

Highlands' Newspaper

FREE

Volume 8, Number 22

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Thursday, June 3, 2010

FRI	SAT	SUN
73 \ 59F	75 \ 60F	78 \ 61F

This Week in Highlands

Thursday, June 3

• Dr. Lenny Bernstein who served on the Intergovernmental Panel on Climate Change will presents: "Why I am Concerned About Climate Change (and Think You Should Be Too)" at the Nature Center at 7 p.m. It's free.

Fri. & Sat. June 4-5

• Jewelry Trunk Show by Birmingham Designer Louise Abrams at Vivace 230 & 223 S. 4th Street ...on the hill. 10a-5p.

Fri.-Sun., June 4-6

• HCP presents Parallel Lives at PAC at 7:30pm. Call 526-9047 for tickets. Fri.-Sun., June 4-6

A revival at the Scaly Mountain Church of God, at 290 Buck Knob Rd. 7 p.m. Fri., 10:45 a.m. Sat., 6 p.m. Sun. The evangelists will be Rev. Matt and Allison Hartley from Cleveland, TN. Call 526-3212.

Sat., June 5

• Highlands-Cashiers Land Trust Day. Shop at Fressers Eatery, Highland Hiker, Susie deVillie Schiffli, Broker, Harry Norman, Realtors, Tate Landscaping, The Chinquapin Company, The Kitchen Carry Away & Catering, The Orchard, Victoria's Closet & V.C. for Men and Whole Life Market. A percentage of proceeds goes to the H-C Land Trust.

Sun., June 6

• Christ Anglican Church will host a special music service at its 9 am service at Whiteside Presbyterian Church in Cashiers. Call 828-743-1701.

• CLE Annual Preview Party from 4-6 p.m. at PAC. Call 526-8811 to register.

Tuesdays, June 8, 15, 22, 29

• CLE's Hemingway from 3-5 p.m. (\$80 members, \$95 non members). Call 526-8811 or email clehighlands@yahoo.com to register.

Thursday, June 10

• At Hudson Library, Financial Management Lecture - at 5:30-6:30 pm. Presented by Sue Gorski of RBC Bank - Personal Budget & Savings.

Wed.-Sat., June 9-12

• HCP presents Parallel Lives at 7:30pm. Call 526-9047 for tickets.

County budget less than last year's

County Commissioners are busy finalizing the 2010-2011 budget for which a public hearing is set for June 7 at 6 p.m., and the basics of what they have to work with were explained at the May 24 Macon County Commission meeting.

County Manager Jack Horton submitted his "budget message" which explains in laymen's terms how current economic affairs coupled with the fiscal abilities of the county affects what will become the final budget - set now at \$42,772,146.

The proposed budget for 2010/11 is \$1,388,977 - a little over 3% less than the revised current year budget, which came in at \$44,161,123 after revisions.

The proposed budget reflects

an adjustment to the property tax rate increase of 1.5 cents which is dedicated entirely to pay the debt service on the new Iotla Valley Elementary school and the renovations to the Nantahala School. The new tax rate will be 27.9 cents. Each penny brings in \$924,300.

Last November, the board voted unanimously to make the tax increase commitment.

Construction costs are very low right now and some of the financing is part of low interest loans approved in the America Recovery and Reinvestment Act (QZAB and QCSB) along with a USDA Rural Development loan. Financing rates for the (QZAB and QCSB) portion are expected to come in between 1% and 1.97%, and for the USDA

Rural Development (formerly Farmers Home) portion 4.25%.

Education remains a priority for the county. In addition to the new Iotla Valley School and the Nantahala School renovation, the county is also committing \$1.3 million for improvements to Franklin High School. These funds are from previous unused dedicated school funds and lottery proceeds. No financing is involved with the high school project.

The School Current Expense budget remains at current year level (\$6,911,000) but the Capital Outlay as proposed is reduced from \$500,000 to \$200,000. The budget includes full funding for the current teacher supplement.

• See BUDGET page 12

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Town Board meeting short & sweet

With two openings on the town's Planning Board, commissioners discussed candidate criteria and the best way to ensure a balanced board.

However, at Wednesday night's Town Board meeting, commissioners opted to postpone appointing new members from the list of six submitted until it understands who the candidates are, what their life and professional experiences are and where they live full time.

Because all that criteria isn't stated on the application, and because the positions are to be filled by July 1, 2010, commissioners are going to call candidates and conduct a brief Q&A.

"We need to have both ends of the spectrum on the Planning Board," said Commissioner Amy Patterson. "This is a difficult board and we need a balance, just like on the Supreme Court. The way it is now, it's hard to know these things from the current application."

The six people who have submitted an application for the Planning Board are Richard Boger, Bob McEver, Dick Hills, Patrick Leonard,

• See TOWN BOARD page 12

Highlands School Val and Sal for 2010

At the Highlands School Scholarship and Awards ceremony Tuesday, June 2, the Valedictorian and Salutatorian were named and scholarships and scholastic awards were given to high schoolers.

This year's Valedictorian is Brice Jenkins who follows in the footsteps of his siblings Chase and Casey who were also Valedictorians of their respective classes. He is headed for UNC-Chapel Hill.

Kate Marie Parks was named Salutatorian and she is headed to Bryan University in Tennessee.

The Highlander award was given to Jeff Weller and Hank Ross for their support of Highlands School and for making the regulation-size soccer field a reality.

The Highlander Pride award was given to Eli Dryman and Sarah Hedden for their school spirit.

A total of about \$122,000 in schol-

• See SCHOOL page 12



Brice Jenkins was named the Valedictorian and Kate Marie Parks was named Salutatorian at Tuesday's ceremony at Highlands School. Photo by Stephanie McCall



Hiking
Waterfalls
Fly Fishing



Highlands
Cashiers
Glenville



Nature's
Website
HighlandsInfo.com

• THE PLATEAU'S POSITION •

• LETTER •

Group warns of 'Snus' use

Dear Editor,

We are the Highlands Middle School TRU (Tobacco Reality Unfiltered) group. We recently learned about a new tobacco product called Snus.

Snus comes in colorful packages that we think looks like candy, but it is a harmful tobacco product.

We want the public to know that smokeless tobacco products like Snus are just as harmful as cigarettes. Snus can cause all kinds of cancer.

Our hope is that the tobacco companies will do away with smokeless tobacco products that appeal to younger kids. We think that it is irresponsible to promote a product that appeals to youth like us. Smokeless tobacco is not a safe alternative to smoking.

We were really surprised to find out that one dip of spit tobacco, or one sachet of Snus, equals the amount of nicotine in 5 cigarettes!

We just wanted to share our new knowledge of Snus to expose how harmful it can be, and to tell our fellow youth that using smokeless tobacco is not a safe substitute for smoking!

Veronica Garcia, Ivy Satterwhite, April Moss, Megan Jenkins, Shannon Welch, and Elizabeth Houston from Highlands Middle School TRU Group

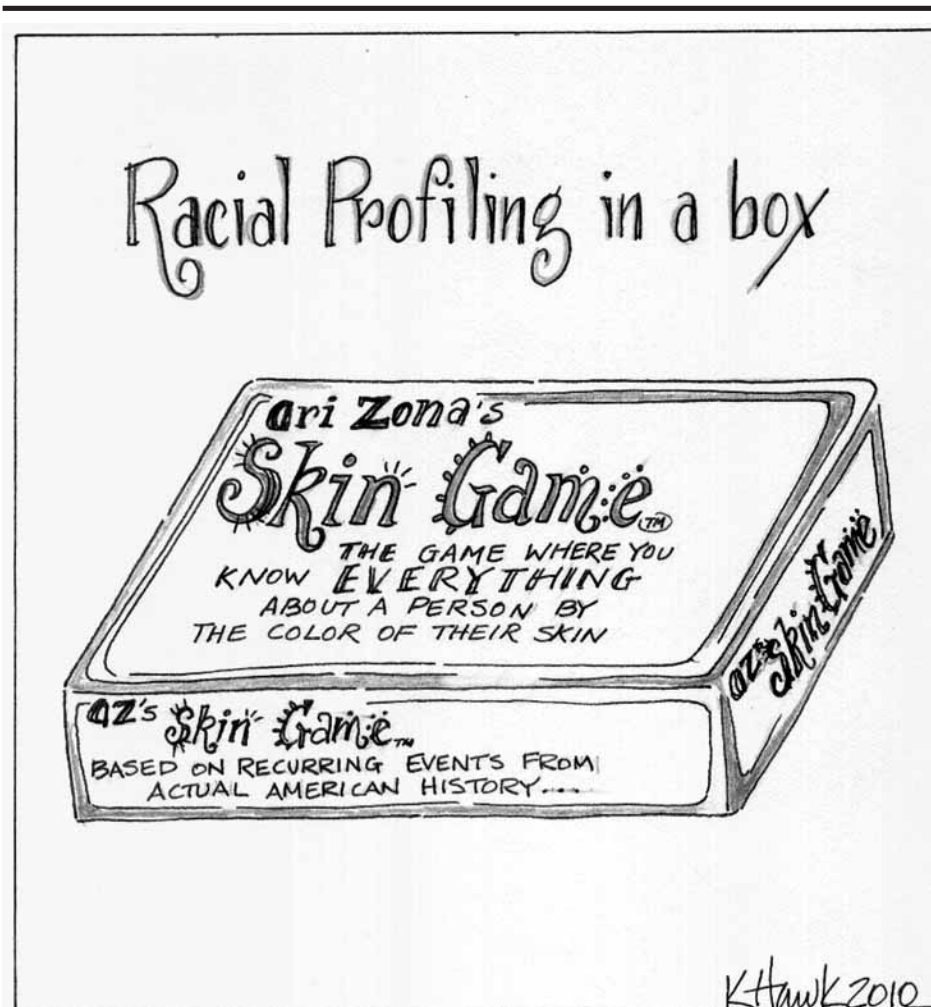
• THANKS •

You are the best Highlands and Cashiers! The members of the Mountain Garden Club, would like to thank you for your wonderful support of our 28th annual plant sale last Sat., May 29. Because of your help, we can continue our history of sponsoring college scholarships in the fields of horticulture and environmental studies and the maintenance of local public gardens.

The success of the sale is due to the many friends who have made this possible. We would like to thank two of our scholarship students, Rachel Power and Eli Dryman, for helping us on Saturday. Among the many others who deserve our thanks are Wanda and Chuck Cooper of WHLC, David Sims of Highlands Lawn & Garden, Highlands-Cashiers Land Trust, Linda McCall of McCall's Nursery, Laurel Magazine, The Highlander and Highlands' Newspaper. A special thank you to the Highlands-Cashiers Hospital for sharing their space with us. We couldn't have done it without you. We hope to see you at our plant sale next year - May 28, 2011.

Jackie Hills, President, MGC

• HAWK'S EYE VIEW •



• THANKS •

'Doodle 4 Google' finalist's doodle 'Branch Out' on display at the Smithsonian in NYC

Schiffli says 'thanks' to community

Thank you to all my family, friends, community, and supporters for voting for my "Doodle for Google" and supporting me through the competition.

I was one of the four national finalists out of 33,000 entries. Because of your support, I received the most online votes in my grade level.

I won several nice prizes such as a laptop computer, Flip video camera, design tablet, as well as a trip to New York City.

My doodle, titled "Branch Out," is on display at the Cooper-Hewitt National Design Museum, part of the Smithsonian, in New York.

As represented in my doodle, my desire to "branch out" and experience different cultures and people was launched by this competition and my trip to New York. The incredible support that I received from my friends and community will always make me appreciate my hometown roots and all of the wonderful people that care about me.

I was so touched by the members of this community networking with each other to support one of their own. I am so grateful to each of you who worked so hard on my behalf.

I want to give a special thank you to my art teacher, Mrs. Sallie Taylor, for submitting my doodle and pushing me to do my best and reminding me that anything is possible. I would not have had this wonderful experience without her inspiration and dedication as a teacher.

Special thanks to the Highlands School principal, Mr. Jetter, and all of the administration. Thank you, Mrs. Cashion, for the cool bag, and Mrs. Coppage for the awesome cakes.

Thank you to my family for all of your love and support.

Last, but not least, thanks to Google for providing such a rewarding opportunity!

Love,
Bevan Schiffli

Highlands' Newspaper

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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.

• OBITUARY •

Robert Earl Milgrim

Robert Earl Milgrim, of Highlands, NC died Saturday, May 29, 2010 at the age of 81. He was born in New York City, NY, the son of the late Irving and Nettie Knoble Milgrim. Robert was a graduate of Colgate University, and served in the US Army from 1950-1952.

Affectionately known as Bubby, Daddy, and "Bob the Bag Man," he was a third generation ladies apparel and accessories retailer, owning and operating numerous stores from Lincoln Road to 57 Street, and most recently, Bags on Main in Highlands, NC. He had an uncanny ability to spot the upandcoming trends in women's fashion.

Bob was also an accomplished athlete, playing tennis and football at Colgate, and actually drafted by Cincinnati for the minor baseball league. Bob was a skilled scratch golfer who won many a round on the nineteenth hole. His hobbies included golf, being with his family, golf, watching the Braves on TV, golf, watching the NCAA on



TV, golf and doing crosswords while watching golf. Bob is thought to have actually paved the highroad and will be missed dearly by all who knew him.

He is survived by his wife, Elaine Miner Milgrim; five children, David M. Milgrim (Sherri) of Parkland, FL, Dana Michele Milgrim of Murphys, CA, Laurel Eichenbaum of Sunrise,

FL, Clare Marder of Coconut Creek, FL and Robin N. Milgrim of Las Vegas, NV; seven grandchildren, Jeffrey & David Marder, Stephen & Jenna Eichenbaum, Kristen and Courtney Milgrim and Alexandre Lanthier; one greatgrandson, Brance Michael Milgrim; two sisters, Gloria Boris (Ira) of Pompana Beach, FL, Joan Milgrim of New York, NY and his beloved dogs Lulu and Lily.

A celebration of life will be held on Friday, June 4, 2010 at Highlands Inn in the Sequoyah Room on 420 Main Street from 58 p.m.

Bryant Funeral home is in charge of the arrangements.

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Saturday, June 5

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Erika Olvera

Many of you have read or heard about the shameful way that one of Highlands' first policewomen appears to have been treated by some elected town officials and certain town employees. This is a serious loss for Highlands and a blow to civility and human rights. It's also unfortunate to lose an effective law enforcement officer, due to apparent political bickering and attempted tampering with law enforcement duties.

