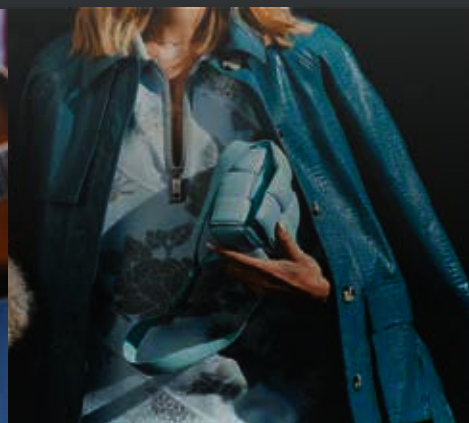
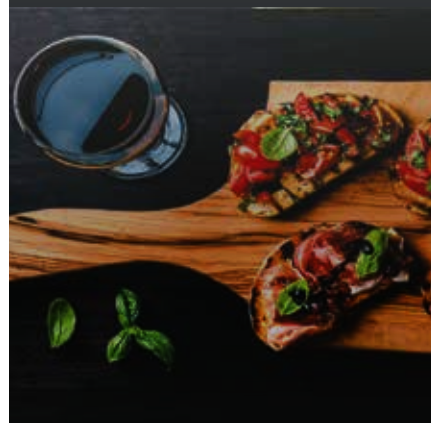
Tickets available at www.foundersparkhighlands.org and The Dry Sink on Main St.

Hosted by Friends of Founders Park, a 501(c)3 organization, www.foundersparkhighlands.org

MAY 17 - 19, 2024

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A celebration of Art, Cuisine, Fashion & Music featuring interactive art demonstrations and classes, culinary experiences, a fashion show, musical performances and so much more.



• HIGHLANDS AREA EVENTS •

• Saturdays on Pine at KH Founders Park features Southside Station 6-8:30 p.m.

• Highlands American Legion Post 370 will sponsor the annual POPPY DAY. "Poppy" distribution sights will be at Bryson's Food Store and Highlands United Methodist Church. Post 370 legionaries will be manning these locations from 10am until 3pm. Please proudly wear your "Red Poppy" in support of our freedom.

Mon. May 27

• Please join the Highlands American Legion Post 370 for the annual Memorial Day Ceremony at 10 am at Highlands Veterans Plaza (Across the parking lot from the Highlands police department at flagpole)

Thurs., May 30

• OEI's The Orchard Sessions with Highbeams, a trio of brothers and best friends who offer a high-energy performances and rich three-part harmonies. Light bites, a cash bar 6-8 p.m. \$40. Book Online: <https://www.simplerix.com/e/highbeams-orchard-sessions-at-the-farm-tickets-149352>

Sun., May 31

• Friday Night Live showcases traditional mountain music and exceptional local talent on Main Street's Town Square 6-8:30 p.m. – Byrds & Crows

Sat., June 1

• Pop-Up Bag Pipers are scheduled from 4:30 p.m. to 5 p.m.

• Saturdays on Pine features a variety of popular, regional bands and musicians at Kelsey-Hutchinson Founders Park 6-8:30 p.m. – High 5

Sun., June 2

• The Literacy & Learning Center's spring fundraiser at The Farm at OEI, 336 Arnold Road in Highlands, from 6 - 9 pm. Open Bar. Heavy hors d'oeuvres, dancing. Free shuttle service looping from 200 Main. Tickets are \$150 per person.

Wed., June 5

• Josh Stein, the Democratic candidate for NC Governor, will be in Cashiers (Village Green) at 5 PM. Even if you are not able to attend, your contribution

will be appreciated. Tickets for the event are \$125 and larger donations are accepted and desired by the campaign. You may purchase a ticket at www.joshstein.org/cashiers.

Thurs., June 6

• Highlands Motoring: "One Lap of the Mountains- Grande"- Driving Tour 8:30am-4pm

Fri., June 7

• Highlands Motoring: "One Lap of the Mountains - Speciale" Driving Tour 9:30am to 4pm. Main Street Parade of Classic Cars 5:30pm to 6:30pm

• Friday Night Live on Main Street's Town Square 6-8:30 p.m. – The Foxfire Boys

Sat., June 8

• Highlands Motoring: "Classics in the Park" Invitational Judged Car Show in the Kelsey-Hutchinson Park 9:30am to 4pm "Celebration Gala" 6pm to 9pm

• Saturdays on Pine features Bill Mattocks 6-8:30 p.m.

Sun., June 9

• Highlands Motoring: "High Octane" Social and Car Gathering in Kelsey-Hutchinson Park. 8:30am to 11am.

Fri., June 14

• With CLE, Award-winning Appalachian author Ron Rash

will be joining us at High Country Wine and Provisions on Friday from 2-4pm for an exclusive reading and Q&A for his new novel, The Caretaker. Wine and charcuterie will be provided, and City Lights Bookstore (Sylva) will be in attendance to sell copies of his book for signing.

