

Highlands' Newspaper

FREE

Volume 8, Number 33

PDF Version - www.HighlandsInfo.com

Thursday, Aug. 19, 2010

FRI	SAT	SUN
		
78 \ 65F	71 \ 63F	70 \ 60F

Friday & Saturday

• Live Music at The Downhill Grill at Scaly Mountain Outdoor Center 7-9 p.m. BYOB.

Sat., Aug. 21

• The Highlands Memorial Post #370 of the American Legion meets at the Shortoff Baptist Church. Breakfast/Meeting at 9 a.m.
• At Paoletti's Restaurant, intimate Wine Tasting at the bar at 1 p.m. \$20 per person.
• Greenway construction of a new trail in the Rec Park. Call Hillrie Quin at 526-2385
• Just for You "Cindy's Celebration of Life" at the Highlands Community Building. 5-9 p.m. Spaghetti dinner, music & auction.

• Benefit for Fred Munger at the Rec Park with BBQ, Auction and singing. 5-9 p.m.
• At Cyprus International Restaurant, live music beginning at 9 p.m.

• At Paoletti's Restaurant, "Not Even Brothers" playing acoustic at 10 p.m.

Through Sunday, Aug. 22

• At Highlands Playhouse, "Lettice & Loveage," a comedic play. For tickets call 526-2695.

Thurs.-Sun., Aug. 19-22

• HCP's "Dearly Departed" at PAC. For tickets call 526-8084.

Friday, Aug. 20

• At Community Bible Church, "The relationship between nutrition and disease," 9:30-11:30am. FREE. Call 526-4297.

Monday, Aug. 23

• HCP auditions for "Life with Father" at 5:30 p.m. at PAC. Call Ronnie Spilton at 526-0306 or Kirk Howard at 828-734-5756.

• Mirror Lake Association meeting is at 6 p.m. at the Civic Center.

Tues., Aug. 24

• At Wolfgang's Restaurant a wine dinner featuring Reynolds Family Vineyards. Reservations required. \$95 plus tax & gratuity. Call 526-3807.

• HCP auditions for "Life with Father" at 5:30 p.m. at PAC. Call Ronnie Spilton at 526-0306 or Kirk Howard at 828-734-5756.

Wed., Aug. 25

• At First Presbyterian Church, Balancing the Scales — A Study of the Middle East Conflict with Dr. Don Mullen, 5-6:30 pm.

Bank wants to reduce Riverwalk density

Conditional use zoning has been requested for the Riverwalk subdivision by its current owner Macon Bank.

At the Wednesday, Aug. 18 Town Board meeting, Town Planner Joe Cooley, said the purpose of the rezoning request is to "re-plate the subdivision to allow adequate sized cottage lots for carports and garages which will reduce the number of

lots in the 30-acre subdivision to 58 from the original 70. Basically to reduce density."

The 70-lot subdivision was approved by the Town Board on Nov. 5, 2005 for 59 cottage lots and 11 river lots. The cottage lots were to house homes built by the developer and the river lots were to be sold to individuals who would build their own homes.

On May 15, 2009, Macon Bank foreclosed on the property and now wants to re-plate it for 47 cottage lots and 11 river lots.

In addition, two shared drives have been requested for cottage lots 29, 30 and 31 and another for river lots J and K to reduce the environmental impact of building the roads. In addition, the bank

• See RIVER WALK page 11



This is just a rendition of the possible look of the proposed 5,000 sq. ft. Post Office building at the corner of NC 28 and US 64 currently occupied by Furniture South and the Wachovia satellite bank. The building including parking and driveway would take up about 1.3 acres of the site.

Town support needed for new Post Office

An urgent request for support for a proposed post office at the corner of US 64 and NC 106 has gone out to the community.

Jane Woodruff, who recently purchased the five-acre tract for a little over \$5 million, is offering to build a 5,000 sq. ft. mountain-style post office building on the site and plans to donate the building and the property it will sit on to the

United States Postal Service.

However, the USPS doesn't seem interested even though it would be a win-win — no rent, a free building and free land.

"She's doing this," said Jack Calloway, spokesman for the project, "so the citizens of Highlands no longer have to deal with dangerous and inadequate parking at the current site on NC 28."

In a recent letter Woodruff is asking the community to back the project. "Wouldn't you like to see an improved post office in a greatly improved location?" she asks.

In the letter, she says for a number of years, the people of Highlands have been concerned about the dangerous parking situation at the Highlands Post Office

• See POST OFFICE page 11

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Candidates turn out for Q&A Forum

Only about 20 concerned citizens showed up at the Rec Park for the second candidate forum sponsored by "We the People" Tuesday night, Aug. 10, where some interesting questions were asked and answered.

Five candidates for District II were there — Charlie Leatherman (R), Ron Haven (R), incumbents Bob Simpson (D) and Ronnie Beale (D) and independent Vic Drummond. Two seats are open in District II.

Two candidates running for District I were there — incumbent Brian McClellan (R) and Allan "Ricky" Bryson (D). One seat is open in District I.

Sheriff Robert Holland has come to both forums — his opponent George Lynch wasn't present at either affair in Highlands.

After each candidate gave a brief biography of their lives and explained why they wanted to run for public office questions were taken from the public.

"What industries best fit for Macon County and would you sup-

• See FORUM page 6



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Waterfalls
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Highlands
Cashiers
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Website
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• THE PLATEAU'S POSITION •

• LETTERS •

Hard to tell about a satirist's real agenda sometime

Dear Editor,

With Fred Wooldridge's August 12 "Laughing at Life" column, the reader is torn between telling the writer to put his left hand on his right ear, right hand on his right ear and pull and/or laughing at the lunacy of the solution you say the electorate put in office.

One thing is clear. "W" was an honest and honorable man. Obama bin Biden is a narcissistic nincompoop who has put our beloved country into a steep economic, social and cultural decline. You must also credit his totally incompetent collaborators in the US Congress. I think you said some of this which as a Democrat must have painted you enormously.

Have you seen the picture of George W. Bush with the "silly smirk" on his face asking "miss me yet"?

Jack Price
Highlands

Will the real clown please stand up

Dear Editor,

This letter is in reference to Fred Wooldridge's column in the Aug. 12 edition.

Fred, You are truly a "clown." Anybody claiming that "The Chosen One" from the streets of Chicago is the answer belongs with Robert Gibbs, Steny Hoyer, Maxine Waters, Charles Rangel, Reverend Wright in their "QUEST" for the truth.

The never ending Obama excuses from the "failed" community organizer who seems to only want to blame Bush — as does the clown named, Fred.

Perhaps another "token" vacation to the Gulf for 27 hours might be the answer for "The Messiah" or send Foxy Michelle back to Spain to squander more taxpayer dollars.

"The Chosen One" after four years will make Jimmy Carter look like Thomas Jefferson! Fred, only a clown can defend this Obamnation!

Jim King
Highlands

Letters not fair to cyclists

Dear Editor,

I am writing in reply to the two letters about noisy motorcyclists visiting Highlands. The first thing I want to say is

that I was born and raised here in this lovely town. I was also raised around motorcycles and all in my family rode. We have always been respectful to others and DO contribute to the economy of this town, more so than someone on a weekend visit. My bike is louder than stock and if you have ever ridden much, you know there is a reason for that — it saves lives. No, I do not have the facts on this statistically but have experienced it firsthand as cars have started to turn in on me.

I know that no group of anything is perfect and will not always represent their genre to the best of their ability. I don't know of nor do I ride with anyone who would fall into this category. Most of the people I ride with belong to a Fireman's Macon County club and if for some reason you have trouble on the road you would be glad we rode by because we would stop to assist in any way we could.

It's kind of like music, a lot don't like my music and vice versa, but we have to tolerate sometimes what may bug us. But I do take offense to the letter from the lady in Georgia who was just visiting and her comments about motorcyclists' contribution to the economy of this town. I am sure that if she did have the facts, it may surprise her.

If I had the same attitude, I would have written about people driving slower than locals on the roads and not pulling over, people stopping suddenly when a view pops in sight, the way some park in the middle of the road on Main Street. But I don't nor will I because I understand why it

is that way and I am a tolerant person to our visitors and understand why they come here — the same reason we love to ride our motorcycles around this beautiful area.

Tim Hunter
Highlands

Candidates need to be more specific

Dear Editor:

The League of Women Voters is to be commended for conducting a forum in Franklin on August 12th, for NC State Senate and House of Representatives candidates for the 2010 election. This allowed constituents to listen to the candidates in person. Although written questions were collected from the voters, time constraints prevented candidates from responding.

After the forum, I spoke with Representative Phil Haire and Senator John Snow, asking each how they proposed to bridge the budget gap of roughly \$3.5 billion in the 2010-11 state budget.

Their only "solution" to the budget deficit was to blame Bush, rather than addressing out-of-control spending and unsustainable financial commitments.

We need better answers.

Gail Chapman
Otto, NC

Relay For Life of Highlands is success!

\$94,000 helps create a world with more birthdays

LETTERS-TO-THE EDITOR-POLICY

We reserve the right to reject or edit submissions. **NO ANONYMOUS LETTERS WILL BE ACCEPTED.** Views expressed are not necessarily those of Highlands' Newspaper. Please EMAIL letters by Monday at 5 p.m. There is a 500-word limit without prior approval.

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Dear Editor,

The past weekend's 10th annual American Cancer Society Relay For Life raised almost \$100,000 to support the Society's mission of saving lives from cancer, leaving countless volunteers exhausted, but happy after walking many miles around the track at The Highlands Recreation Park. Donations can still be accepted until August 26th. Please visit www.relayforlife.org/highlands.

"Through their hard work in preparing for the event, and by spending hours walking for the cause, Highlands' residents certainly did their part to help the American Cancer Society create a world with less cancer and more birthdays," said Debbie Grossman, Event Chair for the 2010 Relay For Life.

Highlands was represented by 21 Relay Teams comprised of over 279 people. The teams represented area families, faith-based groups, businesses, schools, clubs and other community organizations. Over 400 people came and participated in this year's Relay For Life of Highlands!

The top individual fundraiser was Debbie Grossman, who collected \$3,225 in donations. The top fund raising team was "Just For You," led by team captain Betty Fisher, which raised \$25,635. Luminary chair, Christine Murphy reported that 600 luminary bags and 30 tiki torches were purchased to honor cancer survivors and remember those lost to cancer. Dave Landis playing the bagpipes honored our luminary ceremony.

This year each luminary bag was anchored by a canned good. The food was then donated to Highlands food banks on Saturday, August 14. Serving two good causes in one night is a very good reason for residents of Highlands to celebrate what a generous community we live in.

"What a fantastic way to end our Relay season in North Carolina! Congratulations to Lisa Duff, Senior Community Manager for ACS, and her Highlands volunteers for closing out the weekend at \$94,000 on a goal of \$75,000. Way to go Lisa, Debbie and Betty. It was a beautiful event and we were fortunate enough to miss the rain during the opening. "Jimmy and I thoroughly enjoyed the Western NC barbecue and visiting with the volunteers" said Pamela S. Stallings, State Vice President, NC, ACS.

Knowing that more people in our community will face a cancer diagnosis this year, it is critical that we come together during Relay to help the American Cancer Society achieve its mission of saving lives by helping people stay well, by helping people get well, by finding cures and by fighting back. This year we registered 67 cancer survivors proving that Relay of Highlands is doing its share to create a world with more birthdays.

• See LETTERS page 3

• IN MEMORY •

Remembering Kevin Petrone

Dearest Jimmy and Vince,

I wanted to write a few words for you both in memory of your Dad. I hope it will help you to accept what has happened and make a path for you to move on with a lighter heart. The love and the memories you have of your Dad will always be with you. Always remember you will see him again. He is with Jesus and all our other loved ones in Glory, and one day we will be there too. And we will never be apart again.

Dear Kevin, God had a special plan for you before the foundation of the world. He would need a man with strong convictions of right and wrong, willing to make personal sacrifices, but remain humble. He would need an honest man. And he would need a man who would trust Him and not ask, "Why me?" God had a very special plan for you.

God gave you wonderful, loving parents and a supportive family. They love you so much! He gave you four sisters so you would learn to be tough and stand your ground. (Admit it- you liked being the only boy!) The bond you shared with your family was beautiful. God smiles when families love one another and don't judge. That's what Jesus has been trying to tell us for 2000 years!!! You were listening. God had a wonderful plan for you.

You were called to serve your country and went to Viet Nam. Just a boy without a clue what would happen to you there, I'm sure you were scared. Your faith in God and love for your family brought you safely home. The tragedies you saw made you harder on the outside but softer on the inside, forever changed by the rawness of war. War made you strong. God was always with you. God was working on His plan.

Naturally, being the only son you felt it your duty to carry on the family name. God

honored your faith and love by giving you two amazing sons, Jimmy and Vince. You took the role of "Dad" to heart. There was never one day in 33 years that you didn't have your boys in your thoughts. You were always there for them, guiding, teaching, listening, helping, advising, visiting, and loving. What did they learn? God always has a wonderful plan.