Why did this happen? What can we do to set things right by Erika and see that this won't happen again in our community?

Many local residents have joined to give their full support to Erika Olvera, one of Highlands' first women police officers and the first Latina officer. As an honors graduate of Highlands School and mother raising two daughters, she endeavors to clear her good name from the malicious rumors and harassing treatment by some elected town officials and employees.

An "ERIKA OLVERA LEGAL DEFENSE FUND" has been established at Macon Bank in Highlands. It will be used to assist her with her legal fees and with the costs associated with her EEOC complaint against the Town of Highlands.

Those interested in more information, or for those interested in making a donation, please go to defensefund@yahoo.com

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• LAUGHING AT LIFE •

Highlands loves its dog poop

But where do visitors poop?

It's finally happened. Highlands will have its very own official fully authorized upscale dog park, a special place where Fido can roam and poop at will. I'm teary with emotion, aren't you? Like our Congress, the Town Board felt they must ignore these hard times and spend your tax money on worthless projects. Spend, spend, spend is what this is all about, right? When it comes to poop, does Highlands think more of its dogs than visitors?

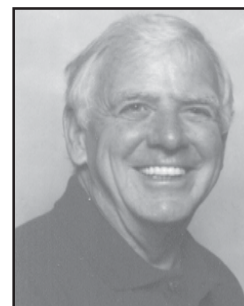
Shouldn't we build more public restrooms first?

I'm sad 'cause I can no longer call that incredibly ugly vacant lot at 5th and Pine Street Dog Poop Park. Bummer. By the way, just when you thought that ugly lot couldn't get any uglier, it now looks like a terrorist threw an IED in there. The lot has already cost taxpayers hundreds of thousands of dollars and if you figure out how many dogs actually pooped there, it comes down to about \$500 a poop. Now you tell me Highlands isn't preoccupied with poop. Currently we're spending hundreds of thousands more to control the water that runs under the property that's been doing just fine for the past two million years. I never saw a problem in the first place but I sometimes have a small, unimaginative mind, especially when it comes to wasting taxpayer's money. Hey, this is Highlands and it's free money anyway. Live it up.

The new Dog Poop Park will only cost \$17,000. This figures out to be about \$50 a poop. Aren't you relieved....Oops, I mean don't you feel better? I guess the Town Board felt bad for dog owners when they prohibited them (the dogs) from pooping on the ball field. Guilt set in and they had to throw them a bone.

But, once again, Highlands proves it has little imagination. Ya gotta think like a dog to create a really good dog park. For starters, where are the fire hydrants? This park is designed for bitches....ah, I mean lady dogs. I'm claiming discrimination. With no fire hydrants, male dogs will have to hoist a leg on the park benches, the fence or even your leg. Another bummer.

Write this down and post it on your refrigerator. "Free Bags." If you suddenly run out of freezer bags, race over to the park and grab a couple of poop bags from the



Fred Wooldridge

Feedback is encouraged!
email:

askfredanything@aol.com

dispenser. They're free....but don't take more than you'll need....and make sure they're not used. And did you know there will be two special trash cans in the park strictly for doggie poop? That's a lot of poop! It's only a matter of time before some wise guy swipes a can of poop and dumps the whole mess all over the ball field.

Here are a few scenarios to help you feel better about Highlands wasting your money on

dog poop. Be sure to hum circus music while reading this.

Scenario #1:

"Honey, I think Kramer has to go. He's scratching at the door."

"OK, sweet baby, I'm on it. Kramer, hold it while I find the car keys. Honey, have you seen my car keys?"

"Yes, dear, they're on the dresser upstairs. I'll get them in a minute 'cause you can't find anything. Kramer, hold on....good boy....we're coming."

"Honey, Kramer is trying to go in the front yard. What should I do?"

"Throw him in the car. Here's the keys so let's get going because Kramer looks desperate."

"Honey, I don't think Kramer's going to make it. He's making circles in the back seat....Oh, Kramer, how could you? We were only a block from the park."

Scenario #2:

"Honey, I'm reading that Highlands has a brand new upscale dog park where our dog can poop. I know you never wanted to take that long winding drive to Highlands and I know it's expensive and I know we really can't afford it in these hard times, but now we have a super good reason to go. Grab the dog and let's go hang out at the new park. It's the only thing in Highlands that's free."

Scenario #3

"Oh my, what has your dog done? Your pit bull has killed my little Fifi. Why did you take him off his leash? Who owns this park, anyway? I'm suing."

And finally, scenario #4 – "Honey, I'm reading in the paper that the Town Board is closing Dog Poop Park. Apparently, no one was using it but the dopers. Gosh, it sounded like a good idea at the time. I guess we'll take our dog back to the ball park."

• THE VIEW FROM HERE •

Are animals smarter than we think?

A few years ago the story of a reunion swept the Internet, (see www.Youtube.com, Christian, the lion). It was a video account of a meeting in the wild between a lion and two Englishmen who had raised him and subsequently returned him to the African bush (see Christian the lion, www.youtube.com). Recently, a remarkably similar story hit the Net. It also involved an Englishman.



Feedback is encouraged.
email: hsalzarulo@aol.com

In this episode, the Brit raised a lowland gorilla, which was subsequently released into the wild as a five-year-old. Several years later the Englishman traveled to Africa in hopes of seeing Kwibi again. He, like the men who had raised Christian, longed for a reunion. He went to Gabon and motored up and down a river for hours calling the gorilla's name. Suddenly a magnificent ten-year-old gorilla appeared on the river bank. Kwibi and Damian Aspinall met and embraced. See the video at www.youtube.com under, "gorilla reunion."

Both of these remarkable wild animals which had been raised by humans and successfully reintroduced into the wild not only remembered their surrogate parents, both came out from cover to welcome the humans to their new homes. Both the lion, who ruled his own pride, and the gorilla who had a harem, introduced their families to the humans. What remarkable reunions were captured on video!

Beyond the beauty of the reunions is a troubling question. Have we underestimated the ability of animals to feel love and loyalty? Does minimizing their emotion and intellect make it easier to hunt them, to capture and display them in zoos? There have been many stories of animal bravery and loyalty, but except for the occasional dolphin story these have involved domestic animals, usually dogs. We believe we have a right to expect repayment from those we feed and shelter.

If animals can remember love and kindness, perhaps memories of brutality are also etched into their brains. Maybe the orca who attacked a Japanese fishing boat was enraged that humans had killed his mate. Might the brown bear who launches a seemingly unprovoked attack on a hiker have a motive beyond hunger or territorialism?

The standard explanation for increasingly frequent attacks by bears and mountain lions is that the encroachment into their habitat simply increases the likelihood of interaction. That may be only part of the story.

While spreading civilization increases the likelihood of encounters, wily creatures of the wild could easily avoid human contact. Their behavior is probably merely driven by hunger, but there might be a deeper

explanation. Perhaps they are capable of a more abstract idea. There may be something beyond farms replacing forests and subdivisions rising in peaceful meadows, less elemental than the disruption of nature's balance.

If wild animals are capable of remembering, embracing, and loving humans, isn't it possible they may be capable of darker emotions. They may hate us for our intrusion, despise our invasion. Could they hate us? Their hunger may not stem from an empty stomach, but from a broken heart.

I can't watch a video of the beautiful interaction between a lion or gorilla and people they love without wondering if another emotion might explain animals killing and maiming human victims. The emotion is a primitive, but powerful one, the thirst for revenge.

Most of you won't accept the possibility. We insist on thinking of ourselves as fundamentally different from all the other animals, really not animals at all, the only creatures capable of abstract thought, the ones given dominion over all the plants and animals. The guy who wrote the program that corrects my spelling and grammar wouldn't believe it. Every time I used the word "who" to describe an animal, my computer insisted I correct my error and use the correct pronoun, "which."

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• COACH'S CORNER •

Getting defensive



Ryan Potts
tryanpotts@hotmail.com

One of the major memes of this particular NBA playoffs has been the strength of the Boston Celtic defense. Despite looking old and out of sorts during the regular season, the Celtics are in the finals due to their superior rotations on defense.

As my friend Hammond and I were discussing this, Hammond brought out his picks for the best defensive players of all time, and I warned him that I was going to share his picks in this week's column and then provide my own. The rules were simple. If the other team was made up of the best offensive players of all time, who would guard them?

Hammond went small with his all defensive team, featuring Gary "The Glove" Payton at point guard along with

6'5 Laker star Michael Cooper in the backcourt.

Hammond's front line consisted of 6'9" former 76er Bobby Jones, 6'7 Detroit Piston Ben Wallace (he's between 6'7" and 6'9" depending on the height of the afro) and 6'9 220lbs Bill Russell at center.

Obviously, Mr. Rauers knows his stuff, because

Cooper and Jones were arguably the two best wing defenders (along with Joe Dumars) in the 1980s. No one questions the impact of Russell and Wallace under the basket, and Payton was the top defensive guard in the '90s. Stylistically, I imagine that defensive team to be predicated upon speed, particularly on the interior with Wallace and Russell, who are two of the fastest big men to play the game.

The only weakness that I see with this particular team is the lack of interior strength. While Russell was able to dominate the lithe and finesse offense of Wilt Chamberlain, at 220lbs, he would have trouble with the sheer strength of a Shaquille O'Neal or a Dwight Howard. I imagine that this particular defensive team would give Russell or Wallace plenty of help in the post and be outstanding at providing help defense. However, individually, it would be very difficult for either Wallace or Russell to deal with a powerful center.

As promised, here is my first and second team all-time defensive team.

First Team

G Walt Frazier
G Kobe Bryant
F Scottie Pippen
F Tim Duncan
C Bill Russell

Second Team

G Gary Payton
G Joe Dumars
F Bobby Jones
F Dennis Rodman
C Hakeem Olajuwon

The first team features everything — speed and length with Frazier/Bryant and Pippen who are 6'4," 6'8" and 6'8," respectively. Add the ability of Duncan to guard larger players and the best helpside defender of all time in Bill Russell and you have the makings of a dominant defensive unit.

My second team will get down and do the dirty work with junkyard dogs Joe Dumars, Jones and Dennis Rodman to go along with the intensity of Payton and the graceful athleticism of "The Dream."

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• HIS & HERS •

The deer in the headlights

By Michelle A. Mead-Armor

“Are you friends of the deceased?” said the Maryland State Trooper. It wasn’t an unusual question, given the circumstances. Still, it struck me as funny. I had phoned the morning after the accident, since Ralphie wanted to know what they were going to do with the deer. In spite of all we’d been through, he still wanted a trophy. “I am the deceased,” I replied to the bewildered trooper.

It all began the night before. We’d been invited to dinner at a friend’s house. He worked for the Baltimore Police Department, and had a charming French wife. Opportunities to speak French were rare, so it was a real treat for me. I was so desperately lonely, having made a bad marriage at 19. My parents were opposed to the union, but I wasn’t about to give them the satisfaction of crawling home, admitting they had been right.

We’d had a pleasant enough evening, and then had a terrible fight on the way home. It was around 3 am. Ralphie was in a foul mood, and speeding, as usual. Doing 70 mph in a 25 mph zone was nothing new for him. He loved scaring me. I’d slipped the wedding ring off my finger, and put it in my pocket. Exhausted from arguing, sleep overtook me. My head rested awkwardly against the window. It was in the early ‘70s, and seatbelts weren’t required. The little red Triumph Spitfire zoomed along Delaney Valley Road on that brisk October morning. Fortunately for us, the weather had turned cool two weeks before, and we’d exchanged the canvas convertible top for the solid metal one.

Suddenly, a scream cut through my sleep. I awoke to see a massive deer in the headlights – astonished that he turned to charge our car instead of running away. We hit the deer, and the little car began to wobble and skid. “Hold on. We’re going over!” screamed Ralphie. I slid down in my seat, tucking myself into the area reserved for your legs and feet. And then it began. The car flipped, and began rolling over and over. The sound was odd – like someone crushing a beer can in their bare hands. I lost consciousness.

When I awoke, I found myself in a jumble of water, weeds, twisted metal, and broken glass. The car was upside down, making it hard to get my bearings. The roof above my seat had collapsed to the back of my seat. The car door on my side had buckled in, and refused to open. I heard the sound of a big bubble, and the car sank a bit lower. I realized that I had to get the



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heck out of there, or I was going to drown in the car. Years ago, they’d shown a program on TV about how people in the Netherlands have to undergo training in case their cars go off into the canals. The knowledge I’d picked up kept me from panicking. A slight breeze gave me the hope that the windshield was either broken or cracked. I slipped my other rings up my fingers to the knuckles, and

began banging on the window in front of me.

Finally, the windshield popped, and I crawled out of the car. Ralphie was standing by the side of the road, his arms wrapped around his body. “She’s dead, she’d dead” he kept repeating, rocking back and forth, and shaking his head. The deer had not died upon impact, and was bellowing and trying to raise itself on its two front legs. “Get a stick!” I shouted at Ralphie. “For God’s sake, get a stick, and put that poor animal out of its misery.” The deer gave a last horrible cry, and lay down, still.

“We’ve got to get out of here,” I told Ralphie, who wandered around like a sleepwalker. We weren’t that far from home, but finding anyone passing by at 3 am was another story. I lead the way to the main road,

• See HIS & HERS page 8

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Emily P. Bowers, LPN, Director of Social Services

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The ‘letting-go’ of a parent or relative is not just an issue of where they eventually can become situated; it is also one on an emotional level. As a result selecting a living center for the loved one, should not be one of compromise, but one made after thorough research.

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...HIS & HERS continued from page 7

where two cars sped by us, put off by our appearance, no doubt. We were soaked and covered in weeds. Finally, a pickup truck arrived, and I ran in front of it, waving my arms, and collapsing on the hood. "Please help us," I cried. "We've had the most dreadful accident."

The driver jumped out, wrapped me in his warm jacket, and dug in the back of his truck for a blanket for Ralphie. He drove

us home, made us coffee, called the police, and then disappeared without leaving his name or number. Shortly after we had left the scene of the accident, the troopers patrolling Loch Raven Reservoir had found the dead deer, seen the skid marks, and spied the wheels of the Spitfire, just before it sank beneath the water. They had closed off the road, and began trolling the waters for bodies.