• Friday Night Live in Town Square 6-8:30 p.m. – Spare Parts Bluegrass Band

Sat., June 15

• Low Country Shrimp Boil to benefit KH Founders Park. Doors open at 5. Dinner at 6. \$85 per ticket. Includes dinner, dessert and 3 drinks. Live music Tickets available at www.foundersparkhighlands.org, and The Dry Sink on Main Street.

• Saturdays on Pine at Kelsey-Hutchinson Founders Park 6-8:30 p.m. – Back Porch Orchestra

Thurs., June 20

• OEI's The Orchard Sessions with Andrew Wooten. Ear-catching vocals and genuine lyrics. Light bites, a cash bar 6-8 p.m. \$40. www.oldedwardshospitality.com/orchardsessions.

Fri., June 21

• Friday Night Live s on Main
• See EVENTS page 22

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Directed by Ricky Siegel

May 9, 10, 11, 12
and May 16, 17, 18, 19

Nightly at 7:30 pm, Sunday Matinees at 2:00 pm
Cabaret Seating \$35

THE LIFESPAN OF A FACT
A NEW PLAY

Written by
Jeremy Kareken,
David Murrell,
& Gordon Farrell

Directed by
Michael Lanzilotta

Aug 22, 23, 24, 25 and
Aug 29, 30, 31, Sept 1

Highlands Performing Arts Center, 507 Chestnut Street, Highlands, NC
For tickets go to: www.highlandscashiersplayers.com or call: 828-526-9047



2024

• HIGHLANDS AREA EVENTS •

Street's Town Square 6-8:30 p.m. – Curtis Blackwell Band

Sat., June 22

• Saturdays on Pine features a variety of popular, regional bands and musicians at Kelsey-Hutchinson Founders Park 6-8:30 p.m. – The HC Oakes Band

Fri., June 28

• Friday Night Live on Main Street's Town Square 6-8:30 p.m. – Johnny Webb Band

• OEI's Chef Dinners at The Farm. Chef to be announced. Book Online at OldEdwardsHospitality.com/ChefDinners

Fri., July 5

• Friday Night Live on Main Street's

Town Square 6-8:30 p.m. – Nitrograss

• OEI's Chef Dinners at The Farm. LAURENT-PERRIER CHAMPAGNE DINNER. Book Online at OldEdwardsHospitality.com/ChefDinners

Sat., July 6

• Saturdays on Pine features a variety of popular, regional bands and musicians at Kelsey-Hutchinson Founders Park 6-8:30 p.m. – Blaze the City

Fri., July 12

• Friday Night Live showcases traditional mountain music and exceptional local talent on Main Street's Town Square 6-8:30 p.m. – Silly Ridge

Sat., July 13

• Pop-Up Bag Pipers are scheduled

from 4:30 p.m. to 5 p.m.

• Saturdays on Pine features a variety of popular, regional bands and musicians at Kelsey-Hutchinson Founders Park 6-8:30 p.m. – Dive Bar Divas

Fri., July 19

• Friday Night Live showcases traditional mountain music and exceptional local talent on Main Street's Town Square 6-8:30 p.m. – Leadfoot Lily

Sat., July 20

• Saturdays on Pine features a variety of popular, regional bands and musicians at Kelsey-Hutchinson Founders Park 6-8:30 p.m. – Lazrluvr

Fri., July 26

• Friday Night Live showcases traditional mountain music and exceptional local talent on Main Street's Town Square 6-8:30 p.m. – Kettle

Fri., Aug. 2

• Friday Night Live showcases traditional mountain music and exceptional local talent on Main Street's Town Square 6-8:30 p.m. – Ezra & Katie

Sat., Aug. 3

• Pop-Up Bag Pipers are scheduled from 4:30 p.m. to 5 p.m.

• Saturdays on Pine features a variety of popular, regional bands and musicians at Kelsey-Hutchinson Founders Park 6-8:30 p.m. – The Holiday Band

Fri., Aug. 9

• Friday Night Live showcases traditional mountain music and exceptional local talent on Main Street's Town Square 6-8:30 p.m. – ABC Combo

Sat., Aug. 10

• Saturdays on Pine features a variety of popular, regional bands and musicians at Kelsey-Hutchinson Founders Park 6-8:30 p.m. – Will Thompson Band

Fri., Aug. 16

• Friday Night Live showcases traditional mountain music and exceptional local talent on Main Street's Town Square 6-8:30 p.m. – Steady Hand String Band

Thurs.-Sun., Aug. 22-25

• At PAC, Highlands Community Players presents "The Lifespan of a Fact" at 7:30p and 2p on Sunday. For tickets go to: www.highlandscashiersplayers.com or call 828-526-9047.

Fri., Aug. 23

• Friday Night Live on Main Street's Town Square 6-8:30 p.m. – Southern Highland Band

Sun., Aug. 25

• OEI's Chef Dinners at The Farm. 3RD ANNUAL SUNDAY SUPPER. Book Online at OldEdwardsHospitality.com/ChefDinners

Thurs.-Sun., Aug. 29-Sept. 1

• At PAC, Highlands Community Players presents "The Lifespan of a Fact" at 7:30p and 2p on Sunday. For tickets go to: www.highlandscashiersplayers.com or call 828-526-9047.

