

# Highlands Newspaper

FREE every Thursday

Volume 10, Number 35

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Thursday, Aug. 30, 2012

## **Mondays**

• Jamming with James at Fressers at 6 p.m.

## **Thurs-Sun.**

• Live music at Altitudes at Skyline Lodge. Call 526-2121 for information.

## **Saturdays**

• Free Wine Tastings at Mountain Fresh Foods from 2-4 p.m.

**Thurs.-Fri., Aug. 30-31**

• At the Bascom, Empty Bowl Bowl-a-thon sale on the Terrace at 2p.

**Fri., Aug. 31**

• At Cabin Couture on Carolina Way, "Once in a Blue Moon" Wine and Cheese Party from 5-7 p.m.

**Thurs. - Sun., Aug. 31-Sept. 2**

• HCP's presents Ken Ludwig comedy, "The Fox on the Fairway." Tickets: 526-8084.

**Fri., Aug. 31-Mon., Sept. 3**

• At the Highlands Playhouse, Lindsey Alley. Call 526-2695 for ticket information.

**Sat. & Sun., Sept. 1-2:**

• The Village Square Art & Craft Show in downtown Highlands at Pine Street Park and the Village Square from 10 to 5. Free family event with fine art, folk art and mountain crafts, with demonstrations, music, food and face painting. (828) 787-2021 or [www.cystrainphoto.com](http://www.cystrainphoto.com) for info.

**Saturday, Sept. 1**

• At The Bascom, Barn Dance featuring music of The Stone Mountain Wobblers from 7-10 p.m. Tickets at the door.

• At Chivaree in Cashiers, artist Paige Word champagne reception. 8 Cashiers Commons, Hwy 107N, across from Zollers. 743-6195

**Sunday, Sept. 2**

• At The Bascom, Artist's Talk with Art and Margo Rosenbaum from 2-3 p.m.

## 'Rachel's Challenge' coming to HS

**By Ryan Potts**

Highlands School students will have the privilege of being part of the Rachel's Challenge violence prevention program this fall thanks to the efforts of Highlands Police Chief Bill Harrell and

private funding.

Chief Harrell has been trying to get this program into Highlands School since he became Chief and now with private funding it is going to happen.

This funding is paying for the

materials that will be used during the presentation by Rachel's Challenge presenters. They tour the country and next time they are in the area they will be coming to Highlands School.

• See CHALLENGE page 9

## J-MCA offers sustainable solutions for town

— Part 2 —

**By Michelle Price**  
J-MCA

The Jackson-Macon Conservation Alliance (J-MCA) recently presented its Sustainable Solutions Report to the Town of Highlands.

The purpose of this project is to foster community involvement in planning that builds on natural resources and encourages sustainable development. Sustainable development includes the social, environmental and economic needs of the community.

"I have read the report put together by J-MCA and must say it is a pretty impressive document with a lot of great information. Much of it, in my opinion, is very practical and relatively easy to implement. It also gives the town more information to consider as we move ahead with long range

• See J-MCA page 18



## Blue Moon rising Aug. 31

When you hear someone say "Once in a Blue Moon" you know what they mean. They're usually talking about something rare, silly, and even absurd. After all, when was the last time you saw the Moon turn blue? Well, rare or not, we're having one this week, and according to astronomer David Reneke writer and publicist for Australasian Science magazine, a Blue Moon is slated for the last day of this month, Friday, August 31.

It's not at all clear where the term 'Blue Moon' comes from. According to modern folklore it dates back at least 400 years. A Blue Moon is the second Full Moon in a calendar month. "Usually months have only one Full Moon, but occasionally a second one sneaks in, Reneke said. "Ancient cultures around the world considered the sec-

• See BLUE MOON page 3

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## La Crosse Encephalitis hits Highlands

Macon County Health Director, Jim Bruckner recently confirmed that two children from Macon County have been diagnosed with La Crosse Viral Encephalitis (LAC).

One of the children is from Highlands and the other child is from the Franklin area.

Both of the children were hospitalized, but have now been released and are recovering at home.

"These cases are an unfortunate reminder that we all need to take precautions to prevent mosquito bites," said Bruckner.

In addition to La Crosse, mosquitoes are carriers of Eastern Equine Encephalitis, West Nile virus, and other diseases.

"Thankfully, it is fairly easy for people to protect themselves by applying mosquito repellants and making their home or work

• See ENCEPHALITIS page 12

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# • THE PLATEAU'S POSITION •

## • LETTERS •

### What if?

Dear Editor,

I write a lot of letters to the editor about politics. It occurs to me that this election would essentially be over if President Obama's slogan of Hope and Change had actually occurred. For example, what if most of the college men and women who graduated in the last four years were employed in their chosen field, the size of the deficit had been reduced substantially, and the employment rate was near 6%?

The President would be holding national news conferences talking about his accomplishments and the Republicans would be singing the "blues." "Wait till 2016" would be their battle cry! What really happened?

We now know Hope came without Change. Mr. Obama's motto was just that, a motto without a plan. There will be no news conferences broadcasting his great accomplishments of the last four years. Seldom does Mr. Obama mention "Obama Care." He does not talk about the Keystone Pipeline that would have provided vitally needed job and given us access to the Canadian Oil. In addition the pipe line could have reduced the price of gasoline we pay at the pump and our dependence on Middle East oil.

The USA has massive amounts of natural gas. Are we maximizing the use of this cheap fuel which has less than half the carbon content of coal or petroleum? In California, they run their buses on natural gas to reduce CO 2 and smog. Just imagine if our heavy duty trucks could run on natural gas instead of diesel. Gov. Romney will explore the use of natural gas which will reduce the pollution our atmosphere. This man has been a successful planner and manager all of his adult life. Paul Ryan is a smart young man with the leadership skills who can carry out the Romney economic plan.

Mr. Obama has been a man without a plan except to get out and campaign for re-election. To Mr. Obama's credit he did allow our Navy Seals go and remove Bin Laden from the face of this earth.

But in my opinion if Mr. Obama is re-elected to office he may well gut our military forces to pay for all of his socialist

agenda. I believe we need a strong military not a weak one.

After the first two years of hope and change the people of the USA voted out many liberal Democrats. It appears our state may finally be ready to elect a Republican Governor along with a Republican House and Senate. The Great State of North Carolina needs a leader with a vision for our future. Pat McCrory with a Republican House and Senate can provide that leadership we need to get the ball rolling in Raleigh and make North Carolina competitive again.

Jim Mueller  
Glenville, NC

### Memorial to Jack Berlin is in good hands

Dear Editor,

I thought Deborah Berlin (see the May 20, 2005 edition about Jack Berlin, McDonald Austin and Raymond le Compte) would like to know that the monument near Sarlat in France is in good condition, still, and I cleared a few weeds away from it today, when I passed by on the way from

the Chateau at Fenelon.

It's quite a story. One thing you may not be aware of is that in this part of France there are very, very, very few German tourists, still, but the English are here all the time!

I live in West Sussex, UK and know this area in France well. Memorials, like the one to Jack Berlin, are quite common and very welcome.

John Evans  
Perigueux, France

### Please follow 'catch and release' etiquette

Dear Editor,

I am a huge fan of Fred Wooldridge but I was shocked to read his "Catch and Release" column in the Aug. 9 edition.

I am an outdoorsman and I hunt and fish. Catch and release fishing must be done with barbless hooks and artificial lures not live worms. In addition, hooks must be removed or the fish suffer a slow painful death!

To cut off a barbed hook and leave it in

the mouths of 18 fish is wrong. Some of the fish probably were gut hooked and will surely die. The mouth hooked ones can't breath right or eat properly so most of them will die, also.

This is not teaching young kids to be responsible outdoors men and women.

Cliff Williams  
Bryson City, NC

### Columns cast Key West in the wrong light

Dear Editor,

After reading Dr. Salzarulo's last two columns about Key West in the Aug. 16 and Aug. 23 editions of Highlands Newspaper, and his apparent negative attitude, I feel compelled to respond.

My wife and I have had just the opposite experience. We started visiting Key West in the Fall of 2003 and visited it three times within a few months.

We were taken with its unique character, some quirky residents, fantastic restaurants, wonderful weather in the late Fall, all Winter, and early Spring, and the most fantastic sunsets on the most beautiful waters we had ever seen on almost a daily basis!

We were so taken that in May of 2004 we purchased a town home in Old Town, and spent the last seven winters there. We sold the town home in early 2012, and purchased an historically significant home (over 170 years old) in the Middle of Old Town.

We have made many friends there, have done volunteer work, and have taught and taken classes there. We think it is one of the truly unique places in the US.

While I agree that some the T-shirt shops could clean up their act (and now there is a local push to do so), we think that the advantages far outweigh the disadvantages. Many of our friends who visit us while they are there have a ball, and many return again.

There is an enormous amount of culture there; consider that there are over 40 art galleries in Old Town, an area of only about four square miles.


The people of Key West are very tolerant, welcoming all cultures. The Island's motto is: One Human Family.

Joe & Sandra Vizzini  
Cashiers, NC and Key West, FL


## Highlands Newspaper

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THURSDAY NIGHT




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FRIDAY




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FRIDAY NIGHT




30%  
Chance Thunderstorms  
Low: 62°F




SATURDAY




30%  
Chance Thunderstorms  
High: 74°F




SATURDAY NIGHT



40%  
Chance Thunderstorms  
Low: 61°F



SUNDAY



40%  
Chance Thunderstorms  
High: 72°F



## ... BLUE MOON continued from page 1

ond Full Moon to be spiritually significant."

Full Moons are separated by 29 days, while most months are 30 or 31 days long, so it is possible to fit two Full Moons in a single month. This happens every two and a half years, on average. By the way, February is the only month that can never have a Blue Moon by this definition. We had one Full Moon on August 2 this year and the second will be Friday night.

Does the Blue Moon actually turn blue? No. Physically colored Blue Moons are rare, and that's where the phrase comes from, "Once in a Blue Moon." There are occasions though when pollution in the Earth's atmosphere can make the Moon appear to look blue in color. The extra dust scatters blue light. For example, the Moon appeared bluish green across the entire Earth for about 2 years after the eruption of Krakatoa in 1883.

There were also reports of a blue-green coloured Moon caused by Mt. St. Helens in 1980 and Mount Pinatubo in 1991. "So in a sneaky sort of way, it could be true," Reneke said. Look up at the night sky on August 31 and see for yourself. Everywhere in the world the full Moon rises in the east just as the Sun is setting in the west.

"Blue Moons don't have any real sig-

nificance scientifically but they're fun to look at," Reneke said. "Anytime you can get people out to look at the real sky to me is a great plus, enjoy it while you can this Friday night and while you're looking moonward, think of Neil Armstrong, the first man on the moon who died on Aug. 25 at the age of 82..

— Tammy Plotner, Universe Today  
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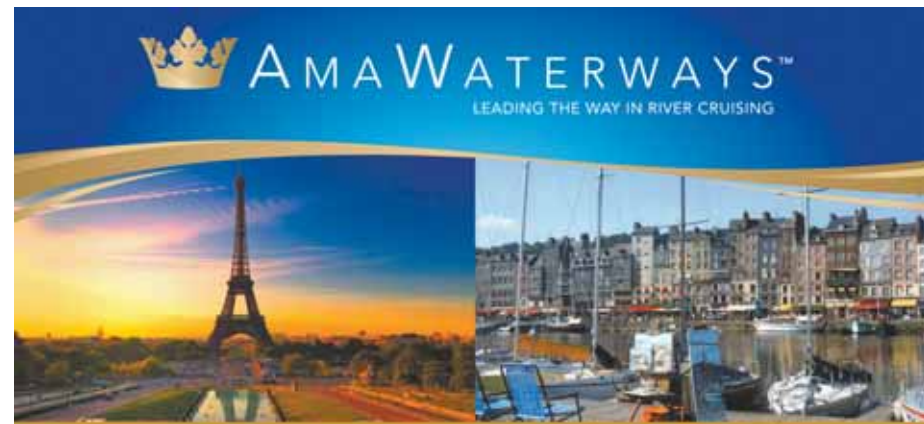
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## • LAUGHING AT LIFE •

### Does Highlands need low cost housing?

Seriously, if you're a well intentioned person who still feels Highlands needs low cost housing, read this, wrap some common sense around your brain and stop by the house and I'll give you a big hug.

I know a lot.... a lot....about low cost housing. In short, it's horrible! Back when I was a lawman, ritzy and glamorous Miami Beach, of all places, had low-cost housing consisting of three sizable three-story buildings all lined up in a row at the southern tip of the city next to the dog track and only a short block from the famous Joe's Stone Crab Restaurant.

I knew the projects well as I spent a lot of my time answering police calls there. Like ants to honey, low-cost housing draws the worse of mankind with only a few good



**with Fred Wooldridge**  
**Feedback is encouraged!**  
[askfredanything@aol.com](mailto:askfredanything@aol.com)

folks thrown in the mix. But don't get caught up focusing on the few good folks.

Overall, the place was a dump, loaded with dope dealers, drunks and prostitutes. "The projects," as they were called, was the site of my first gun fight where I realized if a bullet passed by my ear close enough, I could hear the whiz as it went by. Not good!

Domestic violence, known as DV calls, occurred often at these projects. When I arrived at a DV call, I would usually find the wife bloody and the husband drunk and complaining "Look what she made me do, officer." After administering first-aid on the wife to control bleeding, I would ask her to file a complaint and, of course, she would refuse, fearing that if she did, her hus-

• See WOOLDRIDGE page 5



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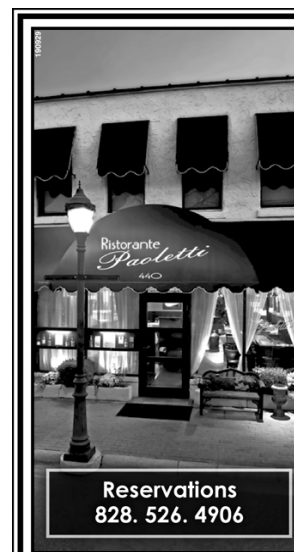


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band would kill her after he bonded out....a legitimate concern. Then I would hand her a preprinted paper on how to get help and she would, of course, throw it away.

Next, I performed my famous police divorce. I would have the bloody wife place her right hand over her heart and have her drunken husband place his hand over his heart. I would place my left hand over my badge, my right hand on my holstered gun and say, "By the powers invested in me as an official police officer of this city, I hereby declare this marriage dissolved for a period of three days." (Could I make this up?)

Then I would say to the husband, "You are now a single man. Go live with one of your girlfriends for three days and leave your wife alone. If you feel you need more time, call me and I'll give you an extension." This almost always worked and kept the wife alive and a lot less bloody, but is this what Highlanders want here?