The night of the accident, I'd been well enough to get into the shower and wash the broken glass and weeds from my long hair. The next morning, I couldn't lift my head from the pillow. Ralphie called a friend who worked for the Baltimore school system, and shortly after, this burly bear of a man appeared in our driveway. Ralphie had only a small cut on the shoulder, but it was obvious that something major was wrong with me. Our friend slung me onto his back like a sack of potatoes, put me into his car, and drove me to a hospital in downtown Baltimore.

I slumped in a chair in the Waiting Room of the ER, while my knight in shining armor went to find medical help. On a gurney next to me lay a man in tattered and bloody clothing. His eyes stared into the distance, and the only sound he made was raspy breathing, interspersed with low moans. A nurse came over, and hovered above him. "What's your Blue Cross and Blue Shield number?" she barked. His only reply was another low moan. "What's your Blue Cross and Blue Shield number?" the nurse repeated, with a touch of anger in her voice this time. She turned on her heels, and stomped away. I sat there in disbelief. You mean, unless this man came up with an insurance number, he wasn't going to receive medical treatment? Sure enough, the man lay there for another 15 minutes, until his eyes rolled back, and his breathing ceased. The nurse came out, looked at the dead man, shrugged, and pulled the sheet over his face. Another nurse appeared, this time with a wheelchair for me. I was whisked into x-ray, where I was diagnosed with a concussion.

In the recent healthcare debate, I've often heard folks say that no one in this country is denied healthcare. "You can always go to the Emergency Room," they say smugly. "No one can turn you away from the ER." I consider telling them about that man on the gurney, his eyes staring ahead like the deer in the headlights. Then, I reconsider. Some folks you can't tell anything.

• About the Author: Michelle A. Mead-Armor is a writer and translator who grew up in Waynesboro, Virginia, before wasting her youth and good looks in Baltimore, Sydney, Paris, and New York. She and her husband live on top of a mountain on the Continental divide near Highlands. They are members of the Highlands Writers Group. Despite of the fact that her life was spared because she was NOT wearing a seat-belt, she wears them religiously, and so should you.

• CONSERVATIVE POV •

Badges? We don't need no stinking badges!

Using this title is a stretch, I admit, but I like it and I've looked for an excuse to use it for years, and this may be as close as I ever come to a reason.

For those of you who have been on this earth for less than three score years, you may not know the source or context of the phrase. Neither may those who misplaced the decade of the '70s. It was uttered by a grisly old geezer in the epic motion picture, "Blazing Saddles" which, according to some, was the greatest collection of lunatic characters ever assembled, including football legend Alex Karras, who KO'd a horse with a right cross. Speaking of crosses, Cleavon Little, a black man, played a member of the KKK. How this had anything to do with anything I don't remember, but let me connect the dots, as best I can.

The story takes place in an unspecified location in the "Wild West." However, since one of the characters, played by Gene Wilder (of "Young Frankenstein" fame) played the Waco Kid, so I assume it was in Texas. As I recall, a slimy businessman was trying to profit by buying land soon to be used for a railroad and profiting there from. I think somehow the old geezer was being deputized for a long forgotten reason and declined a badge as unnecessary. I apologize to you BS cultists for the inaccuracies of the foregoing, but I'm doing the best I can, and besides, it doesn't make any difference, anyway.

One could describe what is currently going on the Texas-Mexico border and beyond is reminiscent of the "Wild West." Murders, kidnappings, humans being smuggled in, drugs being smuggled in; it's been going on for decades. I'm still trying to understand the whole matter. For me, the curiosity started during the Clinton administration, when the conspiracy theorists were sure that Slick Willie was involved in bringing drugs into Texas. Actually, they had some pretty convincing evidence, but who knows? God forbid that he beefs up the border and gets caught in his own trap.

Then comes George W. and initiates the Security and Prosperity Partnership of North America (better known to our readers as the North American Union), the purpose of which, it seems, is to erase common national borders. He kicked it off, cloaked in darkness, in Waco, Texas, with no press coverage that I saw. Furthermore, two US Senators were completely unknowing that 30 Department of Commerce Agencies were working on the project. I assume that many others were in the dark as well.



**Don Swanson
Feedback is
encouraged. Email
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In addition, the whole episode with the two Border Patrol agents who were hung out to dry by a Bush appointed Judge raised everyone's eyebrows. Quoting from "the Narcosphere" website: "In the high-profile case of two Texas Border Patrol agents who are now serving long prison terms (since released) for shooting a drug smuggler in the rear end, conservative media outlets are proclaiming that Sutton's (the Judge) office showed special favor to the smuggler in

order to ruin the lives of the agents.

The fate of Ramos and Compean is likely to be a flash-point in the divisive battle over immigration. Those on the right who have rallied to the agent's cause claim they are the victims of the Bush administration's pro-illegal immigration agenda and of its cozy relationship with the rulers of Mexico." Hmmm.

And now we have the Obama administration fussing over Arizona's effort to protect its people from the ravages of border warfare to the extent of bringing in the ungrateful President of Mexico to back up their harangue. I'm still broiling over that one.

When the PR tide turned against him, Obama, in response to McCain's call for 6,000 military personnel on the border, agreed to 1,200. Then, after his brilliant advisors reminded him that Arizona's governor is a Republican, and might gain favor with the voters for doing something to help stem the carnage, Obama said "hold on there, I didn't say all those troops would go to Arizona." When they reminded him that Texas, Arizona and California all have Republican governors, he called the State Department in to action.

Quoting from Breitbart: "US National Guard troops being sent to the Mexican border will be used to stem the flow of guns and drugs across the frontier and not to enforce US immigration laws, the State Department said. The clarification came after the Mexican government urged Washington not to use the additional troops to go after illegal immigrants." Give me a break. It looks to me like our sovereignty has already gone South.

It seems inconceivable to me that the administration doesn't realize that they continue to work against the will of the people, and they continue to throw red meat to the Tea Party folks, who are currently gearing up for a very active election season ahead. The time for the muttonheads in Washington to screw us up is growing short. The Day of Reckoning draws nearer.

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The most precious commodity in a real estate transaction

Everyone is most likely familiar with the adage that when it comes to adding value to real estate, it is "location, location, location" that is the deciding factor.

While I agree that location is a very important element contributing to the appeal and value of a piece of real property, I would like to propose that there is a different commodity that, when present in a real estate transaction, can set the tone and tenor of the entire deal and help ensure a timely and amicable closing: trust.

Each party involved in the transaction, whether it is Seller, Buyer, or real estate agent, has the opportunity to proactively contribute to the level of trust that is fostered in the selling and/or buying process. Of course, the converse of that is true as well: the absence of trust erodes confidence, communication, and successful closings.

Let's begin with the Seller's opportunity to set a tone of trust right out of the marketing gate. What may be initially looked upon as a bothersome form, the NC Residential Property Disclosure Statement, is in fact, a wonderful tool for instilling trust. This required form asks the Seller to disclose any and all material defects with the property and provide those details to potential Buyers.

I always counsel Sellers to disclose, disclose, disclose. Think it is too small of an item to put on the form? Disclose it anyway. Had a small leak near the chimney and had it repaired 5 years ago? Disclose it. Had a burst pipe last winter that required a bit of sheetrock repair work in a closet? Disclose it. Think your neighbor's driveway encroaches upon your property? Disclose it.

It may seem counterintuitive, but when Buyers have an opportunity to fully understand any and all potential property defects, they typically approach the due diligence process with a thoughtful approach. They appreciate the Seller's candor and work with their home inspector or attorney to find resolution. If, however, a Seller does not disclose a defect, and the Buyer's first knowledge of that defect comes at the delivery of the home inspection report or survey, then the Buyer tends to be very distrustful of the Seller and wonder what else he or she has failed to disclose. With emotions running high at this point, negotiations may stall and/or the deal may be in jeopardy.

Buyers have a wonderful vehicle for fostering trust in the transaction as well:



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Buyer Agency.

Simply, Buyer Agency is an agency or fiduciary relationship wherein the real estate agent works solely in the Buyer's interest and is required to keep all communication from the Buyer confidential from all other parties. In order for a real estate agent to do excellent work on a Buyer's behalf, Buyers must be completely honest about their desired property parameters and price range, as well as their level of urgency, financial situation, and desired contract terms.

Armed with this information, the real estate agent may go to work to find the best property match and then advocate solely for the Buyer in contract negotiations. With trust sealed and protected by the agency relationship, the Buyer may share any detail with his or her agent and have the resounding comfort that those details remain confidential.

Finally, the real estate agent has a delightful opportunity to be a trusted advisor for each of her or his clients. Being a trusted advisor begins with empathic listening. Great real estate agents take time

• See INVESTING page 10

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• HEALTH MATTERS •

This week begins our weekly series on "Heath Matters." Each week area doctors from across the medical spectrum will write about their specialty. Dr. Joseph H. Wilbanks is the second contributor to our new weekly column.

Orthodontics is for everyone

It seems that getting braces on their teeth is a rite of passage for many children in America. In fact, some kids seem terribly disappointed when they discover that they don't need braces. Today, more and more of the parents of these kids are also seeking straight, white teeth. In 2008 over 1 million adults were in braces – up 24% from 1996. While straight teeth make for a nice appearance, orthodontic treatment in children and adults offers benefits that go beyond the surface.

Beginning preventive orthodontics in children at an early age can allow facial profiles to be changed and bad bites corrected, preventing dental and TMJ problems later in life. Early intervention can also prevent the loss of teeth that used to go along with getting braces so many years ago.

If you never had orthodontic treatment as a child, or if you never needed it at an early age, chances are you may need it now. Our teeth, particularly our bottom teeth, keep moving throughout our lives. When teeth move and overlap each other it becomes very difficult to clean them effectively – this can lead to cavities and gum disease.

Fortunately, there are many options today for straightening out your smile. Traditional metal braces are very common, especially for children. More and more adults are opting for the Invisalign system which



Dr. Joseph Wilbanks

uses a series of clear trays to move your teeth. They are removable for eating and brushing and, since they are clear, most people never realize you are wearing "braces".

the invisible way to straighten teeth using a series of custom-made, nearly undetectable Aligners.

With Invisalign there are no metal wires and brackets, making it invisible, removable, comfort-

able and convenient. In both clinical research and dental practices across the nation, Invisalign has been proven effective at straightening teeth. Ask us if you are a candidate for Invisalign.

For adult patients who are seeking a quicker result, Dr. Wilbanks offers porcelain veneers which are also called "instant orthodontics". Your teeth will not be straightened over time as with braces but the appearance of your smile will be reshaped by the use of cosmetic porcelain veneers.

Porcelain laminate veneers are ultra-thin shells of ceramic material placed over the teeth to close spaces, change color, or straighten the teeth. Veneers are an exciting procedure for anyone wishing to improve their smile.

If you have a crooked smile contact our office at 706-886-9439 to arrange a consultation. Dr. Wilbanks offers a wide range of dental treatment options conveniently located in our Toccoa, Georgia office.

... INVESTING continued from page 9

when they first talk with prospective clients (and continue this discourse throughout the transaction) to determine exactly where they are emotionally and intellectually. What are their expressed and unexpressed needs? What is it that they want to have happen? How, specifically, can the agent be of real service to them?

Once an agent is clear on those details, he or she may begin the education process. Agents may teach from a place of service (not self interest) and help a client truly understand and master buying and selling real estate in our market. The client is then empowered and feels like a knowledgeable partner in the transaction. Trust ratchets skyward.

In any market, but doubly so in a jittery environment, elevating the level of trust

among all parties in a real estate transaction creates the optimum environment for clear and open communication, clean thinking, smart decision making, and, yes, the successful crossing of the closing finish line.

• Susie deVillie Schiffli, ME, ABR, SFR, is a Broker with Harry Norman, Realtors. Her areas of expertise include real estate investments, niche marketing, social media, and strategic property positioning. An expert in entrepreneurship and anthropology, Susie applies her acumen in human behavior toward negotiating and advocating on behalf of her clients. You may visit her blog at www.HighlandsNCRealEstateInvestor.com, or contact her by calling (828) 371-2079.

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We encourage you to think of us when nursing care for your loved one is needed. Fidelia Eckerd Living Center is a service of Highlands-Cashiers Hospital.



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... SCHOOL continued from page 1

arships were awarded the 32 seniors this year.

Scholarship presenters were Highlands Rotary, Highlands-Cashiers Board of Realtors, Highlands Women's Club, Scaly Mountain Women's Club, Mountain Garden Club, Community Foundation of WNC, Church of the Good Shepherd, Macon County Retired School Personnel, NC State Employees Credit Union, New Century Scholars, Highlands Road Runners Club, Old Edwards Hospitality Group, and the Town of Highlands.

Graduation is Saturday, June 12 at 7 p.m. in the new gym.

In other school news, the Macon County School Board OK'd several Highlands School items at its May 24 meeting.

Approved unanimously was a request from Principal Brian Jetter and Athletic Director Butch Smart for the following sports to be added to Highlands School in the 2010-11 school year: high school men & women's cross country in the fall; middle school men & women's cross country in the fall; high school women's golf in the fall; high school men & women's track in the spring; middle school men & women's track in the spring and middle school men & women's tennis in the spring.

Participation rates may determine the feasibility of fielding a team in these sports, said board members.

Also approved were new teachers for the 2010-2011 school year. With art teacher Sallie Taylor retiring, Kara Faust will be the new

art teacher; Michael Joyce will be a new math teacher for the high school and middle school contingent upon him getting his NC Licensure and Meghan Mileti will be the new exceptional children teacher at Highlands School.

The board also voted unanimously to create a "Graduate Coach" position in the Macon County School system who will be housed at Franklin High School. Funding for this position will come from the full time drama teacher position which will become a part-time position.

"The graduation coach will reach more students than the drama teacher," said BOE Chairman Jim Breedlove.

Superintendent Dan Brigman said the job of the graduation coach will be to decrease the drop-out rate and increase the graduation rate, as well as increase proficiency, identify "at risk" students, and mentor and coach for career or higher education readiness.

A certified teacher will be sought for the position because he or she will know best the parameters for education, said Brigman.

Stephanie McCall requested that the graduation coach be used anywhere in the system — Union or Highlands School — "wherever needed, as well as Franklin High School," she said.

The 2009-10 school year is coming to an end. June 10 is a full day and the last day of school is June 11 which is a half day.

... BUDGET continued from page 1

"To a degree Macon County finds itself in an enviable financial position compared to many other counties in North Carolina," said Horton. "The county is financially sound and continues to have one of the lowest property tax rates in the state."