Fri., Aug. 30

• Friday Night Live showcases traditional mountain music and exceptional local talent on Main Street's Town Square 6-8:30 p.m. – Spare Parts Bluegrass Band

Sat., Aug. 31

• Saturdays on Pine features a variety of popular, regional bands and musicians at Kelsey-Hutchinson Founders Park 6-8:30 p.m. – Full Circle

Fri., Sept. 6

• Friday Night Live showcases traditional mountain music and exceptional local talent on Main Street's Town Square 6-8:30 p.m. – Johnny Webb Band

Sat., Sept. 7

• Pop-Up Bag Pipers are scheduled from 4:30 p.m. to 5 p.m.

• Saturdays on Pine features a variety of popular, regional bands and musicians at Kelsey-Hutchinson Founders Park 6-8:30 p.m. – Steel Toe Stiletto

Fri., Sept. 13

• Friday Night Live showcases traditional mountain music and exceptional local talent on Main Street's Town Square 6-8:30 p.m. – Silly Ridge

Sat., Sept. 14

• Saturdays on Pine at Kelsey-Hutchinson Founders Park 6-8:30 p.m. – High 5

Sun. Sept. 15

• Fourth Annual Highlands Porchfest on Sunday from 1-6pm!

Fri., Sept. 20

• Friday Night Live showcases traditional mountain music and exceptional local talent on Main Street's Town Square 6-8:30 p.m. – Curtis Blackwell Band

Sat., Sept. 21

• Saturdays on Pine at Kelsey-Hutchinson Founders Park 6-8:30 p.m. – The Boomers

Sun., Sept. 22

• OEI's Chef Dinners at The Farm. 6TH ANNUAL OYSTER & SEAFOOD FEST. Book Online at OldEdwardsHospitality.com/ChefDinners

Fri., Sept. 27

• Friday Night Live showcases traditional mountain music and exceptional local talent on Main Street's Town Square 6-8:30 p.m. – Nitrograss

THE FRANKLIN GEM AND MINERAL SOCIETY PRESENTS

The 2024 Franklin Gem & Mineral Show

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Beautiful Gems, Jewelry,
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MAY 17, 18, AND 19, 2024

10AM – 6PM Friday & Saturday,
10AM – 4PM Sunday

Robert C. Carpenter
Community Building

1288 Georgia Rd. Franklin, NC

For More Information eMail:
FGMSPresident1@gmail.com



• HOSPITAL NEWS •



From left: Tiffany Tolleson, RN Acute, Hannah Hough, RN-Admin Supervisor, Tom Neal, CEO/CNO Highlands-Cashiers Hospital, Kyleigh Watson, RN Clinical Nurse Coordinator Acute, Anna Claire Ramey, RN Case Manager

Celebrating Highlands-Cashiers nurses during National Nurses Week

The nation celebrates the profession of nursing during National Nurses Week every May 6 - May 12, ending on Florence Nightingale's birthday (12th). This year's

theme, "Nurses Make the Difference," honors the compassion and care nurses deliver in every health care setting.

• See **NURSES WEEK** page 27

BOYS & GIRLS CLUB OF THE PLATEAU

2024 May Fest

CELEBRATING 10 YEARS 2014-2024
Boys & Girls Club of the Plateau

Connecting creative family fun with knowledge makes us a great community of learners!

Activities:

- Learn while you play
- Raffle Prizes
- Snow Cones/Cotton Candy
- JAM Performance
- Jewelry Making
- Flower Printing
- Live animals including Llamas

Saturday, May 11th
BGCP & Frank Allen Rd.
from 12 - 3:00pm

FREE Food & Admission!

Scheduled Programs:

- 12:30: Llamas Arrive
- 1:00: JAM Performance
- 2:45 Raffle Drawing

REJUVENATE
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20% Off
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Free Samples

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OBAGI® DAY

When: Monday, May 13th

9:30am to 3:30pm

Where: 209 Hospital Dr, Suite #202, Highlands



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828-349-1280

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WHOLE LIFE MARKET

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Maggie Barden
Desiray Schmitt
Lauren Buckely

Nail Tech:

Jenna Schmitt

Upstairs and Across the Walkway at Falls on Main Highlands



Gina Fox and her daughter Cheyenne Fox

Fox benefit is Sat. May 18

There will be a benefit for Nurse Gina Fox on Saturday, May 18 at the Cashiers Community Center beginning at 4.p.m.

Pork plates which include a drink and dessert, are \$10. There will be a cake walk, raffle items, auction with an auctioneer, and family fun.

Gina is Dr. Patti Wheeler's nurse.

LAND FOR SALE



Downtown Highlands
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kirill@damianhallgroup.com
310.739.5204

...PERMITS continued from page 1

mit from Macon County. Whether it's new construction, renovations, or alterations in building use, all such endeavors fall under the jurisdiction of Macon County's building permit requirements. This process serves as a safeguard against haphazard development, ensuring that structures meet stringent safety and structural standards.