I delivered my first of two babies in those same filthy low-cost housing projects. The mother was only 16 and her friggin' mother, a drunk, was in sheer panic mode. She kept pounding on my back and screaming as I was assisting in getting the baby's head out. She was also

•See WOOLDRIDGE page 11



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# • THE VIEW FROM HERE •

## Living through recovery



**Dr. Henry Salzarulo**

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i t -  
self.

I can't tell you anything about the operation itself. I was asleep. I've got a good bit to say about the recovery period. If it is true, as they claim, that the minimally invasive approach results in less pain and quicker recovery, guys who have the open procedure may take their rightful place besides immigrants and single working Moms as my heroes.

I woke up, more or less, in the recovery room, believing that everything would be OK if I could just sit up and empty my bowels. Sitting up is not permitted in the recovery room, and those who attempt it are labeled disruptive patients. I'd never had a bladder catheter before, and had no idea of the bladder spasm it can create, or that there is a very effective medicine to relieve the spasm and pain. Unfortunately, I wouldn't find out for nearly three hours, the most miserable hours of my life.

It was my misfortune that I returned to my room shortly before the nursing change of shift at which a sacred ritual, report, takes place. As far as I know the purpose is to report the patients' condition to incoming nurses. In reality it's an opportunity to swap recipes and complain about their husbands. If an outgoing nurse were

I always try to find humor in adversity. Maybe it's because Mom dated Jewish guys. Besides, personal misfortune gives me something to write about when the economy isn't too bad or when the Westboro Baptist Church takes a weekend off.

I can't think of anything funny to say about prostate cancer. I had one. Now I don't, and unless I die from a heart attack in the next few years, that's probably a good thing.

It varies, of course, from person to person, but it takes several years for it to cause death. Surgeons are reluctant to perform the procedure on men over 65, the theory being that we should live with our cancer and wait for something else to kill us. There's an encouraging thought.

For a guy my age, the consultation with a surgeon is more like an interview in which a guy emphasizes how he is different than most 71-year-old guys. I stressed my virility and talked a urologist into removing my cancerous prostate.

Thus, I became cancer-free last Wednesday.

I opted for robotic prostatectomy. All the YouTube videos made it look so easy. Instead of a big incision, the surgeon makes four small stab wounds. Through these portals, he passes mineralized instruments; scissors, graspers, and a 3D camera. This approach improves visualization and precision, reduces blood loss, shortens recovery, and reduces the likelihood of incontinence and impotence. They do point out older patients are at greater risk to experience impotence. There's a shocker! The surgeon controls the robot, but I expect that will change in the future. Twenty years from now, the robot will cut out the surgeon and send the bill

to report that Dr. Salzarulo in room 1359 was experiencing severe pain, it would be a serious breach of etiquette for the incoming nurse to excuse herself and give him a pill to relieve the pain. The really annoying thing is that the nurse is completely unapologetic when she finally arrives.

I always thought of myself as a tough guy. I haven't missed a day's work in 20 years except when I had a cardiac catch and stents placed. I had the procedure on Friday. My partners insisted I take Monday off as well. I had my knee scoped at the end of the surgical schedule on a Friday, never took a pain pill, ran an hour on the treadmill the following day, and reported for duty on Monday. This has been a very different experience.

I've had a terrible cough, and become short of breath when lying down. I think the anesthesiologist injured my trachea placing the endotracheal tube. I've decided not to report it and give it a few days to repair itself. I'm just not ready for anymore medical marvels right now.

My abdomen was terribly distended and painful. It was two full days before I experienced any relief. For the first time in my life, I'm praying for flatus and diarrhea.

Last night I had a terrible nightmare, the only one I remember in my adult life. I screamed so loudly, I awoke Bull, who sleeps at the other end of the house. He woke me and brought me a dip of black cheery ice cream. I love that kid. Before he went back to bed I gave him a little advice. "Bull," I said, "if you ever have cancer, and it isn't a real bad one, just give it a nickname and try to live with it."



# • COACH'S CORNER •

## College Football Preview 2012

The College Football season is upon us, which means it is time for my annual "these picks will make me look foolish" column. So without further ado, here is my preseason top 10.

1. Alabama: While it pains me to write this because I find Sabanball to be incessantly boring, Alabama is a football machine running on all cylinders at this point and time. The Alabama defense will, as always, be stocked with behemoths along the defensive line and murderous, heat-seeking missiles at linebacker. Pure physical domination awaits the Tide opponents at the line of scrimmage, and as long as AJ McCarron doesn't turn the ball over we will likely be watching the Tide again in the BCS Championship.

2. USC: This year's version of Oklahoma State (who I thought was BCS Championship material last season). Experienced quarterback, loads of skill position talent, sketchy defense and a smirking toolbox coach on the sideline. Well, Mike Gundy isn't near the tool that Lane Kiffin is, but everything else fits like a glove. (Not OJ's glove though)

3. LSU: See Alabama, but with a coach who eats grass.

4. Michigan: Denard Robinson is the MVP of college football, and the Wolverines will face a pretty light Big 10 schedule.

5. South Carolina: Probably the Head Ball Coach's best team at USC in that they are balanced on offense with a great WR-QB connection in Connor Shaw and Ace Saunders and a stud running back in Marcus Lattimore. The D will again be a strength, and with a few lucky bounces the Gamecocks will be making some noise deep into the season.

6. Oregon: The Ducks will score points, a lot of points. Can they stop anyone?

7. Georgia: The danger with the Dawgs lies in that Mark Richt teams just don't seem to play well when wearing the bulls eye of a high ranking. Aaron Murray is legit at QB, and the defensive line should get tons of pressure.

8. Virginia Tech: Another one of



**Ryan Potts**  
tryanpotts@hotmail.com

those teams who don't handle high rankings very well, the Hokies have one of the top dual threat QB's in the nation in Logan Thomas and have traditionally been strong on defense and special teams.

9. West Virginia: The offense should be spectacular again this season, and the defense brings in a host of new recruits. (translation: they HAVE to be better than last season)

10. Louisville: Seems pretty far fetched for the Cardinal to be in the top ten, but I'm going out on a limb here for two reasons. First, the Big East is a joke, and the Cardinal should benefit from an easy schedule. Secondly, Charlie Strong has improved that team each year since he took over, and they just seemed poised for a breakout type season. I should at least acknowledge that I will probably be very, very wrong about this.

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## • CONSERVATIVE POV

### Afraid or ashamed?

If you are a believing Democrat and will not be swayed from your position, I suggest you find something else to do for the next few minutes.

Now that we've had 3 ½ years to get to know the best and brightest of all the Democrats, maybe we wish we knew a little more about him before he was elected.

Isn't it hard to understand how a person who lived in the shadows since birth, pushed along by an unseen hand, could reach the level that he has?

Surely, deep in their hearts, they know he's a total failure. Not just my opinion. Newsweek, which has rarely been remotely helpful to the Republicans, has on its current cover, a picture on Obama with his coat over his shoulder, with the caption, "HIT THE ROAD, BARACK – Why We Need a New President."

Here's a problem. If Obama was re-elected, and, for whatever reason, Obama



**Don Swanson**  
**Feedback is encouraged.**  
**Email**

[swanson@dhnet.net](mailto:swanson@dhnet.net)

was unable to carry on, what would we get? Joe Biden for President. God save us. This is a man who lives in a perpendicular universe and doesn't mind telling you all about it. He doesn't know where he is, what century he lives in, and is convinced that Republicans want to bring back slavery. He's such an embarrassment the boss sent him back to Delaware under a "gag order."

(He must have shed his ankle bracelets – he's heading for Tampa.)

Now we are at the level of absurdity. Pelosi or Reid? Ladies first. How proud we all are of Nancy. Nancy, as you recall, was the Speaker of the House of Representatives. The House was a laughing stock during her reign (if you have a strange sense of humor) and her daffy influence seems to have a lasting effect.

Some of Nancy's more memorable quotes – "Every week we don't pass a Stimulus package, 500 million Americans lose their jobs." "Unemployment benefits are creating jobs faster than practically any other program." "I think it's un-American to enforce immigration law." And everybody's favorite, "We have to pass the health care bill so you can find out what's in it." I don't know whether to laugh or cry. Maybe all the facelifts (and other lifts) have cut off the blood supply to her brain.

And then there is Harry Reid. Harry is alleged to be the Senate Majority Leader. Now Harry may have an excuse for being Harry. Harry was an amateur boxer, and rumor has it that he may have taken too many knocks to the noggin. Harry has been a politician since 1968. One would have assumed that in 44 years of spoofing the public, he might have learned how far he can go before he is called into account.

According to the Huffington Post (no friend of conservatives) "Senate Majority Leader Harry Reid (D-Nev) has what he says is an informed explanation for why Mitt Romney refuses to release additional tax returns. According to a (unnamed) Bain investor, Reid charged, Romney didn't pay any taxes for 10 years." That's curious – I'm looking at a copy of his (and Ann's) Federal Tax Return for 2010 from the Wash-

• See SWANSON page 29

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# • HIGHLANDS SCHOOL SPORTS •

## Highlanders finish tough week

By Ryan Potts

The Highlands Varsity Soccer team finished a week full of tough competition with losses to 3A Tuscola and Enka.

Last Thursday, the Highlanders traveled to Waynesville to face the Tuscola Mountaineers in non-conference action. It figured to be a tough game for Highlands against a 3A school, but the road was even tougher than expected, as the Highlanders were down to only 13 healthy players and starting four freshmen. Despite this, the Highlanders played valiantly, heading into halftime even with the Mountaineers in a 0-0 game. In the second half, the Highlanders gave up a tough goal off of a corner kick to trail 1-0, and could not equalize despite playing hard until the final buzzer.

Monday, the road for Highlands became even tougher as they traveled to Candler to face the #8 ranked 3A team in the state, the Enka Jets. Again, the Highlanders were shorthanded, and the Jets pounced quickly by scoring 2 goals in the first 4 minutes to put the local lads in an early hole. Things got worse from there, as the Jets continued to pour on the scoring. A second half goal from Taylor Osteen proved to be the lone bright spot in a 6-1 defeat.

The Highlanders hope to turn things around this week as they host Tuscola and Franklin at the school soccer field.

## ... CHALLENGE continued from page 1

According to Harrell, the projected date will hopefully be sometime in the late fall, but the details will have to be finalized with Highlands School Principal Brian Jetter and will have to be worked around class curriculum.

There are also numerous facets of the program and those details have yet to be worked out.

The "Rachel" featured in Rachel's Challenge is Rachel Scott, one of the victims at the Columbine School shooting in Colorado and this program came out of her experience. Rachel's family organized this program to help raise awareness amongst teens with regards to bullying, hazing and school violence.

According to the Rachel's Challenge website, the goal of the program is to "inspire, equip and empower every person to create a permanent positive culture change in their school, business and community by starting a chain reaction of kindness and compassion."

Chief Harrell said the presentations will be divided into class periods per grade -- for example, 5th and 6th grade might be together in one group -- and the different segments will be presented during free times. His goal is to squeeze in as much presentation time as possible to students without jeopardizing class curriculums.

Harrell believes that this program will be very beneficial to Highlands

School students, but stresses that this is an example of how being proactive can go a long way for students.

"This is not about there being a problem in Highlands School," said Harrell, "but every step we can take in prevention and education is a no-brainer to me."

He said he is excited about the support the program is getting and about teaching young people that there is a better way to approach the problems they encounter every day.

At its Monday night meeting, the Macon County Board of Education approved bringing Rachel's Challenge program to Highlands grades 6-12. It will not involve any taxpayers' money.

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# • INVESTING AT 4,118 FT •

## Research the real estate tax breaks yourself, or ask your CPA

In a recent edition of the Highlands Newspaper and in this same column I read an article discussing recent improvements in the Highlands/Cashiers real estate market.

There was good advice to sellers regarding pricing and presentation as well as other observations regarding the current home sales environment.

There were, however, two assertions made in that article that seemed inaccurate to me and sent me to the website of the National Association of Realtors for further investigation. These are matters of taxation regarding real estate transactions as well as proposed tax changes. I feel taxation is a key issue in real estate investment

decisions and should be clarified and so, I offer this information.

1) The article states: "The Bush tax cuts are on the chopping block and will expire at the end of this year that allowed for a \$250,000 per single and \$500,000 per couple capital gain reduction on the sale of your home." The Bush tax cuts may be on the chopping block, but these "exclusions" from Capital Gains taxes were enacted by Congress in 1997 which pre-dates the "Bush tax cuts."

Further, they updated a previous version that required a seller to purchase a property of "equal to or greater than" the amount of the sales price of the first property in order to avoid



**Doug Helms**  
**Blackrock Realty Group**  
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paying capital gains taxes on the sale. These "exclusions" are for principal residences only, not second homes.

As our government is searching ways to cut costs and increase revenue, I'm sure everything is on the table, however I find no reports that state that these "exclusions" are a specific target. Usually, changes of this nature are phased in or out.

2) The article also states: "A new 3.8% real estate tax implemented as part of Obamacare will begin on January 1, 2013." This is incorrect.

As a part of the Affordable Care Act, a 3.8% tax on some investment income will take effect on Jan. 1, 2013. Proceeds from this tax will be dedicated to the Medicare Trust Fund. This is not a "real estate tax" and in no way applies to all real estate transactions.

This tax will fall only on individuals with an Adjusted Gross Income of \$200,000 (\$250,000 for couples filing a joint return). It is effectively an increase in the Capital Gains Tax on any investment income traditionally considered "capital gains" and only for those over the Adjusted Gross Income threshold. Further, the tax only applies to the excess of Adjusted Gross Income over the \$200,000 (or \$250,000) amount.

As a real estate investor for many years, I fully understand the importance of a clear understanding of taxation as a key element of any real estate in-

• See INVESTING page 11



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# • REAL ESTATE SNAP-SHOTS • Properties for Sale

## ... INVESTING continued from page 10

vestment strategy. I also am not a CPA and would advise any real estate client to consult their own accountant for their final analysis on real estate investments.

• Doug Helms is the BIC and Managing Member of BlackRock Realty Group, LLC. Doug also holds the CRS (Certified Residential Specialist) and GRI (Graduate REALTOR Institute) designations. BlackRock is located at 348 South Fifth Street in Highlands, phone 828-526-0000. Doug can also be reached at 828-226-2999 and [doug@doughelms.com](mailto:doug@doughelms.com).

## ... WOOLDRIDGE continued from page 5

splashing scotch all over me, spilling it from her coffee mug. Unable to continue, I finally reached around and knocked the girl's mother on her butt. That calmed her a little. But is this what Highlanders want? Aren't we supposed to be a bit more upscale than this?

And later in my career, while working undercover narcotics, I bought illegal drugs from many of the occupants of those same low-cost housing projects. Low-cost housing breeds dope dealers. Is this what we want here? Doesn't Highlands have enough illegal drugs already?