Then Satan attacked your health. You pressed on. You fought back. You took good care of yourself. You lived a simple life. You worked hard and you did what needed to be done – never looking for the easy way out. You never complained and you never asked for sympathy. You knew that others had problems of their own and you never asked or expected anything from anyone. But you were always friendly. You were always ready to lend a helping hand to anyone in need, always had a kind word, always with a nod and a smile. Surely you prayed that God would strengthen you. And God was...every step of the way. God's ways are not our ways. God, in His wisdom allowed the pain because.....God had a marvelous plan.

God blessed you with three loving grandchildren. They loved their Papa Kevin. Your hugs and kisses were named Logan, Tristan and Brooklyn. No doubt they filled you with all the hugs and kisses you could possibly stand. God never leaves us empty. He will supply all our needs when we let Him. God had an awesome plan.

Then the day came for you to go to your Heavenly Home. We cried, "Oh God! No! No! No!" but God didn't listen. God always knows what is best for us. It was time for you to go. Your work on earth was done. You fought a good fight. You finished the course. You kept the faith. (2 Timothy

4:7) God had fulfilled his plan for your life here on earth. He molded and shaped and worked on you until He was more than satisfied with His finished product. The time had come for Him to welcome you home. And how were you welcomed? "For so an entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Savior Jesus Christ." (2 Peter 1:11) ABUNDANTLY!!!! God doesn't do anything lukewarm! GOD HAS BIG PLANS FOR YOU.

We miss you Kevin. Those of us, who knew you, knew we could always count on you no matter what. Thank you for always being there when we needed you. Thank

you for taking care of yourself so you could continue to be with us as long as you could. Thank you for being the best Dad in the world for Jimmy and Vince. We love you Kevin. See you later.

Jimmy and Vince, I am so proud of the men you have become! Your Dad loved you both with all his heart. I'm so sorry he had to leave you. We can't understand everything. Be thankful for the time you had together and the love you shared. Not everyone can say that about their Dad. Remember, you will see him again.

I love you with all my heart, too, and I'm always here if you need me.

Love always, Mom

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... LETTERS continued from page 2

Curt Crowhurst, NC, ACS, said "How awesome is this for the close of the year, Highlands finishing crazy strong: Current Net: \$94,000 on a goal of \$ 75,000. Congrats to Lisa Duff and the community in Highlands for the entire fundraising — dine outs, musical Fridays, live auction, Bark For Life, on-site-food, lots of kids games, Relay coffee sales, raffle baskets and raffle items.

Highlands created a varied fund raising portfolio to exceed their goal, including over \$22,000 in sponsorships. Lisa Duff deserves a great round of applause for helping steer the Highlands Community to go over their goal."

Thank you to Pastor Paul Christy for the opening prayer, Highlands Boy Scout

Troop 207 for Presentation of Colors, Pledge of Allegiance by Highlands Girl Scout Troop 219, The Star Spangled Banner, Mary Ann Worley, Country Cloggers, Cashiers Music Company, Singer/Guitar Players Chris & Tommy from Atlanta GA, Zumba Fitness by Mary K. Barbour, Fiddlin' Mitch, Country Bluegrass, and Lee Knight, balladeer.


Thank you Highlands community, our fantastic planning committee and our many, many sponsors!

Join the movement for more birthdays! Visit www.relayforlife.org/highlands and declare The American Cancer Society the official sponsor of your birthday!

Ellen Bauman
Highlands

Highlands Playhouse

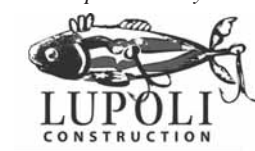
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• LAUGHING AT LIFE •

Going to the new dog park? Take a Shitzu

Darn, I missed the grand opening and official gala celebration at Highlands' new Dog Poop Park. I think the town fathers kept it from me. I wonder why? They know I do poop reports. I would have even rented a dog for the event.

But a good reporter such as li'l ole me never allows a setback like this to slow him down. I grabbed my steno pad and headed for the park in hopes of getting a few interviews. As fate would have it, I found a dog owner and her pet in the park.

"Excuse me, Madam, I'm a star reporter for Highlands' Newspaper doing a feature story titled 'Pooping in the Park.' Could you tell me where your dog is?"

"Oh my, a star reporter for Highlands' Newspaper; I'm so impressed. Are you married? If not, how about dinner? Do you love dogs?"

"Maybe you're a little confused," I responded. "I'm the reporter and I'm supposed to ask the questions. You just give me the answers."

"Fine....be that way, but you look young enough to drive at night," she snapped back. "Would you take my Shitzu to the park at night?"

"Huh! Excuse me...you want me to do what?"

"My Shitzu. My li'l poopka baby cakes sweetie pie; over there in the corner....next to the fence."

"Yes, I think I see it. The slow moving hairball with the limp. Is that it?"

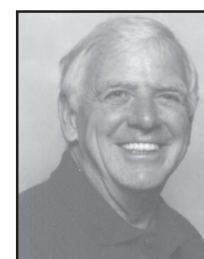
"I can explain the limp. At the gala opening, my li'l poopka got stepped on by the Mayor while cutting the ribbon. I think I'm suing."

"You'll have to wait your turn to sue," I responded. "Do you mind if I interview your....li'l poopka? By the way, does poopka have a real name?"

"Well, you can try but I must warn you, sometimes she's not that friendly. I think she hates men. And to answer your question, her official name is Shih-tzu Kou Von Shisha. When you approach her, just call her Shisha....ya know, like the hookah pipe."

I nodded my head as if I understood, "I see. She is Shitzu, the Shisha.... I mean Shisha the Shitzu. I think I have it"

"Hi, Shisha; come on girl, over here, (whistle, whistle), can I ask you a few questions? Your owner said it was OK."



Fred Wooldridge

Feedback is encouraged!
email:

askfredanything@aol.com

Shisha turned to face me. "Ha, if she said it was alright you must not be married and drive at night. Did she invite you for dinner yet? That's her M.O."

"Actually I'm a star reporter for the paper doing a feature story on the new Dog Poop Park. Do you like coming here?"

"Do I like, you ask? Ha, I don't just like....I

love. Best thing Highlands ever did....except for when the Mayor made me a cripple for life. My owner used to take me into the woods so I could 'do my duty'....that's what she calls it....'doing my duty'. Is that stupid, or what?"

"She comes here looking for men and I like coming because she has to bend over with a plastic bag in her hand and pick up my runny mess. For me, it's a power thing; a dog over human kinda thing. Also, she has a bad back and sometimes it takes her a while to straighten up. Last week she had to crawl to the picnic bench carrying that runny mess. Take my advice and run from here as fast as you can."

As I trotted from the park, I spotted a Schnauzer coming in. The dog was making a weird sound.

"Mark, mark, mark, mark," the dog growled, showing his teeth and straining on his leash to attack me. "Mark, mark, mark, mark," he continued.

"Excuse me, sir, I can't help but noticing that strange noise your dog makes." I asked, "What's that about?"

The man smiled, "He was born with a hairlip. I think he knows he's different and that's why he's so mean. I just let him "mark" away. If I take him off the leash, you're toast."

I asked the man, "Why do you come here?"

He responded, "it's a great place to pick up women and maybe snag a free dinner."

"You are soooo in luck," I said. "See that woman over there grimacing in pain. I think she might be just what you need....if you drive at night."

I left the park feeling so gratified. Thank you, Highlands, for Dog Poop Park.

Have you read Fred's book, *I'm Moving Back to Mars*?

• THE VIEW FROM HERE •

What this country needs is a bigger stove and fewer distractions

Governing America is like trying to cook Thanksgiving dinner on a one-burner Coleman camp stove while the kids from the next tent are trying to douse you flame with water balloons.

President Obama is embroiled with defense of his position on a mosque at Ground Zero and his wife's hotel bill in Spain while the country remains adrift in a deep and lengthy recession.

Health care legislation is seen as a victory for the President, even if the measure was half baked. He was ultimately forced to take what he could get, like removing the partially cooked turkey to make room for the dressing. No one likes his turkey rare and citizens will have to choke down the added health care costs in the absence of real reform in the health care system.

It is an administration reminiscent of a Chinese performer with too many plates in the air and too many distractions from hecklers. There is important work to be done in this country, but for many the ultimate goal is to watch President Obama standing amid a sea of porcelain shards.

Republicans are no worse than the Democrats. This president, the target until at least 2012, happens to be a Democrat. The ultimate objective is the failure of the incumbent so that the other guys can reclaim the Oval Office. The country is an even greater loser than the President. He merely slides further down the list of the Nation's leaders.

The country loses power, prestige, and position in the world, while our citizens grapple with a shrinking middle class, loss of jobs, and an unresolved immigration problem. We are waging an unsuccessful war in Afghanistan and withdrawing from Iraq with neither a stable government nor control of the country's oil reserves. Instead of meaningful debate about what to do in Afghanistan, Republicans are eager to tag the war as Obama's, while the Obama administration is still trying to blame President Bush.

Imagine thoughtful leaders discussing the situation, weighing the cost of remaining against the risk of departing, reaching a decision that is best for America, presenting it the American people, and taking action without regard for political gain. We could move forward into the future and leave to historians the task of assigning blame and awarding credit for decisions of the past.

There is so much to be done. There is

an immigration crisis. There are rusting factories and failing schools. In the land of plenty, there is an epidemic of obesity and its health related consequences. We must face the reality of poverty and illiteracy, and find a solution that demands that the poor help lift themselves from poverty even while society lends a helping hand. Let's recognize the definition of marriage, for all its political theater, is far less important than the rights of individuals to pursue happiness with the mate of their choice. The religious right and their political allies are more concerned with the rights of an embryo than the suffering of unwanted



Feedback is encouraged.
email:
hsalzarulo@aol.com

children.

There is so much to be done, such a feast to prepare, even in these trying times. Governing a nation of 300 million is hard work at best. Trying to do so in the present climate is as impossible as cooking turkey, yams, mashed potatoes, green bean casserole, cranberry salad, and pumpkin pie on a camp stove.

Only when our politicians become our leaders and cease to distract for the sake of distraction, only when progress rather than obstruction becomes their goal, only when we seek solutions to our problems than assigning blame for them, only then will the dinner bell ring for all of us.

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... FORUM continued from page 1

port a Super WalMart or another Ingles?" was the first one.

This spawned responses from all candidates with incumbents with Beale saying though the number of jobs WalMart will bring is good, but high paying jobs would be preferred because those lead to home buying. All candidates sang the praises of the reorganized Economic Development Commission whose job it is to entice new business to the county.

Everyone agreed that though important, the county had to look beyond tourism, construction and real estate to prevent the economy from being crippled again due to hard economic times.

Entertainment, technology and alternative energy industries were suggested, but

without the ability to offer tax incentives like in Georgia, Tennessee and South Carolina, Macon County's hands are somewhat tied.

Beale said the state's Machinery Act prohibits tax incentives and everyone agreed that needed to change but would have to be done at the state level.

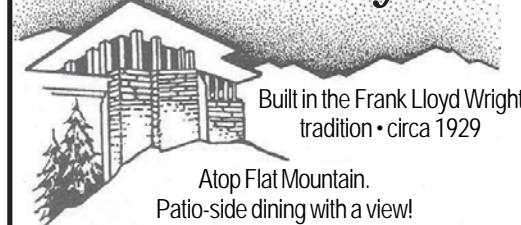
He and others said the days of smoke stack industries in Macon County are over and everyone wants clean industry to preserve the environment that draws people to the county in the first place.

Candidates were also asked about term limits, and though everyone said they aren't for them, Sheriff Holland said the only way to end term limits is to vote people out of office, because the ones in office, particularly

•See FORUM page 8

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• COACH'S CORNER •

Public Service Announcement

This is a public service announcement. Did you know that millions of people in the United States suffer from an affliction known as Seasonal Football Addiction?

SFA is a serious illness that has been known to cause serious problems in families and relationships. While the causes of SFA are known, at this time there is no known cure for this particular affliction. Do you or someone you love possibly suffer from this terrible disease? If the answer to this question is yes, here is some valuable information.

Seasonal Football Addiction normally develops during the month of August and lasts through the second week in February. This coincides with professional and college football seasons here in the United States. While the typical case of SFA only occurs during these months, there are some cases where the affliction is year-round. In these more serious cases, Arena Football, Canadian Football, College Spring Practice, Signing Day and the NFL Draft are usually the major causes.



Ryan Potts
tryanpotts@hotmail.com

While the signs and symptoms of Seasonal Football Addiction vary with the level of exposure, there are some symptoms that occur throughout the many diagnoses. Whether the addiction lies with a particular school or professional team or applies throughout the various leagues, people afflicted SFA will always exhibit the following symptoms when exposed to football.

- Tunnel Vision
- Craving for junk food such as beer and/or pizza, nachos, hot dogs, bratwurst, pretzels, hamburgers and barbeque.
- Selective hearing loss
- Temporary memory loss
- Loud screaming and or fist pumping
- Sweating, nervous ticks and pacing
- Increased levels of testosterone
- Desire to paint face and/or body

While these symptoms usually occur during direct exposure to football through television, they can also develop with secondhand exposure to football through radio, internet or the newest form of SFA exposure, the cell phone. To fully understand SFA, it is most important to understand the signs and symptoms of the disorder.

If you or someone you love is afflicted with SFA, there are some basic steps that you can perform to control the addiction and maintain a proper balance.