While the issuance of building permits might seem like a formality, it plays a pivotal role in ensuring compliance with building codes and regulations. Beyond legal obligations, adherence to these requirements fosters safer, more resilient structures that withstand the test of time and environmental challenges.

Macon County's Building Department has a document outlining 18 things that are required before a permit to be issued. The list includes obvious things such as the parcel number the construction will occur on and the township the property is in and the name of the property owner – but it also includes things that might not have been considered such as identifying the power company that will serve the project, whether or not the

property is in a watershed, septic approval and even the elevation.

In addition to that list, the building department also features information from Macon County Code Enforcement about what is required to be included on the building plans before a permit can be issued. These requirements include things such as floor plans, insulation r-values, window and door sizes and location and the heat source. Without these components identified, structures cannot be legally inspected and approved for occupancy.

While the consequences of non-compliance with zoning regulations and building permit requirements may vary, they are not to be taken lightly. Apart from the potential legal ramifications, failure to obtain requisite permits can have far-reaching implications. Notably, the tax office retains the authority to uncover property values for up to the current and previous five years. This underscores the interconnectedness of regulatory compliance and financial accountability.

Rotary Club of Highlands hears about Alzheimer's disease

At this week's Rotary Club of Highlands meeting, Denise Young Program Manager at Alzheimer's Association-Western Carolina Chapter explained that while there are multiple forms of dementia, Alzheimer's is its most common cause. Alzheimer's is a progressive brain disease that can destroy memory and other mental functions. There are many warning signs that can alert family and friends of

the possibility that a person may have Alzheimer's, and that one should seek medical help when certain symptoms appear. And while there is no cure for Alzheimer's, early diagnosis and new drug treatments can slow the progression. A lot of information is available at alz.org including lifestyle and dietary suggestions to slow progression of Alzheimer's. A 24/7 Helpline is available for more information 365 days a year.



Like new, 1-bedroom downtown Highlands apartment in Village Square

Walk-in closet and balcony.

One year minimum lease.

\$3,500/mth.

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Alex Lopez

-- Photo by Brenda Lopez

Highlands Hurricanes win 2024 Spring International at home

Steve Hott, Head Coach
Highlands Hurricanes Swim Team

On Saturday, April 20, the Highlands Hurricanes hosted the North Georgia Rapids (NGR) and the Jackson County Swim Team (JCST) at the Highlands Rec Park/ The Hurricanes won 582 to 266 to 79.

Leading the Hurricanes was Bella Batista who scored 28 pts and won four events. Scoring the 2nd most points were Stefan Halldin and Jr. Olympian and Academic All-American Swimmer Aniah McKim with 26 pts. They each won three events.

In her first swim meet ever, Ahava Hoagland and Jr. Olympian Finneaus Garner scored 24 pts and won two events. Garner set team records in the 50 freestyle and the 100 backstroke. He also set the pool record in the 50 free.

Alyse Remery, Ben Halldin and Anna Shchelgachova scored 22 pts. Remery broke the team record in the 1650-yard freestyle and won two events. Halldin and Shchelgachova each won a race.

Jayne Powell, Alex Lopez, sisters AnnMarie and Charlie Hinton all won an event. Powell and AnnMarie added 21 pts, Lopez and Charlie 20 pts. Justin Powell won two events and scored 17 pts, while Annabelle Searles, Aleks Petric-Sakonjic and in her first

meet Radiance Hoagland all scored 16 pts.

Petric-Sakonjic qualified for his first Jr. Olympics this summer in the 50 freestyle. Max Justin, Asa Garner, Morgan Mason and Ivan Shchelgachov all won 15 pts. Justin won a race.

Ben Shchelgachov, Emily Mason and Jr. Olympian Conner Hughes scored 14 pts. Hughes and Shchelgachov each won a race. Bo Curcuru, John Spencer, Agatha Justin, and Jr. Olympian Dasha Halldin scored 13 pts. Dasha won two races, Spenser won one.

Ian Batista, Nikita Denisoff and first-time swimmers brothers Gimmel and Blaze Hoagland, scored 12 pts. Cody Levy won 10 pts. Michael Spencer and 1st time swimmer Sheva Hoagland scored 8 pts. Stella Kerr won 6 pts, Andre Jimenez 4, Kate Vanderweile 2, and 1st time swimmer Zivi Hoagland scored 1.

The Highlands Hurricanes Swim Team is a Highlands Recreation Park Team that practices in the evenings at the Highlands Rec Park Pool. The only requirement to join the team is that a prospective swimmer must be able to swim 25 yards (1 length of the rec park pool) unassisted. For more information please contact Steve Hott, head coach at 828.421.4121.

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HIGHLANDS TRANSPORTATION MUDDY SNEAKERS CAMP

**PICK UP 8:00 AM AND
DROP OFF 4:00 PM
HIGHLANDS SCHOOL**

Students who are interested in participating in the Macon Muddy Sneakers Camp June 17-20 and June 24-27 can now opt for transportation to and from Highlands. The cost is \$40.00 per student (\$10.00 per day) for each camp. Please note on your registration that transportation is needed. A minimum of 5 students is needed for this service to be provided.