If Highlanders are insisting on low-cost housing, then I have an idea. I suggest the buildings be scattered around town by putting one small low-cost structure on the grounds of each of our beautiful country clubs. The country club could donate vacant land inside their gates and, with federal grant money, the struc-

ture could be built. The clubs certainly have the money and property to support this for the less fortunate. Remember, if we build it, they will come. Special Note: Low-cost housing occupants should not have golf privileges.

What? What's this I'm hearing? Are the country clubs saying they don't want low-cost housing inside their gated communities? Did I also hear them say they're all for low-cost housing but not near them? Why am I not surprised? Bleeding heart Highlanders needs to get a grip on themselves and never build such housing on our plateau....ever. We are waaaaay too uppity, snooty and tony for such insanity and stupidity.

But if bleeding heart Highlanders are hell-bent on supporting low-cost housing anyway, then I suggest the following: Ask our philanthropists (we seem to

•See WOOLDRIDGE page 23



Mirror Lake 2 bed, 2 bath handicap accessible house. Great room with fireplace insert, dining and living areas. Large deck. Nice, gently rolling lot between the lake and Main Street shopping and restaurants. REDUCED at \$325,000. MLS #75752. Call Barbara Newton with Keller Williams.

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Recently renovated Shelby Place home with master suite with balcony, his/her bath. Cultured stone fireplace, stainless steel and granite kitchen. \$424,500. MLS #75787. Call Barbara Newton with Keller Williams.

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Please contact Susie deVill at (828) 371-2079, Sheryl Wilson at (828) 337-0706 or Mal Phillips at (828) 200-2642.



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# ... ENCEPHALITIS continued from page 1

environment less attractive to mosquitoes," he said.

Here in Highlands, 4-year-old James Moore, son of Jerry and Kay Moore who own Kilwin's, contracted LAC.

On Saturday July 7, James, started with an afternoon headache and proceeded to take a nap, two things that rarely occur in his life, said Moore.

In the middle of the night, he woke up with a fever and complained of a headache and tummy ache. They thought it was the flu but were concerned from the beginning that it could be encephalitis.

"Although we try to protect him from mosquito bites by wearing long pants and bug spray, James still has a fair amount of exposure to mosquitoes. Their bites were evident on his body," said Moore.

The following day, Sunday, he continued to run a fever and was crying with a severe headache. Late Sunday night, James

woke up vomiting and his fever/headache were still present. When symptoms did not improve on Monday, they took him to his pediatrician who initially diagnosed strep throat and prescribed an antibiotic.

The symptoms of fever, extreme headache, tummy ache and lethargy continued to persist. Moore said James also became disoriented and was easily agitated "which we now realize was a result of the brain infection caused by La Crosse Encephalitis," he said. "He could not handle any stimulation, including lights, interaction with us, anything."

They returned to the pediatrician on Friday and blood work was completed. James was sent home with the same diagnosis and advice and we were told to monitor his fever and other symptoms.

After no improvement still on Saturday morning (a week after symptoms began), his pediatrician admitted him to An-

gel Medical Center for additional testing and monitoring. This included extensive blood work, IV fluids, and a CT scan.

After Angel exhausted all of its options, James was transported by ambulance to Mission Hospital where they began to administer additional medication by IV in an effort to control his fever and pain.

Moore said on Sunday, at Mission Hospital, doctors were still ruling out various other ailments, such as appendicitis, all the while considering encephalitis.

"James continued to be in a lot of pain, was extremely agitated, and it was difficult to communicate with him," said Moore. "He was clearly not our James and we had no definitive diagnosis/explanation as to what was causing these symptoms."

After doctors narrowed their focus to encephalitis, on Monday, July 16th, they performed a spinal tap to relieve pressure

•See ENCEPHALITIS page 14

## Imagine the holidays in one of these wonderful properties!



Charming yet elegant, this home offers sensational views from the front and back of this residence in Highlands Country Club. There are 6 fireplaces for Santa to hang stockings and a spacious kitchen to bak the cookies. For a visual tour, please call. Greatly reduced to \$3,900,000.



Celebrate New Year's in this elegant home on 2+ acres tucked away at Skyline Lodge. This lovely residence offers seclusion and privacy on a dead-end road, so throw a party! Reduced to \$950,000. MLS# 73147



Watch for wild turkeys from the deck at this adorable cabin at Skyline Lodge, then hike off the Thanksgiving turkey on the trails the property offers! A great price for an acre and 2 bedrooms with a loft! \$165,000.



Stay cozy and warm in this mountain log cabin in lovely Highlands Hills. The home offers 2 bedrooms, 2 baths with a loft, and a deck with winter views of the lake. Includes access to Apple Lake. \$349,000. MLS# 73386



Walk to Harris Lake, downtown or The Nature Center from this completely updated 4 bedroom, 3 bath home. 2 master suites and Children's room with bunk beds. 2 massive stone fireplaces, cypress and slate flooring and lovely finishes. Offered at \$849,000. MLS #59837



Go apple bobbing in your own lake on theis 5-acre parcel, located in the wonderful Webbmont area. Reduced to \$475,000. MLS# 71168



On Mirror Lake. This spacious home has 4 bedrooms, 4 baths and a guest house. Fish off your own deck/dock. Enjoy the relaxing sounds of falling water over the Dam. Offered at a very reasonable price of \$495,000.



This wonderful property, formerly a Bed & Breakfast, is back on the market. Nearly 9 acres of privacy that backs up to Forest Service property, this large home can be comfortable for 2 or 20! Located in Whiteside Cove, it is convenient to Highlands or Cashiers. Price on request.

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In Shelby Place. Quality finishes throughout from the copper roofed bay windows to the wood floors and heavy moldings. The easy living plan expands for guests/family comfort on the terrace level. Huge screened porch and 2 car garage. Offered at \$595,000. mls #74675



This is a steal! 4 bedroom home on nearly 6.5 acres in historic Whiteside Cove. Split floor plan, native stone fireplace and views from every room. Garden with greenhouse. Streams, pond with falling water. Apartment below with a rock fireplace and private deck. handicap accessible. \$285,000 Firm. mls #70915



Tree tops is a wonderful home in Highlands Falls Country Club that is being sold completely furnished including the golf cart. Vaulted ceilings in the great room with wood burning fireplace; great porch and decks; attached carport with golf cart storage. Offered at \$525,000 mls# 71830



Charming cottage with 3 bedrooms and 3 baths. Newly updated kitchen, wood floors, spacious deck with mountain and Lake Sequoyah view. Great curb appeal and off street parking. Priced to sell at \$325,000 mls# 73374.



Designer's home in the Breezes atop a knoll off North Cobb Road near Highlands Country Club. 3 bedrooms, plus den, 4 baths. Great living room with fantastic screened porch! Open with lots of light! Offered at \$575,000. Make offer! mls #68298



Commercial office professional Great location on Harris Lake features reception and waiting area, with 2/3 offices and bathroom. Room for expansion and a wonderful setting. Offered at \$550,000. mls #67077



Buck Knob Road. This contemporary has soaring ceilings and open spaces. 3 bedrooms, 3 baths plus a loft. 2 car detached garage. Large sunny lot with spectacular view of USFS lands. Offered at \$1,150,000. mls #75365



Spacious home on Ravenel Ridge. High scales, with a glass enclosed staircase and open, flowing floor plan. Four fireplaces, and the custom woodwork. Master bedroom and bath suite on the main floor, two guest bedrooms with private baths on the upper level plus a den and office. Lower level has workshop and storage. Large two car garage. View of Whiteside. Offered at \$3,500,000. mls #66858



Cute 2 bedroom, 1 bath summer cabin on a flat usable lot in the nice residential subdivision of Rolling Acres. Community water and Septic system. Open living area, Wood floors. Fireplace for gas logs. Offered at \$159,900. mls #74204



On large, private lots at HFCC. 4 bedroom, 4 1/2 bath loaded with custom features. Lofty open spaces bring in the outside light. Living areas clustered around large covered porch. Multiple fireplaces, Living room, great room, formal dining, den, offices, 2 car garage. Offered at \$1,695,000.00. mls #74164



Charming 2 bed 2 bath with loft on a wooded lot in gated Rustic Falls Subdivision. Wood floors, vaulted living room with stone fireplace. Full unfinished basement and nice screened deck. Offered at \$250,000 mls# 72082



Near Mirror Lake. Excellent rental potential for wedding parties and family reunions. Walk to town, Bascom, mirror lake. Split floor plan excellent for two family vacations. All new flex plumbing, new kitchen appliances. Hardwood flooring, granite, stainless. stack stone fireplace \$489,000. mls #69499



Great year-round traditional close to town. Main level master suite with great storage and 2 car garage, additional guest bedroom and guest bath. Massive living room opens to large screened porch. Guest level has family room with 2 additional bedrooms, laundry and workshop. Offered at \$795,000 mls# 71641



Highlands Point. Lovely family home is in pristine condition. Smart wiring can be controlled from anywhere with internet/computer access. 4 bedrooms, 4 1/2 baths, 2 living rooms. 2 car garage. Spacious patio. Great mountain view from the gentle knoll and usable lot. Offered at \$1,385,000.00. mls #74420



Great open plan with passive solar heating, large stone fireplace, and native landscaping. Kitchen and master suite totally renovated in 1999. 3 bedrooms, 2.5 baths, with a wrap-around deck to enjoy the mountain views. Garage has workshop with loads of storage. Walking distance of trout fishing lake, and tennis courts. First time on market. Offered at \$395,000. mls#74035.



Best unit available at VZTOP. Fully Upgraded doors and windows, heat and air. Recent kitchen and baths. 3 bedrooms, 2 baths. The views are amazing from both the porch and the wall of glass in the livingroom. Offered at \$349,000. mls #74488



15-acre kingdom complete with log home, barn, pond, meadow, views of Shortoff and the mountain vistas. Backs up to USFS lands. Cute cabin with recently renovated kitchen. 3 bedrooms and 1 1/2 baths. Barn with RV hook-up and a balcony. Offered at \$1,596,000.00. mls #65910



House is in excellent condition with a 30-yr shingle roof installed in 2005. A.C. unit replaced in 2009 and hardwood floors refinished in 2010. Offered at \$995,000 MLS# 75111



Panoramic long range view from this custom designed home. Great room with lots of glass and wood burning fireplace. Accessible to Sky Valley Golf Course. 4 bedrooms, 4 baths; covered deck. Offered at \$850,000. mls #75176



3 bedroom, 1 1/2 bath, great starter home or quiet getaway. Needs some TLC. Offered at \$199,000. mls #74462





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## Come Visit!

From Main St., take Hwy. 106 (The Dillard Road) 1.8 miles just past the Glen Falls sign, turn right on Mt. Laurel Dr., go 3 tenths of a mile turn left on Moonlight. The entrance is on the right.



## ... ENCEPHALITIS continued from page 12

on the brain and to test the fluid in the spinal column.

The test for La Crosse Encephalitis takes approximately 10 days for a confirmation but doctors were fairly certain it was La Crosse Encephalitis soon after the spinal fluid was tested at Mission based upon initial findings indicating a viral infection.

James' condition continued to worsen on Monday evening and doctors were preparing to transfer him to the Pediatric Intensive Care Unit on Tuesday morning.

"It was on Tuesday morning we saw the answer to so much prayer from our community and beyond, when James suddenly turned a corner and started to show signs of being himself," said Moore.

He began having periods of coherency and even asked for food. He continued to show signs of improvement on Tuesday and he was released on Wednesday afternoon to recover at home.

"James now appears to be doing well

physically but continues to experience emotional challenges and some headaches, which may continue for six months to a year," said Moore. "To say we feel blessed is an understatement. Throughout this ordeal, we received so much support and prayers from our community that we cannot say thank you enough to everyone."

He said five other families in the area whose children were also infected with the disease over the years provided great insight regarding James' recovery.

Subsequent test results of James spinal tests confirmed La Crosse Encephalitis as well as exposure to West Nile Virus over the course of the last year.

La Crosse Encephalitis was initially identified in La Crosse, Wisconsin in 1963. The disease is carried by the Treehole Mosquito which is prevalent in Western North Carolina as well as in the Midwest.

According to the doctors at Mission Hospital, they see approximately 20 to 30

cases per year but many infected individuals never know they are infected because their immune system is able to fight off the infection while only experiencing minor flu-like symptoms.

The disease usually has its most significant impact on children 4 to 12 years of age and the elderly.

Parents in the area should be aware of the symptoms of La Crosse Encephalitis to obtain treatment as quickly as possible to minimize the effects of the disease.

There is no treatment or cure for La Crosse Encephalitis. The best defense is avoiding mosquito bites.

See the following link to an article about the work WCU Professor Brian Byrd is doing with regard to mosquitoes in WNC. He is working with the CDC. <http://magazine.wcu.edu/2009/09/buzz-words/>

His contact info is email: [bdbbyrd@email.wcu.edu](mailto:bdbbyrd@email.wcu.edu)

# More on La Crosse Encephalitis from the Macon County Health Department

Stan Polanski, PA of Macon County Public Health said La Crosse symptoms occur from a few days up to two weeks after being bitten by an infected mosquito.

These symptoms include fever, headache, nausea and vomiting. There may be neurologic symptoms such as confusion or loss of balance and in more severe cases, convulsions or coma may occur.

Children and the elderly are the most susceptible to the disease. "Severe cases with invasion of the central nervous system and neurological symptoms occur primarily in children under age sixteen; but fortunately, most persons with Lacrosse recover completely."

With all of the attention that has been focused on West Nile virus this year, some people overlook the fact that there are other mosquito-borne illnesses.

"La Crosse Encephalitis is actually the most common mosquito-borne illness in North Carolina, and is found predominantly in the western part of the state," said Jim Bruckner, Director of Macon County Health Department.

According to Bruckner, so far this year, there have been no confirmed cases of West Nile virus in Macon County.

Polanski recommended insect repellent and the elimination of mosquito breeding grounds as effective methods for pre-

venting mosquito bites. The Centers for Disease Control and Prevention recommend several repellents against mosquitoes – DEET, picaridin, oil of lemon eucalyptus, and IR3535. According to the CDC, oil of lemon eucalyptus should not be used on children under three years old.

Consumers should look for products that contain the CDC-recommended ingredients, and should read and follow all label instructions.

"Warm humid weather provides the ideal breeding condition for mosquitoes," said Bruckner.

In addition, he offered the following advice for eliminating mosquito breeding areas:

1. Use "mosquito dunks" in ponds and other bodies of shallow standing water. These dunks are available at home improvement and most farm and garden centers.
2. Install or repair window and door screens so that mosquitoes cannot get indoors.
3. Drain all sources of standing water. At least once or twice a week, empty water from flower pots, pet food and water dishes, birdbaths, swimming pool covers, buckets, barrels, and cans.
4. Check for clogged rain gutters and clean them out.
5. Remove discarded tires that could

collect water.

6. Be sure to check for containers or trash in places that may be hard to see, such as under bushes or under your home.

Questions regarding mosquito transmitted diseases may be directed to the Macon County Public Health at 349-2081. Detailed information about insect repellents may be obtained by visiting the Centers for Disease Control website at <http://www.cdc.gov/ncidod/dvbid/westnile/RepellentUpdates.htm>.

