

# Highlands Newspaper

FREE every Thursday

Volume 10, Number 21

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Thursday, May 24, 2012

Through May 25

• The Town of Highlands Annual White Goods Pickup. Please, contract Town Hall at (828) 526-2118 to be placed on the pickup list.

**Friday-Monday, May 25-28**

• At The Highlands Playhouse, Libby Whittemore. Call 828-526-2695 for ticket information.

**Sat. & Sun., May 26 & 27**

• The Village Square Art & Craft Show at Kelsey-Hutchinson Park and the Village Square. 10 to 5. FREE!

**Saturday, May 26**

• Pancake Breakfast Saturday from 7:30 to 10:30 a.m. at the Old Scaly School House at 41 Buck Knob Rd. \$5.50 for adults and \$3.50 for children.

• Mountain Garden Club annual plant sale 9-noon at the ballfield. Rain date, Sunday, May 27 9-noon.

• Audubon Society walk along Turtle Pond Road in Highlands. Meet in The Bascom parking lot at 7:30 am to carpool. Call Brock Hutchins 828-787-1387.

• Exclusive "Joy to the World" ornament signing by designer Lisa Kelechava, 1-4 p.m. at The Christmas Tree in its new location next to Anna Wear in the Galax Theatre on Main Street.

• At The Hen House, Sallie Dent Porth cooking with her jams 10:30-4:30.

**Sunday, May 27**

• Freedom, the eagle at The Bird Barn at The Falls on Main at 1 pm.

**Tuesday, May 29**

• Register for the Hudson Library's children, tweens and highschool summer programs running June 5-Thurs., July 26. The 2012 "Dream Big" and "Own the Night."

**Wednesday, May 30**

• Highlands-Cashiers Hospital blood drive at the hospital from 9 a.m. to 11 a.m. and at the Highland's First Citizen Bank from 12:30 p.m. to 6 p.m.

## Board hears requests for annexation

In an interesting turn of events last Thursday, the Town Board heard a request for annexation because Extra Territorial Jurisdiction had been eliminated.

Tom Coley, president of the homeowners association said when property protection went

away with ETJ, the property owners began discussing annexation. A total of 35 parcels are involved and all owners are in agreement. They understand they would pay taxes to the town and in return would get all town services as well as upkeep of the road.

The issue was only discussed; no decisions were made. A public hearing is required and will be discussed at subsequent meetings.

The board voted 3-1 to keep the Third Street right-only arrows in place to promote safety at the

• See REQUESTS page 12

## Highlands School Class of 2012



Graduation is Saturday, May 26 at 7 p.m. in the new gym at the school. See more photos on page 26. 2012 mascots are Eliza Tate and Logan Zachary.

## BOE at odds over 'search' plan

The big news at the school board meeting held at Nantahala Tuesday night, was the superintendent search and the Lindamood Bell program.

Dr. Finley James Duncan is in place as the interim, but the board would like a permanent superintendent in place by January

2013 at the latest.

Two firms are vying for the "search job" – the NC School Board Association, (NCSBA) which conducted the county's last search six years ago and which found Brigman for the Catawba school system, and the law firm of Campbell Shatley.

The NCSBA said their services will be between \$14,000 and \$20,000; Shatley's costs aren't as clear cut as consulting costs and per hour costs would weigh in.

The board heard a presentation from NCSBA representatives but was split on making a deci-

• See BOE page 13

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## Poker and planning in the county

Sweepstake parlors are spouting like wildflowers along US 441 between Franklin and Dillard, GA, and the Macon County Commission wants to do something about it.

"This is not what we want to see in Macon County," said Chairman Kevin Corbin at the May 15 commission meeting.

Sheriff Robert Holland said there are billboards in Atlanta advertising poker machines in Macon County.

Sheriff Dept. Attorney Brian Welch and County Attorney Chester Jones said the sweepstake issue has been battled in the courts for years and every time a law is established the industry figures out a way around it.