First and foremost, never attempt to interrupt someone suffering from SFA when they are being directly exposed to football, as this can be very dangerous. Instead, wait for a natural break in the direct exposure -- this can be found during commercials and halftime. People who have suffered from SFA for a long time sometimes watch several games at once, so be sure to plan ahead when attempting to communicate.

Secondly, when attempting to negotiate an alternative activity to football, be sure to offer positive alternate choices. Additionally, purchasing a TIVO or DVR device can greatly enhance your success when offering an alternate activity. (WARNING: deciding to leave football can be very difficult for people with SFA... this is a very common symptom referred to clinically as *Favreitis*)

As someone who has struggled with SFA for many years, I hope that this tutorial has been informative and can possibly help you or the one you love. As for myself, I know the next few months will be difficult, but I look forward to tackling SFA head on ... tackling ... the Saints did a terrible job of tackling against New England last week. (Sigh ... here we go again.)

...on this day Aug 19, 1902

Frederic Ogden Nash (Aug. 19, 1902 – May 19, 1971) was born, ironically, in Rye, New York. At the time of his death in 1971, the *New York Times* said his "droll verse with its unconventional rhymes made him the country's best-known producer of humorous poetry."

The very moment I logged in
I wanted to tell you about my hero,
Ogden.

There was this rather clever guy,
who had a perspective something
Rye,

one of New York's best known
poets,

so prolific it was hard to stow it.

In the town or in the city,
was quick to compose something
clever and witty,

and I have always been quite
passionate

about any work with a bit of Nash
in it

• HIS & HERS •

The End of My Cancer

On April 23, I had a routine colonoscopy, and found out that I had cancer. I knew then I'd have to write this column once I knew the outcome. I had 25 days of chemotherapy, simultaneous with radiation therapy, followed by surgery on August 11.

The pathology reports came back yesterday. They were, as my surgeon said, 'the best possible, given the circumstances.' They were clean margins and clean lymph nodes. The margins are the areas all around the site of the surgery. The lymph nodes are where cancer usually spreads first, from its original site.

In laymen's terms, I am cancer-free. Going into my purpose for this column was, and still is, to save some lives. Three of the most common cancers in America today are colon and prostate cancer for men and breast cancer for women. All three have a common characteristic. They can be often and easily cured if they are detected early.

Let me repeat that, and pardon me for shouting, but THESE CANCERS CAN BE EASILY CURED IF THEY ARE DETECTED EARLY.

What stands in the way of early detection? The tests for these cancers, especially colon and breast, are obnoxious. Everyone winces and shudders when the tests are mentioned. I know.

I felt the same way when a routine examination with no symptoms showing, saved me from colon cancer once before. That one was only pre-cancerous. But it would have developed to the point of killing me years ago, if I had let it go.

After one time at the rodeo, you get cautious. I got routine exams on a routine basis. The readers of my columns are, I know, older and better educated than most. Many of you are woman or men "of a certain age." Or, you may have risk factors for cancer in your personal or family history.

If there is any reason in your age or risk factors why you should have a routine exam for any of these cancers, set this column aside and make the call. A day or two's worth of discomfort, yes, and embarrassment, is a small price to pay for a couple decades of not being dead.

I've written about my situation as if it was, or had become, a day at the beach. It



**Michelle Mead-Armor &
John Armor**
michiemead@aol.com
John_Armor@aya.yale.edu

isn't and it hasn't. Chemotherapy and radiation both tear up your systems. When my father died of cancer, 40 years ago, both of those treatments were crude, in their infancy, and nearly as harmful as the cancer itself. Today, the reverse is true. Both treatments have been refined, and are used together to shrink the cancer in advance of surgery. That's

exactly what happened in my case.

With the good news I got yesterday, I ought to be in a good mood. Well, there is this gastric tube down my nose that is continuously draining my stomach. That is to compensate for the fact that my colon has not fully awakened from its slumber. And, did I mention that I've given up all pain killers to aid in that process?

Try being stitched up down your front like a baseball. Add to that your must cough to clear your lungs, to avoid pneumonia. Then add that I have refused any pain shots. Since August 11, I have eaten nothing but ice, and two cups of apple juice. Life ain't easy for a boy named Sue.

I am not, however, complaining. As

• See HIS & HERS page 11

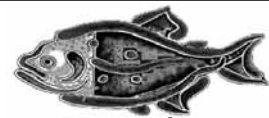
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... FORUM continued from page 6

at the State and Federal level, aren't about to vote themselves out.

Another question was "Will you keep property taxes equal for everyone in the county?" which of course was "yes."

Simpson said equal taxation is state law and the county commission sets a tax neutral rate to reflect the financial needs of the county.

McClellan said the county is committed to a revenue neutral budget. "The purpose of a revenue neutral rate is to bring in the same amount of money as the year before to sustain services in Macon County," he said.

Simpson said though sales tax proceeds are on the rise, the next segment to be cut from the county's budget will be jobs and services, particularly if taxes don't bring in the money needed to maintain services and jobs at the current level.

Another question was "How would you make county government more efficient?" - meaning would you cut unneeded expenses?

Drummond said he would visit with every department to see what could be cut.

Members of the sitting board explained that last year's budget was trimmed by \$5 million - line by line and department by department - and cut further during the year and this year's budget is 10% less than last year's.

They said cutting teachers, deputies, and EMS people is the last thing the county wants to do especially since the population doubles six months of the year.

"Those services are still required by the

people even though they are only here six months," said Beale.

McClellan said cross-training is a big part of the county's plan to cut costs and promote efficiency.

Participants also asked how much of the county budget is spent on state mandated expenses and the answer was 18%.

Finally, "How would you encourage the citizens to be vigilant concerning county government?"

The answer was simple - come to meetings, sit on boards and committees, participate.

"We need your input so get involved with your government," candidates said.

Leatherman said small groups evaporate at the state level but at the county level they can make a difference.

The group "We the People" decided to take a proactive stance toward politics beginning with the Q&As to encourage a more informed electorate this November.

They are also crafting a letter to politicians outlining four areas of concern for which they want answers from candidates and sitting politicians: term limits, a balanced budget, the elimination of earmarks (pork) and the assurance that Congress and their staff or anyone in Federal government will not be exempt from the laws and statutes imposed on the people - health care, social security, retirement, etc. - were specifically noted.

The next Candidate Forums are September 14 and October 12, 7 p.m., at the Rec Park.

- Kim Lewicki

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• CONSERVATIVE POV •

Get a job!

In 1957, the Silhouettes recorded a song about a guy whose woman constantly nagged him about getting a job. He tried and tried to no avail, but his woman didn't believe him, and misery prevailed. I am in no way finding humor in today's unemployment situation, but rather I'm trying to assess the administration's effort to right the ship.

As I mentioned last week, the Chair of Obama's Council of Economic Advisers assured the world that if Congress would only authorize a spending frenzy of \$872 Billion of your dollars, unemployment would be held to eight per cent or below, the then current level. It was billed as a jobs creation bill and that shovels were ready and waiting to start digging. So, in February 2009, the funding was approved and the superfluous spending ensued.

By May 2009, the unemployment rate was 9.4 %. The administration and Congress were so busy constructing the health care monstrosity, they hardly noticed. When it was called to their attention, they cried "jobs, jobs, jobs, we're devoted to creating jobs." And they authorized extended unemployment benefits and went back to their nefarious enterprise while the unemployment rose ever upward. By October 2009, the unemployment rate stood at 10.1 %.

In the spring of 2010, with their health care ambitions satisfied, and the people continue to be jobless, our leaders cried "jobs, jobs, we're all about jobs," provided more unemployment benefits and dove into Financial Regulation arena. Meanwhile, the unemployment rate hovered in the mid to high nines. With all guns aimed at Wall Street, the people remained without gainful employment.

Let's take a brief trip down memory lane, shall we? Quoting from the Hot Air website: What a difference a (D) makes! In 2003-2004, George Bush got derided for talking about economic recovery during the 2004 election campaign while unemployment declines from 6.2% to 5.6%. Critics derided it as a "jobless recovery." Now, however, an increase in unemployment has become a measure of *improvement* in the economy as it goes up to 9.5%." Any of us who were paying attention at the time remember the incessant mantra of the leftist media screaming "jobless recovery." Now that the rate is 50+% higher, unless you watch Fox News, you just don't hear it at all.

Meanwhile, Nancy (Madam Speaker)



Don Swanson
Feedback is encouraged. Email
swansonson@dnet.net

is trying to put the best possible spin on the health care disaster, which is meeting with stiff opposition (too little, too late). She, who had maintained all along that the health care legislation was actually a jobs bill, said that, "thanks to the new health care reform law, musicians and other creative types could quit their jobs and focus on developing their talents because taxpayers could fund their health care coverage. We

see it as an entrepreneurial bill, a bill that says to someone, if you want to be creative and be a musician or whatever, you can leave your work, focus on your talent, your skill, your passion, your aspirations because you will have health care. "WHAT? Oh, my, what planet do you hail from?"

On July 1st, Nancy was quoted as saying, "Unemployment benefits are creating jobs faster than practically any other program." She was defending a jobless benefits extension against those who say it gives recipients little incentive to work. Nancy, listen up. If unemployment benefits are creating jobs faster than practically any other program, PERHAPS THE OTHER PROGRAMS AREN'T WORKING. A certain sign of desperation is when your statements start bumping into each other with increasing frequency. And they are.

To bring the subject up to date, about two weeks ago, Obama used his daily television appearance to tell us morons that the recovery is coming right along and that his policies are working (a cruel use of the word). A couple of days later, the unemployment figures were released showing an increase in the number of first-time filings for unemployment (a decline was expected). The decline actually occurred in the Dow Jones average, which tanked dramatically.

Congress was called back into session from their two-month recess to vote a \$26 billion bailout bill into law. Dave Camp, Michigan Congressman, puts it this way. "Democrats suggest the State and local bill to be considered in the House will temporarily "save" certain government jobs. But what they won't tell you is that the \$9.6 Billion in permanent tax hikes that they would impose to 'pay for' that extension of stimulus would destroy 141,000 private sector jobs. That would be on top of the 2.5 million private sector jobs already eliminated in the wake of their 2009 stimulus plan."

I think we're being jobbed.

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... POST OFFICE continued from page 1

when entering and exiting off Hwy 28.

The 12 parking spaces bordering NC 28 provide convenient access to patrons' post boxes but it creates a very dangerous safety hazard when attempting to drive in to or out of the parking area, she said.

"According to published postal regulations, this imposes a liability to the Postal Services and a threat to the town's people," she said. "However, at the present time, the US Postal Service doesn't agree that the situation presents a threat to the community but all of those who have had accidents or near misses there would strongly disagree."

According to Police Chief Bill Harrell every year between three and four accidents occur at that location.

After several failed attempts of communicating not only the need but the benefit to the USPS, Calloway said Woodruff has decided to take the issue to the people and to the Town Board.

At Wednesday night's Town Board meeting, the board signed a resolution in favor of the new location and Woodruff is asking citizens who believe a new post office building in the new location would benefit Highlands to write her at P.O. Box 1657, Highlands, NC

... HIS & HERS continued from page 7

Maurice Chevalier said of old age. "It is fine, considering the alternative." The alternative is what I came to talk with you about, today. There are people reading this right now, whose lives can be saved, if you get an exam right now.

Let me repeat that, YOUR LIFE MIGHT BE SAVED IF YOU GET A CANCER TEST TODAY.

I expect and hope that about five people will have their lives saved by my relating my experiences in this column. And, yes, the title of this column was a deliberate pun. If this works for you, please let me know.

Note that I haven't mentioned my

... RIVERWALK from 1

wants a 15-ft setback from the right-of-way so all the homes can be moved closer to the road to reduce the construction impact on the lots.

Commissioner Amy Patterson said these kinds of requests are what we need to do to minimize asphalt and stormwater runoff. "I hope the Planning Board will look favorably on this."

Since the Town Board OK'd the request, it now goes before the Planning Board which has 30-days to submit its recommendation to the Town Board. After the Town Board gets the Planning Board's recommendation, it schedules a public hearing and owners of all parcels of land abutting Riverwalk must be mailed a notice of the proposed zoning designation, as well.

After the public hearing, the Town Board must make a decision on the conditional zoning request at its next regular meeting.

— Kim Lewicki

28741.

"If you remember, the Town Board didn't want the post office built where it is now, so if we can move it somewhere else we would like it. But we couldn't convince them then," said Commissioner Amy Patterson.

The proposed facility would be situated on 1.3 acres on the southwest corner of US 64 and NC 106 and would offer enlarged and updated functional requirements, a safe traffic pattern and convenient parking, with no cost to the USPS and without the need for the USPS to hire more people.

The post office could serve as an anchor at the far west end of town and may play a part in revitalizing an area of town that has fallen off the grid.

Mayor David Wilkes said having the post office at the corner of US 64 and NC 106 will make it clear that Main Street starts there, as long as it doesn't "look" like a typical post office, he said.

Furniture South's lease expires Oct. 31, 2010.

Calloway said definite plans have not been formulated for the remaining acres on the tract but said it won't include a performing arts center or an Ingles as purported.

doctors or nurses. There were nine doctors, and many more nurses. I am grateful for the excellence of their medical care.