## Flu shots Oct. 3 in Highlands

This year, the MC Public Health influenza vaccine provides protection against three strains of influenza, including H1N1.

Appointments are not needed and vaccine will be given on a first come, first serve basis. Individuals unable to wait in line may have someone wait in line for them and a nurse will take vaccine to their vehicle.

In Highlands: Wednesday, Oct. 3, from 1-4p at the Jane Woodruff Building at Highlands-Cashiers hospital.

The vaccine is \$25. The public health center will bill insurance companies so clients should bring their cards with them. Medicaid does not cover the cost.





### Highgate, 1420 Highgate Road

Constructed from an old Pennsylvania barn, this home is the epitome of rustic, historic charm. A large entryway welcomes you with lovely English gardens and a koi pond. Inside, wide-plank pine floors gleam throughout, while the great room features a floor-to-ceiling stone fireplace, perfect for cozy evenings. The open kitchen offers a granite island, tile backsplash, custom cabinetry, a 5-burner cooktop, double ovens, a double-door refrigerator and walk-in pantry. \$2,200,000. Call 526-1717.



### Highlands Country Club, 60 Moorewood Circle

"Boxwoods" is a hidden gem at Highlands Country Club. It was originally built in 1986, but in 2005 the home was completely remodeled. Plenty of room for a large family with 6 bedrooms and 7.5 baths. Guesthouse, too! Hidden behind a row of hemlocks and pines. New kitchen and appliances, luxury master suite with his/her baths. Den and family room with fireplaces. Beautiful landscaped grounds, including a stream and pond, stocked with trout. Perfect for an extended family with plenty of space for children and grandchildren. Highlands Country Club is a beautiful neighborhood, where membership is not required, and located only a few miles from Main Street Highlands! \$1,900,000.



### Highgate, 1376 Highgate Road

This beautiful, one level home 1.09 acre flat corner lot enjoys complete privacy. Truly the essence of a mountain retreat with poplar bark and stone exterior, plus a cedar shake roof. The greatroom features a massive stone fireplace. Rich timber flooring, a high, vaulted ceiling. The living area extends onto the timber deck that doubles as an outdoor living room complete with stone fireplace overlooking a pond and flowing stream. The master's retreat has his/her bath and closets plus a stone fireplace and sunroom. A partially finished terrace level features a game/bunkroom plus garage. Offered fully furnished (with some exceptions) and is "move-in" ready! \$2,297,000. Call 526-1717.



### Highlands Country Club, 103 Hudson Road

Sitting regally atop a small knoll overlooking the 17th fairway of the course—first played by legendary golfer, Bobby Jones—the home combines the charms of yesteryear with the comforts of today. There is a stunning main house with owner's quarters, 2 nostalgic detached guest cottages and a carriage house, all dressed in vintage poplar bark and cedar accents. A coveted and sought-after luxury property worthy of creating your legacy. \$3,127,000. Call 526-1717.



### Highlands Falls Country Club

The price is astonishing for this lovely 3 BR/3 BA home with a mountain view. There are hardwood floors in the main living area, granite countertops in the kitchen with stainless appliances, cathedral ceiling and stone fireplace in the great room, wet bar, eating space in the kitchen, separate den, split floor plan, both covered and open deck, 2 car garage plus golf cart storage. All of this, including the lovely furnishings and appointments. Owner financing is available. Highlands Falls is a gated community where club membership is optional. \$397,000. MLS #74903. Call 526-4101.



### Village Walk Single Family Cottage

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• HEALTH MATTERS •

Defeating the Tired, Angry Look

By Dr. Bob Buchanan  
Center for Plastic Surgery

Have you been told you look tired or angry? A furrowed brow may be the problem. While the brow can express curiosity, it can also convey anger and tiredness. When your brow conveys other than your feelings, you may decide something needs to be done. What is required to correct the problem depends on the cause.

Three things affect the brow. First, the underlying muscles frequently hypertrophy and cause unintended expressions, even if we are not tired, curious or angry. Second, gravity causes the brow to descend giving us a tired, sleepy look. This is frequently made worse by muscle overaction, which tends to also pull the brow down. The third force that affects the brow is the sun, which causes

the skin to age and thin. As the skin thins, the lines created by both descent of the brow and muscle action become indelible and are constantly present, even without the causative force.

Many people say that they seemed to have no problem, and then, suddenly, over a short period, noticed aging around the brow. This is generally because the frontalis muscle (overlying the brow)

retains normal brow position against the forces of aging. When this muscle finally becomes tired, the brow descends. This is also why we frequently look better in the morning than we do at night, since the frontalis muscle is fresher in the morning.

Of all the forces that happen to the brow, the easiest to overcome are those of muscle function. This is why Botox® has become so popular. Botox® was, in fact, first used cosmetically to treat the lines between the eyebrows. These lines are caused by two different muscles which pull the brows together as well as down, causing both vertical lines between the eyebrows as well as horizontal lines in the upper part of the nose. By injecting these muscles with Botox®, before they have formed permanent creases within the skin, the lines can be eliminated. Likewise, the lines around the lateral eyes (the “crows’ feet”) can be eliminated or markedly reduced by injection with Botox®, if there are no permanent lines there. Since this muscle also pulls the brow down, blocking it can cause brow elevation. Transverse forehead lines can also be reduced or eliminated with Botox®; however, one must be exceptionally careful since frequently the reason that the lines are present is that the underlying muscle causing them is holding up the eyebrows. Therefore, if the muscle is relaxed, the eyebrows drop significantly. Sometimes this can be balanced by also treating the muscles that are pulling the eyebrow down. These two injections tend to negate each other as far as brow position, but eliminate the wrinkles.

When the lines are permanent and the use of Botox® will not eliminate them, then a filler such as Juvéderm® or Radiesse®, can plump up the line and eliminate it. Although it is possible to eliminate the line somewhat with just the filler, it is usually best to eliminate the cause, which is the

muscle, as well as to fill the resultant crease or fold.

Once the process has evolved to where the lines cannot be eliminated without dropping the brow, then the only option is a brow lift. Fortunately, this procedure has changed dramatically over the last number of years. Initially, the muscle lifting the brow was paralyzed and the brow pulled up with an incision across the entire forehead, just behind the hairline. This gave a very unnatural appearance. It also caused numbness in a great deal of the scalp.

Presently the procedure is done using an endoscope (small lighted tube connected to a video screen) through small incisions in the hairline between the nerves. This simply repositions the brow as well as removes the excess muscles that are causing a lot of the lines in the area between the eyebrows. This method also allows us to pull the tissues up more laterally, recreating the normal eyebrow arch, pulling the brow skin out of the upper eyelid and eliminating a lot of the crow’s feet. Thus, the procedure generally eliminates the need for Botox®.

Many of the people who see me seeking upper blepharoplasty to remove the excess skin in their upper eyelids need only a brow lift to elevate the skin of the brow back to where it belongs, pulling it out of the upper lid. This restores the normal curve laterally and removes a great deal of the skin within the lid. Even if there is extra skin, the amount that needs to be removed is minimal.

This has prevented one of the major stigmata of upper blepharoplasty—the hollow eye. When a needed brow lift was not done, the tendency in the past has been to simply resect lots of fat to try to recreate a normal looking lid. This was never to-

• See HEALTH MATTERS page 23



Welcome to Our Community

Highlands-Cashiers Hospital is pleased to welcome Dr. Julie A. Farrow, Board Certified Gynecologist and Danielle R. Koman, Family Nurse Practitioner to our community of physicians and providers. **Now accepting new patients.**



Julie A. Farrow, MD

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Highlands, NC 28741

Dr. Farrow is Board Certified in Obstetrics and Gynecology and a fellow of the American Board of Obstetrics and Gynecology. She is a graduate of Mercer University School of Medicine, Macon, GA and completed her residency at St. Paul University Hospital at UT Southwestern, Dallas, Texas.

Danielle R. Koman, FNP

Primary Care  
Internal Medicine Associates  
Highlands-Cashiers Hospital  
Jane Woodruff Clinic, Suite 303  
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Danielle Koman is a graduate of Husson University in Bangor, ME, where she completed a Family Nurse Practitioner Master's program. Danielle graduated Sigma Theta Tau and is a licensed Family Nurse Practitioner.

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# • H-C HOSPITAL NEWS •

## Plastic surgeon Robert Buchanan gives lecture on 'Turning Back the Clock'

Everyone wants to stop aging or at least, prevent the visible signs of aging. Although there are not miracle creams or magic drugs that will stop the body's internal aging process, living a healthy "optimal" lifestyle can limit or slow the inevitable," said Highlands-Cashiers Hospital's Board Certified Plastic Surgeon, Dr. Robert Buchanan.

Earlier this month, Dr. Buchanan presented "Turning Back the Clock – Anti-Aging Secrets" to nearly 50 community residents, providing education and tools to live a healthy and long life.

"Proper medical care and body modification are proven strategies that can improve and extend our life, improve our looks or both," said Dr. Buchanan. "Most importantly, diet, regular exercise, stress control and the avoidance of negative influences can reduce and sometimes eliminate the development of chronic diseases such as diabetes, heart disease, stroke, and some cancers. Eating a moderate calorie balanced diet of no more than 40% carbohydrates and the rest lean protein with good fat and minimal salt can maintain healthy blood pressure and prevent insulin spikes, allowing the body to burn already stored fat, reducing the waistline."

Dr. Buchanan stressed that healthy eating plays a large role in anti-aging as does the commitment to live a healthy life style. "We all have to change our "taste," change our mindset, train our brain and body to crave natural healthy foods and avoid sugar, salts, and bad fats. Sugar substitutes can do as much damage as the real thing and also prolong the body's dependence on sweets and sugary foods. Modifying your lifestyle should be a gradual process in which diet and negative lifestyle habits are slowly changed over the course of weeks or several months. Your body and brain will accept the new routine and the willingness to continue

will grow. Dieting with sudden change in habits is the cause of "yo-yo" weight loss and regain."

Dr. Buchanan offered helpful eating tips listing "things to have in your frig" which included: 1% or 2% milk, fresh fruit, fresh herbs for flavor instead of sugar or salt, organic eggs with yolk, greens, and water. A list of "things to have in your pantry" included: nuts, dark chocolate, legumes, seeds such as flax, steel cut oatmeal/barley, dried herbs and peanut butter. And a list of "things to have in your medicine cabinet" included: baby aspirin (recommended 2 per day), omega 3, vitamin D, multi-vitamins, and calcium. He noted to avoid vitamin E, which can cause increased bleeding, and most over the counter supplements.

Dr. Buchanan also advised the audience on the importance of exercise and how daily/weekly schedules of both aerobic and anaerobic activities can promote health, disease prevention and longevity.

"Exercise is crucial; studies show that walking just one mile per day can help you lose 10 lbs per year and walking 2 miles per day can reduce your chance of death from all diseases by an incredible 50%. Three hours a week can reduce a woman's chance of developing breast cancer by 30%, and just one additional hour can reduce her chances of breast cancer by 60%."

"Along with a healthy diet and

exercise, sun screen with UVA and UVB protection should be applied each and every day to reduce skin damage. Limiting one's alcohol intake to one glass per day or less, avoiding smoking and others who smoke will boost one's optimal health."

Dr. Buchanan ended the lecture by explaining how cosmetic procedures performed these days have age defying, long lasting results. Minimally invasive treatment such as a rejuvenative skin care routine prompts new skin cell growth and reduces the appearance of wrinkles. IPL (Intense Pulsed Light), an in office procedure, can remove brown age spots as well as red discolorations/blotches on the skin's surface. The Zerona® laser can melt fat without pain, incision or downtime.

"We are using better injectables such as Botox, which reduces muscle function and, thus, wrinkles and others that fill in soft tissue including Juvéderm®, Radiesse® that offer immediate results, reducing lines, wrinkles or contour deformities," said Dr. Buchanan. "And these are now administered with less discomfort."

As for surgical procedures, Dr. Buchanan explained how various "lifts" can markedly reverse the outward effects of aging. "Today's Facelift", the facelift technique performed by Dr. Buchanan, maintains facial fat and achieves

a more natural result. The technique, unlike older facelifts, prevents the pulled or "windswept"

look leaving the neck and face looking refreshed, rested, and healthy.

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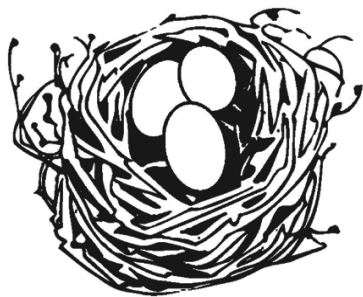
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## ... J-MCA continued from page 1

planning," said Commissioner Brian Stiehl. "I was really interested to read ideas about offering incentives to businesses that hire locally. There was clearly a lot of time put into this and I am grateful for that. This is a great example of the community working together. J-MCA should be applauded for their work on this."

The report findings were the result of 10 forums on different subjects and six partnership meetings involving 350 people – not including the people who kept up with project through the media.

J-MCA took the Southwestern Commissions Region A Toolbox, which is an economic development guide, off the shelf and began the process of engaging the community by discussing the current state of the environment with technical experts explaining the best ways the Town of Highlands can grow more sustainably. Sustainable growth balances the needs of the local economy and residents while working to protect and preserve the natural environment.

Numerous solutions were developed after consideration and collaboration with

the community which encourage planning for economic, environmental and social needs to ensure future generations have a functioning local economy, a functioning natural environment, clean water to drink, and fresh food to eat.

Suggested were:

- Incentives and opportunities need to be available to help empower local residents to be entrepreneurs, to save energy, to protect the water supply, to grow native, to value the presence of second-home owners and tourists, to grow "green" and to protect and improve the natural resource base.

- Affordable housing options that incorporate low impact development principles need to be considered -- low impact in the design of the buildings and the landscapes. Existing buildings should be used when possible to revitalize urban areas that may have been abandoned.

- Residents should be given the tools they need to start a business that is needed within the community. This is called place-based economic development and includes cultural heritage, eco-tours, local food, local crafts, handmade products, forestry products, local art, historic preservation, entertainment, and recycling services.

- Financial incentives could be offered to local businesses to encourage them to hire local residents. This will help the local economy, the local residents and the transportation issues experienced during peak season and wintery weather.

- Provide opportunities for local residents to learn new skills to enable them to meet the needs within the community. Focusing on tourist based opportunities and year-round services not construction and real estate.

- Fiber optics being available to the masses within the community is very important to the local economy and for the quality of life as we continue to move into a technology based world. E-commerce is a great way for local businesses to expand their customer base.