Recently, the Attorney General said the state is under a restraining order not to enforce the law on the books because it was ruled unconstitutional by the NC Court of Appeals with one dis-

• See POKER page 11

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# • THE PLATEAU'S POSITION •

## • LETTERS •

### What a disgrace!

Dear Editor,  
I was shocked and appalled to see the cartoon by Karen Hawk in the May 17 edition of Highlands Newspaper, depicting our president as a chimpanzee. I found the picture racist and disgusting. If there was any doubt at what the cartoonist was trying to convey, simply read the words about the cartoon and you'll find they almost completely mirror the words spoken by President Obama on gay marriage. It was shameful.

While he was not my choice for president, I respect the position of his presidency and would never publish such an outrageous picture.

Fred Wooldridge  
Highlands

### Replacing the old for the new

Dear Editor,  
About the trees that were cut at Wright Square: I agree 100% with Ms Harkins who is grieving over the loss of those trees. I miss them also. Hopefully we will not have the heat of Atlanta because of lost shade. I hope all the displaced birds can find a new nesting place.

I remember years ago when Wright Square was a beautiful green space with evergreens growing around. The space was used for arts and craft shows and was one of the loveliest places in Highlands. People gathered at Helen's Barn--now hidden by the Wright Square shops. The green space is now asphalt and the trees long gone. They were cut in the dead of night. People had a fit, but it did no good. Too late.

Many years ago Highlands Inn was located where the Rib Shack later was built. Now we have "cottages" where the Rib Shack once stood. I have a question: Are those four-story buildings actually cottages? There are so many and they are so tall and they are not what the sign in front claims they are. They are not cottages.

There are so many ways to maintain a town. There is the common way of tear-

ing up old and scraping it clear of the past; then there is the way of honoring the lasting beauty of Highlands and building upon it. Making it better and keeping its charm. Let's don't always go for the easy way out. We need to be thoughtful and creative in order to enhance the enduring charm of our old and beautiful town of Highlands.

Glenda Bell  
Highlands

### Local talent is tops

Dear Editor,  
I hope you didn't miss this funny, moving, wonderfully cast play performed by own local talent and directed by local talent, Ricky Siegel. We are so fortunate to have this performing arts group in Highlands. Thanks to all who helped to bring this play to PAC and to us, especially to: (in order of appearance) Bonnie Earman, Jenny King, Carla Gates, Lee Lyons. & Mary Adair Leslie. You were all wonderful! Helen Moore

Helen Moore  
Highlands

### It's stupid to vote without thinking for yourself

Dear Editor,  
The primary results are in and Amendment One has passed. My vote was against. I have been voting with some regularity for the last 50+ years. Never have I consciously voted to take constitutional rights away from any citizen. The passage of the amendment shows that the electorate is easily duped by words and ads, so much so that it blindly votes to take rights away from themselves and citizens. Sadly, they are totally unaware that they have voted away another of their own civil rights.

Sure the preacher said this is what should be done. Or was it Fox News or some talk radio guru. It's so easy that way... no thought necessary. Can't have those queers overrunning our country.

Problem is they voted away my right, too. I'm not gay. Maybe someday I'll need a trusted person of the same sex to speak for me. Now the legal folks tell me that

cannot be done any longer in North Carolina. I don't know.  
The conservative religious right is rampant with homophobes. Certainly not the "Christian" right. They say that the Bible is the inspired word of God. It is the final authority. The Hebrew Bible, The NIV, The King James. OK so it is the inspired word of God. Which Bible? Maybe we should use the original. Or maybe we should use the King James Version which I guess is the "amended" inspired word of God.

Regardless, scholars I have studied state unequivocally that there is nothing in the Bible which specifically condemns homosexuality. I can provide citations to thousands of scholarly articles on the subject. Certain passages can be interpreted differently. Oft quoted, Leviticus questionably says according to some that it is an abomination. But in Leviticus eating shellfish is also an abomination. Which degree of abomination is worse. Which should result in death.

In fact, no where can it be shown that Jesus spoke a single phrase denouncing homosexuality.

Back to my first comments above. I resent the fact that the electorate listened to the homophobia of Fox News, Rush, Santorum, et al. and voted to take a constitutional right away from us all.