The fund balance is stable which enables the county to be prepared for unexpected emergencies — and represents 25% of the budget.

Horton said the healthy fund balance and the county's solid and consistent tax collection rate contributes to its excellent Bond Rating. "When capital project financing is considered these facts result in lower interest rates and savings for the taxpayers of Macon County," said Horton.

There are both highlights and challenges in the proposed spending plan for the county for next year.

The county's revenues are mostly gleaned from property taxes and this past year's tax base is minimal (less than 1%). Although sales taxes have somewhat stabilized they continue to fall short of previous years' collections.

Though the county hopes the economy will rebound, to be fiscally responsible it must not anticipate much change in the situation, said Horton.

"Since the county is obligated to fund essential county services and the debt on capital projects, decisions have been made to reduce departmental and agency budget requests this year, he said. "Consequently, there are many worthwhile and commendable projects, programs and services that have merit but have not been included this year due to the lack of sufficient revenue."

The balance of the operating budget is planned within existing revenues.

Almost all capital outlay requests from departments and for the second consecutive year no adjustments to the current salary or fringe benefits for allocated for county employees.

"Our goal was to maintain the current level of service and avoid lay-offs of current county staff. To do this we have made adjustments in other areas of the budget and continue to fill only essential positions when they become vacant. We are not recommending any new positions in this year's budget," he said.

There is a mandated increase in the county's contribution to the retirement system for employees. "However, our health insurance rates are at this point holding steady," said Horton.

With the General Assembly still in session, the county is concerned that the state will shift additional responsibilities and/or reduce county funding to correct its budget crisis. "The state is now facing another revenue shortfall for next year. We can only wait to see what effect this has on the county," he said. "We must continue in our efforts to recognize and oppose legislation that adversely affects the county's financial position."

Normally the county replaces six sheriff's patrol vehicles each year but that won't be happening this year.

The county has previously committed to matching FAA and State DOT Airport Improvement grants and this year's budget includes \$300,000 as a 10% match on the current airport project.

To maintain the same level of service to citizens and visitors the proposed budget recommends an adjustment in solid waste fees — an increase of \$1 a month for the household fee — so \$72 per year instead of the current \$60 per year.

It is also recommended that the tipping fee increase from \$60 per ton to \$72 per ton, and eliminate the availability fee for business which already pay 100% of the tipping fee for all waste generated by them.

"This helps maintain the fees necessary to continue the level of solid waste service we now have," said Horton.

...TOWN BOARD from 1

Rick Siegel and Alan Marsh.

Though Town Planner Joe Cooley said it's hard to fill positions on the board from within the town limits, Commissioner Buz Dotson and Amy Patterson both said it was important for people on the board to have a vested interest in the town.

"The idea is as a board member you have to abide by the rules you are making whether it's setback or variance requirements. If you don't live in town or the ETJ you don't have to abide by them, but I do," she said.

Commissioners agreed that the application process will be tweaked for future openings, but for now, the six candidates will be queried and two will be picked at the June 16 Town Board meeting.

The other big news involved a resolution naming a 6,008-acre area of the Highlands Ranger District in the Nantahala National Forest the Bob Zahner Wilderness Area.

The property is bordered by NC 106, Blue Valley, Hale Ridge Road and the Georgia line.

Congressman Health Shuler is sponsoring the Wilderness bill — the first in 20 years — to change the designation of the area from a Wilderness Study Area to a Wilderness Area, which evokes a layer of permanent protection.

A Wilderness Study Area can be logged, but a Wilderness Area can never be logged.

Dr. Robert Zahner, who died in 2007, was a renowned conservationist who dedicated his life and career to protecting wilderness areas — particularly here in Highlands.

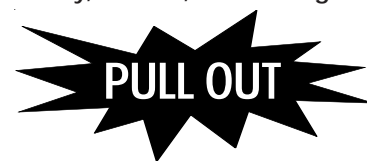
"This is a great way to honor Bob's legacy in Highlands," said proponents.

Congressman Shuler doesn't need Highlands' support, but feels the resolution will represent community support which can only help the bill's passage.

Activities allowed in the wilderness areas are hunting, fishing, horseback riding, hiking, camping and the management of rare and endangered species. Logging, road building, motorized forms of transportation, such as off road vehicles and mountain bikes, aren't allowed.

The board voted unanimously to adopt the resolution.

Ongoing and Upcoming Events



Ongoing

• 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, May 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. Each Grand Rounds tour will provide area and seasonal community members "beside the scenes" insight into the everyday operations at HCH.

Separate tours of the Fidelia Eckerd Living Center are also available by appointment. Those interested in attending the first tour June 2nd or the June 11th tour, should 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 a question and answer session. Lunch will be provided and seating is limited, so please call (828) 526-1313 or (828) 526-1250 today to make your reservation.

Highlands Playhouse Theatre Lovers Tour XIII — there are a few spaces available for this year's theatre tour to the Irish Republic. The tour leaves Atlanta on Nov. 4-18. The price of the tour includes the non-stop air fare and all transportation costs in Ireland. The tour will visit many sites near Dublin with the hotel, breakfast and all tips included in the price of \$2,925. A single room supplement is \$525. For more information or a brochure, please call Joanna Baumrucker, your guide, at 526-3605 or call the Highlands Playhouse box office at 526-2695 and leave a message. The Playhouse season and more information about the trip is available on our website, www.highlandspayhouse.org

• Registration is now open for the 2010 summer nature day camps at the Highlands Nature Center. Five different camps are offered: "WOW! — a World of Wonder" (ages 4-6), "Amazing Animals" (ages 7-10), "NatureWorks" (ages 8-11), "Mountain Explorers" (ages 10-13), and "Junior Ecologists" (ages 11-14). Some camps are offered more than once during the summer. Sessions run from Tuesday to Friday each week. For complete schedules, costs, and other information, please call 828-526-2623 or visit www.wcu.edu/hbs.

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

All Week

• YOGA — at Moonrise Yoga Studio, 464 Carolina Way. Mon., 10 a.m. & 5 p.m.; Tues., 8 a.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 (6/24)

Through June

• Bookworm ½ off sale beginning June 1. Books, CDs, DVDs and cut rate prices. Proceeds go toward Hudson Library. Bookworm is open Tuesday-Saturday 10 a.m. to 4 p.m. Call 526-9938 ext. 300.

Sundays in June

• Christ Anglican Church will host a special music service at its 9 am service on June 6. Four professional instrumentalists and two accomplished vocalists will augment the church's 1928 Book of Common Prayer with portions from J. S. Bach's Mass in G Major. The community is invited to come. Christ Anglican Church meets at Whiteside Presbyterian Church, highway 64, Cashiers. For further information, call 828-743-1701.

Through June 16

• Applications are now being accepted by the Highlands Historical Society for membership in this year's class of Kelsey Kids. Membership is limited to 12 students, ages 9, 10 and 11 who are residents of Highlands. They may be students at any school or may be home-schooled. Kelsey Kids is named in honor of Highlands founder, Samuel Kelsey, who founded the Town in 1875. The "Kids" will meet once weekly from June 16 through mid-August. The program, made possible by a grant from the Eckerd Family Foundation, teaches Highlands history by means of field trips and demonstrations. For further information or to request an application form, telephone the Historical Society at (828) 787-1050.

Through Aug. 13

• Mountain Fresh Foods has Relay for Life Star Cards for sale.

• "Healing Hands Team" Of Highlands/Cashiers Hospital Relay for Life, will begin their annual raffle for

"Specialty Themed Baskets", Starting may 14th. Raffle tickets will available for purchase at the Acute Nurses Station on the hospital campus. Tickets are \$1 each or 6 for \$5. This year's basket themes include: "HCH Physical Therapy and Health Tracks Services", "Coffee Break", "Picnic & Camping" and "Dinner for Two." Please contact Callie Calloway for more information: 828-526-1313 or cutz@hchospital.org

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 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

• See EVENTS page 14

Musical services in June at Christ Anglican

Christ Anglican Church will host a special musical service on June 6 at 9 a.m., featuring four professional instrumentalists and two accomplished vocalists who will augment the church's 1928 Book of Common Prayer liturgy with portions from J. S. Bach's Mass in G Major.

The Quartet will be joined by mezzo-soprano Amanda Gardner-Porter, who began her singing career in Asheville and sings roles with Asheville Lyric Opera, and by soprano Amada Horton who has sung with the Asheville Lyric Opera and the Asheville Symphony.

The members of Christ Anglican Church and their rector Jim Murphy invite the communities and surrounding areas of Highlands and Cashiers to hear these six talented musicians and participate in this worshipful musical and liturgical service.

Christ Anglican Church meets in the facilities of Whiteside Presbyterian Church, Highway 64, Cashiers. For more information, call Christ Anglican at 828-743-1701.



Violinist Monique Pinelli, violist and violinist Elizabeth Terry, violist Matthew King, and cellist Eric Scheider.

Food Pantry Bingo – Thursday, June 3



On Thursday, June 3, the Rotary Club of Highlands and Highlands United Methodist Church will be partners again this year for an evening of Bingo to directly benefit Highlands Food Pantry. The Highlands Food Pantry located behind the Methodist Church provides grocery food items to over eighty families a week in the Highlands area.

Half of all money paid to play Bingo will be paid as prizes to game winners and the other half goes to Highlands Food Pantry.

Food Pantry Bingo is 6:30 – 8:30 at the Highlands Community Building – next to the ballpark at Hwy 64 and Poplar

Street. The cost to play is \$1 per card per game and there will be 15 games with Game 15 being an extra money game. Play as many cards as you like and don't be afraid to laugh and have a great time.

Absolutely just can't make it – drop a check or cash by the Community Bldg. Thursday night or any time at the Civic Center or Methodist Church – just say it's for Rotary Food Pantry Bingo and every penny will go to the Food Pantry. Food Pantry Bingo is a family-style event that offers fun, a lot of humor, free refreshments, the chance to win Bingo cash – and help a number of families in our community.

Ruby Cinema

Hwy 441, Franklin, NC
524-2076

PRINCE OF PERSIA: THE SANDS OF TIME

rated PG-13

Friday: 4:30, 7, 9:30

Saturday: 2, 4:30, 7, 9:30

Sunday: 2, 4:30, 7, 9:30

Mon + Wed: 4:30, 7, 9:30

Tues + Thurs: 2, 4:30, 7, 9:30

LETTERS TO JULIET

rated PG

Friday: 4:20, 7:05, 9:20

Saturday: 2:05, 4:20, 7:05, 9:20

Sunday: 2:05, 4:20, 7:05, 9:20

Mon + Wed: 4:20, 7:05, 9:20

Tues + Thurs: 2:05, 4:20, 7:05, 9:20

SHREK FOREVER AFTER in 3D

rated PG

Friday: 4:15, 7:10, 9:15

Saturday: 2:10, 4:15, 7:10, 9:15

Sunday: 2:10, 4:15, 7:10, 9:15

Mon + Wed: 4:15, 7:10, 9:15

Tues + Thurs: 2:10, 4:15, 7:10, 9:15

ROBIN HOOD

rated PG-13

Friday: 4, 7:15

Saturday: 1:30, 4, 7:15

Sunday: 1:30, 4, 7:15

Mon + Wed: 4, 7:15

Tues + Thurs: 1:30, 4, 7:15



Ongoing and Upcoming Events

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. Monday & Wednesday at 7:30 a.m. and Thursday at 10:4. Bring your mat. 828-482-2128. \$10/hour. (4/29)

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. Auxiliary meetings are held the 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
 • Tuesday After School Classes for grades K-6 are held weekly at The Bascom in Highlands. To register or for more information, visit www.thebascom.org or call (828) 526-4949 ext. 100.

• Highlands Rotary Club meets at noon at the Highlands Conference Center.
 • 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
 • Wednesday Preschool Creativity Classes for Parent and Child (ages 2 1/2-

5) are held weekly at The Bascom in Highlands. To register or for more information, visit www.thebascom.org or call (828) 526-4949 ext. 100.

• A FREE After School Program at Highlands United Methodist Church. Children are picked up at school, taken to the church, have a snack, helped with homework time and supervised playing on the playground and participate in a music program. Children are dismissed at 5:30 pm in time for dinner in the fellowship hall. For information, call 526-3376.

• The Highlands Mountaintop Rotary meets at 7:30 a.m. The new meeting place will be 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. Come learn about Rotary and enjoy fellowship while listening to an interesting speaker. Meetings end at 8:30 a.m.
 • Men's interdenominational Bible Study at 8:30 a.m. at First Baptist Church.
 • The Homegrown Buds, a home-school 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. For more information 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.

1st & 3rd Thursdays
 • If you are suffering from a mental illness or have a relative with a diagnosis such as schizophrenia, bipolar disorder, depression, anxiety, PTSD, etc, you are not alone. NAMI Appalachian South (National Alliance on Mental Illness) support group meets on the first and third Thursdays of each month at 486 W. Palmer St, Franklin at 7p.m. Join us in this safe, confidential environment to share concerns, gain insight, understanding and hope. Next meeting: May 20. For more information call: Ann Nandrea 369-7385 or Carole Light 526-9769

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 Short-off Baptist Church. Breakfast is at 9 a.m. 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 828-526-9938 (ext 258).

• The Scaly Mountain Women's Club will begin its monthly Pancake Breakfast this Memorial week-end on Saturday, May 29. Breakfast will be served in the remodeled historical school house from 7:30-10:30 pm. Blueberry pancakes, sausage, orange juice and coffee is \$5.50 for adults and \$3.50 for children. Funds raised at the Pancake Breakfasts go toward the club's Scholarship program and other charities in the community. After Memorial week-end the pancake breakfasts will be held every 4th Saturday through October. Call Susan Bankston 526-9952 or email sfbankston@gmail.com

Saturdays
 • Saturday Art School for grades K-8 is held weekly at The Bascom in Highlands. To register or for more information, visit www.thebascom.org or call (828) 526-4949 ext. 100.

• At Cyprus International Restaurant, live music beginning at 9 p.m. No cover.
 • At Highlands Wine & Cheese, Falls on Main, Wine Flights from 4-6:30 p.m. Five wines, artisan cheeses and specialty foods. \$19 per person.

Thursday, June 3
 • Dr. Lenny Bernstein who served on the Intergovernmental Panel on Climate Change will discuss the potential impacts of Climate Change in his lecture "Why I am Concerned About Climate Change (and Think You Should Be Too)" at the Nature Center. It's free.