Scan to register or contact
Jennifer Love at
jennifer.love@macon.k12.nc.us



• SPIRITUALLY SPEAKING •



A Mother's Day Meditation

Pastor Mark Ford
First Baptist Church
Highlands

Sunday is Mother's Day. I shared these thoughts back in 2021 for Mother's Day and felt compelled to repeat the message, especially in light of a growing devaluation of motherhood due to a great decline in our national birth rate and the scourge of abortion. Though a secular holiday, Mother's Day carries the weight of sacredness. For it is women, created in the image of God, who are His special vessels to bring forth life, caring for and nurturing living souls from conception through childhood. Like Eve, they are the "mothers of all living" if I may slightly paraphrase ("Eve" meaning "life-giver", Gen. 3:20).

Mother's Day is a day of celebration for those who were blessed to have good mothers and gladly honor them. For others, a day heavy in nostalgia and maybe even regrets as mom is no longer alive and they miss her. It can be a bitter day for those who had no caring mother in their lives, or worse, abusive mothers. For some it may even be an unwelcome intrusion in their lives as they are reminded of mothers who engaged in the wreckage of sinful habits, ignoring them and their welfare.

On the other side of the isle, for the mothers it is a day to be lavished with love and thanks from appreciative children. Gifts and cards are the order of the day. Or it can be a day when unloving, unthankful children show disrespect and are uncaring. They ignore or dismiss the gift of life given to them by the woman they call "mom". They are unthinking about the sacrifices of time, energy, and emotional investments that were put forth to bring them to maturity and prepare them for life. They forget the comfort given them for skinned knees and torn hearts – the hugs and kisses that wiped away their tears.

Then there are those who long now in later life to be a mother but made wrong choices early on – casting aside the opportunity or even the gift of a child to pursue their own agendas. Also, there are those who have long desired a child to bring into this world and raise and love. But God did not allow them the joy, having some other purpose for them.

Simply put, Mother's Day can be a mixed bag for many women and people in general, depending on their status in life and their history. As a pastor, I rejoice with those mothers rightly honored and esteemed. As Proverbs 31 mother deserves praise, God tells us. I offer a hearty "AMEN!" for all godly mothers! But as a pastor, I also hurt for many children who are deprived or who have missed out on the blessedness of a mother "who fears the Lord" and gives her life for her children (Proverbs 31:25-31). As a pastor I hurt for those women who find themselves without children – either biologically, or

• See **SPIRITUALLY SPEAKING** page 30

• PLACES TO WORSHIP •

BLUE VALLEY BAPTIST CHURCH

Rev. Oliver Rice. Pastor (828) 421-1315

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

Sunday night services every 2nd & 4th Sunday at 7

Wednesdays: Mid-week prayer meeting: 7 p.m.

BUCK CREEK BAPTIST CHURCH

828-269-3546 • Rev. Jamie Passmore. Pastor

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

CASHIERS UNITED METHODIST CHURCH

Rev. Aryn Williams-Reubel. Pastor 828-743-5298

Sundays: School at 9:30 Worship 10:30

Wednesday night Dinner and Service 5:30

CHAPEL OF THE SKY

Sky Valley, GA • 706-746-2999

Sundays: 10 a.m. Worship; Holy Communion 1st & 3rd Sundays

CHRIST ANGLICAN CHURCH

828-743-1701 • 464 Hwy 64E. Cashiers, NC 28717

www.christanglicancashiers.com

9:30am Sunday School; 10:30am Worship Service. Mon. Night

Bible Study & Dinner, 6pm, call for details.

CHRIST CHURCH OF THE VALLEY, CASHIERS

Pastor Brent Metcalf • 743-5470

www.cashiers.church

Sun. 10:45am. S.S. 9:30am. Wed. 6pm supper and teaching.

Tues. Guys study 8am. Gals 10am.

CHRISTIAN SCIENCE CHURCH

283 Spring Street - Sunday Service: 10:30 a.m.

Testimony meeting: 3rd Wednesday at 5:30 p.m.

CLEAR CREEK BAPTIST CHURCH

Pastor Jim Kinard

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

1st & 3rd Sunday night Service: 7 p.m.

Wednesdays – Supper at 6 p.m.