Changing subjects abruptly, part of the goal of my surgery was to be ready on September 12 to march down Constitution Avenue with 38 of my fellow citizens, dressed as the signers of the Constitution. I get to be Ben Franklin. There should be about a million Americans there. I hope the American press might even notice and cover that event.

• About the Author: John Armor practiced before the Supreme Court for 33 years. John_Armor@aya.yale.edu His latest book, now in print, is on Thomas Paine. www.TheseAreTheTimes.us

Officers join the force



At Wednesday night's Town Board meeting, Highlands Police Chief Bill Harrell swore in two new officers who came from the Macon County Sheriff's Department. Sworn in were Officer Andrea Holland and Auxiliary Officer Jonathan Phillips.

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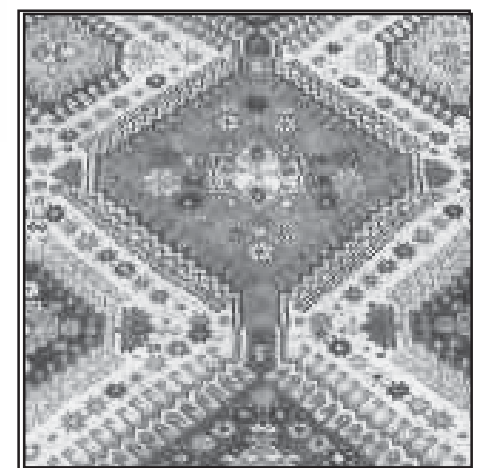
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(828) 526-3775

Call goes out to be 'bear smart'

Last week at the Sapphire Valley Community Center, noted bear photographer Bill Lea presented a slide show of his work, annotated by bear lore, bear safety advice, and bear facts. The presentation was followed by a question and answer period led by Lea and Greg Daniels, a law enforcement agent for the North Carolina Wildlife Resources Commission. A mama bear residents of the Whisper Lake community have named Tripod has

made a home for herself and her cubs at Whisper Lake this summer. "So it's necessary to co-exist peacefully with these native animals," said Pat Tracy, president of Whisper Lake Board of Directors.

Tracy shared information she has learned about bears in an effort to become "bear smart" and to co-exist.

- Bears are by nature shy and easily frightened. It is important not to startle or provoke them, especially if they are with cubs.

- Treat them with caution and respect, and enjoy them.

- The bears are hungry and looking for food and that's why they come into people's yards. It's that simple. It is ultimately harmful for people to feed bears which is what happens when people leave bird feeders out after dusk, don't clean outdoor grills, or make trash accessible to them. "This is harmful because they will become nuisance bears, and nuisance bears are often shot," said Tracy. "You are not doing them any favors by leaving bird feeder out late so you can photograph them."

- When a bear stands on his hind legs, he is not being aggressive he is merely getting a better view.

- The USFS and NC Forest Service have long said relocating nuisance bears is not an option. "They have a strong homing instinct and will find their way back," said Tracy. "Because their trip back can be ended by speeding cars, North Carolina will not relocate them."

- If people really feel threatened, bear mace, which is basically pepper spray, does work.

- Bear resistant trash cans are available. One of the least expensive 30-gallon cans is the Bearicuda Basic found at www.bearicuda.com. It is made of a poly plastic, has a screw-on lid, and costs \$58. Google "bear resistant trash cans," for more options.

Wildlife management officials continue to stress that people have moved into the bears' habitat, and that it is up to people to take steps to save their property from damage, "And perhaps save a bear's life in the process," said Tracy.



A resident of The Cotswolds subdivision off Webbmont in Highlands, snapped this shot of a mama bear right after she brought down this feeder 10:30 a.m. June 3. Unabashed she returned two days later with three cubs in tow.

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Ongoing and Upcoming Events



Ongoing

• At Scaly Outdoor Center, Summer Dry Tubing. Call 526-3737.

• At Scaly Outdoor Center, Trout Fishing. Call 526-3737.

• Hospital Tours: "Grand Rounds" at Highlands-Cashiers Hospital will be providing small group tours to interested area residents. Tours will be held periodically each month, through October. Tours begin at 7:30 a.m. and will include breakfast with HCH's doctors and a meet and greet with the new CEO, Craig James. Call the Foundation Office at 526-1435 as space is limited. Or RVSP by email at info@hchospital.org.

• Join us for lunch at Highlands-Cashiers Hospital, where from May through October, you can enjoy an hour long *Lunch and Learn* educational seminar,

on a variety of health topics, followed by Q&A session. Lunch provided; seating limited. Call 526-1313 or (828) 526-1250 today to make your reservation.

• At Health Tracks at Highlands-Cashiers Hospital, various exercise classes all week long. Call 828-526-1FIT.

• Nantahala Tennis Club meets everyday at 9 a.m. at Highlands Recreation Park. \$2 per person; all visitors welcome. Call 526-3556.

• YOGA - Moonrise Yoga -- The Dedicated Stu-

dio, 464 Carolina Way. Mon., 10 a.m. & 5 p.m.; Wed., 8 a.m. & 10 a.m.; Sat., 9:30 a.m. All Levels. Mats provided. 526-8880. More info at www.yogahighlands.com (10/28)

Sundays

• Aftershock Youth meets every Sunday Night at 6:30 p.m. downstairs at Cullasaja Assembly of God at 6201 Highlands Road, Franklin, NC. Contact youth ministers Seth & Sarha Henegar at 828 369-7540 ext

• See EVENTS page 14

'Dearly Departed' opens at PAC Thurs., Aug. 19 at 7:30 p.m.



Ladies of the Turpin family ready to host the after funeral repast. Actors left to right: Stephanie Dalton, Judy Maner, Paige McMillan, Shirley Williams, and Jennifer Royce.

On with the show, this is it! And how the actors in the Highlands Cashiers production of "Dearly Departed" have looked forward to this day! They look forward to acting on stage instead of in a rehearsal room. They look forward to hearing the laughter of the audience. They look forward to presenting their characterizations of the Turpin family and friends that they have worked so long and hard to develop

Those characters, with their all-too-human foibles and peccadilloes, fill this Southern comedy with hilarious situations. As the Turpin family makes plans for the funeral of Daddy Bud, played briefly by Ken Knight, Mama Ray (Jenny King) shocks the preacher (Dean Zuch) with her unflattering description of her late husband, elder son Ray-Bud (Derek Taylor) tries his best to keep costs down, wife Lucille (Paige McMillan) tries to keep peace, younger son Junior (Owen Leslie) attempts to appease his suspicious wife, Suzanne (Jennifer Royce), younger sister Delightful (Stephanie Dalton) smiles and snacks, and Aunt Marguerite (Shirley Williams) contends with her laid back son Royce (Stuart Armor). A colorful assortment of friends and neighbors add to the humor: Veda (Jody Read) with her invalid husband Norval (Jim Schulte),

Nadine (Faye Siegel) with her passel of kids, former yam queen Cousin Juanita (Judy Maner), good-ole-boy Clyde (Ron Leslie), and Merline (Tom Wise), irascible pianist of the funeral home.

Some good old gospel music is provided by The Joy of Life Singers, who perform for the preacher's radio broadcast and entertain the audience prior to curtain. Singers include Jeanette Brand, Donna Cochran, Wayne and Annette Coleman, Michelle Hott, Diane Rosazza, and Farrel Zehr.

Dearly Departed runs Thursday, August 19, thru Sunday, August 22, Friday, August 27 thru Sunday, August 29. Evening performances start at 7:30, Sunday matinees at 2:30, with an additional performance the final Sunday at 7:30 p.m.

The box office at the Performing Arts Center is open on week days 10 a.m. till 4:00, on Saturdays, 10 till 2, and before the two 2:30 Sunday matinees, at 1:00 p.m. On performance days the box office will be open all day till curtain time.

The play is directed by Virginia Talbot and Tanji Armor, assisted by Ruby Sanders and Ken Knight. It is sponsored in part by Building Technology Services of Highlands and Cashiers.

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Aug. 20-26

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rated R

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NANNY MCPHEE RETURNS
rated PG

Daily: 2, 4:15, 7, 9:15

THE EXPENDABLES
rated R

Daily: 2:15, 4:30, 7:15, 9:30

THE OTHER GUYS
rated PG-13

Daily: 2:10, 4:20, 7:10, 9:20

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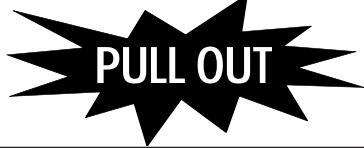
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Ongoing and Upcoming Events

Benefit for **Fred Munger** August 21 Highlands Rec Park



BBQ

Starting at 5:00

Serving BBQ pork & chicken by
John & Joe Munger
with cole slaw & baked beans

Auction

Starting at 6:15

Singing

Starting at 7:00 with
Mountain Top Blue Grass & Gospel
Mark & Jody Visage

'Wild Gardener' to highlight Highlands native plant conference

Get set for a particularly wild time at the 2010 Native Plant Conference, when Asheville's self-styled Wild Gardener, Peter Loewer, delivers a talk to the hundreds of guests in attendance. Loewer is a botanical artist and author of numerous books about gardening and native plants, including the very popular, Native Perennials for the Southeast, Growing and Decorating with Ornamental Grasses, Thoreau's Garden and Jefferson's Garden.



Peter Loewer

His address is set for 1-2 p.m., Saturday, September 11 and the Highlands Performing Art Center.

Another of his books, The Wild Gardener, was named one of the best 75 garden books of the 20th Century by the American Horticultural Society. He has a lively, monthly call-in garden show on Public Radio in Asheville and is the Contributing Editor for Carolina Gardener magazine. He also teaches art at several

schools, practices printmaking, and works on pen and colored-pencil renderings of native plants and their pollinating insects. For more info, click:<http://www.thewildgardener.com/index.html>

Loewer's talk, "A Gardener's Guide to Southeastern Native Plants," also will delve into the history of wildflowers in the gardens of Thomas Jefferson and Henry David Thoreau. Those who have heard him speak previously know that he is not shy about providing opinion on matters relating to native plants and perennials — so, get set for a lively discussion.

The registration fee for the entire event is \$100 for HBF members and \$135 for non-members. Register early to ensure your first pick for the fieldtrips. Please call the Highlands Biological Station for more information on the conference or to register for the event 526-2602.

- 203.
- Old Fashioned Hymn-Sing at the Little Church of the Wildwood in Horse Cove. 7-9 p.m. Sundays through Labor Day. Kay Ward – 743-5009
 - Mon. & Wed.**
 - Pilates Classes at the Jane Woodruff Clinic, 1st floor, at H-C Hospital taught by Sandie Trevathan at 4 p.m. A mat class for all levels. For info call 526-5852. (7/29)
 - Mon., Wed., & Thurs.**
 - On the Mat Yoga at the Episcopal Church of the Incarnation on Main Street. Enter through single door facing Mountain Fresh. Upper Level Jones Hall. Mon. & Wed/ at 7:30 a.m. and Thurs. at 10:4. Bring your mat. 828-482-2128. \$10/hour. (7/30)
 - Mon., Wed., Fri.**
 - Heart Healthy Exercise Class at the Rec Park. 8:30-9:30 a.m. \$20/month.
 - Step Aerobics with Tina Rogers at the Rec Park, 8-9 a.m. \$10 per class or \$50 a month.
 - First Mondays**
 - Participate in your hospital by joining the Auxiliary of the Highlands-Cashiers Hospital first Monday of each month at 10 a.m. at the hospital.
 - Mondays**
 - Closed AA meeting, 5:30 p.m. at the Episcopal Church at Fifth and Main streets.
 - Tuesdays**
 - Highlands Rotary Club meets at noon at the Highlands Conference Center at noon.
 - Closed AA Women's meeting, 5:30 p.m. at the Episcopal Church at Fifth and Main streets.
 - Tuesdays & Thursdays**
 - Kettlebell Class at the Rec Park with Ginger Baldwin at 5:15 p.m. Fast moving free weight kinetic chain movement for 30-40 minutes. \$8 per class. Call 526-3556 or 526-4959 to reserve a spot.
 - Wednesdays**
 - \$2 off bar drinks at El Azteca. 70 Highlands Plaza across from Bryson's Food Store.
 - The Highlands Mountaintop Rotary meets at 7:30 a.m. in the dining room at the Highlands-Cashiers Hospital. Enter the hospital in the main or emergency entrance and follow the signs downstairs. Visitors are welcome. Meetings end at 8:30 am.
 - Men's interdenominational Bible Study at 8:30 a.m. at First Baptist Church.
 - The Homegrown Buds, a homeschool 4-H club, meets at noon at the Macon County Library on Siler Road in Franklin at 1 p.m.
 - Wednesdays & Fridays**
 - Open AA meeting at noon at the Episcopal Church at Fifth and Main streets.
 - Every 3rd Wednesday**
 - Study sessions at the Universal Unitarian Fellowship Hall in Franklin. A \$5 soup-supper will be served at 5:30 p.m. Study sessions will begin at 6:30 p.m. Call 828-524-6777 or 706-746-9964.
 - Thursdays**
 - Al-Anon meeting, noon at the Episcopal Church on Main and Fifth streets.
 - Zahner Conservation Lecture Series every Thursday at 7 pm at the Highlands Nature Center May 13 through Aug. 5 It's free.
 - Friday & Saturdays**
 - Live Music at The Downhill Grill at Scaly Mountain Outdoor Center 7-9 p.m.. BYOB.
 - Every Third Saturday**
 - The Highlands Memorial Post #370 of the American Legion meets at the Shortoff Baptist Church. Break-

'Lettice and Lovage' on stage through Sunday at Highlands Playhouse



Cheryl Chalmers (L) and Regina Ress are all smiles after a very successful opening night of "Lettice and Lovage" at the Highlands Playhouse. Ms. Chalmers plays Miss Schoen and Ms. Ress is "Lettice Douffet" in the Peter Shaffer play which runs through Sunday, Aug. 22. For tickets call 526-2695. Shows are Tuesday-Saturday at 8 p.m. and Sunday at 2 p.m.