• Taize in Highlands is every Thursday at 5:30 PM. at Holy Family Lutheran 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 Greater Cashiers Area Merchants Association First Saturday Market and the Association has added an exciting new feature to enhance the day. A shopper's trolley will shuttle shoppers throughout the village for easy access to member merchants throughout the Village. Shop customers will find numerous special sales, featured products, refreshments and even some in-store special happenings for this First Saturday event and those to come which are scheduled now for each month

New Venue!

Performing Arts Center
Small Stages Production of HCP's

PARALLEL LIVES

Written by
Kathy Najimy & Mo'Nique
 Directed by
Mary Adair Leslie

2010
JUNE 4, 5, 6
 Friday, Saturday, Sunday
JUNE 9, 10, 11, 12
 Wednesday, Thursday, Friday, Saturday
 7:30 p.m. curtain

Adult Language and Mature Content
 PG-13

For tickets call: 828 526-9047

Martin Lipson Performing Arts Center
 507 Chestnut Street Highlands, NC

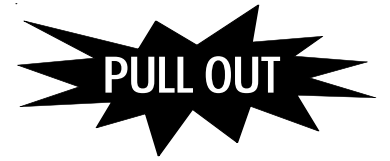
Small Stages venue at PAC features Parallel Lives two weekends in June



Friday night was the premier of Small Stages at PAC and will continue with seven performances over the next two weeks. The Highlands Cashiers Players brought back the women of Parallel Lives and the audience had an uproariously fun evening. The theater was set up in a cabaret style, with tables and chairs and wine was available for purchase. Parallel Lives was performed on the thrust stage, hence the label "Small Stages". Parallel Lives is series of vignettes, much like the Saturday Night Live format, that chronicles the trials and tribula-

tions of life and love. Parallel Lives contains adult language and situations. Call PAC for tickets: 828.526.9047. Pictured: The cast of Parallel Lives: front row, Marlene Alvarez Fairchild, Mary Adair Leslie (director), Ronnie Spilton, back row: DJ McPherson, Laura Miller, Carla Gates, Jenny King, Jennifer Royce, Breta Stroud and Diane Rosazza. Not pictured is Betsy Miller. Performances will be on Friday, Saturday and Sunday, June 4, 5 & 6 and Wednesday, Thursday, Friday, Saturday, June 9, 10, 11 & 12. All performances begin at 7:30pm.

Ongoing and Upcoming Events



from June through October. For additional information call 828-743-1630 or email greatercashiersmerchantsassoc@yahoo.com

• **CLE FACILITATOR TRAINING** — Are you interested in learning more about ways you can volunteer for CLE? Facilitating a class is a great way to get involved. As a Facilitator you attend the class for free. You coordinate, meet and greet attendees and introduce the speaker. We are having a training class on Thursday from 10:30 - noon at the Peggy Crosby Center. Call 526-8811 or email clehighlands@yahoo.com to register.

Fri.-Sun., June 4-6

• **PAC's Small Stages** will present HCP's production of *Parallel Lives*. *Parallel Lives* originated as stand-up comedy skits performed by the writers. Similar in structure to "Saturday Night Live," it parodies life as we know it, which is why audiences are expected to identify with many of the characters and situations. All performances will begin at 7:30pm. Call the Performing Arts Center for tickets: 828.526.9047.

Sat., June 5

• The Nantahala Hiking Club will take a moderate-to-strenuous two-mile hike to the waterfalls of upper Middlecreek in the Scaly Mtn. area. The primitive trail descends perhaps 300 feet to the three falls. Meet at

the Scaly Mtn. post office on Hwy. 106 at 10 a.m. Bring water, lunch, a hiking stick and wear sturdy shoes. Drive four miles round trip. The hike is limited to 12 hikers. Call Virginia Talbot, 526-4904, for reservations. Visitors welcome, but no pet please.

• The Nantahala Hiking Club will take a four-mile, moderate to strenuous work hike with the ATC Konnarock trail crew in the vicinity of Tellico Gap. Meet at Westgate Plaza in Franklin (opposite Burger King) at 8 a.m. Drive 60 miles round trip. Bring water, lunch; wear sturdy shoes. Call leader Bill Van Horn, 369-1983, for reservations. No pets please.

• **Highlands-Cashiers Land Trust Day.** Shop at Highlands and Cashiers residents can show their support by patronizing these local businesses on June 5th and beyond: Fressers Eatery, Highland Hiker, Susie deVillie Schiffli, Broker, Harry Norman, Realtors, Tate Landscaping, The Chinquapin Company, The Kitchen Carry Away & Catering, The Orchard, Victoria's Closet & V.C. for Men and Whole Life Market.

Sun., June 6

• The Nantahala Hiking Club will take an easy 2.5 mile hike on the Kimsey Creek Trail in the Standing Indian area. Meet at Westgate Plaza in Franklin (opposite Burger King) at 2 p.m. Drive 30 miles round trip. Bring water, a snack if you wish, and wear sturdy

shoes. Call Leader Kay Coriell, 369-6820, for reservations. Visitors and children ten and over are welcome but no pets please.

• Christ Anglican Church will host a special music service at its 9 am service on Sunday. Four professional instrumentalists and two accomplished vocalists will augment the church's 1928 Book of Common Prayer with portions from J. S. Bach's Mass in G Major. The community is invited to come. Christ Anglican Church meets at Whiteside Presbyterian Church, highway 64, Cashiers. For further information, call 828-743-1701.

• The High Mountain Squares will be Having a special "WATERMELON DANCE" at the Macon County Recreation Park Pavilion from 2-5 p.m. The callers are Ken Perkins from Pelzer, SC and, Tom Pustinger from Spartanburg, SC. We dance Western Style Square Dancing, main/stream and plus levels. A picnic will be furnished at the dance. Everyone is welcome, so come in casual clothes and enjoy the food and dancing. For information call 828-349-0905, 828-369-8344, 706-782-0943, or www.highmountainsquares.org

• CLE Annual Preview Party from 4-6 p.m. at the Performing Arts Center. Call 526-8811 or email clehighlands@yahoo.com to register.

Mon.-Wed., June 7-9

• Macon County School Nurses will be offering this vaccination FREE to all current 5th graders during June 7th -9th. Permission slips were sent home last week through the school system. If you would like your child to receive this vaccination FREE, please complete the form and return it to school as soon as

possible. If you need another form, contact your school nurse.

Monday, June 7

• Special Operations Warrior Foundation's Annual Golf tournament at Burlingame CC, Sapphire.

• A Storytelling Circle will be held at the Macon County Library, Monday at 7 pm. All ages are welcome. Come tell a story, or come listen to a story. Call Nancy for details, 369-1927.

Tuesdays, June 8, 15, 22, 29

• CLE's HEMINGWAY (without the dinner) — from 3-5 p.m. There will not be dinner included in this session. (\$80 members, \$95 non members). Call 526-8811 or email clehighlands@yahoo.com to register.

Thursday, June 10

• At Hudson Library, Financial Management Lecture — at 5:30-6:30 pm. Presented by Sue Gorski of RBC Bank — Personal Budget & Savings.

• State Employees Credit Union Blood Drive (245 Cunningham Road, Franklin) 10 am to 2:30 pm. Please call 369-3536 for more information or to schedule an appointment. For more information or to schedule an appointment to donate at a nearby donor center, call 1-800-RED CROSS (733-2767) or visit redcrossblood.org.

Wed.-Sat., June 9-12

• PAC's Small Stages will present HCP's production of *Parallel Lives*. *Parallel Lives* originated as stand-up comedy skits performed by the writers. Similar in structure to "Saturday Night Live," it parodies life as we know it, which is why audiences are expected to

• See **EVENTS** page 16

The Warrior Foundation weekend of events set to begin June 7

You may be wondering about those Special Operation Adventure Race Volunteers manning the tables in front of Bryson's, Mountain Fresh, and Shiraz Oriental Rugs.

They are selling tickets for a raffle for two needle point rugs donated by Shiraz Rugs, three American Flag jackets donated by Jolie's of Highlands. Tickets are \$2 each or six for \$10.

They are will provide information about SOAR of Western North Carolina's calendar of events, including the June 7th Golf Tournament sponsored by Burlingame Country Club in Sapphire. The cost is \$125 per person, including lunch, golf, and dinner after the tournament.

On June 10, there is a Silent/Live Auction at the Highlands Community Building. Local merchants, businesses and individuals have donated a treasure chest of goods and services that will be available to the public. Tickets at the door are \$30 per person. This event which starts at 5:30 pm and will include an international tasting bar (featuring Mediterranean, American, Japanese and Asian dishes) by the Cyprus International Restaurant with Chef Nicholas Figel, winner of Highlands Iron Man Chef contest. There will be wine, beer and a Martini Magic Bar.



SOAR raises the funds for the Special Operations Warrior Foundation. This foundation provides a full grant, not a loan for college education to the children of Special Operations who have lost a parent in the line of duty. The SOAR volunteers' efforts are part of a national effort to help these youngsters.

For 30 years, the Special Operations Warrior Foundation has strived to have a positive impact on the children of the fallen heroes. Every year at the events a recipient of the foundation is honored. This year it is Heather Harris, and Sandy Harris, the daughter and wife of 1st Sgt. Glenn L. Harris who died in a parachute jump on December 4, 1994. 1st Sgt. Harris was assigned to the 75th Ranger Regiment. His daughter Heather graduated from Georgia Southern University with a degree in Public Relations.

On June 12, it's the Special Operations Adventure Race. There are two segments: the 7 am Elite Race is running, biking, canoeing, and rappelling, approximately 50 miles of mountain trails. The second race begins at 8 am, more of the same, approximately 25 miles of trails.

At each event Mary Beth Brody, of Highlands, will sing the National Anthem.

Now open Sundays!

Dozens of free art activities:
exhibitions, lectures,
demos, trail, more!



THE BASCOM
A CENTER FOR THE VISUAL ARTS

P.O. Box 766 | 323 Franklin Road
Highlands, NC 28741
828.526.4949

www.thebascom.org

Tuesday through Saturday, 10 am–5 pm through December 18

Sunday 12–5 pm through October 10

Plus three holiday Mondays: May 31, July 5, September 6, 10 am–5 pm

Exhibitions | Classes | Nature Trail | Shop and Café



Ongoing and Upcoming Events

identify with many of the characters and situations. All performances will begin at 7:30pm. Call the Performing Arts Center for tickets: 828.526.9047.

Thursday, June 10

- Taize in Highlands is every Thursday at 5:30 PM. at Highlands United Methodist 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.

- Special Operations Warrior Foundation's Annual Silent/Live Auction at Highlands Community Building. Food donated by Cyprus Restaurant, Chef Nicholas Figel.

Friday, June 11

- "Know Your Frogs" workshop at the Highlands Nature Center. 8:30 – 9:30 pm, ages 6 – adult. Learn about frog biology and how to identify regional species visually and by their calls. Bring a flashlight to search for frogs in the wild. Call 526-2623 or visit

www.wcu.edu/hbs for more information.

Saturday, June 12

- Special Operations Warrior Foundation's Annual Special Operations Adventure Race.

- The Nantahala Hiking Club will take a five-mile moderate hike to the lower falls on Whitewater River from the Bad Creek Reservoir parking area, with a side trip to a natural area of virgin forest with huge trees. Meet at the Cashiers Wachovia Bank (in back) at 10 a.m. Drive 22 miles round trip. Bring water, lunch; wear sturdy shoes. Call leaders Mike and Susan Kettles, 743-1079, for reservations. Visitors are welcome but no pets please.

- The Literacy Council of Highlands "Family Literacy Fair" continues from 1 to 3 p.m. at the Peggy Crosby Center. The first in a series of three workshops, families of children ages four through eight will learn fun and easy strategies to help promote literacy in the home. The workshop will have a Dr. Seuss-theme and end with an ice cream social. The workshop is the second in a three-part series. For more information, contact Bessie Goggins at highlandsliteracy@live.com or 828-526-9938.

- A special sports physical clinic for school athletic programs is being held at the Macon County Public Health Center in Franklin. The clinic is open to rising 7th grade -12th grade students who plan to participate in school athletics anytime during the 2010-2011 school year. Appointments are required and may be scheduled at the Macon County Public Health Center by calling 349-2081. There will be a charge of \$10 for the physical and shot.

Sun. & Mon., June 13-14

- Auditions for HCP's Production of *Dearly Departed* are Sunday from 3-5pm and Monday from 5:30-6:30pm. Scripts are available for reading at the libraries in Highlands and Cashiers. Performance dates are: August 18-22 and August 24-27. Call Virginia Talbot, director, for more information: 526-4904.

Sunday, June 13

- Special Olympics of Macon County will be host-

ing a cookout from 1-4pm at Wesley's Playground Shelter on the Greenway. Come out and get a hotdog, chips, cookie and a drink for a minimum donation of \$4.00!!

All proceeds will benefit Special Olympics of Macon County. For more information please contact Jennifer Garrett, Local Coordinator at 349-2428.

Monday, June 14

- At Highlands-Cashiers Hospital, noon -1 pm. "Colon Cancer" by Dr. Richard Carter, MD, FACP, Board Certified Gastroenterologist. Learn how regular screening and early detection is one of the most important aspects of preventing colon cancer. Find out when to have a colonoscopy screening and why they are so critical one's health. These and other aspects of Dr. Carter's Lunch and Learn presentation will be followed by a question and answer session. Suite 103, in the Jane Woodruff Clinic, at Highlands-Cashiers Hospital.

- The Highlands Plateau Audubon Society will have a pot luck dinner at 6 PM and a program featuring members' nature pictures and adventure stories beginning at 7:30 p.m. at the Highlands Civic Center. For additional information call Brock Hutchins at 828-787-1387. There is no charge to participate.

Tuesday, June 15

- "Owl Pellets," a special family nature activity at the Highlands Nature Center. 3 – 4 pm. Learn what owls eat by examining the skulls and bones of prey animals contained within an owl pellet. Call 526-2623 or visit www.wcu.edu/hbs for more information.

- At Hudson Library, Health Lectures by Dr. Sue Aery of Mountain Air Wellness Center. "How to know if you need orthotics to correct posture?"

Sunday, June 16

- "Owl Prowl" at the Highlands Nature Center. 8 pm, all ages. In collaboration with the Highlands Plateau Audubon Society. Come to our amphitheater for a presentation by the Carolina Raptor Center featuring live owls, then stay for a night hike to look for owls in the wild. Bring your flashlight. Free, but contributions to

CRC are appreciated. Call 526-2623 or visit www.wcu.edu/hbs for more information.