"As the Town, the Planning Board, in particular, reviews a wide variety, and a large amount, of information over the next 18 months as background for the Comprehensive Plan, this document will be one that will be included for consideration," said David Clabo, Planning and Development Director. "All of their recommendations will need to be thoroughly examined to see how feasible and affordable they are for the Town. We are glad that so many of our local non-profit

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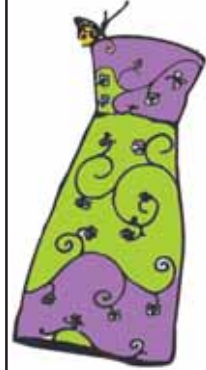


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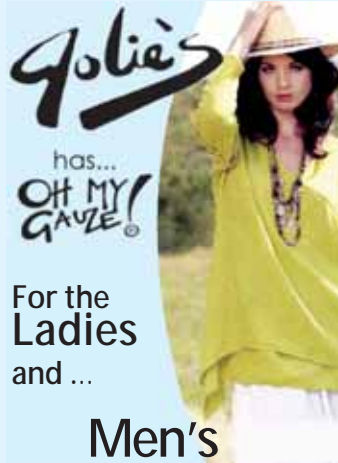
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## ... WOOLDRIDGE continued from page 11

have a few.) to build small apartments for our homeless war veterans; a much better project than a failing postal service. There are currently over 2,000 war veterans, some disabled, living and sleeping on the streets of America. That is disgraceful! I would be proud to support low-cost apartments for these brave men and women. Of course, being drug free would be a necessary requirement.

PS – It was a beautiful baby girl..

\* Fred is in hiding at the Farmer's Market outside the high school each Saturday morning peddling his books, I'm Moving Back to Mars and Deceived from his low cost booth. Stop by and maybe he'll insult you! Please, do not throw objects at him.

## ... HEALTH MATTERS continued from page 16

tally successful and created an upper lid that looked quite gaunt. By pulling the tissues upward and laterally and flattening the crows' feet, we can improve the lateral orbits significantly better than with just a blepharoplasty alone.

The brow thus has the potential of making us look quite old, tired, or angry, or it can make us look young and rejuvenated. The approach to achieving this varies upon the underlying cause and can be as simple as minimal skin care or injection or as complex as brow lift combined with an upper blepharoplasty.

• Dr. Buchanan is experienced with both injectables, including Botox®, Juvéderm®, and Radiesse®, as well as skin care, brow lift and blepharoplasty. All of his brow lifts are done endoscopically through very small incisions, with very rapid recovery and almost no bruising. For more information, visit PlasticSurgeryToday.com or TodaysFacelift.com

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# Highlands Area Upcoming Events

## 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 \$40 a month.

• Zumba at the Rec Park, 9:05a-10a. \$5 per class. First class free. Call Mary Barbour for Franklin schedule: 828-342-2498.

## Mon, Wed, Thurs

YOGA ON MAIN – Mon & Thurs at 10:45a, Wed., at 7:45a. Call 828-482-2128. (9/27)

## Mondays

• Mountain View Group of Alcoholics Anonymous will be held in the Faith and Fellowship Center of First Presbyterian Church. Enter via the entrance on 5th St. and proceed a few steps down to the library.

## Tuesdays

• Highlands Rotary Club meets at noon at the Highlands Conference Center at noon.

• Closed AA Women's meeting, 5:30 p.m. at the Presbyterian Church at Fifth and Main streets.

## Wednesdays

• The Highlands Mountaintop Rotary meets at 7:30 a.m. in the dining room at the H-C Hospital. Enter the hospital in the main or emergency entrance and follow the signs downstairs. Visitors are welcome. Meetings end at 8:30 am.

• Men's interdenominational Bible Study at 8:30 a.m. at First Baptist Church.

• The Homegrown Buds, a homeschool 4-H club, meets at noon at the Macon County Library on Siler Road in Franklin at 1 p.m.

• Mah Jong games will be held, open to the public, at the Albert Carlton Cashiers Community Library at 1 p.m.

## Wednesdays & Fridays

• Open AA meeting at noon at the Presbyterian Church at Fifth and Main streets.

## Thursdays, Fri., Sat., Sun.

• Live music at Altitudes at Skyline Lodge, 470 Skyline Lodge Road off Flat Mountain Road. Call 526-2121.

## Thursdays

• Al-Anon meeting, noon at the Episcopal Church on Main and Fifth streets.

• The Highlands Writers Group meets at 1 p.m. at the Hudson Library. Call Anne Doggett at 526 8009.

• Free dinner at the Cashiers Community Center from 5-7 p.m. Mostly organic, healthy food. Donations accepted. Call 743-5706 for more information. Volunteers needed!

## Second Thursdays

• The regular meeting of Highlands Chapter #284, Order of The Eastern Star is held at 7:30 p.m.

## Friday & Saturdays

• Live music at Altitudes at Skyline Lodge, 470 Skyline Lodge Road off Flat Mountain Road 7p until. Hal Phillips. Also 2:30-4 on Saturday. Call 526-2121.

## Saturdays

• At Mountain Fresh Grocery, free wine tastings from 2-4 p.m.

• Simply Homegrown is a local farmers market in Rabun County, GA. Celebrating its 11th season as the area's original sustainable farm market. Open 9 am to 2 pm at the new location 0.7 mile west of Clayton on Highway 76 West. Look for directional signs on Routes 441 and 76 in Clayton. Our website has detailed directions [www.simplyhomegrown.org](http://www.simplyhomegrown.org).

• Live music at Altitudes at Skyline Lodge, 470 Skyline Lodge Road off Flat Mountain Road, 2-4p. Call 526-2121.

• The Highlands Farmers Market 9am-12 through October at Highlands School.

• The Art Room, 45 East Main St. in Franklin is having free Make & Take Classes from 10am to 12:30. Come make a Card...Ages 15 and up please! Call Diane 828-349-3777 or Robin 828-421-9891.

• Bascom Community Knitters welcome all knitters, crocheters, smockers and needlepointers to join us on the Terrace at the Bascom. 10 until noon. From now until Thanksgiving! Come and knit

or come and watch. [mscarolray@yahoo.com](mailto:mscarolray@yahoo.com)

## Every Third Saturday

• The Highlands Memorial Post #370 of the American Legion meets at the Shortoff Baptist Church. Breakfast is at 9 am. Meeting is at 10 a.m. All veterans are invited to attend.

## Thurs.-Fri., Aug. 30-31

• At the Bascom, Empty Bowl Bowl-a-thon sale on the Terrace at 2p.

## Fri., Aug. 31

• At Cabin Couture on Carolina Way, "Once in a Blue Moon" Wine and Cheese Party from 5-7 p.m.

## Thurs. - Sun., Aug. 31-Sept. 2

• HCP's presents Ken Ludwig comedy, "The Fox on the Fairway." The play

concerns two rival country clubs who are preparing for their annual golf tournament against each other—a contest which the Crouching Squirrel Club always wins. Tickets: 526-8084.

## Fri., Aug. 31-Mon., Sept. 3

• At the Highlands Playhouse, Lindsey Alley. Call 828-526-2695 for ticket

• See EVENTS page 26

## Final weekend for HCP's 'Fox on the Fairway'

It's the second and final week for the Highlands Cashiers Players production of "The Fox on the Fairway," on stage Thursday, August 30 thru Sunday, September 2nd at the Performing Arts Center (PAC) in Highlands. First week audiences have loved it, with audience numbers increasing ever since opening night.

The play is the latest comedy of playwright Ken Ludwig, acknowledged as the modern master of farce, and his "Fox on the Fairway" is a brilliantly crafted and exceptionally funny piece. In it, two rival country clubs, Crouching Squirrel and Quail Valley, attempt to win the annual golf tournament by fair means or foul. During the ensuing marathon of laughs and action, several improbable love affairs develop and a surprise ending brings all to a happy conclusion.

The amazing set, designed to fit the farcical style of the play, was conceived, built and painted by scenic artist John Roman with the help of several assistants, mainly Steve Hott and Ken Knight. Still others helped with some of the basic painting. The hardworking production team, Director Tanji Armor and the cast of HCP actors—Ronnie Spilton, Stuart Armor, Michelle Hott, Chris Hess, Lance Trudel, and Laura Zepeda—urge everyone to join them for an evening—or a Sunday matinee—of fun and frolic on the fairway with "FOX," -- on stage this week, Thursday thru Sunday, at PAC. Call the HCP box office at 828-526-8084 for tickets.





# Highlands Area Upcoming Events

## Former Mousketeer appearing on Playhouse stage



If you are over the age of 25 the Mickey Mouse Club was probably a large part of your growing up. Whether you remember sitting in front of the television watching Annette Funicello and Frankie Avalon or, for the younger adults, Britney Spears and Justin Timberlake – the Mickey Mouse Club was great insight into what was new, fun, and cool.

Lindsey Alley was an integral member of that Mickey Mouse Club family, and she will be making her Highlands debut this weekend. The Highlands Playhouse is excited to present “Lindsey Who?” from August 30th-September 2nd. A one-woman cabaret act featuring the long time Mousketeer, Alley’s show is what happens when show tunes and stand-up collide. Lindsey is single-handedly reinventing the great American club act. As a vocalist, Lindsey knows her way around a song be it pop, original, or that standard you’re dying to hear one more time. And if that isn’t enough, she holds it all together with personal stories that most people would be too embarrassed to tell. In a memorable evening of belting and belly laughs, Lindsey lets it all hang out, which prompts her mother’s unsolicited stock apol-

ogy, “I tried. I tried and I failed.”

The show is titled “Lindsey Who?” because of the nature of Alley’s career arc following her stint on the show. While the stardom of castmates Spears, Timberlake, Christina Aguilera, Ryan Gosling, and Keri Russell are well noted – despite her seven seasons on the air, she is a relative unknown. “When we came across Lindsey’s show, we were floored. Everyone in the office gathered around the computer and were completely engaged,” Executive Director Tina Rogers said, “We booked her as soon as we could. To help market the show, we are linking other videos of Lindsey to our facebook page – because if you watch even one performance, you will literally RUN to the show.” Playhouse Theater Manager Bill Patti agrees, “I grew up watching the new Mickey Mouse Club, and remember watching Lindsey. She was the funniest one on the show then, and her stuff still cracks me up today. Audiences are in for a treat!”

Tickets to the show are \$30 and can be purchased by calling the Highlands Playhouse box office at 828-526-2695. Performances are tonight through Saturday night at 8p and Sunday afternoon at 2p.

information.

**Sat. & Sun., Sept. 1-2:**

• The Village Square Art & Craft Show in downtown Highlands at Pine Street Park and the Village Square from 10 to 5. Free family event with fine art, folk art and mountain crafts, with demonstrations, music, food and face painting. (828) 787-2021 or [www.cynstrainphoto.com](http://www.cynstrainphoto.com) for info.

**Saturday, Sept. 1**

• At The Bascom, Barn Dance featuring music of The Stone Mountain Wobblers from 7-10 p.m. Tickets at the door.

• At Chivaree in Cashiers, artist Paige Word champagne reception. 8

Cashiers Commons, Hwy 107N, across from Zollers. 743-6195

**Sunday, Sept. 2**

• At The Bascom, Artist’s Talk with Art and Margo Rosenbaum from 2-3 p.m.

**Tuesday, Sept. 4**

• The Mountain High Republican Women’s Club (MHRWC) September luncheon meeting is on Tuesday, 11:30a at the Highlands Country Club. The featured speaker is Billy Kirkland representing the Faith and Freedom Coalition, an organization founded by Ralph Reed well known as a senior advisor to the Bush-Cheney campaigns, as chairman of the Georgia Republican Party and as executive director of the Christian Coali-

tion from 1989-1997. Reserve by Friday, August 31st. The cost of the lunch is \$25 when reserved in advance or \$30 at the door. For membership and additional information or to reserve, please call 828 526-4146 or email [mtnrepublicanwomen@yahoo.com](mailto:mtnrepublicanwomen@yahoo.com).

**Thursday, Sept. 6**

• Free movie at the Cashier Library. Cheaters at 4p

• At the library on Siler Road in Franklin, Angela-Faye Martin will be performing songs from her album to be released by Totemgirl Records at 7 p.m. It’s free.

**Saturday, Sept. 8**

• Benefit for James and Caprita

## A week of changes in scheduled presentations at CLE

There is a major schedule change for this week. The popular Shakespearian series taught by Terry Nienhuis, this year on Macbeth, scheduled for three consecutive Thursdays, will instead be held on September 18, 19 and 20 from 2PM to 4PM at the Performing Arts Center. Please check your calendars and re-register with CLE office.

Some We Love, Some We Hate, Some We Eat: Why It’s So Hard To Think Straight About Animals is the title of this workshop given by Hal Herzog, Professor of Psychology at Western Carolina University and the author of the book by the same name. How animals are seen in different cultures and how they are regarded and subsequently treated is the subject of this interesting class. Dr. Herzog draws from more than twenty years of research in the emerging field of anthrozoology, the study of human-animal relations. Many surprises await the participant. For those of us who grew up with animals and remember little ones at Thanksgiving weeping over being served “Charlie,” the beloved and be-

friend turkey gobbler, this will be a most interesting look at current thinking. The class will be held on Wednesday, September 5 at the Performing Arts Center, from 10 to Noon. Registration is requested although walk-ins will be accepted. Members: \$20 and non-Members: \$30.

Virginia Murphy, a partner in Silver Threads and Golden Needles in Franklin, has agreed to teach a hands-on class in The Art of Scarf Felting. Using fine merino, mohair and other hand spun yarns that have been dyed to match hand-painted silk scarves, participants will learn a technique using a felting needle that enriches both colors and dimension. Each participant may choose from a palette of colors so that what is created is special and personal. The class will be held at the Highlands Civic Center from 9:30 to 12:30 on Friday, September 7. The fees, including materials are \$80 for members and \$90 for non-members. There is a limit of 14 participants, and so registration is required.

Also on Friday, September 7, Nigel Sixsmith will teach iCloud, the

latest magic from the techies to astound and amaze us as we learn how to effortlessly organize our lives with automatic syncing from one device to another. As with all of Nigel’s classes, there is no room at the inn as his classes fill up almost before they are announced. However, it is wise to sign up for the waiting list with fingers crossed. An exciting class has been added to the schedule. On Monday afternoon September 10, from 1-3p, Robert S. Biscup, MS, DO FAOAO, board certified Orthopedic Spine Surgeon and founder and former chairman of Cleveland Clinic Spine Institute, will lead a seminar on Spinal Health. More about this lecture will be forthcoming. The lecture will be held at the Jane Woodruff Center at Highlands-Cashiers Hospital and is part of the Center for Life Enrichment’s free medical series as a service to the community.

**TO REGISTER:**  
Telephone: (828) 526-8811 Web-site: [www.clehighlands.com](http://www.clehighlands.com)  
E m a i l : [clehighlands@yahoo.com](mailto:clehighlands@yahoo.com)



# Highlands Area Upcoming Events

Plemmons who lost everything in a fire earlier this year at the Satolah Fire dept. from 4:30 until. BBQ, hot dogs baked beans, cole slaw, and chips. Cake auction, too. Take out plates available.