Ralph Minton  
Cashiers

### Highlands 'experience' the best all around

Dear Editor,  
I visited Highlands for a wedding this past weekend (May 19th) and was so impressed by the high level of customer service that we experienced at every turn.  
From the convenience stores, to the grocery stores, to the shops on Main Street, to the wedding venue itself, all of the staff went above and beyond to make sure we felt welcomed and that all needs were met.

It was a great weekend and I am looking forward to visiting again very soon.

Bettina Cox  
Tabor City, NC

### LETTERS-TO-THE EDITOR-POLICY

We reserve the right to reject or edit submissions.

**NO ANONYMOUS LETTERS WILL BE ACCEPTED.**

Views expressed are not necessarily those of Highlands' Newspaper.  
Please EMAIL letters by Sunday at 5 p.m. There is a 500-word limit without prior approval.

## Highlands Newspaper

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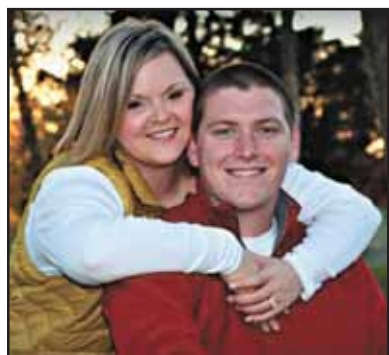
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# • ENGAGEMENT •

## Davis-Douglas



Wallace & Lina Marie Reese of Highlands, NC.

The wedding is July 14 at Fork Baptist Church with a reception following at Falkland Farms in Scottsburg, VA. Formal invitations will be sent.

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Sallie Dent Porth

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• LAUGHING AT LIFE •

Ha, post this!

Want it or not, Highlands is getting a brand new squeaky clean post office building. At first it was just a bad rumor the Woodruff Empire bought the old Furniture South property and offered to build a new USPS postal building on the property....no charge to the postal folks. Then it became real. What? Has Highlands joined America in going mad? Why is everyone walking around shaking their heads?

There was only one eensy-beensy problem. The Postal Service didn't want a friggin' new post office building. They liked the one they had. (Ha, who cares what they want?) After months of dickering, the Woodruff people were able to convince postal-people they would, like it or not, have a new building and the offer was accepted....kinda. Boy oh boy, I wish I could have been a fly on the wall for those meetings. You know the ole saying: Money talks and....

Construction began last summer. It's



with Fred Wooldridge  
Feedback is encouraged!  
askfredanything@aol.com

being built right smack dab at one of the busiest intersections in Highlands, the corner of Highways 106 and 64, the opposite corner from where a Super Wal-Mart will soon be built. (Ha, only kidding.)

OK, a little circus music, please! I'm definitely out of sync on this one 'cause I can't wrap my head around any of this insanity. Let's see if I have this straight. The USPS gets a new free post office building they didn't want, built at a busier intersection than before at a time when postal service

across America is rapidly crumbling and may go kaput by this October. Building a new post office in Highlands is like shining the rails on the Titanic after it hit the iceberg. But it sure is purdy.

The USPS is the vanguard of worthless junk mail, the super czar of a bureaucracy functioning in the red for literally decades. It's the worse financially managed semi-private organization in America. I feel sorry for the postal workers who brave the weather each day to deliver the mail. Talk to them about how screwed up things are but please don't mention any names and not a word about their generous pensions we're paying for.

•See WOOLDRIDGE page 20



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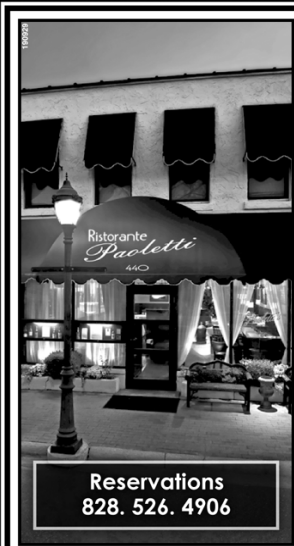
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# • THE VIEW FROM HERE •

## The good and bad about pain

**P**ain is a gift and a curse. We rarely consider the value of pain and many are unaware of its benefits.

A small number of people are born with a mutation called congenital analgesia which makes them unable to feel pain. They are normal in every other respect. The absence of pain might initially sound like a good thing, but kids often die in childhood. They can chew their fingers or tongues off while teething. They experience no discomfort if they put their hand on a hot stove, have no warning of developing appendicitis. They can walk on a broken ankle until a sharp fragment of bone pokes through the skin, alerting their parents to the injury.