COMMUNITY BIBLE CHURCH

www.cbchighlands.com • 526-4685

3645 Cashiers Rd. Highlands, NC • Sr. Pastor Gary Hewins

Sundays: Service 10:45am, Children's 10:30am

Wednesdays: Youth 5:30-7pm; Women's Bible Study: Mondays

4:30pm, Tuesdays 10am; Men's Bible Study: Wednesdays &

Thursdays 7am @ Zookeeper Bistro

COMMUNITY BIBLE CHURCH OF SKY VALLEY

706.746.3144 • 696 Sky Valley Way #447

Pastor Steve Kerhoulas

Worship: Sun. 10:30 a.m. Holy Communion 2nd Sunday

EPISCOPAL CHURCH OF THE INCARNATION

Rev. W. Bentley Manning, Rector • 526-2968

5th and Main streets • www.incarnationwnc.org

Sunday: Rite I, spoken, 8 am in Chapel, Rite II with Choir 10:30

am in Sanctuary, Wed: Healing Eucharist 12 pm in Chapel,

Morning Prayer: Mon-Thurs 8:30 am in Chapel

FIRST BAPTIST CHURCH HIGHLANDS

828-526-4153 • www.fbchighlands.org

Dr. Mark Ford, Pastor • 220 Main Street, Highlands

Sun.: Worship 10:45 am; Sun.: Bible Study 9:30 am

Wed.: Men's Bible Study 8:30 am; Women's 10:30 am

FIRST PRESBYTERIAN CHURCH

Emily Wilmarth, pastor

828-526-3175 • fpchighlands.org

Sun.: Adult Ed.: 10 a.m.; Worship 11 a.m.

Tues: Men's Group 10 a.m. Wed: Bell Choir 4 p.m. Choir: 6p

GOLDMINE BAPTIST CHURCH

(Off Franklin/Highlands Rd)

Sunday School: 10 am. Worship Service: 11 am

GRACE COMMUNITY CHURCH OF CASHIERS

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www.gracecashiers.com • Pastor Steve Doerter 743-9814

Services: Sundays 10am - Wed. - 7pm; Dinner - Wed. 6pm

HAMBURG BAPTIST CHURCH

Hwy 107N. • Glenville, NC • 743-2729 • Nathan Johnson

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

Wed. Kidsquest 6p.; Worship 7p.

HIGHLANDS ASSEMBLY OF GOD

Randy Reed. Pastor 828-421-9172 • 165 S. Sixth Street

Wed. Bible Study: 6 p.m.; Sundays: Worship: 11

HIGHLANDS CENTRAL BAPTIST CHURCH

Pastor Dan Robinson • 11339 Buck Creek Road

The Highlands Central Baptist Church is temporarily

sharing the facilities of the Shortoff Baptist Church.

Sunday Worship is at 9a. Wednesday Worship is 6:30p

HIGHLANDS UNITED METHODIST CHURCH

Rev. Dr. Randy Lucas. Pastor 526-3376

In-Person and live-streamed Worship Services

909a Bluegrass and 11a Traditional

www.highlandsmethodist.org

HOLY FAMILY LUTHERAN CHURCH: ELCA

2152 Dillard Road • 526-9741

Rev. Ken Langsdorf

Worship/Communion: 10:30 All are welcome.

Visit our website: Holy Family Lutheran Highlands NC

MACEDONIA BAPTIST CHURCH

8 miles south of Highlands on N.C. 28 S in Satolah

Pastor Zane Talley

Sundays: School: 10 a.m.; Worship: 11. Choir: 6 p.m.

Wed: Bible Study and Youth Mtg.: 7 p.m.

MOUNTAIN SYNAGOGUE

Franklin • 828-634-1312 • mountainsynagoguewnc.com.

Services: 1st /Fri. and 3rd Sat.

and Rosh Hashanah & Yom Kippur.

MOUNTAIN BIBLE CHURCH

743-2583 • Independent Bible Church

Sun: 10:30 a.m. at Big Ridge Baptist Church.

4224 Big Ridge Road (4.5 miles from NC 107)

Weds: Bible Study 6:30 p.m.; Youth Group 6 p.m.

OUR LADY OF THE MOUNTAINS

CATHOLIC CHURCH

Rev. Fr. Jason K. Barone – 526-2418

Tues. - 9:30am; Thurs. - 9:30am; Sat. 4pm; Sun. - 11am

SCALY MOUNTAIN BAPTIST CHURCH

Rev. Marty Kilby

Sundays: School – 10 a.m.; Worship – 11 a.m. & 7

Wednesdays: Prayer Mtg.: 7 p.m.

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• POLICE & FIRE REPORTS •

Highlands Police entries from April 27. Only the names of persons arrested, issued a summons/citation, issued a Class-3 misdemeanor or those of public officials have been used.

April 27

• At 2:25 p.m., officers received a report of shoplifting at Silver Eagle where \$20 of merchandise was taken.

• At 2:11 a.m., Duane Mario Kennedy, 55, of Highlands, was arrested for DUI and excessive speed on the Walhalla Road (NC 28). He was issued an unsecured bond for \$1,500. His trial date was May 8.

April 29

• At 6:37 p.m., officers received a report of a woman claiming a false defamatory statement had potentially damaging her reputation.

April 30

• At 8:30 a.m., officers responded to a 2-vehicle accident on Main and 1st streets.

May 1

• At 6:29 p.m., officers responded to a call of a simple assault when someone ran at a man and pushed him into a ditch.

May 2

• Karen Susan Reese, 61, of Highlands was issued a Criminal Summons for simple assault at a residence on Paul Walden Way.