## Sunday, Sept. 9

• The 20th annual Bel Canto Recital, 4 p.m., at the Performing Arts Center on Chestnut Street. The performance is followed by a sumptuous dinner at the Highlands Country Club. For tickets, call 828-526-1947 and 828-526-2609.

## Thurs., Sept. 13

• At the Franklin Library on Siler Road at 7pm Living Responsibly in Bear Country with Anne Allison and Kathy Sherrard with Appalachian Bear Rescue.

• The League of Women Voters will host a forum between Hayden Rogers and Mark Meadows, candidates

for US House of Representatives for NC's District 11, at noon in Tartan Hall of First Presbyterian Church in Franklin.

## Friday, Sept. 14

• The Second Annual Dazzling Dahlias Patron Party at the home of Rhett and Carolyn Tanner on Kettle Rock Mountain. Tour the grounds and gardens and enjoy Mexican fare to commemorate the origin of dahlias. For more information call Joyce Franklin at 828-526-9418 or email [www.highlandshistory.com](http://www.highlandshistory.com).

## Saturday, Sept. 15

• At PAC on Chestnut Street, Bluegrass Duel with Nitrograss and Packway Handle. 8 p.m. Tickets \$25. Presented by Ray McPhail.

• The second annual Dazzling Dahlias Festival at the Highlands Rec Park 1-5 p.m. Tickets are \$5 available at the door. The event will benefit the Highlands Historical Society. Exhibitors can enter five categories of dahlias for a \$10 entrance

fee. Pick up a registration form at the Historical Society on 4th Street where after the show there will be refreshments and live entertainment from 1-3:30 p.m. For more information call Joyce Franklin at 828-526-9418 or email [www.highlandshistory.com](http://www.highlandshistory.com).

## Tues., Sept. 18

• At the H-C Hospital's Jane Woodruff Clinic, Danielle Koman, FNP, is next on the schedule for HCH's Summer Forum Series presenting "Staying Healthy after 50" on September 18th at 12 noon at the Jane Woodruff Clinic. The hour long lecture will cover the latest hot healthcare topics such as Brain Health, Adult Immunizations, Diabetes Prevention and Psychiatric Well Being. RSVP to (828) 526-1313 seating is limited. A light boxed lunch will be provided.

## Thursday Sept. 20

• Free movie at the Cashiers Library. Stand and Deliver at 4p

## Saturday Sept. 29

• The Foxfire Museum and Heritage Center will open its doors free of charge along with over 1,400 other participating venues for the eighth annual Museum Day Live! For one day only, The Foxfire Museum will grant free access to visitors who download a Museum Day Live! ticket at [Smithsonian.com](http://Smithsonian.com). The Foxfire Museum and Heritage Center, a 22-log-cabin village, contains exhibits, artifacts, and crafts of early Appala-

chian life, as well as a gift shop featuring The Foxfire Book series and other traditional crafts. Open Mon-Sat., 8:30 a.m. 4:30 p.m., the museum is located at 98 Foxfire Lane, off Cross Street, in Mountain City.

## Tues., Oct. 2

• The Plateau Fly Fishing Club final meeting for the season at the Cashier Library at 7 p.m. with raffle of a Wolfman Net from Wisconsin feature fine ash and

• See EVENTS page 28

## League forum set for Sept. 13



Hayden Rogers



Mark Meadows

Hayden Rogers and Mark Meadows, candidates for US House of Representatives for North Carolina's District 11, will participate in a forum hosted by the League of Women Voters of Macon County on September 13.

The forum will be held at Tartan Hall in Franklin at noon. Mr. Meadows, the Republican candidate, is from Cashiers; Mr. Rogers, the Democratic candidate, is from Brasstown. Candidates will be asked to discuss significant issues, positions, and plans including education, health care, and the economy.

The League of Women Voters is a nonpartisan political organization which encourages informed and active participation in government, works to increase understanding of public policy issues, and influences public policy through education and advocacy.

The Macon County LWV has hosted election forums for over 15 years and is respected for the fair and unbiased nature of the forums. In keeping with LWV traditions, it is preferred that there be no display of campaign paraphernalia. Signs and banners are prohibited on the premises.

The public is invited to attend and to bring bag lunches and drinks.

On October 11, the League will host a forum for Macon County Board of Commissioners candidates, Paul Higdon and Bobby Koppers.

## Stone Mountain Wobblers Featured at Bascom Barn Dance.

### Art Rosenbaum: Voices Opening Reception on September 1

The Bascom Barn Dance on September 1 from 7-10 pm will feature the music of The Stone Mountain Wobblers. A traditional old time string band, The Stone Mountain Wobblers play Appalachian roots music with the synergy and charm that only a family band can bring to the stage. With fiddle, banjo and guitar; brothers Evan, Mickey and Moses energetically recreate this vintage country music of the deep south and especially their native North Georgia. Among the best of the new generation of roots musicians, they have ranked in the top three at the Gordon County Fiddler's Convention string band competition two years in a row.

The Bascom Barn Dances, sponsored by The Custom House, Young Restoration, The Ugly Dog Pub, and the High-

lands Historical Society, bring back the nostalgia of Highlands' yesteryear

Art Rosenbaum: Voices, featuring a small collection of monumental paintings of one of Rosenbaum's favorite subjects: American Folk Musicians, opens in the Loft Gallery at The Bascom on Saturday, September 1 with a reception from 5 - 7 pm.

Rosenbaum's works depicting rural Southern life are combinations of both real and imagined people, places and events. Ethnographer, as well as artist, he brings storytelling to view in the form of folktale paintings full of vibrant, sweeping color.

His most recent painting completed for this exhibition is "The Stone Mountain Wobblers". The exhibition runs through November 10th.

In addition, during Labor Day

weekend:

• Margo Rosenbaum's black and white photographs of the folk musicians in Rosenbaum's paintings will be on display in the permanent collection space in the Balcony at The Bascom.

• On Sunday, September 2 from 2-3 pm, Art and Margo Rosenbaum will present an Artist Talk at The Bascom.

The Bascom is open year-round - Monday through Saturday, 10 am to 5 pm and Sunday, 12 noon to 5 pm. Enjoy workshops, exhibitions, special events and quality programs throughout the year at The Bascom. For more information, to register for Bascom workshop offerings or for more details on all Bascom activities, visit [www.TheBascom.org](http://www.TheBascom.org) or call 828.526.4949.



# Highlands Area Upcoming Events

black walnut. For more information, call 828-885-7130.

**Saturday, October 6**

• Pour Le Pink 5-K Walk/Run for Breast Health and Women's Services - organized by the Highlands-Cashiers

Hospital Foundation, a 5-K beginning and ending on the campus of the hospital. Funds raised will go toward maintaining HCH's state-of-the-art equipment as well as financial aid for HCH patients. The event begins at 9am and is open to male/female runners and walkers, all ages. Pre-registration is \$20, if received by Sept. 21st, and \$30 thereafter. To register, become a sponsor, or for additional race details please visit [www.highlandscashiershospital.org](http://www.highlandscashiershospital.org) or call (828) 526-1313. The race is being

organized with assistance by Highlands Roadrunners Club.

**Tuesday, Oct. 9**

• Alzheimers Affects on Baby Boomers, at 10 a.m., in the Jane Woodruff Building, lower level, at H-C Hospital. To register, call 526-1498.

**Thursday, Oct. 11**

• Free movie at Cashiers Library The Village at 4p.

• The League of Women Voters will host a forum for Macon County Board of Commissioners candidates, Paul Higdon and Bobby Kuppers at noon in Tartan Hall of the First Presbyterian Church in Franklin.

**Tuesday, Oct. 16**

• Alzheimers Affects on Baby Boomers, at 10 a.m., in the Jane Woodruff Building, lower level, at H-C Hospital. To register call 526-1498.

## PAC's Bluegrass Duel: Sept. 15 Nitrograss vs. Packway Handle Band



Above: Packway Handle Band; right: Nitrograss



It all started in Athens, GA in 2001 during a most peculiar spell when 5 or 6 bluegrass bands circulated the town. The famous Athens, which had once spawned the B-52s, REM, Widespread Panic, and countless other indie, pop and punk acts, was now the home to a competing minority of bluegrass players. The Packway Handle Band emerged from this small scene, finding national acclaim first as finalists at the Telluride bluegrass competition in 2002 and 2003, then taking 2nd place in 2004. PHB has emerged at the national forefront of bands that use a gather-around-the-mic style. The band now plays upward of 200 shows a year in the US and Europe. It's obvious their enthusiasm and sense of humor are honest, and that what they do appeals to broad audiences,

even those who don't normally listen to bluegrass. You're not going to say you've heard this band before, unless you actually have.

Nitrograss sprung to life from the heart of the rural Appalachians with one singular mission: to take the Bluegrass world by storm. Nitrograss certainly wields a fierceness most acoustic groups lack today.

The percussive banjo of two-time national champion Charles Wood lays the foundation for the band's unique style; merging traditional Scruggs-style banjo with rhythmic motifs reminiscent of ZZ Top and the Allman Brothers. Next up is the lock-chop of Caleb Hanks' mandolin, from which occasional melodic passages erupt with fire. Micah Hanks offers an intuitive array of acoustic guitar parts that are both anticipatory and improvisational, with the two

brothers layering their strong vocal harmonies over the mix in a sonic separation that could make a Kentucky moon rise on demand. Finally, the back beat of Dakota "Smoky" Wadell's bass lines pushes the music of this southeastern powerhouse into a foray beyond the frontiers most acoustic musicians dare travel.

Each band will play a set and then jam together for the third set. A great evening a bluegrass. Don't miss it!

The Bluegrass Duel will be at PAC on Saturday, September 15 at 8pm. Tickets \$25 may be purchased online at [www.highlandspac.org](http://www.highlandspac.org) or by calling 828.526.9047. Highlands PAC: 507 Chestnut Street

SAVE the DATE: Saturday, October 20 for the nationally acclaimed Nashville Bluegrass Band.

## Dahlia Festival set for Sept. 15



The Second Annual Dazzling Dahlias! Dahlia Festival will be held Saturday, September 15 at the Highlands Recreation Center in Highlands from 1-5 PM. Tickets will be sold at the door for \$5. This event, benefiting the Highlands Historical Society, will showcase local Dahlia enthusiasts' prize Dahlias. Exhibitors can enter up to 5 categories of Dahlias for a \$10 entrance fee. These will be judged with ribbons awarded for first, second, third; and, Best of Show winners. Exhibitor registration forms are available at businesses throughout the Highlands-Cashiers area; and, at the Highlands Historical Society. After viewing the Dahlias at the show, attendees are invited for refreshments on the adjacent grounds of the Highlands Historical Village. Entertainment will be provided by champion banjo player Charles Wood from 1-3:30 PM. Charles plays with several groups, the most familiar in Highlands being Nitrograss. The Highlands Historical Society Museum; and, the Prince House, Highland's oldest home, will be open for touring from

1-5 PM.

On Friday evening, September 14, a Patron party will be held at the beautiful home and gardens of Rhett and Carolyn Tanner on Kettle Rock Mountain. Patrons will enjoy touring the expanse of mountain top grounds with Dahlia Gardens, rows of vineyards and long ranging views. Carolyn's profusion of Dahlias began 16 years ago and has culminated into a breathtaking array of many varieties of Dahlias. A delicious Mexican fare will be served to commemorate the origin of Dahlias.

Please join us and exhibit your favorite Dahlias at the Dazzling Dahlias! Dahlia Festival on Saturday, September 15. Registration forms are available throughout the area. For more information on exhibiting, please contact Joyce Franklin at 828-526-9418; or e-mail the Highlands Historical Society at [www.highlandshistory.com](http://www.highlandshistory.com). This is an event for amateur hobbyist to proudly display their prize Dahlias. Everyone is welcome.



ington Post) and note he paid \$3,000,000 plus in federal taxes. I am now looking at their 2011 estimated tax return, which shows a liability of over \$3,200,000 (which was overpaid at the time).

Is Reid lying or just wrong? I ask you, why would "an investor" of Bain Capital have knowledge of whether or not Romney has paid his taxes? Surely a man of his "immense wealth" would be targeted by the IRS, especially since he represents the party out of power. I can't know this with certainty, but I would assume the Romneys have been audited, if not every year, fre-

quently. But Harry's unnamed source, a Bain investor, knows that Romney annually stiffes the U.S. Treasury. Amazing!

So the current lineup of the Democrat hierarchy is Obama, Biden, Pelosi and Reid. Isn't that leadership to be proud of? I'm not beating up on the Dems for the exercise - I really hope there are some who will be embarrassed to the point of voting this sorry bunch out of office and give our dear country one more chance to be great again.

We received some replies from last week's question: Why is the government buying huge quantities of ultra-destructive

bullets?

Paul says, "I think the government is arming itself to set up a civilian corps, expecting riots."

Joe says, "Don, you really went off the deep end."

Natalie says, "...the government thinks they can kill those who they have fooled

into believing they can depend on them...but the only place to put our hope is in God."

Thanks for your thoughts.

This week's question - Who would you feel more comfortable being your vice-president; Joe Biden or Paul Ryan, and why?

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Ken Ludwig

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Artist Talk  
Sunday, September 2  
2-3 pm

## Bascom Barn Dance

Saturday, September 1, 7-10 pm  
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Music by The Stone Mountain Wobblers and caller Terry Wilson  
Sponsored by The Custom House, Young Restoration, The Ugly Dog Pub, Highlands Historical Society



"Stone Mountain Wobblers"  
Art Rosenbaum

Monday-Saturday, 10 am - 5 pm  
www.TheBascom.org

Sunday, 12 noon - 5 pm  
Highlands, NC 828.526.4949



John 3:16

• PLACES TO WORSHIP •

Proverbs 3:5

**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  
Sundays: 10 a.m. – Worship  
Holy Communion 1st Sunday of the month  
Wednesdays: 9 a.m. Healing and Prayer w/Holy Communion  
**CHRIST ANGLICAN CHURCH**  
Rector: Jim Murphy, 252-671-4011

Worshipping at the facilities of Whiteside Presbyterian Church, Cashiers  
Sun.: Holy Communion - 9 a.m.; Adult Forum - 10:45 at Buck's Coffee  
Cafe, Cashiers

Mon.: Bible Study & Supper at homes - 6 p.m.  
Wed.: Men's Bible Study -8:30 a.m., First Baptist Church  
Thurs.: Women's Prayer Group - 10 a.m., Whiteside Presbyterian Church;  
Healing Service at noon

**CHRISTIAN SCIENCE CHURCH**

283 Spring Street  
Sunday Service: 11 a.m.  
Testimony Meeting: 5 p.m. on the 3rd Wed.

**CLEAR CREEK BAPTIST CHURCH**

Pastor Jim Kinard  
Sundays: School – 10 a.m.; Worship – 11  
Wednesdays -- 7 p.m.