Diabetics often lose sensation in their feet, a complication called peripheral neuropathy. I once cared for a diabetic woman who walked bare foot on a black top path in



**Dr. Henry Salzarulo**

**Feedback is encouraged.**

**email:**  
**hsalzarulo@aol.com**

the heat of summer. She burned and blistered her feet, but was unaware of the injury. It was not until her feet became infected and she developed septic shock was she brought to the hospital. We searched the common causes of sepsis; lungs, kidney, sinuses, blood and bowel. Complete examination revealed boils on her feet, harboring the same lethal staph that was being carried through her body in her blood. Had she felt pain, she would have walked in the grass, or worn shoes. Had she felt pain, she would have been aware of burns, blisters, and boils.

Pain is a gift and a curse. It becomes a curse when it serves no useful purpose, when cancer has invaded bone and a hip fractures walking in the mall, when a rib breaks after a feeble cough, or when a

• See SALZARULO page 22



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• **BACK DAYS** •

**The story of the family of Ethel Mae Potts Paul ...  
descendants of WT and Mattie Potts**

**By Guy Warren Paul**

**T**o reach maturity in a family of one girl and six boys says a lot for the girl.

Ethel Mae Potts Paul never played by handicap rules and could well hold her own in sibling rivalries. As an adult she could stand her ground whether it be in political sparring, quick recall of historical facts, the quoting of poetry or the command of geographical, mathematical and scientific matters. And in the process of demonstrating her proficiency in these fields, she gathered many of her most flattering and heartfelt accolades from her six brothers.

Ethel was born May 2, 1891 in Franklin, NC, to William Thomas and Martha Ammons Potts. When she was 7 years old, W.T. and Martha (Mattie) moved to Highlands, where W.T. began a livery stable business, an enterprise he had earlier followed in Franklin.

He also continued as a part-time Baptist preacher. All this was supplemented by the proprietorship of the Old Central House (Old Edwards Inn) a rather typical horse-and-buggy hostelry catering to summer vacationers from South Carolina and other states eager to flee the torrid lowlands in favor of the balmy cool nights in Highlands.

W.T. and Martha, along with their six sons and Ethel Me, combined horses, hacks, a hotel and hell-fire preaching to created a



**Guy and Ethel Mae Potts Paul**  
– Courtesy of the Highlands Historical Society

rather heady lifestyle in what was literally the nearest town to heaven in the Eastern U.S.

There was no public school in Highlands at the time. Ethel Mae, however, attended the one-room academy situated on the same property that as later to be the site for the public school house, what later generations referred to as "Knowledge Hill."

The academy master for a time was the late T.G. Harbison, and it is believed that Ethel received what was then the equivalent of an 8th-grade education there. In addition, she studied under the tutorship of Mrs. Corinne Froneberger, a well-known pioneer educator in Highlands. She turned out to be extremely profi-

cient in such subjects as Latin, algebra, geography, history and literature. She was an avid reader and an accomplished elocutionist. In later years she spent many hours giving recitations for her young children.

In the midst of these pursuits, Ethel took a liking to Guy Paul, a son of one of the merchants in town. Guy was four years her senior and a member of a rather strange Yankee family that had come to the area from Aroostook County, Maine. It seems that Kelsey and Hutchinson, the founders of Highlands, by brochures and newspaper advertisements had promoted the area as a splendid place to live, farm manufacture and raise families.

• To be continued ...

... **COACH** continued from page 7

person. The QPR match came just a few weeks after Crook watched City defeat United 1-0 in a game that he said had "the greatest atmosphere of any game I have ever attended." While the United-City tussle was one with great tension, the QPR match was supposed to be a coronation of sorts for City. "I

fully expected that we would show up, beat QPR 3-0 and celebrated deep into the night," said Crook, "but the script somehow got flipped, and I was sitting there as we were down 2-1 thinking...we have thrown this away."