May 4

• At 1:58 p.m., officers responded to a report of shoplifting at Potpourri on Main Street where \$80 worth of clothing was taken without payment.

The Highlands Fire & Rescue log from May 1.

May 1

• At 7:16 a.m., the dept. responded to a fire alarm on the hospital campus.

• At 12:37 p.m., the dept. responded to a fire alarm at a residence on East View Way.

May 2

• At 10:48 a.m., the dept. was

first-responders to a residence on Old Orchard Road.

• At 9:44 p.m., the dept. was first-responders to a residence on Wilson Road.

May 3

• At 3:13 a.m., the dept. was first-responders to a location on the Walhalla Road (NC 28).

• At 4:17 p.m. the dept. was first-responders to a residence on Old Orchard Road.

• At 6:10 p.m., the dept. responded to a motor vehicle accident on the Franklin Road (US 64 west).

May 5

• At 1:58 a.m., the dept. was first-responders to a location on Main Street.

• At 8:13 p.m., the dept. was first-responders to a residence on Rocky Ridge Road.

• At 11:55 p.m., the dept. was first-responders to a residence on Carl Chastain Road.

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...NURSES WEEK continued from page 23

There are more than 5 million nurses in the United States - they work in hospitals, clinics, doctors' offices, patients' homes, special-care facilities, prisons, military bases, schools and more. Nurses make up the largest share of health-care professionals in the United States and around the world.

At Highlands-Cashiers Hospital, we are so proud of everyone on our nursing team and are grateful for their way they care for our community.

"Our nurses are the heartbeat of healthcare, delivering not just medical care, but compassion, empathy, and support to our patients, their families and our colleagues," said Tom Neal, CEO/CNO of Highlands-Cashiers Hospital.

We asked several of our nurses at Highlands-Cashiers Hospital to reflect on the role they play in patient care, the impact of their

work and how they make a difference. Here's what they had to say:

"RN's are the heart of Healthcare. If I'm engaged it makes our patient's stay and healing better. My attitude at work impacts good outcomes."
-- Kyleigh Watson, RN, CNC

"My Role is to keep them safe and to help them improve and get better. A big part of how I do that is showing that I care. I build rapport with them - sometimes something as little as remembering their dog's name. I am their advocate."
-- Dawn Gilstrap, RN

"We help patients in their time of need, we help them to get back home, we help them feel better and help them to become independent. We are there for them to watch them grow. We are their support system. We are there to nurture and to inspire. We are Nurses!" -- Tracy Kennedy, RN, and Sarah, student RN

"It's the little things- for example I have a resident who loves to read but is not able to that as well any more. I brought a sheet magnifier to help him read until he can get to his eye doctor.

He was very happy. Little things make a huge difference, continuity of care, quality and reassurance for the resident - I love it here." -- Melissa Furst, RN

"Listening, working hard to take care of resident needs ... how you help them makes a difference, the little things and the big things." -- Amanda, Nursing Student

Nurses also have an impact on their colleagues. Here's what they had to say:

"Nurses provide support and love to those who need it the most. They are selfless and kind. They put others before themselves. From their care comes courage not only for their patient but for themselves," said Cal Isaacs, Senior Human Resources Partner at Highlands-Cashiers Hospital.

It is an honor to celebrate nurses and to thank the dedicated and amazing men and women who take care of our community. We offer our gratitude for all of our nurses this week and every week - thank you for all you do.

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• CLASSIFIEDS •

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HIGHLAND EXCURSION, an Active Tour Company is for sale. Call 864-373-4022 for details. Serious offers only. (st. 4/18)

PIANO - Yamaha Baby Grand. Excellent condition. Call Susan (828) 526-9846. (st. 3/21)

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LAND FOR SALE - 3 tracts, 7.5 miles south of Highlands, 8.64 acres with spring, by far the best view in the area at \$200,000; 6.12 acres with spring (already subdivided into 2, 3-acre lots) \$140,000; 3.99 acres with southern exposure, \$70,000. 828-974-1137. (5/16)

TINY HOME LOTS FOR SALE. \$30k-\$55k/ea. Each lot comes with water, power, and sewer run to each lot. www.TinyMountainEstates.com for more info. (st. 11/22)

RV SITE - class A only - in Wildflower Creek RV Resort. Just minutes from Highlands and Sky Valley. Full hook-up, concrete pad, landscaped and storage shed. Reduced \$192,500. For more info call 828-421-1709 or email bobnancync@gmail.com. (st. 1/25)

FOR RENT

LONG TERM FURNISHED ONE BEDROOM APT. in Highlands, Full Kitchen with Elec. Stove/Oven, full-size fridge, bath, sm deck. Single Adult only, no pets. Private Entrance, W/D access, Internet, Hulu TV. Six-month minimum lease, utilities included, 1400.00 Month. 828-482-2613. (st. 5/9)

2 BDRM/2 BATH FURNISHED APT - living room with fireplace- dining area- new kitchen- huge covered porch - W/D - 1.5 miles from Main St. \$3,000 month utilities included - avail. June 1. 561 310-5085. (st. 5/9)