June 17-July 3

- At Highlands Playhouse, "Smokey Joe's Cafe," a musical, theater revue, featuring 40 of the greatest songs. For tickets call 828-526-2695 or go to www.highlandisplayhouse.org.

Thursday, June 17

- Taize in Highlands is every Thursday at 5:30 PM. at Our Lady of the Mountains 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.

RELAY, What You Need To Know . . .

Just as the effects of a challenging economy are felt by families in every community, cancer, too, has a far reaching impact. No matter how the stock market is performing or what the current unemployment rate may be, there are still many people battling a cancer diagnosis and many others who are lending support alongside loved ones every day. These realities make the dollars donated and volunteer hours devoted to the American Cancer Society- a part of Highlands for 10 years- critically important.

Local volunteers are a huge part of a nationwide effort to save lives from cancer, but additional people are needed for the progress to continue. Plans are under way for the Society's annual fundraiser, Relay For Life Of Highlands, which will be held Aug. 13 at The Highlands recreation Park starting at 6 pm. The money raised at Relay enables the American Cancer Society to deliver on it's mission of helping people stay well, helping people get well, finding cures and fighting back against the disease.

Relay provides the Society with money to support vital, cutting-edge cancer research, provides cancer patients with free wigs, transportation to treatment, free lodging at our Hope Lodge, publishes lifesaving literature on cancer prevention, detection and tobacco control; and develops a new generation of medicines that help those battling cancer.

Now it the time for individuals, families, community groups, corporations and small businesses to commit their Relay For Life of Highlands team participation. Join us at this event to celebrate those who have battled cancer, remember those lost, fight back against the disease, and help the American Cancer Society realize it's vision of a world with less cancer and more birthdays.

Please sign up today. Just call Marianne Vines, Team Development Chair at: 828-507-0174. Our next Team Meeting is Tuesday, June 8, 2010 at First Presbyterian Church Library, 5:30-6:30 PM. Anyone interested in Relay or forming a team is welcome.

Please visit: www.relayforlife.org/highlands for news about upcoming Relay events in Highlands.

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Historical Society's Walk in the Park is June 24-27



The former Hudson Library building, now the home of the Highlands Historical Museum and Archives, was designed by architect Huger Elliott in 1915. Elliott's sister, Charlotte, a political activist, will be portrayed by Elaine Whitehurst in this year's "Walk in the Park" sponsored by the Highlands Historical Society. This year the "Walk" will take place June 25 and 26 at Highlands' Memorial Park with shuttles leaving the Community Building every 15 minutes from 6:00 to 7:30 p.m. The June 27 show will begin at 4:00 p.m. at the Performing Arts Center on Chestnut Street. Adult admission is \$15.00; students are admitted free. Tickets will be available at Cyranos Book Shop on Main St. as well as at the Community Building on the day of the event

Our Area's Most Comprehensive Internet Directory

Special Events
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HighlandsInfo.com

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Area Churches



Highlands & Cashiers hiking, fly fishing, camping & waterfalls listed below.

Waterfall Videos: Bridal Veil Falls, Dry Falls, Bust Your Butt Falls, Cullasaja Falls, Glen Falls, Sequoyah Falls, Ranger Falls, Iron Bridge, Sliding Rock Cashiers, Silver Run Falls, Whitewater Falls, Rainbow Falls, Bear Wallow Falls, Looking Glass Falls, Sliding Rock Brevard, Tallulah Gorge, Lake Toxaway Falls, Holcomb Falls, Ammons Falls, Overflow Creek Falls, 3 Forks Overflow Creek Falls, Rock House Falls, King Creek Falls, Spoonauger Falls, W. Chattooga Headwater, Chattooga at Iron Bridge & Burrell's Ford Fly Fishing.

Fly Fishing: High Altitude Cullasaja River west of Highlands, Chattooga River Iron Bridge & Burrell's Ford, Lake Glenville boat access & fishing hotspot locations.

Hiking Trails: Sunset Rocks, Satulah Mtn., Whiteside Mtn., Devil's Courthouse, Horse Cove Poplar Tree, Glen Falls / Blue Valley Trail, Chinquapin Mtn. / Glen Falls Trail, Skitty Creek Trail, Chattooga Loop, Chattooga Trail from Iron Bridge to Whiteside Cove, Ranger Falls Trail, Highlands Nature Center, Rabun Bald Tower, Bartram Trail, Scaly Mtn., Hickory Knut Gap, Jones Knob, Yellow Mtn., Ellicott's Rock

Camping: Van Hook Glade at Cliffside Lake, Ammons Branch, Blue Valley, Burrell's Ford, Overflow Rd., Ralph J. Andrews County Park, Ellicott's Rock Wilderness Area

All of the above --- as well as EVERY subdivision in the Highlands-Cashiers area -- are Google mapped with pictures, video links & lat. / lon. coordinates on HighlandsInfo.com

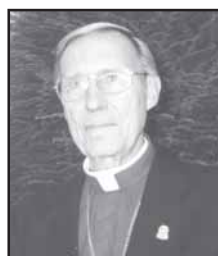
Highlands' Newspaper PDF Version @ HighlandsInfo.com/News.htm

Highlands, Cashiers, Lake Glenville & Sapphire Valley businesses can place ads by calling 828-526-0782

• SPIRITUALLY SPEAKING •

The 'real' Washington Monument

**The Most Rev.
Dr. John S. Erbeling
Archbishop, Diocese of the
Holy Spirit
Senior Pastor,
Chapel of Sky Valley**



Ask any school child to describe to you the Washington Monument and they will tell you about a needle-like structure rising into the sky in our nation's Capitol. Some may even tell you they have walked those many steps.

Isn't it a shame that the real Washington Monument is far less ornate and much less visited and sits on a small knoll in Arlington, VA.

To me it is a far greater monument than the one the children know and it stands for a far greater cause than a single man of history.

The monument I speak of is the Tomb to the Unknown Soldier. It is a simple sarcophagus of white marble from a quarry in Colorado. Originally dedicated to the unknowns of World War I, the unknown soldier received the medal of honor, the Victoria cross, and several other foreign nations' highest service awards, all posthumously, and its service was presided over by the United States President.

The Tomb of the Unknowns has been guarded continuously, 24 hours a day, seven days a week, since July 2, 1937. Inclement weather does not cause the watch to cease.

The watch is really simple, but is a meticulous ritual that is followed in a manner one could only call a religious obligation.

The soldier walks 21 steps across the tomb. Each step of the metal-tipped boots echoes as a 21 gun salute gives honor to this fallen hero.

The weapon on his shoulder is always opposite the tomb, showing his honor and respect. On the 21st step, the soldier turns and faces the tomb for 21 seconds. The soldier then turns to face the other way, across the tomb, changing his weapon to his outside shoulder, and after 21 seconds, the first step is repeated.

Little did they know on July 2, 1937, at its dedication, how many crosses and grave markers would be added to those fields.

Now, west of the grave, are the crypts of the unknowns from World War II, Korea, and Vietnam. There are three Greek figures on the east side panel of the tomb which faces Washington, and they represent peace, victory, and valor, the character traits that the defenders of this country have always strived for and possessed.

The inscription on the tomb is most simple:

It reads: *Here rests, in honored glory, an American soldier known but to God* Some years ago I sat on a concrete bench in Arlington National Cemetery. It was a cool, bright day, in the fall, and I listened to the greatest sermon I have ever heard preached.

No words were spoken, and in the silence broken only by the breeze rustling the stiffened leaves of autumn, I listened to a message given through the click of heels and the sound of a rifle being shifted from right arm to left by a guard walking his post at the tomb.

That sermon echoed throughout the hills of Virginia

• See SPIRITUALLY SPEAKING page 19

• PLACES OF WORSHIP •

BLUE VALLEY BAPTIST CHURCH

Rev. Oliver Rice, Pastor (706) 782-3965
Sundays: School - 10 a.m., Worship - 11
Sunday night services every 2nd & 4th Sunday at 7
Wednesdays: Mid-week prayer meeting - 7 p.m.

BUCK CREEK BAPTIST CHURCH

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

Chapel of Sky Valley

Sky Valley, GA

Church: 706-746-2999

Pastor's residence: 706-746-5770

Sundays: 10 a.m. - Worship

Holy Communion 1st Sunday of the month
Wednesdays: 9 a.m. Healing and Prayer with Holy Communion each service

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Rai Cammack, Branch President, (828) 369-1627

CHRIST ANGLICAN CHURCH

Rector: Jim Murphy, 252-671-4011

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Whiteside Presbyterian Church, Cashiers

Sunday: Holy Communion - 9:00 a.m.

Sunday: Adult Forum - 10:30, Bucks Coffee Cafe, Cashiers

Monday: Evening Bible Study at Whiteside

Presbyterian - 5 p.m.; Bible Study & Supper at members' homes - 6 p.m.

Wednesday: Men's Bible Study - 8:30 a.m., First Baptist Church, Highlands

Thursday: Women's Prayer Group - 10 a.m., Whiteside Presbyterian Church

CLEAR CREEK BAPTIST CHURCH

Pastor Everett Brewer

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

Prayer - 6:30 p.m.

Evening Service - 1st & 3rd Sunday - 7 p.m.

COMMUNITY BIBLE CHURCH

www.cbchighlands.com • 526-4685

Pastor Gary Hewins

3645 U.S. 64 east, Highlands

Sun.: 9:30 am: Adult Sunday School, Prayer Group.

10:30am: Children's Program (Pre-K - 5th Grade), Merge for 6th Graders. 10:45am: Worship Service. 5 pm Student Arts Group, The River Middle & High School Student Ministries.

Tues.: 9:30 am: Women's Bible Study.

Wed.: 5 pm: Dinner. 6:00pm: Children's Program, Adult Teaching.

EPISCOPAL CHURCH OF THE INCARNATION

The Rev. Brian Sullivan - Rector: 526-2968

Sunday: Breakfast: 9 A.M. - Sunday School

10:30 a.m. Holy Eucharist (Rite II)

Sunday Service on Channel 14 at 10:30 A.M.

Monday: 4 p.m. Women's Cursillo Group

Tuesday: 8 a.m. Men's Cursillo Group

4:30 P.M. Education for Ministry

Wednesday: 6:30 P.M. Choir Practice

Thursday: 10 a.m. Holy Eucharist (Chapel)

10:30 a.m. Daughters of the King

• Sunday Service on Channel 14 Sun. at 10:30 a.m.

FIRST ALLIANCE CHURCH OF FRANKLIN

Rev. Mitch Schultz, Pastor • 828-369-7977

Sun. Worship 8:30 & 10:45 a.m.; 6: p.m.

(nursery provided)

Sun. school for all ages 9:45 a.m.

Wed: dinner 5 p.m. followed by children's

Pioneer Club 6 p.m.; Jr & Sr Youth Group 6:30 p.m.;

Adult Bible Study & Prayer Meeting 7 p.m.

Small groups available throughout the week.

FIRST BAPTIST CHURCH

Dr. Daniel D. Robinson, 526-4153

Sun.: Worship 10:45 a.m., 6:30 p.m.; School - 9:30 a.m.; Youth - 6:30 p.m.; Choir - 7:15

Wednesdays: Dinner - 5:30 p.m.; Team Kids - 6 p.m.;

Prayer - 6:15 p.m., Choir - 7:30 p.m.

FIRST PRESBYTERIAN CHURCH

Dr. Lee Bowman, Pastor

Dr. Don Mullen, Parish Associate 526-3175

Sun.: Worship - 11 a.m.; Sun. School - 9:30 & 9:45.

Mondays: 8 a.m. - Men's Bible Discussion & Breakfast

Wednesdays - Choir - 7

HIGHLANDS ASSEMBLY OF GOD

Sixth Street

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

Wednesdays: Prayer & Bible Study - 7

HIGHLANDS UNITED METHODIST CHURCH

Pastor Paul Christy

526-3376

Sun.: school 9:45 a.m.; Worship 8:30 & 11 a.m.; 5 p.m.

Youth Group

Wed: Supper; 6; 7:15 - children, youth, & adults

studies; 6:15 - Adult choir

(nursery provided for Wed. p.m. activities)

Thurs: 12:30 - Women's Bible Study (nursery)

HOLY FAMILY LUTHERAN CHURCH - ELCA

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

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Rev. Clifford Willis

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Wednesdays: Prayer Mtg. - 7 p.m.

SCALY MOUNTAIN CHURCH OF GOD

290 Buck Knob Road; Pastor Alfred Sizemore

Sundays: School - 10 a.m.; Worship - 10:45 a.m.;

Evening Worship - 6 p.m.

Wed: Adult Bible Study & Youth - 7 p.m.

For more information call 526-3212.

SHORTOFF BAPTIST CHURCH

Pastor Rev. Andy Cloer.

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

Wednesdays: Prayer & Bible Study - 7

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Youth from 8th - 12th grades meet the second Sunday of each month from 5 - 7:30 p.m.

WHITESIDE PRESBYTERIAN CHURCH

Cashiers, Rev. Sam Forrester, 743-2122

... SPIRITUALLY SPEAKING continued from page 18

and around the world when a tall, stooped and saddened man spoke during the most devastating war this nation has ever fought, a war among ourselves.

Abraham Lincoln spoke in memory of all of the fallen when he said, "From these honored dead we take increased devotion to that cause for which they gave the last full measure of devotion that we here highly resolve that these dead shall not have died in vain."

This was on yet another battlefield in Virginia, Gettysburg, 1863. But he was wrong in saying the world will little note or long remember what we say, but oh, so right, "It can never forget what they did here."

Jesus speaks often about forgiveness and joy and responsibility, about caring and commitment, but rarely does he speak about pure love.

When he does speak about love, he speaks to us in utter simplicity. Not about warm fuzzy feelings or candlelight dinners or moonlight walks on the beach, but about the nitty-gritty of our lives.

Such are the words of the Gospel, "Greater love has no man than this that he lay down his life for his friends."

I think were Jesus standing here in church pulpits this past Sunday morning, he would hold up a military uniform and say simply, "Greater love has no one than this."

This week we honor the men and wom-

en of this country, who by their service in the armed forces, have in one way or another, whether knowingly or unknowingly, followed the words of Jesus: They have loved us. They have kept us safe.