**COMMUNITY BIBLE CHURCH**

www.cbchighlands.com • 526-4685  
3645 Cashiers Rd, Highlands, NC  
Senior Pastor Gary Hewins  
Sun.: 9:30 am: Adult Sunday School  
10:30 am: Middle School; 10:45 am: Children's Program., Worship  
Service. 12:30 pm Student Arts Group, 5 p.m. HS  
Wed.: 6pm: CBC University Program

**EPISCOPAL CHURCH OF THE INCARNATION**

526-2968 • Reverend Bruce Walker  
Sunday: Education for children & adults and choir rehearsal beginning at  
9am. Holy Eucharist Rite I-8a; Holy Eucharist Rite II-10:30am in the Main  
Nave of the Church.  
Monday: 4 p.m. Women's Cursillo Group  
Tuesday: 8 a.m. Men's Cursillo Group; Bible Study 10:30 a.m. Reverend  
Howard L'Enfant  
Thursday: 10 a.m. Holy Eucharist (Chapel)

**FIRST BAPTIST CHURCH**

Dr. Charles Harris, Pastor • 526-4153  
Sun.: Worship 10:45 a.m.; School – 9:30 a.m.  
Wed.: Men's Bible Study 8:30 a.m., Prayer Meeting – 6:15 p.m., Choir – 5  
p.m.

**FIRST PRESBYTERIAN CHURCH**

Dr. Lee Bowman, Pastor  
Dr. Don Mullen, Parish Associate 526-3175  
Sun.: Worship – 11 a.m.; Sun. 8:30a communion service June-Labor Day;  
School – 9:30  
Mondays: 8 a.m. – Men's Prayer Group & Breakfast  
Wednesdays – Choir – 7

**GOLDMINE BAPTIST CHURCH**

(Off Franklin/Highlands Rd)  
Rev. Carson Gibson  
Sunday School – 10 am, Worship Service – 11 am  
Bible Study – 6 pm

**HIGHLANDS ASSEMBLY OF GOD**

Randy Reed, Pastor  
828-421-9172 • 165 S. Sixth Street  
Sundays: Worship – 11

**HIGHLANDS CENTRAL BAPTIST CHURCH**

Pastor Dan Robinson  
670 N. Fourth Street (next to the Highlands Civic Center)  
Sunday: School 9:30 a.m.; Morning Worship 10:45 a.m., Evening  
Worship, 6:30 p.m.  
Wednesday: Prayer Service, 6:30 p.m.

**HIGHLANDS UNITED METHODIST CHURCH**

Pastor Paul Christy 526-3376  
Sun: School 9:45a.; Worship 8:30 & 10:50.; Youth Group 5:30 p.  
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**

Chaplain Margaret Howell  
2152 Dillard Road – 526-9741  
Sundays: Sunday School and Adult discussion group 9:30 a.m.;  
Worship/Communion – 10:30

**HEALING SERVICE on the 5th Sunday of the month.  
LITTLE CHURCH IN THE WILDWOOD**

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**MACEDONIA BAPTIST CHURCH**

8 miles south of Highlands on N.C. 28 S in Satolah  
Pastor Roy Lowe, (828) 526-8425  
Sundays: School – 10 a.m.; Worship – 11  
Choir – 6 p.m.

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

**MOUNTAIN SYNAGOGUE**

St. Cyprian's Episcopal Church, Franklin  
828-369-9270 or 828-293-5197

**MOUNTAIN BIBLE CHURCH**

Pastor: Clayton Lopez • 828-743-9704  
Independent Bible Church  
Sundays:10:30 a.m. at Big Ridge Baptist Church, 4224 Big Ridge Road  
(4.5 miles from NC 107)  
Weds: Bible Study 6:30 p.m.; Youth Group 6 p.m.

**OUR LADY OF THE MOUNTAINS CATHOLIC CHURCH**

Rev. Dean Cesa, pastor – Parish office: 526-2418  
Mass: – Sun: 11 a.m.; Thurs & Fri.: 9 a. Saturday, 4pm

**SCALY MOUNTAIN BAPTIST CHURCH**

Rev. Dwight Loggins  
Sundays: School –10 a.m.; Worship –11 a.m. & 7  
Wednesdays: Prayer Mtg. – 7 p.m.  
**SCALY MOUNTAIN CHURCH OF GOD**  
290 Buck Knob Road; Pastor Alfred Sizemore • 526-3212  
Sundays: School – 10 a.m.; Worship – 10:45 a.m.; Worship – 6 p.m.  
Wed: Adult Bible Study & Youth – 7 p.m.

**SHORTOFF BAPTIST CHURCH**

Pastor Rev. Andy Cloer  
Sundays: School – 10 a.m.; Worship – 11  
Wednesdays: Prayer & Bible Study – 7  
**UNITARIAN UNIVERSALIST FELLOWSHIP**

85 Sierra Drive • 828-524-6777  
Sunday Worship - 11 a.m.  
Child Care - 10:30 a.m. - 12:30 p.m.  
Religious Education - 11 a.m. - 12:15 p.m.  
Youth 8th - 12th grades meet the 2nd Sundays 5 - 7:30 p.m

**WHITESIDE PRESBYTERIAN CHURCH**

Cashiers, Rev. Sam Forrester, 743-2122  
Sundays: School – 10 a.m.; Worship – 11

• SPIRITUALLY SPEAKING •

**Did you  
ever see  
‘The  
Bucket  
List?’**



**Pastor Gary Hewins  
Community Bible Church**

**D**id you ever see the movie, “Bucket List?” Two men, face to face with death, decide to make a list of the things they would like to do before they die. They end up traveling around the world experiencing things they once only wondered about. Slowly, as death approaches, the list grows shorter. Eventually one man has the task of completing the list without his friend. Together they saw the absence of risk far riskier than taking no risk at all.

This movie is an example of living with a proactive mindset as opposed to a reactive mindset. I guess these two characters, played by Morgan Freeman and Jack Nicholson, could have reacted to their illness and withered away in some shaded room. These men knew and experienced the importance of finishing strong.

Are you finishing strong? Starting is important and staying the course is important, but finishing strong is also imperative. Are you living one day at a time or dying one day at a time?

There once was a master carpenter who was going to retire from his illustrious career. The contractor that he had always worked for asked him for one favor before he retired, “Please build one more house for me.” The carpenter, though burnt out, reluctantly agreed. The project began and the master carpenter began taking some short cuts. He did build the house and it passed inspection, but it also fell well below his usual standard of excellence. He had fulfilled his promise, yet during construction the master carpenter felt ashamed of the work he was doing. He rationalized that he was tired and it was time to “hang it up.” The day came to turn the keys over to contractor and begin his retirement. Meeting in the driveway, the keys were presented to the contractor who immediately gave them back to the master carpenter. All along, the intention of the contractor was to bless his best employee with a parting gift for his years of hard work and diligence. The house was now the carpenter’s. He had built his very first substandard home and it was now his own to live in. For the rest of his days he lived within the very walls that reminded him of his poor finish.

You have something worth doing in this world. You



## ... SPIRITUALLY SPEAKING continued from page 30

are loved by God. You are called by God. You have unique gifts. You have a mission whether you realize it or not. You are needed, valued and you belong. If that identity

doesn't permeate your soul, you may be finishing far off from Christ. Consider this and finish strong. Find a body of believers that attend a church that centers on the word of

## ... J-MCA continued from page 18

groups have the best interest of our Town in their work programs."

The specifics per category:

### **Economic Sustainability:**

Eco-Economic Development Community Recommendations:

- Work as a community to decrease the seasonality. Town should provide incentives to businesses to stay open year round and start planning for a year round community. Including plans for drinking water, trash collection, recreation services, community events, energy, recycling and more.

- Market Local Businesses and Goods: Create and implement programs focused on local residents to help local economy thrive and discourage driving off the mountain to shop. One way would be to collaborate with local businesses and provide a local resident discount card.

- Market to families: Expand new opportunities and market existing family friendly activities. Expand year round family friendly events and activities; especially winter events – things to do on a cold or rainy day. Create a highlands brand, emotional attachment to the area to ensure family will return for generations.

- Partner with local nonprofit, businesses and the chamber of commerce to create festivals – Create themes for week long events that focus on the same topic; for example a photography festival in which the town, businesses, nonprofits and individuals embrace the theme. Shops highlight products related to photography – art for sale, lectures, conferences, historical buildings, nature, etc.

- Look to other communities for examples (like Boulder Colorado) to help generate ideas for ways to support or improve the local economy. Find models that will help build a year round community – for the benefit of the local economy and residents.

- Build partnerships among organizations, governments and businesses to share in such things as bulk purchases. For example buying more environmental friendly packaging – green to-go containers, straws, disposals. Honor a town reusable container – discount refills.

- Expand and Improve recycling. Develop an efficient and convenient comprehensive recycling program for restaur-

rants, resorts, country clubs and homeowners. This program has potential to create new opportunity for local entrepreneur willing to provide this service for the community. May need an analysis to determine what happens to grease? What happens to the money generated from the recyclables? Include Food Composting.

- Reduce waste and promote recycling: Convenient Recycling Service/bins are needed with year round community in mind, focusing on curbside pick-up and/or in town location for recycling center.

- Create a more entrepreneurial-friendly environment. Actively support new businesses and help existing businesses expand.

Develop a Tourism Resource Guide or Book. A guide for businesses – a buy local guide. The former can be used by tourists to find out what local products there are and encourage their purchase and use. This is one way to promote the local culture and heritage. Encourage residents and visitors to shop local, to buy local, to hire local.

### **Sustainable Tourism:**

According to Bob Kieltyka, with the Highlands Chamber of Commerce- "Tourism has become the third leg of Macon County's economic development – the other areas are real estate and construction. With the other two legs in such bad condition because of the economy, tourism becomes even more important. The revenue that visitors bring into Highlands saves local taxpayers."

Sustainable Tourism is based upon careful land use, government infrastructure that recognizes the wise use of resources, the protection of the environment and cultural opportunities. This is a sound economic development strategy, and findings show that communities that adopt green policies are able to maintain their economic health, even in downturns.

Highlands has a lot to offer to visitors. If we develop a plan for attracting people based on those qualities, the entire community will benefit. Special places do not happen by accident. It takes a conscious effort to retain the allure of a destination such as Highlands.

Comprehensive Land Use Planning Management and Ecosystem Biodiversity

• See J-MCA page 33

God and flee any church that doesn't. Fulfill all those dreams that got squashed along the way. You have a life to finish strong.

Consider the words of the Apostle Paul: "I want to know Christ and the power of his resurrection and the fellowship of sharing in his sufferings, becoming like him in his death, and so, somehow, to attain to the resurrection from the dead. Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me (Phil. 3:10-12). Finish strong!



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# • POLICE & FIRE REPORTS •

Highlands PD log entries from July 17. Only the names of persons arrested, issued a Class-3 misdemeanor, or public officials have been used.

July 17

•At 10:30 p.m., officers received a call



Highlands Historical Society

2nd Annual  
DAHLIA FESTIVAL

Registration Form  
A mature - Hobbyist Competition

Name\_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_St.\_\_\_\_Zip\_\_\_\_\_

Phone ( )\_\_\_\_\_

email\_\_\_\_\_

– CATEGORIES –

- |  |   |
|--|---|
| <input type="checkbox"/> Best Bloom Over 8"  | <input type="checkbox"/> Novelties        |
| <input type="checkbox"/> Best Bloom Under 8" | <input type="checkbox"/> Arranged Dahlias |
| <input type="checkbox"/> Multiple Blooms     |   |

Free \$10 (any & all categories)

Checks payable to: HHS

Mail to: Joyce Franklin

839 Horse Cove Road • Highlands, NC 28741

Deadline for Entries: September 10

Submission of dahlias for display

Friday, September 14th at 4 p.m. and

Saturday, September 15th from 8:30-10a

at Highlands Civic Center

about larceny of prescription drugs from a home on Raoul Road.

July 29

•At 4:04 p.m., officers assisted a motorist at US 64 and N. 4th Street.

July 30

•At 9:45 a.m., officers received a report of a brown, leather leash found on N. 4th Street.

July 31

•At 5:12 p.m., officers received a call about a suspicious vehicle on Center Drive.

Aug. 3

•At 4 a.m., Alexa Debra Orr, 25, of Franklin, was arrested for DWI when stopped on Main Street for a traffic violation.

•At 8:15 a.m., officers received a call about a driver who failed to report an accident at the Citgo Station.

•At 2:49 a.m., officers responded to a call of simple assault on Carolina Way.

Aug. 5

•At 3 p.m., officers responded to a one-vehicle accident at Horsecove Road and Main Street.

Aug. 11

•At 9:34 p.m., officers received a call about someone trespassing on property on Raoul Road.

Aug. 12

•At 10:20 p.m., Stuart Walter Armor, 50, of Highlands, was arrested for DWI and driving without a license when stopped for a traffic violation on Spring Street.

•At 7:41 p.m., officers received a call about a vehicle on the road on Moorewood Road.

Aug. 13

•At 5:40 p.m., Tawny Michelle Perez, 20, of Scaly Mountain, was arrested Oak Street when stopped for a traffic violation for possessing less than 1/2 oz of Schedule IV and possessing drug paraphernalia.

•At 8:35 a.m., officers received a call about an open door at a house on Webbmont.

Aug. 14

•At 12:30 p.m., a canoe and equipment was reported stolen from Highlands Canoe Rental on US 64 west, valued at \$720.

Aug. 15

•At 2 a.m., officers received a noise complaint call at a home on Trillium Circle.

Aug. 16

•At 8:40 p.m., officers received a call about damage to property at Paoletti's Restaurant estimated at \$480.

During this period, officers issued 4 citations and responded to 7 alarms.

Highlands Fire & Rescue Dept. log entries from Aug 9

Aug. 9

•At 11:06 a.m., the dept. was first-responders to assist EMS on Charlotte Lane. EMS transported.

Aug. 10

•At 3:24 p.m., the dept. provided mutual aid to Cashiers FD while it fought a structure fire.

•At 4:13 p.m. the dept. was first-responders to assist EMS on Main Street where a 60-year-old man had fallen.

•At 6:18 p.m., the dept. assisted EMS by taking a person home to Clear Creek.

Aug. 11

•At 8:02 p.m., the dept. was first-responders assisted EMS on Cook Road.

Aug. 13

•At 8:27 a.m., the dept. was first-responders to the Cashiers Farmers Market to provide mutual aid to Cashiers but the call was cancelled en route.

•At 9:22 p.m., the dept. responded to a vehicle accident on NC 106 to help with traffic control.

Aug. 16

•At 8:50 p.m., the dept. was first-responders to Foreman Road.

Aug. 17

•At 9:04 a.m., the dept. responded to an alarm at Hutchinson Court. It was false.

•At 5:37 p.m., the dept. responded to an alarm on Shortoff Road. It was due to burning food.