1 BEDROOM, 1 BATH free standing furnished cottage for rent. Single level house has new washer/dryer, new heat pump, new bed, covered deck, back up gas heat. Two miles from center of town. Water and sewer included. 1200 per month. Available for one year lease. Call or text 828-342-4819. (st. 5/2)

SEASONAL NEW LOG CABIN ON SAGEE DRIVE. 2 bedroom & 2 bath suites on Creek. 1 1/2 mile to downtown. Monthly or seasonally \$8,700 (1) month \$7200 (3) Months. email: renee7726@gmail.com (st. 5/2)

LIKE NEW 1/BED APT. downtown Highlands in Village Square. Walk-in closet and balcony. One year minimum lease. Unfurnished. \$3,500/mth. Call Robin at 828-200-0044. (st. 3/21)

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• See CLASSIFIEDS page 31

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...CLASSIFIEDS continued from page 29

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• AMERICAN LEGION POST 370 EVENTS •



Thursday May 23

Please come pay tribute to those who have served this nation, now resting in The Highlands Cemetery.

Phil Potts, community coordinator for “Flags and Wreaths for Veterans” in coordination with American Legion Post 370, will honor veterans interred in the Highlands Cemetery on Memorial Day, the 4th of July and Veterans Day and support the “Wreaths Across America” in December.

Please join us placing an American flag on each Veteran's grave Thursday May 23 at 4:30 pm at Highlands Cemetery. Meet us at the flagpole. As each flag is placed, we honor the Veteran by thanking them him/her for their service.

American Legion Post 370 gives a very special thank you to Phil Potts for his dedication to honoring our veterans no longer with us. Again, join us

...PHARMACIES continued from page 10

says NCPA's CEO, B. Douglas Hoey, RPh, MBA. “Copay clawbacks turn that logic on its head. A copay becomes a full pay — and then some.”

In addition, when using the Good RX discount drug card price algorithm, a portion of the transaction is passed back to the PBM and the insurance company.

State and federal anti-trust legislation is in the works and is seen as the only way to prevent the community pharmacy train wreck.

Senator Amy Klobuchar of Minnesota and colleagues have introduced anti-trust legislation to prevent algorithmic price fixing by companies colluding to set higher prices.

“Price fixing is illegal under our antitrust laws, but the development of automated price setting algorithms can create loopholes in the current law that could be



Saturday, May 25

Highlands American Legion Post 370 will sponsor the annual Poppy Day Sat., May 25.

On Poppy Day, all American's are encouraged to wear a “red poppy” as a symbol of honoring the fallen and support the living heroes who wear and have worn the nation's uniforms.

Each May, American Legion posts throughout the country distribute “red poppies” to those wishing to show visible support for those who did and do protect our freedoms.

Benefits from this mission support the future of veterans, active-duty military personnel and families with medical and financial needs.

“Poppy” distribution sights will be at Bryson's Food Store and Highlands United Methodist Church. Post 370 legionaries will be manning these locations from 10am until 3pm.

used to unfairly raise prices on everything,” said Klobuchar. “My bill will strengthen antitrust laws and guarantee transparency to prevent companies from fixing prices with algorithms and enable consumers to get the full benefit of competition.”

Sims is urging everyone to stop in at the pharmacy and sign her petition which she is sending to everyone – Highlands mayor Pat Taylor and all legislators on the state and federal level in hopes that legislation can stop PBMs from spread pricing and participating in other price-gouging practices.

“It costs about \$15 or more to actually process and disperse a prescription not including the cost of the medication. Reimbursements of .81 and .63 cents don't even cover the cost of a label. This is shameful and disgraceful,” said Sims.

To learn more go to: <https://youtu.be/NWJ9ZqxssWw?si=xdntNybPkjMPABgV>



Monday, May 27

Please join the Highlands American Legion Post 370 for the annual Memorial Day Ceremony Mon., May 27 at 10 am at Highlands Veterans Plaza (across the parking lot from the Highlands Police Department at flagpole).

What began as “Decoration Day” in May of 1868 has evolved into today's “Memorial Day.” This is a day of solemn remembrance for veterans no longer with us.

These service men and women, no matter the time of service nor branch need to be saluted for donning the uniform of our great nation. Everyone is invited.

...SPIRITUALLY SPEAKING continued from page 26

emotionally abandoned by their children. I hurt for those women who now regret choices made that have deprived them of the joy of a baby's smile, a baby's first word – “Mommy” – watching them take that first step with mom's help, the first day of school, graduations, and weddings.

For you who have good mothers, and you who are blessed with good children this coming Sunday, I hope you have a blessed day and rejoice in the gift of Motherhood. For those who feel a great disconnect this Sunday – or even pain – I pray that God will comfort you. As Isaiah 66:13 says, “Like one who is comforted by his mother, I will comfort you” says the Lord. With God in our lives, none of us need be motherless. And with so many hurting, abandoned, or abused children needing our love and support, none of us need be childless.

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