And they have done what was required to keep the vision and dreams we so cherish alive.

We in this country are desperate for heroes and heroines, men and women who can remind us of the deep truths of what it means

to be human.

How sad it is that we settle for cheap impostors in sports, politics, and even theater.

How sad, how very, very sad, especially when we are surrounded by names and faces and people sitting next to us,

walking with us, within our sight, who have made great sacrifices, who have exhibited such courage and bravery, not for their own gain, or fame, or fortune, or adulation,

but for the safety of their neighbors, their children and their children's children.

Remembering this, let us pray that through them we have regained the lost part of our soul.

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• H-C HOSPITAL NEWS •

Mountain Garden Club readies Living Center's garden



Mountain Garden Club member from left, Caroline Cook, Dr. Paul Black, Ginny Harris, Candy Field, and Midge Rothermel

Members of Mountain Garden Club of Highlands recently initiated the "Fidelia Eckerd Living Center Garden Project" this past week at Highlands-Cashiers Hospital. The club's effort involves providing the residents of the living center a place to grow their own vegetables as well as enhancing the landscaping with flowers, shrubs and greenery.

"This year, our club decided to focus on the Fidelia Eckerd Living Center (FELC) and hospital grounds as an ongoing project and it has already provided us with the rewarding spirit of giving back to our community," said project organizer Midge Rothermel.

Over the past few weeks, project leaders Mrs. Rothermel and other club members spent long hours transforming the grounds to a new and improved façade by grooming flower beds and plant boxes. "All in all we tackled a tremendous job that seemed insurmountable but with many hands we left with a huge sense of accomplishment, and some new friends," said Rothermel.

Ninety-four-year old resident, Flora Warren, is happy they are there. Prior to coming to FELC in 2002, Mrs. Warren had spent her entire life gardening and preparing food with fresh ingredients from her garden. "Now, the vegetable garden court area here gives me the opportunity to continue to do what I love best," said Mrs. Warren. Over the seasons, Flora has enjoyed her gardening hobby at FELC by growing string beans, corn and squash.

"It might sound petty to some, but being able to grow my own veggies not only keeps me active and healthy, it gives me a sense of worth and enables me to carry on activities I did for years," said Warren. "Not everyone, after coming to a long term care facility, is able to get outside, plant veggies and then have them prepared for them. At my age, it's reality that I need assisted help from caregivers, and I'm thrilled that I am able to get such great care and keep up with things such as gardening. I feel lucky to have FELC as my home."

"Resident involvement is imperative to the success of the living center," said Shawna Mellott, Administrator of FELC. "We are very thankful to have so many dedicated garden club individuals that donate their time and energy to our facility and residents! It's help from our volunteers that affords our residents the activities that boost their quality of life," said Mellott.

Other activities volunteers assist FELC residents with include activities such as making greeting cards, playing bingo, and traveling outside of the facility. Many FELC residents also get involved in the community by attending local churches, participating in community service projects and attending numerous events outside the facility. FELC's residents are cared for by board certified

physicians, the same medical staff at Highlands-Cashiers Hospital, and Registered Nurses who have advanced certifications in fields related to caring for the elderly. The mission of FELC is to provide each resident with the highest level of healthcare while bettering their quality of life through activities that keep their minds and bodies functioning to the maximum potential.

About Fidelia Eckerd Living Center

FELC is an 84-bed facility with 4 private and 40 semi-private rooms. FELC is one of only a handful of nursing homes in North Carolina that actively seeks to be accredited by the same rating agency that rates hospitals throughout the state, even though it is purely voluntary. Each time FELC is rated, the facility excels in the scores given by The Joint Commission on Accreditation of Healthcare Organizations. We are proud of this distinction that underscores our goal of providing for the physical, mental, emotional and spiritual needs of every resident in the most caring way we can.

We realize that transition to a nursing home is a matter of great care and concern to the families of loved ones, so we strive to create an environment in which you can have trust, faith and assurance that only the best in care will be given to your family member.

We are connected to the Highlands-Cashiers Hospital so that emergency and acute care are just a few steps away. Each resident is assigned a primary care physician who recommends a plan of medical treatment, supervises diagnostic as well as therapeutic procedures, and personally prescribes and required medication.

We use an interdisciplinary team approach to ensure that our administrator, physicians, nurse managers, social workers, dieticians, along with therapists and special consultants work together to provide the highest level of care for every member of our Living Center family. We urge that the residents' family members participate in the active plan of care to assure that they continue to be an integral part of the care for their loved ones.

Hospital offers weekly tours

The Highlands-Cashiers Hospital kicks off the "Grand Rounds" Tour series. Open to the public, the morning sessions begin at 7:30 a.m. and include a complimentary breakfast. Tours are held each month, June through October.

In addition to getting an in-depth look at hospital facilities, the events provide participants with a chance to meet and chat with some of the hospital's board certified physicians before touring the facility.

For more information about the Grand Rounds Tour series or to RSVP, please call (828) 526-1434.

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• H-C HOSPITAL NEWS •

Citizens turn out for health forums

Last Monday, close to 40 community residents attended a physician forum presented by Dr. Richard S. Matthews, Board Certified Family Physician at HCH, addressing the importance of heart disease and stroke prevention.

After reviewing the key factors of prevention and symptoms, Dr. Matthews opened up the discussion forum for questions. Many attendees wanted to know how they could lower their risk of heart attack and stroke.

"If you have high cholesterol and on prescription statin drugs, ie. Lipitor, to reduce the "bad" cholesterol, there are also some simple life style changes one can make to lower the elevated levels," said Dr. Matthews. "Taking between 1,000 and 2,000 milligrams of over the counter Niacin daily, can help to reduce "bad" cholesterol. Matthews said to begin the supplemental doses at 250 milligrams to measure your body's tolerance.

• See HOSPITAL page 25



Dr Richard S. Matthews, Board Certified Family Physician at Highlands-Cashiers Hospital

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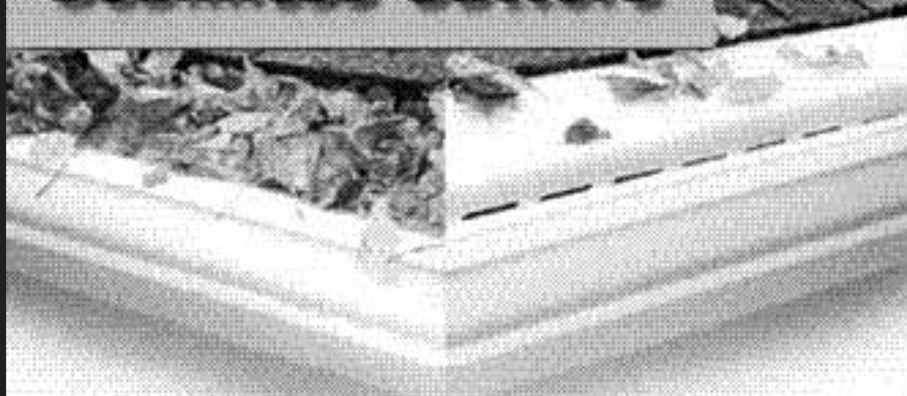
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LINE COOK Opening at Wolfgang's Restaurant and Wine Bistro. Call 526-8396. (st. 6/3)

MOUNTAIN FRESH GROCERY IN HIGHLANDS is hiring for a deli/grill position in our open kitchen. Must have previous experience. Email jobs@MFGro.com or call 828.526.2400 (6/3)

WANTED: LICENSED MASSAGE THERAPIST available for evening and Sunday hours at private country club. Call Joyce Baillargeon 526-050.

FULL TIME OR PART TIME JOB OPPORTUNITIES AT HIGH-END CLOTHING STORE. Retail sales experience necessary. Call 828-482-2118. (St. 3/4)

LOG CABIN RESTAURANT is under new management. Re-opening May 17. Looking for front and back of the house staff. Call 526-3380. (St. 4/29)

LINE COOK AT DOWNHILL GRILL at Scaly Mountain. Must be energetic and speak English. Call Cindy at See 526-1663. (st. 4/22)

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

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

RESPIRATORY THERAPIST at Highlands-Cashiers Hospital. PRN position working 12 hour shifts. Must be on call at night and be within 20 minutes of the hospital. Intubation experience a must. Pre-employment screening required. Call Human Resources at 828-526-1376 or apply online at www.hchospital.org

COOK at Highlands-Cashiers Hospital. Full-time position requiring experience and knowledge of specialized diets. Pre-employment screening required. Call Human Resources at 828-526-1376 or apply online at www.hchospital.org

YARD SALE

2-FAMILY -- Saturday, June 5, 9 a.m. until. Hwy 28 South, three miles over the GA line, on the right.

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LOOKING FOR CARPENTRY WORK. Have tools. Please call Alferdo: 524-9304 or 371-2976.

LOOKING FOR LANDSCAPING. yardwork and housecleaning. Call 828-200-1038 or 5261025.

REAL ESTATE FOR SALE

DOUBLEWIDE WITH 3.48 AC. WITH AN AWESOME VIEW, only \$240,000. Located 10 miles out of Cashiers. Call 828-507-1149. (5/27)

2/2 ONLY CONDO ON MILL CREEK GOLF COURSE IN FRANKLIN. Furnished, skylights, fireplace, screened porch. \$175,000-reduced to \$168,000. Pics avlb. 419-967-0796 (6/24)

LOT FOR SALE. 1.45 acres, heavily wooded, stream, has 4 BR septic permit, Mirrormont area, \$209,900, 770-861-4249. (6/17)

3BD/3BA IN TOWN OF HIGHLANDS. (Less than 5 minutes from main street) in beautiful, quiet neighbourhood. Includes SAPPHIRE, NC HOME SITE AND RESORT MEMBERSHIP. \$582,800 FSBO.com/22280435 Call 828-200-9067. (st. 5/6)

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)

RESIDENTIAL FOR RENT

APARTMENT FOR RENT -- 1 bedroom, 1 bath, living area, kitchen and utility room. \$600/month. \$300 security deposit. Rent includes utilities (electric, water, heat) 1 year lease. Prefer nonsmoker. No pets, Unfurnished. Good for 1-2 people. (828) 526-9494. (6/10)

WALK TO TOWN from this 3/3 furnished older home near Bascom. Year-round, consider seasonal. \$1250/month includes electric. 526-5558.

FOR LEASE LARGE 2 STORY 5 BEDROOM HOME with decks. Available for immediate occupancy Near downtown Highlands. 914-761-8880 x 19 Sandy. (st. 4/29)

STUNNING MOUNTAIN VIEWS SECLUDED AND ONLY MINUTES FROM THE TOWN OF HIGHLANDS. Fully furnished, large 1 bed, 1 bath apt. with large walkin closet, porch and yard. Updated with new carpet. Available seasonal through November. All utilities included AC and Heat. \$1,200 month. Call 526-3608 (Spoiled Rotten) or evening, 526-2694, (st.4/29)

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. \$700/mo. 526-3363. (St. 3/25)

1 BEDROOM, 1 BATH, FURNISHED 1 1/2 FROM DOWNTOWN. \$600 per month, incl. utilities, satellite TV, access to washer/dryer. Call 526-4598 or 526-3612. (4/29)

LOCATION, LOCATION! 2BR, 1 BA upstairs apt. Quiet area 1/2 block from Main St. (828) 787-2021 or 526-9227. (st. 2/25)

ONE-BEDROOM APARTMENT IN TOWN -- 535 N. 4th Street. \$600 a month. Call 770-827-0450. (St. 11/5)

FULLY FURNISHED 4-ROOM CABIN SUITE off Glen Falls Road atop Loma Linda Farm. New queen bed, kitchenette, large tiled shower, deck and view. Good for 1 person. \$700/mo. includes electric, heat, satellite TV and wifi. Visit <http://highlandscashiersrealestate.blogspot.com/> for

virtual tour. Phone (828) 421-7922. (st. 11/12)

APARTMENT FOR RENT -- newly furnished one bed/one bath. AC/Heat. Deck. Fantastic view. 5 min from Highlands. Adults only. No smokers, no pets. Utilities included. \$795. Call 526-2694. (st. 7/30)

GREAT 2 /1BATH APARTMENT -- Main Street, Highlands includes 9-foot ceilings, central heat & air, balcony, large laundry room with washer/dryer. \$900 per month plus utilities. Lease and references required. Contact John Dotson - 526-5587. (st. 5/21)

REAL ESTATE FOR RENT/SALE

3 BED, 2 BATH IN APPLE MOUNTAIN. -- \$525,000 or Rent Unfurnished for \$1,200/month. Call 526-5056. (st. 5/6)

RETAIL SPACE FOR LEASE MAIN ST HIGHLANDS NC (former Kilwins Ice Cream) Prime Middle of the Block Location First Time Available suitable for retail, clothing, art, and others. 914-761-8880 x 19 Sandy. (st. 4/29)

FOR SALE - 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. -- Currently occupied by High Country Cafe. 6,300 sq. ft. Call Buddy or Sherry Kremser at 706-782-6252. (St. 11/5)

ITEMS FOR SALE

BAR STOOLS -- Swivel Captain Chairs. \$50 each. Call cel: (516-927-7423. Available at Pine Brook Condominiums. (6/3)

SECRETARY DESK W/BOOKCASE 4 drawer, serpentine front, ball & claw feet, arch pediment w/final \$975. 526-2671 for photo. (St. 5/20)

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

VEHICLES FOR SALE

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

1996 JEEP COUNTRY CHEROKEE – Loaded with all options. Good Rubber. Must see. MUST SELL. \$2,300. Call 526-2694. (st. 4/15)

CADILLAC DEVILLE 2002 – Silver, 85,300 miles. One owner, garaged. \$8,950. See at 150 Shelby Circle, Highlands. 787-2310. (St. 7/9)

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Police & Fire Report

The following are the Highlands Police Dept. log entries from May 21. Only the names of persons arrested, issued a Class-3 misdemeanor, or public officials have been used.

May 21

• At 11:30 p.m., officers responded to a noise complaint at the ballfield where a game was in progress.

May 22

• At 8:10 p.m., officers responded to a call of bears on Log Cabin Lane. The cubs were in a tree and the mother bear was sitting at the base of the tree.

May 24

• At 9:15 p.m., officers responded to a two-vehicle accident in a parking lot.

May 25

• At 4 p.m., a visitor reported losing her wallet. It was found.

May 26

• At 10:15 p.m., on Choctaw Lane where an air compressor was being used.