Fortunately, for Crook and every other City fan, the roller

coaster had one last turn at the end, and City fans rejoiced after perhaps the most miraculous comeback in Premier League history. "It was a sight to behold," said Crook. "I thought the roof was going to come off [when Aguero scored] as the cheers then turned into other emotions...grown men shed-

ding tears...it was simply amazing."

If you love sports, then hearing (or in your case, reading) Brian Crook's description of the scene has to make you smile. I can relate somewhat in that I remember the joy that I felt when I watched longtime Saints fans shed tears of disbelief as Tracy

Porter raced down the sideline in the Super Bowl. When the Red Sox won the World Series several years ago for the first time in almost a century-the same tears were shed. Sometimes sports can be a cruel roller coaster, but when the ride turns in your favor-it can be the best feeling in the world.



## • COACH'S CORNER •

### History was made

Two Sunday's ago saw one of the greatest finishes in the history of sports, as Manchester City snatched victory from the jaws of defeat to win the English Premier League for the first time in 44 years.

To recap quickly, Manchester City entered the day needing to win to tie Manchester United at the top of the Premier League -- City would then be Premier League Champion based on two head-to-head wins over United and goal difference.

The Sky Blues were facing the Queens Park Rangers, and the game looked to be a mismatch in every sense of the word, as QPR was the league's worst road team facing the league's best home team.

City scored first and looked to be well on the way, but something happened in Manchester and reminded everyone the reason that games are not won or lost on paper.

First, QPR equalized, stunning the City crowd and giving United hope again. Then, that hope looked to be dashed, as QPR midfielder Joey Barton was ejected for a cheap shot, and City looked certain to control the game with a man advantage.

What happened was the exact opposite, as QPR scored a stunning goal despite being a man down to take a 2-1 lead, and City was unable to generate many scoring chances against a surprisingly defiant QPR defense.

Things were very much going against the script, and many a City fan were distraught as it looked as though it would be another case of "typical City."

As Manchester United put the finishing touches on a 1-0 win over Sunderland-they began to celebrate, as they were 5 minutes of injury time away from a Premier League Championship. The roller coaster wasn't finished yet, though, as City equalized off of a header from Edin Dzeko, but still needed to win outright to win the title. With mere seconds to play, mercurial forward Mario Balotelli controlled the ball in front of the box and slipped a ball through to Sergio Aguero,



**Ryan Potts**  
tryanpotts@hotmail.com

who blasted it home to give Manchester City the title.

It was an incredible finish for the followers of Manchester City, who were able to not only celebrate a title, but they were also able to snatch it away from hated rival Manchester United, making it all the more satisfying.

However, this isn't just the story of an unbelievable finish, it is the story of redemption for some of futbol's longest suffering fans. One of those Manchester City fans, OEI Hotel Manager Brian Crook, actually flew home to watch his beloved Sky Blues go for a title, and got to experience the "Typical City" roller coaster in

• See COACH page 6

30th Mountain Garden Club  
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## • CONSERVATIVE POV

### She's off her rocker

Since it's Mother's Day, (writing early, going out of town for a while and my wife gets scared if I write and drive at the same time), so what better way to celebrate Mother's Day than to take a whack at the feminine side of our culture. We have ignored them for a while and I'm getting the urge to revisit the little darlings.

I admit I stole the title of this thing from Drudge, but I thought it was too good to waste. From Yahoo! News: "Betty White says she usually keeps her political views private but in this presidential election strongly favors one candidate. As the 90-year-old actress prepares to visit the Smithsonian Institution and National Zoo this week, (aren't you proud of me not using the obvious snide remarks this conjures up?) White told the Associated Press she 'very, very much favors' President Barack Obama in the election.

The 'Golden Girls' star said she is very bi-partisan and has stayed away from politics her whole life (she should have kept it that way). She usually never says who she is for or against because she doesn't want to turn off any of her fans. White says, in this year's election, she likes what Obama has done and 'how he represents us.' Why anyone would give a rats patootie who she backs is a mystery to me. She's off her rocker.