Ongoing and Upcoming Events



fast is at 9 am. Meeting is at 10 a.m. All veterans are invited to attend.

Every Fourth Saturday

• Friends of Panthertown work days, are the fourth Saturday of each month. (Time and location varies). Volunteers needed to maintain trails. For more information, contact Nina Elliott at 526-9938 (ext 258).

• The Scaly Mountain Women's Club monthly Pancake Breakfast. Breakfast is served in the remodeled historical school house from 7:30-10:30 pm. \$5.50 for adults and \$3.50 for children. Call Susan Bankston 526-9952 or email sfbankston@gmail.com

Saturdays

• At Paoletti's Restaurant, intimate Wine Tasting at the bar at 1 pm. Great values in wines from around the world, available for retail sales daily. A variety of wines for every palate. Wines change weekly. Cheese and Crackers are served. Cost: \$20 per person.

• At Cyprus International Restaurant, live music beginning at 9 p.m. No cover.

• Highlands Knitting & Needlepoint Guild meets to knit, crochet and needlepoint on the terrace at the Bascom. Questions? 526-1741.

Through Sunday, Aug. 22

• At Highlands Playhouse, "Lettice & Loveage," a comedic play. For tickets call 828-526-2695 or go to www.highlandspkayhouse.org.

Thurs.-Sun., Aug. 19-22

• HCP's production of "Dearly Departed" at PAC. For ticket information call 526-8084.

Thursday, Aug. 19

• Taize is Thursday at 5:30 PM at Our Lady of the Mountain Catholic Church. Taize is a nondenominational service of prayer, meditation, scripture and simple, beautiful music. No offerings are taken—these services are a free gift to the community.

• The Jackson County GOP is sponsoring a Meet Conservative Candidates Event on Thursday, August, 19th, 5:30 PM to 7:00 PM at the Village Green in Cashiers. Conservative candidates expected are those running for the Jackson County Commission, State Legislative Offices and Judgeships. Refreshments including hot dogs and beverages will be served. All affiliated and unaffiliated voters interested in hearing candidate's platforms are urged to attend. Additional candidate events are scheduled for Webster, September 2nd, Qualla, September 16th and Sylva on September 30th. Locations for the September and October events are to be announced. For additional information call Ralph Slaughter, Jackson County GOP Chair at Republican Headquarters, 828 586-9895 and 828 743-6491 or visit the website www.jacksoncountygop.com

Friday, Aug. 20

• At Community Bible Church, "THE RELATIONSHIP BETWEEN NUTRITION AND DISEASE." Are you concerned that children are getting diseases that just 30 years ago were reserved for the elderly? We want to share with you some simple ways to prevent disease and improve the quality of your life. Led by Carol Johnson, a nutrition counselor, and Rebecca Cothran, a whole grains supplier from 9:30-11:30am. Class is FREE but reservations are required for planning purposes: 526-4297.

Sat., Aug. 21

• 3rd Annual American Legion Post 104 "Veterans Still Serving America" Tournament, Smoky Moun-

tain CC, Whittier. Proceeds support community service and veterans programs. Fee \$60 per player, 2-person teams, captain's choice, 9 am shotgun. Goody bag, beverages, and post-tourney meal. \$200, \$150, and \$100 to top three teams in each flight. New Ford, other hole-in-one prizes. Raffle, door prizes, silent auction. Hole (\$100) and other sponsorships available. Pre-registration required, limited to first 92 golfers registered and paid. Contact Jim Nicholl at 293-5835 or jknicholl@verizon.net.

• At Paoletti's Restaurant, "Not Even Brothers" playing acoustic at 9:15 p.m.

• Greenway construction of a new trail in the Rec Park. The new trail will connect the Highlands Historical Society entrance to the existing trail system in the Rec Park. We lost our old route due to the great new dog park and have found a much better route that avoids walking through two parking lots at the Rec Park. We really need a lot of people this month so please sign-up if you can help. Please register with Hillrie Quin at 526-2385 or hmquin@verizon.net. We will meet in the upper parking lot (near the pool entrance) at 9 AM for a brief orientation session and then walk to the trail section for construction. Participants will be furnished the necessary tools and safety equipment. Participants should bring water, rain gear, and a day pack to hold them. Wearing clothes that can get dirty is advised. Lunch will be provided for the group based on the famous JIM AND MARY JO ASKEW'S FRESH TOMATOES!

• Just for You "Cindy's Celebration of Life" at the Highlands Community Building. 5-9 p.m. spaghetti Dinner, Music, Auction & Dancing. Featuring the Johnny Webb Band. In memory of Cyndi McCall.

• Benefit for Fred Munger at the Rec Park featuring BBQ, Auction and singing with the Mountain Top Blue Grass & Gospel and Mark & Jody Visage. BBQ begins at 5 p.m., auction at 6:15 p.m., and singing at 7 p.m. Fred is fighting bladder cancer.

Sun., Aug. 22

• A wine and cheese fundraiser for Jeff Miller, candidate for the U.S. House of Representatives opposing Heath Shuler, will be held at The Metz home in Pinchot on Sunday from 5:30-7:30 pm. The event is organized by the Mountain High Republican Women's Club and the chief sponsor is prominent golf architect Tom Fazio. The attendee donation is \$50 per person. For reservations, information or to become a sponsor/host, please call MHRWC President Melisa McKim at 828 200-0437.

Monday, Aug. 23

• Mirror Lake Association meeting is at 6 p.m. at the Civic Center.

• The Jackson County GOP's Orville Coward Forum on Public Issues program featuring speaker Retired U.S. Marine Corp General Geoff Higginbotham is Monday at 7 PM at the Sapphire Community Center in Sapphire. For additional information call Ralph Slaughter, Jackson County GOP Chair at Republican Headquarters, 828 586-9895 and 828 743-6491.

• HCP is conducting auditions for "Life with Father" at 5:30 p.m. at PAC. Needed are 4 adult males; 2 adult females; 4 boys ranging in age from 6 - 17; 1 teenage girl; 5 females of varying ages to play maids; 1 red haired small dog. Scripts/synopses are avail-

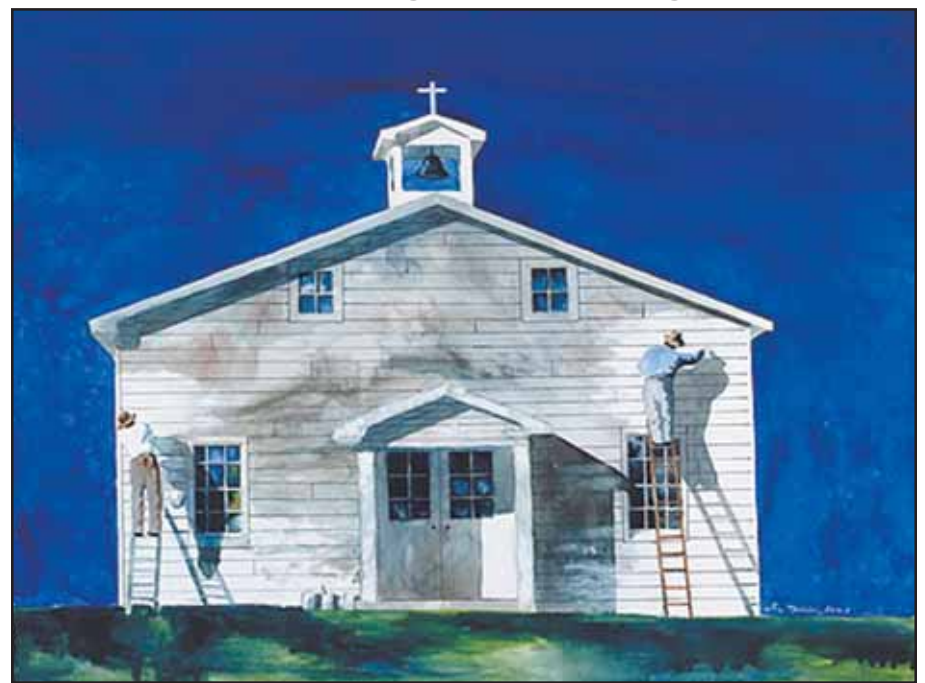
• See EVENTS page 16

Good food, good music, and an auction for a good cause Sat., Aug. 21 at the Community Building



On Saturday, Aug. 21, the Just For You Relay for Life Team and June's Place will present a spaghetti dinner, auction and live music by the Johnny Webb Band at the Highlands Community Building. In addition to raising funds for the American Cancer Society, the event will be in memory of Cyndi McCall. 5-9 p.m.

Artist Larry Mauldin to be featured at Art League meeting



On Monday, Aug. 30, the Highlands Art League meeting is from 5-7 p.m. at the Highlands Civic Center. After a social half hour, artist Larry Mauldin, former president of the South Carolina Watercolor Society, will be doing a demonstration of his dynamic watercolor painting techniques for the Art League of Highlands. Guests are always welcome. For further information contact Dottie Bruce, President 828-743-7673.



Ongoing and Upcoming Events

able at both the Highlands and Cashiers libraries. No formal audition preparation is needed. Performance Dates: October 28-31; November 4-7. For additional information or audition date conflict, contact director

Ronnie Spilton at 828-526-0306; rspilton@verizon.net or assistant director Kirk Howard at 828-734-5756; kirk@bearap.com.
Aug. 24-28

'Care and Feeding of the Human Brain' A CLE Lecture

By Bette S. Banks

The Center for Life Enrichment (CLE) will present psychologist, Ed Hamlin, Ph.D., on Thursday, August 26, 1:00 until 3:00 downstairs at the Martin-Lipscomb Performing Arts Center.

Dr. Hamlin will discuss some of the findings from the rich stores of research on the brain that have been done in the past ten to fifteen years. This research has given us information that not only can influence how we live our lives but also how we can enhance those lives through putting our information into action. While proper nutrition, exercise, relationships, and most importantly attitude are not new concepts to any of us, just what role these concepts play in our everyday lives, as supported by neuroscience, may help us tune our antennas into the advice proffered with

more sensitivity. Dr. Hamlin will talk to us about the structure and operation of the brain, how it changes as we age, and active responses we can make to maintain our brains functioning optimally.

Currently Clinical Director of the Pisgah Institute's Center for the Advancement of Human Potential, Dr. Hamlin has taught at UNC Chapel Hill and at Duke University. He is a psychologist who does both clinical work and research. His workshops are focused on the topic of the relationship between the brain and the mind.

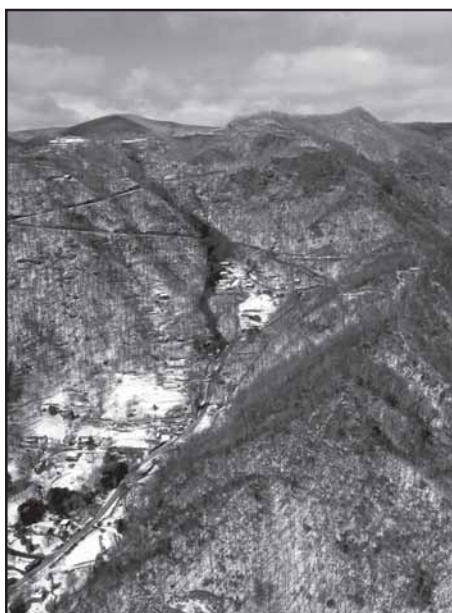
Tickets for this event may be obtained from the CLE office or at the door. The cost is \$20 for members and \$30 for non-members. For registration and or information, call CLE at 526-8811 or go online at www.clehighlands.org.

'Landslides of Western North Carolina'

Landslides are one of the most common geological hazards in North Carolina. On Wednesday, August 25th, Rick Wooten will present "An Update on Landslide Hazard Mapping and Recent Landslides in the Region" as part of the 4th Annual Village Nature Series at the Cashiers Library beginning at 6 pm.

Rick Wooten is the Senior Geologist for Geohazards and Engineering Geology with the North Carolina Geological Survey. His presentation will include information on rainfall amounts related to landslide occurrence and details about the Peeks Creek debris flow of Sept. 16, 2004 which took the lives of 5 people and destroyed several homes in the once idyllic Peeks Creek community.