May 29

• At 9:48 a.m., officers responded to a call of a bus blocking parking spaces in Wright Square.

May 30

• At 12:45 p.m., Claudio Mendoza Sanchez, 34, of Highlands, was arrested for DWI on US 64.

• Officers assisted a motorist at Main and 1st streets by pushing a car into the gas station.

June 1

• At 9:45 a.m., officers responded to a two-vehicle

accident at Oak and 2nd streets.

• At 4:30 p.m., officers responded to a 9-1-1 hangup from a residence on Cullasaja Drive but no one was home.

• At 7 p.m., officers were called to "keep the peace" at a residence on Foreman Road.

• 9:50 p.m., officers responded to a call of a bear on a deck at a residence on Wingina Place.

• During the week, police officers responded to 5 alarms and issued 14 citations.

The following are the Highlands Fire & Rescue Dept. log entries from May 27:

May 27

• At 1:10 p.m., the dept. was first-responders to assist EMS with a medical call at a residence on Cullasaja Club Drive. The victim was taken to the hospital.

• At 4:18 p.m., the dept. was first-responders to assist EMS with a medical call at a residence on Ridge Lane.

• At 4:58 p.m., the dept. provided mutual aid to Scaly/Sky Valley FD when a building struck by lightning caught on fire.

May 28

• At 9:19 p.m., the dept. was first-responders to assist EMS with a medical call at a residence on Hemlock Woods Drive. The victim was taken to the hospital.

May 29

• At 11:25 a.m., the dept. was first-responders to assist EMS with a medical call at a residence on Satulah Ridge Road. The victim was taken to the hospital.

• At 3:35 p.m., the dept. responded to a call of smoke in the house on Holt Circle. It was caused by burnt toast.

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Highlands Rotary sponsors Highlands School Athletic Banquet at Rec Park Tuesday, May 25



Above, Chris Green was named "Coach of the Year;" the girls baseball team; the girls' soccer team. Right, the girl's basketball team; the golf team. Below the girls volley ball team.



Above, soccer coach Ryan Potts presents Will Mathowdis with the Most Valuable Player award.



Above the boys basket ball team, right, the boys soccer team and below the boys baseball team.



All the athletes were commended for participating in school sports and for making their teams and their school proud.

Highlands Rotary prepared and served the athletes, staff and families a banquet during the annual affair.

Sam and Lisa Osteen were named "Fans of the Year" for consistently attending Highlands School sports affairs.

... HOSPITAL continued from page 21

Many who take Niacin will experience itching, tingling, or feelings of warmth, but starting with a low dosage and depending comfort level, individuals can increase their intake. Recent studies have shown that Niacin can reduce bad cholesterol by 20%, and also increase good cholesterol by 20%.

Several of the attendees asked, "How will I know that I am having a heart attack if my symptoms are atypical?" Matthews answered by recounting a situation that occurred with one of his previous patients. During an appointment, the patient expressed that after

walking his dog, each time he developed a sore throat. Dr. Matthews examined the patient, and determined cardiac stress and soon after, the patient underwent bypass surgery. "Not all heart attacks will present the typical symptoms, I encourage any person experiencing unexplained pain or discomfort to call their physician and seek medical attention," said Matthews. "If you believe you are having a heart attack, call 911 immediately and take 325 milligrams of aspirin."

"Time is tissue," said Dr. Matthews. From the time a patient walks through our ER doors

to the time they arrive at the catheterization laboratory, every minute counts. We have everything here onsite to provide the heart attack or stroke victims the medical necessities to increase their chance of survival and we do it quicker than most facilities our size," said Dr. Matthews.

When asked about stroke prevention and symptoms, Dr. Matthews touched on several key points amongst which were recognition of the classic symptoms and the importance of acting quickly. He used the acronym FAST to break down the usual symptoms of: face drooping (F), arm weakening (A), slurred

speech (S), and time is critical (T). "Like a heart attack, time is the most important factor, and calling 911 imperative.

Throughout the summer, Highlands-Cashiers Hospital will be hosting additional Physician Forums with their own board certified physicians. Dr. Richard Carter, Gastroenterologist, is next on the schedule focusing on "Colon Cancer" June 14th from 12 noon to 1pm at the Jane Woodruff Medical Clinic. For more information regarding Physician Forums or to RSVP, please call (828) 526-1313.

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• BUSINESS NEWS •

Espresso Bar and Coffee Roaster now open at Mountain Fresh Grocery



Don Reynolds of Mountain Fresh Grocery on Main Street with the new coffee roaster in action. About three times a week he roasts organic coffee beans that are then crafted into coffee drink favorites -- espresso, latte, cappuccino, coffee shakes or just a great cup of coffee. Stop by for a free coffee, today!

Photo by Jim Lewicki

The Animal Wellness Hospital now welcoming new 'clients!'

Doctors Amanda Whitlock, Brad Smith and Stephen Arbitter of the Rabun Animal Hospital in Dillard, GA, have extended their practice to Highlands on the Dillard Road in the Freeman Gas building. The Animal Wellness Hospital handles it all -- large, small, exotic; animal medicine, surgery and laser surgery, too. Stop by and see them today, Thursday, June 3 during their open house from 5-6:30 p.m.



Photo by Jim Lewicki

Highlands Rotary Student of the Month



The Rotary Club of Highlands honored the Highlands School Students of the Month for May at its May 25 meeting. Shown with Highlands School Counselor, Thomas Jessup, are high school winner, Kate Marie Parks, middle school winner, Allie Wilkes, grammar school winner, Tucker Johnson and Rotary President, Paul Schmitt.

Harry Norman, Realtors agents earn 'NAR Short Sales and Foreclosure Certification'

The following agents at Harry Norman, Realtors have earned the nationally-recognized Short Sales and Foreclosure Resource Certification: Pat Allen, Susie deVillie Schiffli, Molly Leonard, Carol Mathews, Bert Mobley, and Nadine Paradise.

The National Association of Realtors offers the SFR certification to Realtors who want to help both buyers and sellers navigate these complicated transactions, as demand for professional expertise with distressed sales grows.


According to a recent NAR survey, nearly one-third of all existing homes sold recently in the United States were either short sales or foreclosures. For many real estate professionals, short sales and foreclosures are the new "traditional" transaction. Realtors who have earned the SFR certification know how to help sellers maneuver the complexities of short sales as well as help buyers pursue short sale and foreclosure opportunities.

"At Harry Norman, Realtors, we believe

the key to providing outstanding customer service is a passion for continued education in myriad aspects of our field," said Pat Allen, Broker-in-Charge. "We know that the better equipped we are with the very latest in information and technology, the better our clients will fare in our market."

The certification program includes training on how to qualify sellers for short sales, negotiate with lenders, protect buyers, and limit risk, and provides resources to help Realtors stay current on national and state-specific information as the market for these distressed properties evolves.

With 80 years of experience in real estate, Harry Norman, Realtors is one of the Top 30 Independent Real Estate Companies in North America. You are invited to visit the Highlands office located on the corner of Hwy 64 and Carolina Way. For more information, contact the office at (828) 526-8300, or visit the website: HighlandsRealEstate.com.





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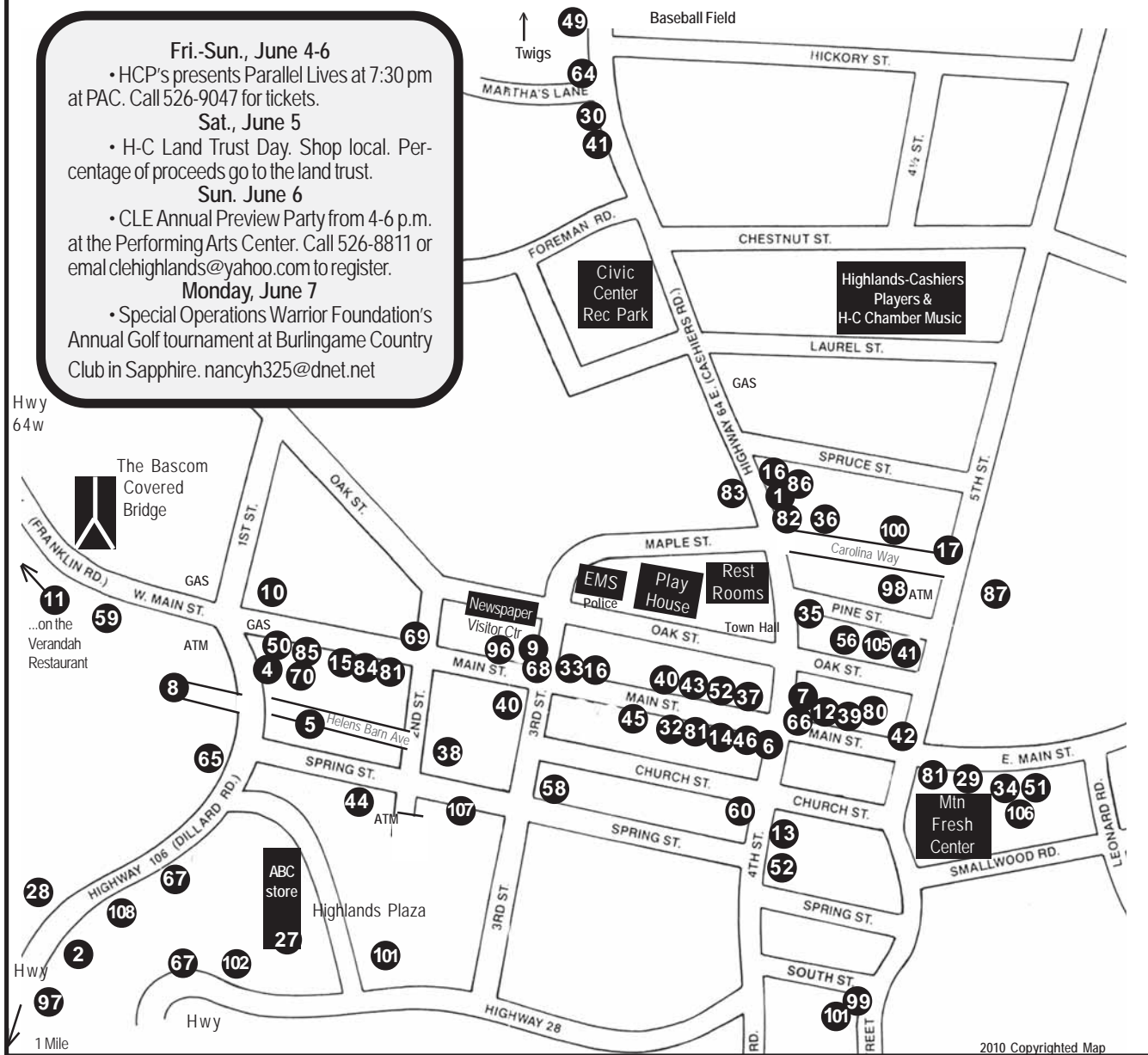
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Map of Highlands showing streets, landmarks, and numbered locations 1-109. Landmarks include: Baseball Field, Civic Center Rec Park, Highlands-Cashiers Players & H-C Chamber Music, Town Hall, Rest Rooms, Play House, EMS Police, Newspaper Visitor Ctr, Helens Barn Ave, ABC store, Highlands Plaza, Mtn Fresh Center, and various gas stations and ATMs.

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Needlepoint of Highlands



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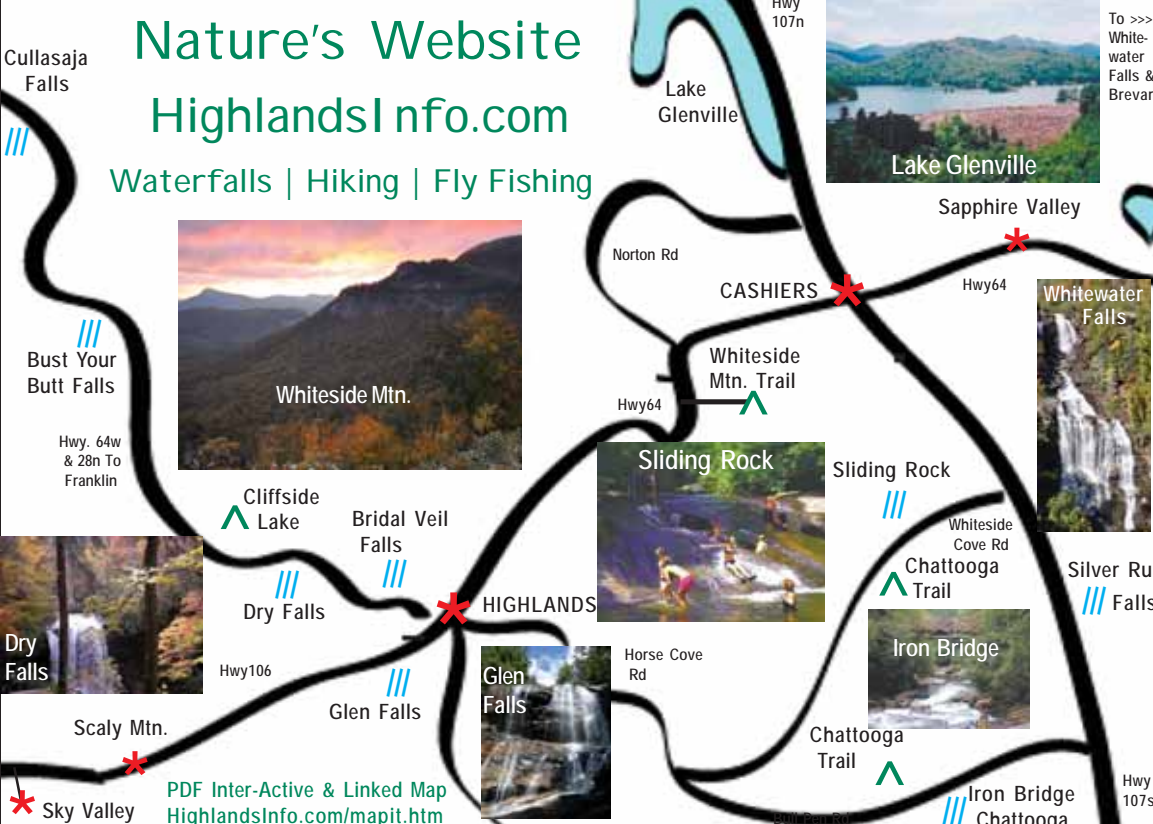



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