Another "who cares" remark comes from Cher, (another over-the-hill entertainer) by way of PerezHilton.com. "Cher Starts Inadvertent War With The Right Wing After Slamming Romney Via Twitter. After Cher took to her Twitter to express her disgust with Mitt Romney and his politics, she received an unbelievable amount of backlash from the right wing!

And although she later deleted the offending messages on the grounds that spreading hatred in that fashion is beneath her (?), she is NOT apologizing for her opinions. This is what she originally wrote: 'If Romney gets elected I don't know if I can breathe the same air as Him & his Right Wing Racist Homophobic Women Hating Tea Bagging Masters.' Now, what's so nasty about that? She's just speaking her mind, and I use the term loosely. She still has fans?

So we've covered an Obama lover and a Romney hater. That's what the libs call fair and balanced. Enough of politics, let's



Don Swanson  
Feedback is  
encouraged.  
Email

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

go visit our favorite celeb, shall we.

In researching what the little darling is up to we hit a toof-er. From Heatworld.com: "Courtney Love wants to cure Lindsay Lohan of her wild ways."

Now, for those of you who don't know Courtney Love, let Wikipedia introduce you.

"Love was married to Kurt Cobain, frontman of the grunge band Nirvana, with whom she had a daughter, Frances Bean Cobain.

Throughout her career, Love's wild stage antics and subversive feminist attitude have polarized audiences and critics, with Rolling Stone once calling her 'the most controversial woman in the history of rock.' In 2006, Love was sentenced to six months of lock-down rehab."

Back to Heatworld.com: "We've heard many celebrities wanting to intervene in the turbulent life of Lindsay Lohan. However, it seems as though former singer Courtney Love has a rather eccentric cure for Lilo's wild and at times allegedly criminal ways.

Courtney, whose antics have landed her in all kinds of trouble in the past, has revealed that she uses chanting as her 'religion' and a way of keeping out of trouble. The star (?) then went on to reveal that she has invited Lindsay, who she knows through a mutual friend, to one of her chanting sessions in a bid to tame the actresses' (?) behavior.

I chant. You can tell when I'm not doing it, I get in trouble and then when I'm doing it, I don't get in trouble. It's really, really good for me. So, that's my religion. Lindsay's coming to my house to chant. But I don't speak to her very much. We have a mutual friend!" I'd love to be a fly on the wall for that session. They procreate and they may vote. God help us.

OK, that's enough fluff; getting back to issues of significant matters - from the Texas Insider Report: "If president Obama didn't have a problem with female voter before, he might now. The White House has Democratic advisor Hillary Rosen to thank for its latest headache, which did more to alienate American moms in one sentence than some liberals have done in



# • JUST HERS •

## An Edifying Tail



**Michelle Mead-Armor**  
michiamead@aol.com

zen little female corgi walked up to me in the puppy room, and placed her paw firmly on my foot. "Well," she said, looking up at me. "What's been keeping you?"

I decided to name her Genevieve, after Sainte Geneviève, the patron saint of Paris. Geneviève is supposed to have followed a strict vegetarian diet, and only ate twice a week. Fortunately, this didn't leave her too weak to keep Attila's Huns from taking over Paris.

What a gal! Diwali was my dog's kennel name. For those who aren't familiar with the word, Diwali is popularly known as the "festival of lights," one of the most important Hindu festivals. Unfortunately, my parents were not thinking "festival" when they saw the cage arrive in the DC airport. They were thinking of trouble, nuisance, and responsibility. My father had come from a dog family (my grandfather raised hunting beagles), but since then, the Meads were

• See JUST HERS page 13

It was one of the worst days of my life, but the story had begun otherwise. I had gone to Australia to visit my boyfriend, Waynesboro High School's foreign exchange student from New South Wales, Australia. He and his sister had persuaded me to acquire a lovely corgi puppy. Her kennel name was Diwali Genevieve, but she was later known simply as Jen. Her arrival had caused general consternation in the Mead household, to say the least.