Everyone is welcome to this free program. This presentation will provide a good introduction to a HCLT Eco Tour to Peeks Creek that will take place the following Friday, August 27th led by Wooten and Ken Gillon, also of the NC Geological Survey. Eco Tours are only \$5 for HCLT members and \$35 for new friends and they all include a guided hike, lunch and a membership to Highlands-Cashiers Land Trust. Space is limited on Eco Tours. To



An aerial view of the February 5, 2010 debris flow in Rich Cove, Maggie Valley."

reserve your spot, contact HCLT at 526.1111 or email them at julie.hitrust@earthlink.net.

No reservations are required for the Village Nature Series program on August 25th. The Village Nature Series, now in its fourth year, is a free educational community event co-hosted by Highlands-Cashiers Land Trust and The Village Green. To learn more visit: www.hicashlt.org and www.villagegreencashiersnc.com.

• At the Bascom, Mira Lehr, "Painting and Layering." While combining Japanese paper and collage with painting, take risks and experience new levels of creativity and expression with this workshop. Described as a visual poet, Lehr teaches students to search, analyze and develop their own vision. Tuition is \$500 Bascom members/\$525 non-members.

Tues., Aug. 24

• At Wolfgang's Restaurant a wine dinner featuring Reynolds Family Vineyards. Limited seating, reservations required. \$95 plus tax & gratuity. Call 526-3807.

• HCP is conducting auditions for "Life with Father" at 5:30 p.m. at PAC. Needed are 4 adult males; 2 adult females; 4 boys ranging in age from 6 – 17; 1 teenage girl; 5 females of varying ages to play maids; 1 red haired small dog. Scripts/synopses are available at both the Highlands and Cashiers libraries. No formal audition preparation is needed. Performance Dates: October 28-31; November 4-7. For additional information or audition date conflict, contact director Ronnie Spilton at 828-526-0306; rspilton@verizon.net or assistant director Kirk Howard at 828-734-5756; kirk@bearap.com.

Wed., Aug. 25

• The Village Nature Series features "Landslides of Western NC" with NC DENR Senior Geologist for Geohazards and Engineering Geology, Rick Wooten. The program will be followed by an ice cream social and is free to everyone in the community. No reservations are required. For more information contact HCLT at 828.526.1111. To learn more about Highlands-Cashiers Land Trust visit www.hicashlt.org and to learn about Village Green visit www.villagegreencashiersnc.com.

• The High Mountain Squares will dance this Wednesday night, August 25th at the Macon County Community Building on Route 441 South, from 6:30 to 9 PM. Bob Morrison from Winder, GA will be the caller. We dance Western Style Square Dancing, main/stream and plus levels. There will be a plus workshop from 6:30 to 7. For information call 828-349-0905, 828-369-8344, 706-782-0943.

• At First Presbyterian Church, Balancing the

Scales — A Study of the Middle East Conflict. Dr. Don Mullen, Parish Associate at First Presbyterian Church of Highlands, has lived in this region and will share his first-hand knowledge of the people who live there, the faiths that they hold dear, and what is at stake for them in this continuing conflict. The public is invited to attend this Study of the Middle East Conflict with Dr. Donald Mullen at First Presbyterian Church. This free class is from 5 – 6:30 pm. Dinner will follow in Coleman Hall. Dinner is \$7 per person. Please call the church office at 828-526-3175 if you plan to attend.

Thurs., Aug. 26

• Taize is Thursday at 5:30 PM at the Episcopal Church of the Incarnation.. Taize is a nondenominational service of prayer, meditation, scripture and simple, beautiful music. No offerings are taken—these services are a free gift to the community.

Fri.-Sun, Aug. 27-29

• HCP's production of "Dearly Departed" at PAC. For ticket information call 526-8084.

Fri.-Sat., Aug. 27-28

• At The Bascom, Tom Turner, "Attention to Detail." This workshop is an exposé of Turner's approach to throwing, decorating and finishing porcelain pottery. Students will delight as he demonstrates and shares his thoughts on technique, concept, design, philosophy, style, method and purpose His approach is graceful and inviting, alluring and complex. Tuition is \$200 Bascom members/ \$225 non-members.

Friday, Aug. 27

• A dance at the MC Community Center on Hwy, 441 S. in Franklin, NC, (across from Whistle Stop Mall) from 6:30 to 9 pm with music by "Swingtime Band" for more information call (828) 369-9155.

Sat. Aug., 28

• At Paoletti's Restaurant, "Not Even Brothers" playing driving acoustics at 9:15 p.m.

Sun., Aug. 29

• Shape Note Singing, old time hymn sing 2-5 p.m. at the Albert Carlton-Cashiers Library in Cashiers. Instructions and loaner song books available. All welcome. Information: contact Carl or Kathie Blozan 828-743-1765.

• A benefit auction by Scudder's at the Play-

Choir to 'Salute America' on Aug. 31



On Tuesday, August 31, The Highlands/Sapphire Mens Chorus in concert at the Sapphire Valley Community Center at 7 p.m. Directed by Orville Wike, accompanied by Angie Jenkins, the men will perform an inspiring "Patriotic Salute to America." SVCC located 3 miles east of Cashiers on Hwy. 64. 743-7663.

• SPIRITUALLY SPEAKING •

Disappointment with God?

**Rev'd Jim Murphy,
Christ Anglican
Church**



When someone disappoints you, it can be a natural consequence to lose some degree of trust in that person. For instance, if an employee is consistently late or becomes predictably unreliable in terms of meeting expectations, it is difficult to maintain confidence in that person. In human terms, trust must be earned. Faith unfounded will ultimately disappoint.

Just as that is so in human relationships, so it may be the case with the Lord God himself. If in our prayer life or even through our experiences God is late in answering, or worse, underperforms in terms of our expectations, we might have the tendency to reduce our faith or withhold our trust in him. In human terms, that is understandable. In godly spiritual terms, that can be costly.

There is one former Episcopal bishop who has lost faith and trust in God. This is the same one that visits Highlands regularly. He proudly fashions himself as "post-Christian" as he vehemently denigrates the historic faith that he was called to -- and agreed to -- uphold, all the while parading himself around hypocritically in clerical garb within the confines of a local church. As it can easily be discerned from his lectures, he is angry at the God who was consistently late and underperforming in terms of his prayerful expectations. That is a shame, he is worthy of our prayers.

Jesus, the King of all creation knew that this would be the case. The Lord spoke repeatedly about faith and trust in his Father as an act of the will. Faith that is not predicated upon performance or timeliness. Jesus knew that faith would not be easy, so he encouraged us to stay the fine line in spite of circumstances or appearances. The Son of God said at one point, "Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it. Watch out for false prophets. They come to you in sheep's (bishop's) clothing, but inwardly they are ferocious wolves." (Matthew 7:13-15, NIV, italic interpolation, mine.)

Faith in God is not the same as faith in human beings or institutions. It is not for the faint of heart or for those who rely upon the human intellect or godly performance for answers. It requires abandonment of the human-finite and trust in the divine-infinite. When we stoop to the level of giving God a poor "performance review" we belie our trust in the finite. When that happens, faith in God, the only One who is worthy of complete trust, becomes increasingly more difficult and distant. So much so that the formerly faithful can become the very ferocious wolves that our Savior spoke of as they embark upon the destructive, wide way.

Jesus said, "I am the way, and the truth, and the life, no one come to the Father except through me." (John 14:6, NIV) He is the narrow gate, yes. However, it is a narrow gate that opens wide once it has been passed through, to abundant, eternal life with the only One who is infinite, almighty God himself.

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Presbyterian - 5 p.m.; Bible Study & Supper at
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Wednesday: Men's Bible Study - 8:30 a.m., First Baptist
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Thursday: Women's Prayer Group - 10 a.m., Whiteside
Presbyterian Church

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Graders. 10:45 am: Worship Service. 5 pm Student Arts
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Wed.: 5 pm: Dinner. 6pm: Children's Program

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Dr. Don Mullen, Parish Associate 526-3175
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Tuesdays: Bible Study - 5 p.m.

Wednesdays - Dinner 6:30 p.m.; Choir - 7

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Wednesdays: Prayer & Bible Study - 7

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p.m. Youth

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• HEALTH MATTERS •

Your medications are killing you, part II

Our mentor, Dr. Nguyen Van Nghi, was a Vietnamese-French medical doctor who practiced and taught acupuncture more than 60 years. He was a young doctor during World War II, and when many doctors were off at the war, he was the only doctor left in the city of Marseilles. It was difficult to get medications, so he used acupuncture for everything. It worked so well, he seldom practiced chemical medicine again. Speaking about acupuncture's growth in the West, he often said, “We do not wish to compete with Western medicine; we wish to complete Western medicine.”

Earlier we related how doctors killed George Washington with mercury and blood-letting; his pneumonia almost certainly would have been safely cured in China at the time. We gave statistics suggesting prescription drugs are the number one cause of death in America today; often the



Kim Bonsteel, L.Ac.
goinghomeagain@yahoo.com

unwanted side effects of modern pharmaceuticals are worse than the symptoms they are meant to treat. That earlier discussion was meant to get readers questioning the status quo; for shock value, we quoted the distinguished and respected medical doctor Robert S. Mendelsohn saying members of his profession deserved about as much trust as used car salesmen. But I have a great respect for doctors as human beings who by and large have genuine compassion. The problem is the philosophy of medicine has been too much influenced by the pharmaceutical industry, a long history of choosing poisonous substances to fight disease, and viewing the body as the enemy. Standard medical philosophy has little faith in the body's own natural ability to heal, prevent disease, or maintain vitality into old age and a relatively healthy death. The mechanistic world

• See Heath Matters page 21

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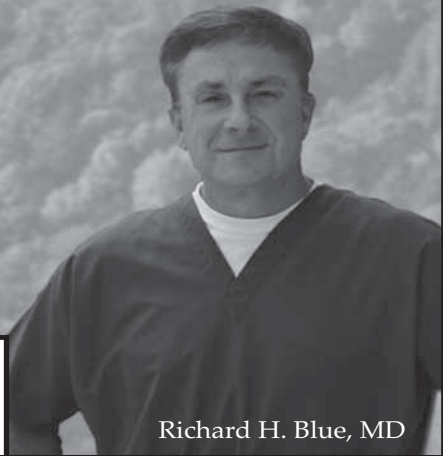



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• HOSPITAL NEWS •

Snakebites increase in ER

While visits to the emergency room at Highlands-Cashiers Hospital have increased virtually every year in the busy season, this summer has seen a major jump in the number of patients seeking treatment for everything from snake bites to cardiac arrest.

"As the population increases in the surrounding communities, the hospital reaps additional patient visits," said Board Certified Physician, Dr. Baumrucker. "During the summer months, from late March to about October, our emergency room will sometimes see over 35 patients per day, about a 25% increase. But despite the increased utilization, patients have still experienced minimal waiting times."

Unusual to this summer, the hospital has seen an increase in the amount of snakebites compared to other years. "Hot, dry weather and an influx in economically savvy vacationers could be major cause for recent snake bites," said Dr. Baumrucker. The Highlands and Cashiers' area is full of hiking trails and outdoor entertainment, and sometimes we forget it's also home to many different snake species. Dr. Baumrucker said he's seen about 5 snakebite victims in his last forty years practicing medicine, but recently he has treated 3 patients with snake bites within one week.

"Until now, every snakebite patient I treated was bitten by a copperhead; oddly this year, all three bites were from rattlesnakes." Copperheads are usually spotted during the rainy seasons and thrive in wet climates and Dr. Baumrucker believes it's the lack of precipitation and increased extreme heat that is responsible for the boost in rattlesnake activity.

"Snakebites require different methods of treatment some not requiring antivenoms at all," said staff ER Registered Nurse, Sonya Black. "Identifying the type of snake which inflicted the bite is extremely



important. Minor snakebites, in which the victim receives a low dosage of venom, typically require around two vials of antivenom; severe snakebites can receive up to ten vials."

Black explained that when a patient arrives at our door, complaining of snakebite, treatment begins immediately. "Diagnosing the type of snake, the severity of the bite and giving the antivenom is standard protocol for initial treatment. The patient will be monitored for cardiac arrhythmias and blood pressure levels every 15 minutes until symptoms of the bite subside. Depending on the severity of the bite, most patients will be back on their feet fairly quickly.

Snakes bites have just not increased in the Highlands-Cashiers area, places such as Franklin and Clayton have also experienced raised numbers of snakebites. "Dr. Baumrucker stressed that community residents need to be aware that there are potential dangers when enjoying the outdoors, and if events arise, seek medical treatment as soon as possible."

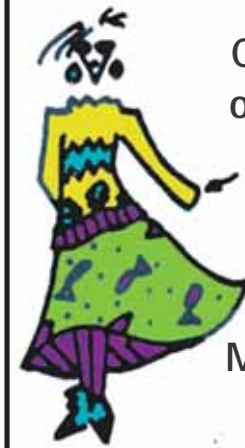
[About Highlands-Cashiers Hospital](#)

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• HOSPITAL NEWS •

Local Board Certified Plastic Surgeon Robert Buchanan gives lecture on “Nip, Tuck and Fill”

“Tell me what you don’t like about yourself”- it’s the catch phrase uttered by plastic surgeons on a popular medical television series. Real life Board Certified Plastic Surgeon, Dr. Robert Buchanan has built his career helping patients fix their perceived imperfections. His skill, expertise and services vary from cosmetic Plastic Surgery, wellness, skin care, and Medi-Spa to reconstructive surgery.