•At 5:59 p.m., the dept. was first-responders to Horse Cove Road to assist EMS.

Aug. 18

•At 1:14 p.m. the dept. was first-responders to assist EMS on Main Street where a 70-year-old man had fallen and hit his head.

Aug. 19

•At 4:18 a.m., the dept. was first-responders to assist EMS on Saw Mill Road.

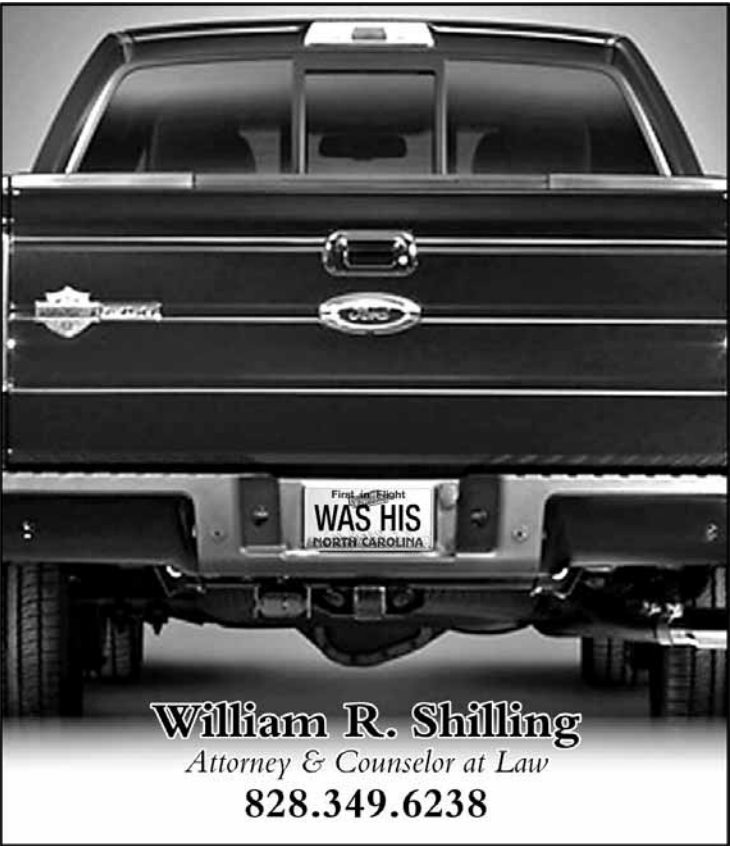
•At 7 a.m., the dept. responded to a vehicle accident on Buck Creek Road.

Aug. 20

•At 9:17 a.m., the dept. was first-responders to assist EMS on Buckberry Road. EMS transported.

•At 9:42 a.m., the dept. was first-responders to assist EMS on Bowery Road. EMS transported.

•At 8:30 p.m., the dept. was first-responders to assist EMS on Carolina Way where a 93-year-old woman had fallen. EMS transported.





## ... J-MCA continued from page 31

Conservation are vital. The environment cannot be separated from the consumer or the resident. It is important to find strategic ways to emotionally connect with visitors. Their needs and demands must be met. The treatment visitors receive is critical- one bad experience can ruin a trip. Those involved in economic development and tourism should read "1,000 points of contact" by Conrad Hilton.

It is important for the Town of Highlands to work with state, regional and federal governments to provide green infrastructure and tax incentives to help the local community retain its tourism base, while providing employment and investment.

Unify the Highlands image to visitors, go green and increase activities available to families. Tourism cannot be separated from the community – it cannot be exported. The number one reason people say they visit NC is for leisure in a state that offers diverse landscapes and natural scenic beauty; other factors include shopping, fine dining, sightseeing and visiting national parks.

Folks are looking for authentic and unique experiences.

### **Sustainable Tourism Ideas from the community**

- **Work on basic hospitality:** The businesses in Highlands provide the face for the community. It is important that each and every person who comes to Highlands has a great experience. Having some sort of sales training for employees to be able to answer questions and provide a positive face for not only the business but also for the Highlands community.

- **Having more family activities/resources:** There are more families with children making Highlands their vacation destination. It was mentioned that having more family friendly activities and resources would be a good way to bring more vacationing families to Highlands. Some ideas include having more festivals and expanding the Rec Park to have an indoor swimming pool and bike rentals.

- **Affordable Venues:** There seems to be a lack of venues that can hold a large number of people at an acceptable cost. Having a large, affordable venue would provide an opportunity for more community activities for both residents and visitors.

- **Parking:** The amount of parking on Main Street emerged as an issue that concerned many people. If people can't find a parking spot on their way through town they may end up not stopping to shop/dine.

- **Main Street:** Educating Main Street businesses owners and employees on what to recommend visitors can do in the area. Again, if we provide a positive and helpful face that help will bring people back to this area. If we can work on "branding" Highlands in such a way that people are going to remember your restaurant/shop for the friendly service we can hope to get loyal visitors who come back each year.

- **Ambassador Program:** There was at one point an ambassador program through the Chamber that put a person out on Main Street to talk with people about Highlands. There is a great interest in this program and the chamber said they were already working on how to get these and other programs back in action.

- **Integrating for-profit and non-profit:** We need to work on getting more communication and collaboration between the for-profit and non-profit sectors in Highlands. We are a community working together to make/keep this place both beautiful and memorable.

### **Year Round Community and Second Homeowners**

- Prepare for a year round community.
- Create incentives for businesses to be open year round, for the benefit of the economy and the local residents.

- Offer winter time activities
- Offer indoor opportunities especially in winter-indoor pool, ice skating, events, festivals

- Increase opportunities year round especially during November through June – extreme sport competitions (soar, tour de cashiers, rock climbing, etc) festivals, conferences (photography week: all businesses/etc embrace the topic for that week). Other ideas include birding opportunities, outdoor adventures, geo-caching, letter boxing, kid concerts, parks, social outings for families, etc.

- Offer more family friendly events – year round for all generations.

- Develop brand loyalty so that it becomes a family tradition to visit or live in Highlands. Help develop the emotional connection to the community.

### **Second Homeowners**

- A 2009 survey showed that a substantial number of Second Homeowners plan to retire here full time in the next 5 to 10 years.

- Second Homeowners prioritized preserving water quality and the local culture.

- Helping second homeowners install energy saving measures will reduce the energy and water demand and help prepare the community for a greater year round population while minimizing the impact on the natural resources.

### **Notes from Technical Experts**

- Tourism is being influenced by mobile devices (smart phone-apps -best place to eat, shop, visit, etc.).

- People expect the places they visit to "go green." It is becoming a priority for towns, restaurants, lodging and even retail businesses to consider the Earth first, tourist do not want to help pay for the added costs that can be incurred to offer recycling, buy local ingredients or change to more energy efficient lighting. It is something they are not willing to pay for it needs to be integrated into the cost.

- Focus on Buy Local Campaign. Partner with local businesses to offer discounts to local residents and employees so they may also experience the tastes, cultural opportunities and more that Highlands has to offer, at least during the slower months. This will allow the "hosts" to be able to answer questions based on experience.

- Restaurants that offer discounts to locals in the "off season" do better.

- Highlands is a "brand." In a way every business is contributing to the Highlands experience. Offer incentives that will help local business thrive and expand.

- Next Week in Part 3, Environmental Sustainability will be discussed specifically: Water Quality, Stormwater Management, Forestry Solutions, Air Quality Solutions, and ideas from NCDENR.

## • BIZ/ORG NEWS •

### **New pavillion goes up at Nature Center ... Thanks to Mountain Findings**



From left: Guy W. Cook (designer and builder), Patrick Brannen (Director of the Nature Center), Glenda Bell, Bill Watkins, Bruce Roellke, Alyce-Mae Alexander and Tom Hill (Board Members of Mountain Findings).

"Thanks goes to the volunteers of Mountain Findings who in 2011 voted to donate enough money for The Nature Center to proceed with their plans to build a covered pavillion," said Brannen. The pavillion will provide a sheltered place for classes when it rains as well as provide a larger teaching area. It has also been used by other groups for classes. Brannen said Guy Cook did an excellent job in the design of the structure to ensure that it fits into the natural setting.



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Macon County Commissioner Ronnie Beale was sworn in as First Vice President of the North Carolina Association of County Commissioners (NCACC) on Saturday, Aug. 18, during the Association's 105th Annual Conference, which was held in Wake County.

As NCACC First Vice President, Beale will work closely with the other members of the NCACC Executive Committee to

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Superior Court Judge Toby Fitch Jr., (standing, far right) administers the oath of office to First Vice President Ronnie Beale while fellow Macon County Commissioner Bobby Kupperts holds the Bible. Sitting, from left, Wanda Hunter and 2012-13 NCACC President Howard Hunter III of Hertford County and 2011-12 NCACC President Kenneth Edge of Cumberland County (far right) Photo by Chris Baucom/NCACC).

guide the NCACC Board of Directors on legislative and administrative issues affecting counties throughout the year.

Beale has served as a Macon County commissioner since 2006. He was elected NCACC Second Vice President in August 2011.

Beale first served on the NCACC Board of Directors in 2010-11 as the Chair of the NCACC Human Services Steering Committee. He also served on the Public Education Steering Committee in 2008-09.

The Board of Directors and its Executive Committee make policy decisions to guide the NCACC and its staff through the year. The board consists of the five officers, 18 district directors, elected members of the National Association of Counties (NACo) Board of Directors, five at-large commissioners and several ex-officio members who chair NCACC committees or hold other appointments.

About the NCACC: The NCACC is the official voice of all 100 counties on issues being considered by the General Assembly, Congress and federal and state agencies. Founded in 1908, the Association provides expertise to counties in the areas of lobbying, fiscal and legal research, communications, intergovernmental relations, information technology, field visits and risk management services.



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## • BUSINESS/ORGANIZATION NEWS •

### New public restrooms in Town Square

In the back of Town Square on Main Street – the home to Kilwins, C.Orrico and more, are a set of public restrooms -- one for ladies and one for men. Public bathrooms are also at the Visitor Center next to the Main Street Inn on Main Street and behind Town Hall.



### Motoring Festival comes through for C-H Humane Society



Gus Lard and Steve Mehder representing the Highlands Motoring Foundation present a check for \$7,000 to Joe Goldberg president of the Cashiers-Highlands Humane Society. This year's car event was held on July 17 at Kelsey-Hutchinson Park on Pine Street.

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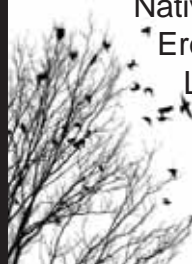


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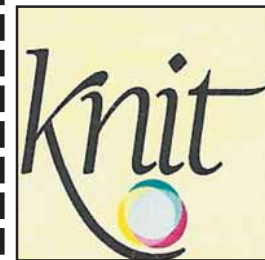
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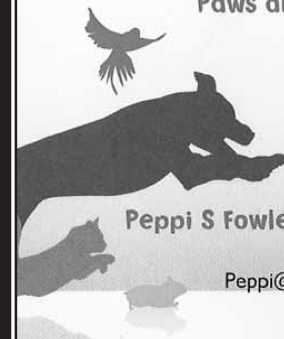
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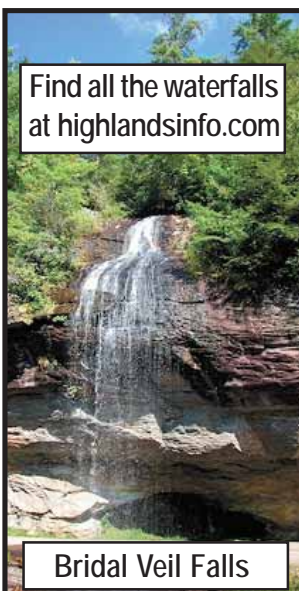
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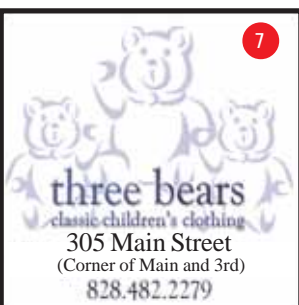
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## Calling all artists!

The Clayton Merchants Assoc. is looking for artists to participate in the Downtown Clayton SIDE-WALK ART SHOW AND SALE, Saturday, October 6 – 10a to 4p, the same day as the Foxfire-Mountain-eer Festival in Clayton.

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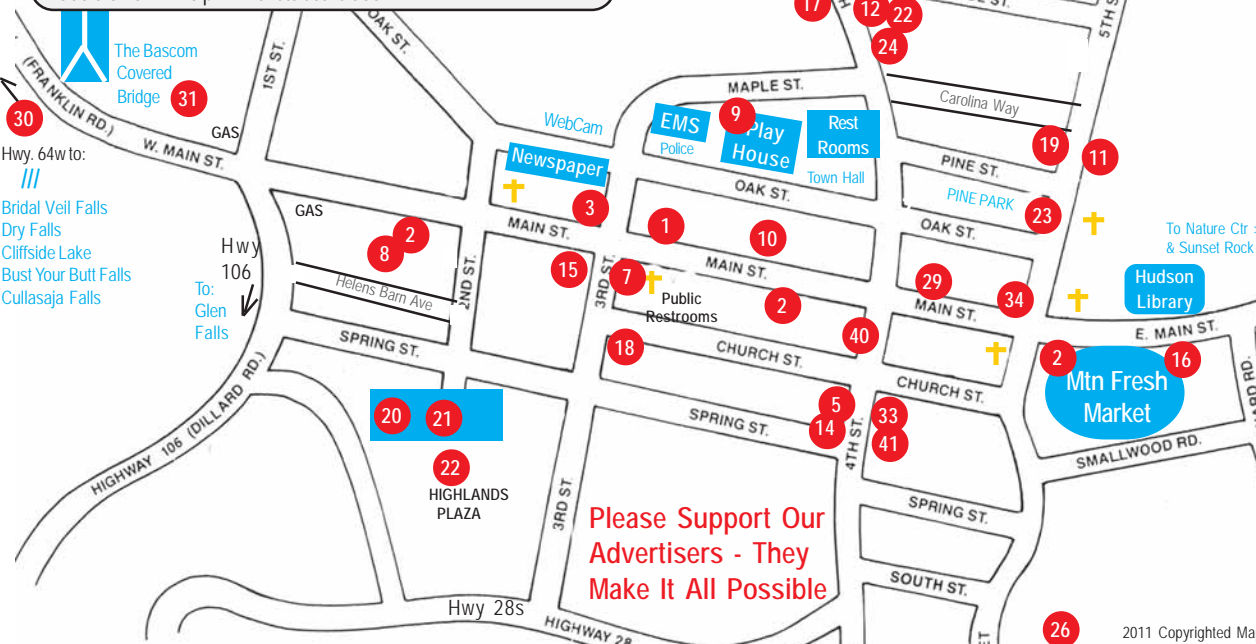
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