Last Monday August 9th, Dr. Buchanan

presented “Nip, Tuck and Fill” on the campus of Highlands-Cashiers Hospital to over 40 community residents, educating the audience on the latest advances in plastic surgery.

“Plastic surgery has changed drastically over the years,” said Dr. Buchanan. “With the newest procedures and techniques, patients are now achieving more natural results with faster recovery times.” He explained with the use of endoscopic instruments and other techniques, patients are experiencing better outcomes with less scarring due to shorter incisions. Before and after surgery, Dr. Buchanan includes a mix of vitamins designed to improve the healing process and reduce bruising. “Patients who underwent a face lift procedure years ago, did not return to public for a month or more. Nowadays patients do so in less than two weeks.”

Many of the attendees wanted to know how the new advances have improved trendy procedures like face and brow lifts. Dr. Buchanan answered by saying the earlier techniques pulled thinned tissues unnaturally causing tell tale signs of other procedures. He explained that he learned this since about 60 percent of his patients that undergo face lifts have had previous facial surgery.

To prevent these problems, he adapted



Dr. Buchanan address the crowd at the recent “Nip, Tuck and Fill” seminar.

new methods and uses smaller incisions, which retain and moves fat, support tissues and skin back to where they were originally in turn suspending them from the underlying skeleton. “This gives a more natural result that has faster recovery and longer lasting results.” He said that the newer anesthetic methods available at HCH have also contributed to the speedier recovery.

Another attendee posed the question, “What are some non-surgical and less invasive procedures preformed that receive positive results.” Dr. Buchanan said that many of the procedures he performs do not require the patients to go under the knife and can be completed right at his office. “Better injectables such as

Juvéderm® Injectable Gel, Restylane® and others, offer excellent immediate lip enhancement or reduction of lines, wrinkles or other deformities.” He said that these are now administered with less discomfort. He also spoke of a recent product called Latisse, which applied topically, will grow thicker and longer eye lashes.

Lastly, Dr. Buchanan discussed the latest treatment in fat reduction and body contouring. ZERONA™ is a non-invasive body slimming FDA approved device in which patients undergo six painless treatments over a period of two weeks. He said ZERONA™ has zero down time and works by creating a small hole in the fat cell membrane, allowing the fat to seep out where it is absorbed and eliminated. Patients frequently lose several inches off their waist, hips or thighs.

“We were delighted with the large attendance and especially with the positive feedback we received,” said Robin T. Taylor, Executive Director of the Foundation and Forum Coordinator. “Physician Forums like these allow us to educate the community and its members on popular healthcare topics.

Highlands-Cashiers Hospital will be hosting two more additional Physician Forums with their own board certified physicians. Dr. Herbert K. Plauché, Orthopedic Surgeon, is next on the schedule focusing on “Arthroscopic Surgery” September 13th from 12 noon to 1pm at the Jane Woodruff Medical Clinic. Anyone interested in attending must RSVP to (828) 526-1313 while seating is limited.

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... HEALTH MATTERS continued from page 18

view has reduced us to a collection of chemicals; there is a chemical solution for everything. Because the "life force," *pneuma* or *Qi*, cannot be seen or measured, it is ignored as outside the scope of science, and so the natural processes of the body are not properly understood.

Ever notice how many categories of drugs start with "anti-"? Antibiotics, antivirals, anthelmintics — you can at least understand fighting external invaders. But all too often, drugs are anti-your-body's-own-natural-processes. Anticholinergics and antiadrenergics, for example, fight your own neurotransmitters which are necessary for normal nervous system function. Anti-inflammatories sound good, but intelligent inflammation is vital for healing tissue damage. Antacids fight stomach acid, while all the latest and best research shows "acid reflux" is caused by not enough stomach acid. The little purple pill does not give you relief by stopping the reflux; what you are still refluxing has no more acid, so it doesn't erode your esophagus or cause pain. The little purple pill won't let you digest your food properly, and is making your bones more brittle all the time, while you spend \$28 billion on it every year.

This is typical when treatment is symptomatic instead of understanding the root cause of the problem. If you know the real reason for your reflux — the stomach is too hot, doesn't have enough acid, may have an overgrowth of bacteria — then instead of the little purple pill, all you really

need is a tablespoon of apple cider vinegar before each meal, stop drinking ice cold beverages with your meals (cold damages your stomach's ability to produce acid), tame your hot liver so it doesn't overheat your stomach, which causes reflux and makes you crave those ice cold beverages and foods that hurt you. Acupuncture cools off the liver, restoring balance.

Antihypertensive drugs lower your blood pressure, but why is your blood pressure high to begin with? Your body is merely trying to maintain balance, which is called homeostasis. Your body has not lost its intelligence; your blood pressure is not rising because your body is stupid. The high blood pressure is a reaction to something preventing your body's preferred homeostatic balance. Your body has found a new, less functional homeostasis where high blood pressure is necessary to correct another unacceptable condition. Remove the problem that made your body's intelligence raise your blood pressure, and it will normalize. Western doctors label it "idiopathic," meaning "of unknown origin," so they treat the symptom by manipulating biochemistry, not removing the root cause of the problem at all. That is why you have to keep taking those drugs forever.

The World Health Organization says that acupuncture has been proven, through controlled trials, to be an effective treatment for essential or primary hypertension. The same is true for acid reflux. Balance is restored, symptoms disappear, no need for a lifetime of treatment.

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— Ana Lamas & Peggy Clark, co-chairs

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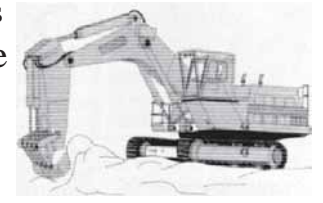
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Highlands, NC art center is seeking a full-time experienced youth arts educator with track record of success: 1) creating mission-based programs, 2) conducting outreach to and engaging underserved audiences, and 3) working as a team player with staff, volunteers and donors. Requirements: BA in art, art education or similar (prefer candidates with MA in same). Minimum 3 years experience with youth education, community partnerships, and design and implementation of educational programs. Advanced skills in communications and organization, Microsoft office suite and publishing and photo programs. Bilingual skills desirable. Finalists must pass a security background check. By August 20, submit cover letter and resume: Norma Hendrix, Director of Education, The Bascom, P.O. Box 766, Highlands, N.C. 28741. Please no phone calls. (8/19)

EXPERIENCED MANAGER FOR OUTDOOR CENTER. Duties include managing and scheduling employees. Grounds maintenance, equipment repair and maintenance, and snow blowing. Must have reliable transportation (4 wheel drive in winter). Hours vary by season – P.D.O.E. Send Resume to Scaly

Mountain Outdoor Center. 7420 Dillard Road, Scaly Mountain, NC 28775 (st. 8/5)

PART TIME MANAGER NEEDED IMMEDIATELY AT RETAIL APPAREL AND GIFT STORE. Flexible hours and benefits. Please reply to PO Box 2366, Highlands NC 28741 or e-mail mountainstar1@verizon.net. (st. 8/5)

PROGRAMS COORDINATOR, Literacy Council of Highlands. 32 hrs/week. Work with children and community. Must be resourceful, patient, diligent, organized. Educational experience and bilingual skills preferred. Send resume to highlandsliteracy@live.com. (st. 7/22)

WAITSTAFF/BUSSERS NEEDED FOR ALL SHIFTS AT THE BISTRO AT MAIN STREET INN - Call 526-2590, or email resume to info@mainstreet-inn.com. Experience required. (st. 7/22)

FULL TIME OR PART TIME retail position available. Must be available weekends. Contact Trisha 828-526-3687.

POSITION AVAILABLE AT MOUNTAIN FRESH in the Deli. Contact Don at 526-2400. (st. 7/8))

FULL TIME POSITION AVAILABLE AT MOUNTAIN FRESH in the produce Department. Contact Kevin McConnell at 526-2400. (st. 7/1)

ELAZTECA MEXICAN RESTAURANT needs experienced servers. Call ricky at 828-371-7200. (st. 7/1)

LINE COOK Opening at Wolfgang's Restaurant and Wine Bistro. Call 526-8396. (st. 6/3)

FULL TIME OR PART TIME JOB OPPORTUNITIES AT HIGH-END CLOTHING STORE. Retail sales experience necessary. Call 828-482-2118. (St. 6/3)

SCRUB TECH- Must have have scrub tech certification and minimum of one year experience in the O.R. Pre-employment substance screening. Call Human Resources, 828-526-1376 or apply online at www.hchospital.org

SYSTEMS ADMINISTRATOR- at Highlands-Cashiers Hospital. Requirement of A.S. degree in computer related field with 6+ years work experience or B.S. degree with 4 years experience. Previous IT experience in healthcare field a plus. Full-time. Pre-employment substance screening. Call Human Resources, 828-526-1376 or apply online at www.hchospital.org

GI CENTRAL PROCESSING TECH AT HIGHLANDS-CASHIERS HOSPITAL. Part-time. Current BCLS Certification required. Pre-employment substance screening. Call Human Resources, 828-526-1376 or apply online at www.hchospital.org

LAUNDRY ATTENDANT/HOUSEKEEPER AT HIGHLANDS-CASHIERS HOSPITAL. Pre-employment substance screening. Call Human Resources, 828-526-1376 or apply online at www.hchospital.org

CNA AT HIGHLANDS-CASHIERS HOSPITAL. Our wage scale is \$11.00 to \$14.40 per hour with shift and weekend differentials. Pre-employment substance screening. Call Human Resources, 828-526-1376 or apply online at www.hchospital.org

RN'S AT HIGHLANDS-CASHIERS HOSPITAL. Experienced Med-Surg and ER Nurses needed. Strong leadership skills is a must. Pre-employment

screening required. Call Human Resources at 828-526-1376 or apply online at www.hchospital.org

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LOOKING FOR LANDSCAPING, yardwork. Call 828-200-1038 or 526-1025.

LOOKING FOR HOUSECLEANING WORK. Call 828-200-1038 or 526-1025.

REAL ESTATE FOR SALE

DESIRABLE 3BR/2BA HOME in town. Beautiful level lot. Must See 352-494-1531 (9/3)

HIGHLANDS FALLS COUNTRY CLUB – 3 bed, 2 bath, new kitchen, new roof, all updates. Two fireplaces, large decks, large lot, flat circular drive. Membership in club optional. Furnished. Owner Financing. 828-526-4154 or 954-547-1547. \$595,000. (9/30)

CLASSIC 40'S CABIN in Webbmont area w/ 1+ ac. 2/2.5 w/ wormy chestnut walls. Completely renovated in 2000. Below REA at \$439K furnished. By appt ONLY. 526-0974

TWO LOTS IN BLUE VALLEY – Dead-end Road. Water & Septic included. Subfloor and foundation on one, 70-ft. single-wide on the other. .55 acre and .65 acre. Borders USFS and great view of Satulah Mountain. Call 828-482-2052. (St. 11/24)

\$205,000 FOR BOTH. BY OWNER NO AC NEEDED. CLASSIC COUNTRY HOME, 4.2 acres. Perennial landscaping. 4 bed 3 bath, garage and shed 2900 sq. ft living space. 1,523 sq. ft deck. \$338,500, 743-5788 (st. 10/15)

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2 BED, ONE BATH HOUSE – In Highlands. Harris Dive. \$900 a month. First month's and deposit required. Call 828-200-9002 or 941-623-3507. (8/26)

3 BED, 2 BATH HOME – Partly furnished, hardwood floors, screened porch, carport. Scaly Mountain. \$900/mth. First month's deposit. 706-982-9409. (8/19)

2 BEDROOM/2BATH fully furnished apartment on Cheney Lane; \$875 includes all utilities and heating; no pets, no smoking. Call Jim at 770-789-2489 (st. 8/19)

APARTMENT FOR RENT - 1 BR/ba partly furnished, NO smoking/pet, Whiteside Cove, \$100/wk includes power & water - single or couple 787-1515

ROOMS AVAILABLE FOR RENT - furnished, sm. frig/microwave, NO smoking/pet, Whiteside Cove, \$50/wk call 787-1515

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SMALL PRIVATE ONE BR FURNISHED COTTAGE ON CHESTNUT STREET with screen porch. Additional sleeping loft. Three blocks to Main Street. Available immediately. \$650. monthly plus utilities for six months lease. e-mail: chestnutcottages@yahoo.com or, contact Charlie @ (828)526-8645 (st. 4/22)

SPACIOUS MAIN ST. APT, full kitchen, fully furnished, covered balcony, small pets OK. \$675/mo. 526-0560. (St. 3/25)

REAL ESTATE FOR RENT/SALE

FOR SALE/RENT – BEST 'COMMERCIAL' BUY IN HIGHLANDS – 535 4th Street. Zoned mixed-use, commercial and residential. Recent Remodel. Great retail/office and separate one-bedroom basement apartment. \$389,000. Call 770-827-0450. (St. 11/5)

RESTAURANT FOR LEASE ON THE CASHIERS ROAD. – Previously occupied by High Country Cafe. 6,300 sq. ft. Call Buddy or Sherry Kremser at 706-782-6252. (St. 11/5)

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WE'RE MOVING! – Couch and recliner, entertainment center, TVs, dressers & various furniture and household items. Call 526-2536. (st. 8/12)

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COLEMAN 5000 ER ELECTRONIC GARAGE DOOR. \$500. Call 526-5025. (st. 8/13)

VEHICLES FOR SALE

2005 TOYOTA CAMRY LE – Red, 18K miles, All power. Extra clean. One owner. Garaged. All service records. \$13,900. Call 828-526-2607. (8/19)

CLASSIC CADILLAC – 1973 Sedan DeVille. 44K miles. Pristine. Silver green with white top. Paperwork history. \$12,000. Call Roy at 828-332-0544. (8/19)

96 JEEP CHEROKEE COUNTRY – Loaded, black and champagne. one owner, good rubber. well maintained and mechanically very sound. \$2,300. Call 526-2694 or 813-541-9172. (st. 8/5)

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2003 NISSAN FRONTIER - 4 Door, 60,000 miles, Excellent condition, \$9,000 OBO. 526-9180. (St. 5/20)

CADILLAC DEVILLE 2002 - Silver, 85,300 miles. One owner, garaged. \$8,950. See at 150 Shelby Circle, Highlands. 787-2310. (8/5)

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• Biz/ORGANIZATION NEWS •

Old Edwards
Club charities
present check
for local
Hospice Care

On behalf of Old Edwards Club Charities, Angela and Art Williams presented a check for \$45,000 raised by club membership to Highlands-Cashiers Hospice volunteers Sally Caffery, Carolyn Chabora and Patrick O'Day to support local hospice care in Highlands-Cashiers communities. Club members held a dinner, auction, and raffle to raise the funds. On October 1, The Highlands-Cashiers Hospital Hospice Services will be transferred to Four Seasons, a non- profit hospice and palliative care agency whose satellite location




From left, Hospice volunteers, Patrick O'Day, Sally Caffery, and Carolyn Chabora. Old Edwards Club Charities, Angela and Art Williams.

will be on the hospital's campus. Both the hospital and Four Seasons assure donors that contributions will continue to be restricted for local hospice patients and that the donor's intent to support hospice care for our communities will be honored.

Mountain Findings continues to
dole out profits



Highlands Nature Center-Children's Programs: Larry Brannan (MFV) and Patrick Brannon, Director (donation will be applied toward the construction of a pavilion shelter that could accomodate 25-30 people in a dry outdoor space) \$2,000.



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Hudson Library: John Wells (MFV), Brenda Manning (Trustee), Mary Lou Worley (not sure of her title at the library), Robert E. Smith (President of the Board of Trustees) and Don Rippe (MFV) \$ 7,000.



Highlands-Cashiers Hospital Foundation: Sue Sheehan (MFV) and Robin Tindall-Taylor, Executive Director of the Foundation . \$1,000.

Police & Fire Report

Highlands PD log entries from Aug. 11. Only the names of persons arrested, issued a Class-3 misdemeanor, or public officials have been used.

Aug. 11

• At 4:05 p.m., officers assisted HCC security concerning an open roof exit. All was clear.

• At 4:24 p.m., a woman from Cashiers requested officers to escort her home because she was afraid her boyfriend might be there. He had hit her on the face earlier. Jackson County law enforcement was called to assist her.

• At 5:01 p.m., a man matching the description given by the Cashiers woman was seen in Highlands but since the woman hadn't pressed charges police didn't pick him up.

Aug. 12

• At 1 p.m., K-9 officers were asked to assist another agency find a man who fled from a scene. They found a

house he had been in on King Gap Trail in Scaly Mountain but not the man.

• At 9:02 p.m., officers were called to a one-vehicle accident on Horsecove Road where the driver had gone off the road. There were no injuries.

Aug. 13

• At 7:20 p.m., a man wanted in Jackson County for hitting his girlfriend was turned over to Jackson County.

Aug. 14

• A little after midnight, officers were called about two men arguing on Main Street.

Aug. 15

• At 8:35 a.m., officers were called to assist a motorist on Spring Street.

• At 2:27 a.m., officers had OEI security pick up an intoxicated man from the sidewalk of N. 5th Street and take

him back to the hotel.

• During the week, police officers responded to 6 alarms and issued 8 citations.

Highlands F&R Dept. log entries from Aug. 11:

Aug. 11

• At 1:40 p.m., the dept. responded to a mutual aid call from Cashiers. It was cancelled en route.

• At 8:32 p.m., the dept. responded to a fire alarm on Bowery Road. It was false.

Aug. 12

• At 4:26 a.m., the dept. was first-responders to Lake Court where a 50-year-old man fell down the stairs.

Aug. 13

• At 6:51 a.m., the dept. was first-responders to Butter-milk Lane. The victim was taken to the hospital.

• At 8:19 p.m., the dept. responded to an accident on

US 64 east. There were no injuries.

Aug. 14

• At 9:19 a.m., the dept. was first-responders to Falls Drive E. The victim was taken to the hospital and then Highlands School for MAMA transport to Asheville.

Aug. 15

• At 9:30 a.m., the dept. responded to a fire alarm at Club House Drive. It was false.

• At 6:20 p.m., the dept. responded to a fire alarm on NC 106. It was false.

• At 11:57 p.m., the dept. was first-responders to View Point Road where a 55-year-old woman fell down the stairs.

Aug. 17

• At 1:45 p.m., the dept. was called to the Glen Falls trail where a woman fell and broke her ankle. She was taken to the hospital.

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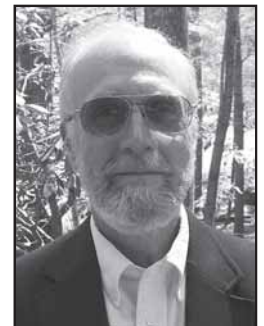
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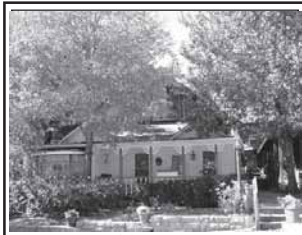
So next time you visit us, take comfort in the fact that not only do we have the best of equipment to help diagnose your illness and assure the proper care, but we also have the Board Certified Physicians and the special care of a friendly and dedicated nursing staff to get you back on the road to good health. And hopefully, this will give you an opportunity to write us again. So keep in touch, we love hearing from you.



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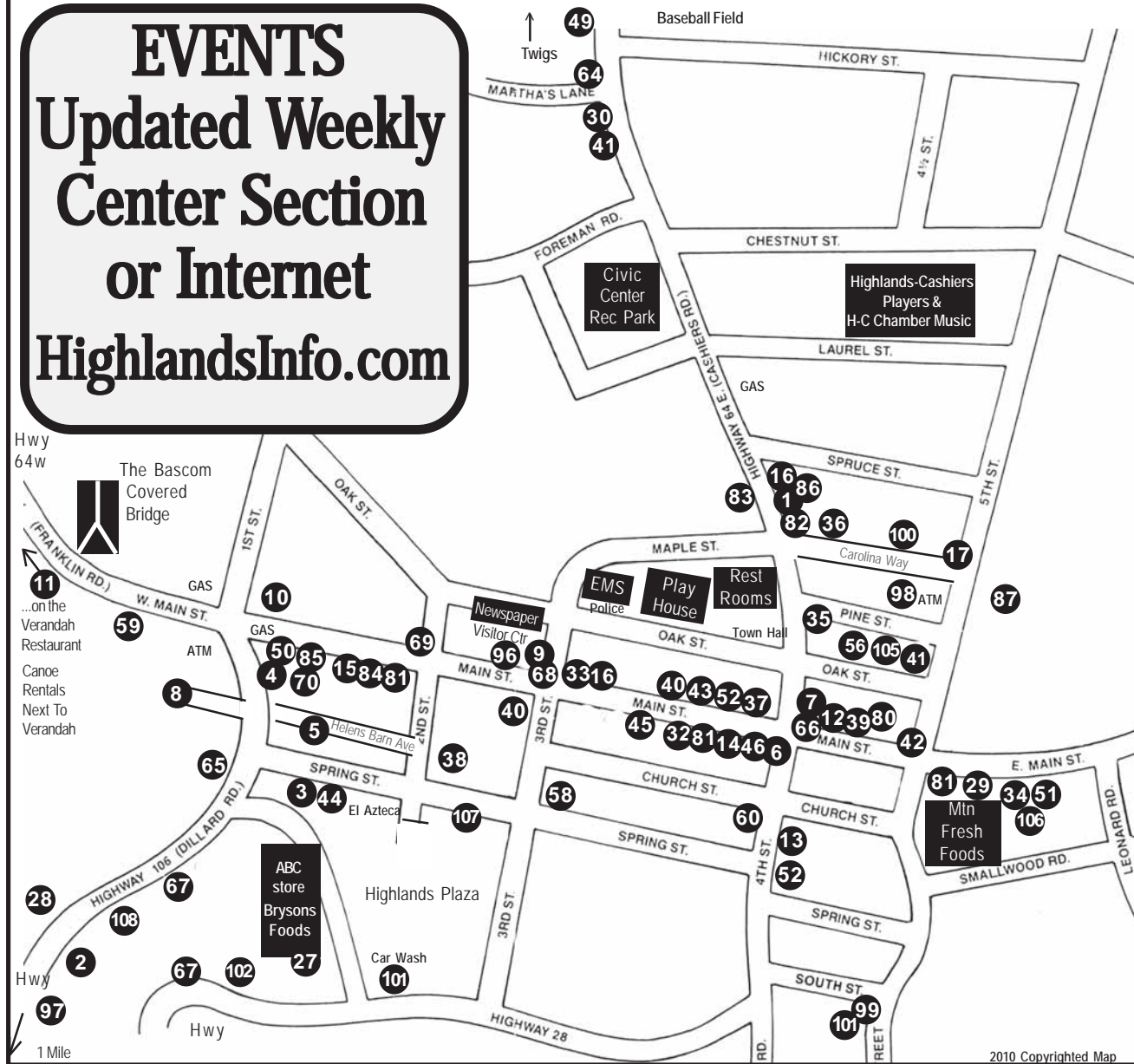
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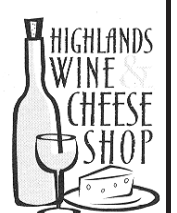


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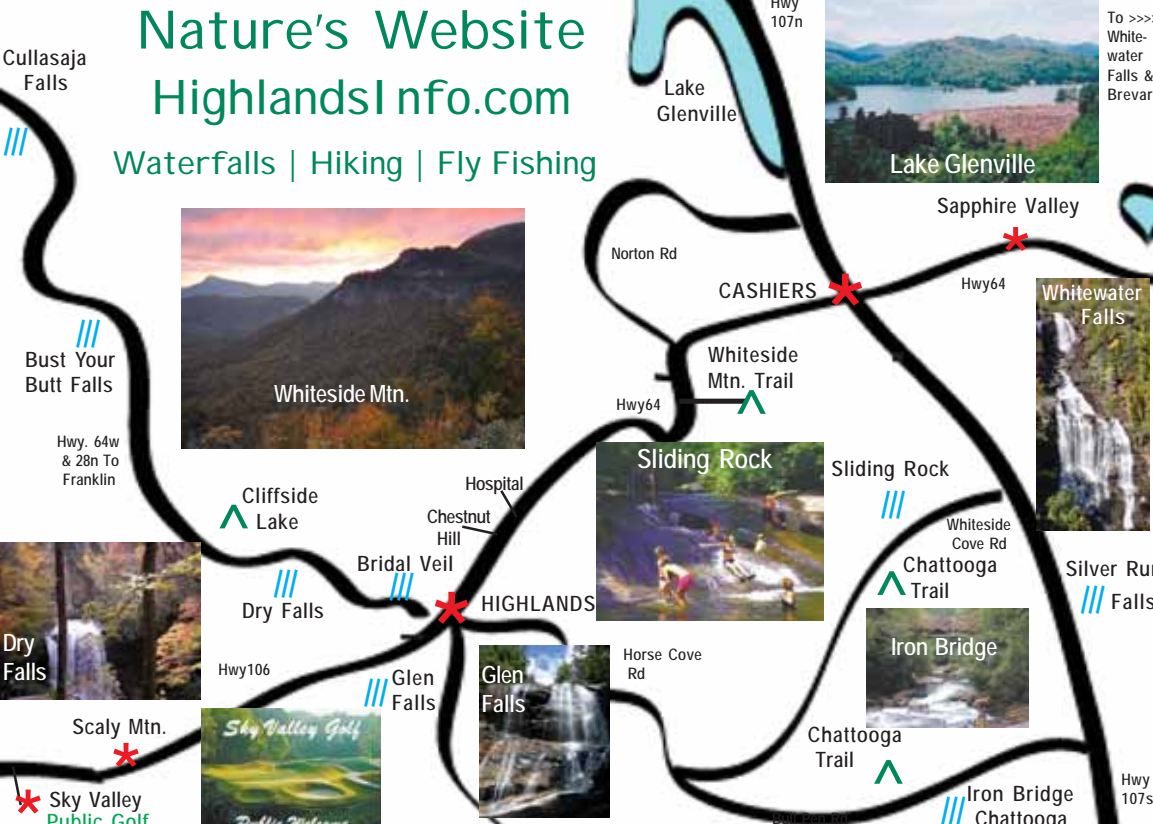



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