My parents had picked me up at the airport in Washington, DC, after my long flight from Sydney. Daddy recognized my two suitcases on the carousel, and picked them up. "Okay, let's go home," he said. I panicked. "Uh, I have one more thing coming through." My parents thought that I had gone overboard on the souvenirs, imagining, I guess, a suitcase full of boomerangs and cuddly koalas. The metal cage came into view, its occupant jumping up and down with enthusiasm. I walked over and picked up the cage by its handle. My mother stared in disbelief. "Oh, my God, Albert," she sobbed, throwing herself into my father's arms. "She's brought back a kangaroo!"

No, I had not brought back a kangaroo, but what I had brought back was no less troubling to my parents. I had brought back a lively little Pembroke Welsh Corgi, the kind the Queen keeps. My boyfriend's family had corgis – two of them, to be exact – Nigel and Ophelia. When I had gone to stay with them during the summer between my freshman and sophomore years at Mary Washington College (now the University of Mary Washington), Edward and Judith had made a point of taking me to visit Diwali Kennel, where they raised Welsh Corgis. The kennel had five litters of puppies at the time – a bumper crop – and I had immediately fallen in love with one particular little female. When the owners asked me where I would be taking her, they said it would be unwise to subject such a young dog to a two day trip. At their suggestion, I looked for an older puppy, one for whom the voyage from Kurri Kurri, New South Wales, to Waynesboro, Virginia, would be less grueling. One bra-



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## • HEALTH MATTERS •

### Remember, it takes time

There are so many cliché sayings in the health and fitness industry that often times the point of the saying is overlooked. The meanings behind sayings such as “we are what we eat” or “an apple a day keeps the doctor away,” have a great deal of truth behind them and can positively impact one's health if the premise behind the saying is implemented into an individual's daily life.

However, many people become desensitized to these sayings, do not care, or just do not believe it to be true because they have heard the saying so many times, thus missing the point.

With spring coming to an end and summer rapidly approaching, many of us are feverishly working on health goals to help enhance our summer experience. Some of us may be trying to lose a few pounds in order to look better in a bathing suit or improve our flexibility to impress our friends by hitting the golf ball further.

Perhaps, you have decided you are going to take advantage of the many fresh fruits and vegetables available to us here in Highlands as opposed to buying frozen or canned alternatives. Whatever the case may be, I want to remind you of one of the most important health sayings and possibly the most overlooked: “it takes time.”

It takes time to change and the results we want to see cannot take place until the



R. Garrett Tandy, Jr.  
[hattersboy1@yahoo.com](mailto:hattersboy1@yahoo.com)

behaviors themselves have changed. Rome was not built in a day and thus cannot be destroyed in a day.

Think about an individual who has become a couch potato. They did not become a couch potato overnight. The behaviors leading to their sedentary lifestyle did not change instantaneously nor did they become so out of shape in a matter of days that they can no longer go run three miles like they used to. This situa-

tion took a great deal of time to form, and will take at least an equal amount of time to change. Those who are overweight and trying to lose weight did not gain the weight in a week's time (even though it might seem that way) and thus cannot expect to lose the weight more rapidly than it was put on.

I give so much praise and I am happy to see so many people trying to change their health and the behaviors that attribute to our health problems. Unfortunately, trying is often times all we ever accomplish. Many of us do not reach our health goals because we lack the patience to wait long enough reap the benefits of our efforts. So many times because we do not see results right away we get discouraged and give up.

The best advice I can give to those of you trying to make some health changes is to not get discouraged and not give up because change takes time!

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## ... POKER continued from page 1

senting vote and is being appealed.

"We have even had undercover campaigns verifying that some of these parlors are violating the law, but we have been encouraged not to make cases," said Holland.

Commissioner Ronnie Beale said where the county is concerned – those areas outside Highlands and Franklin town limits – the issue must be pursued with legislation and the board will discuss it with legislators when members visit Raleigh May 29-30.

By law, towns in North Carolina can levy fees on such establishments, but counties can't. However, Attorney Jones said Henderson County has come up with a scenario which may work for Macon County which he is investigating.

Commissioners said since the law says they can't ban sweep-stake parlors from the county, they would like to levy a franchise tax on establishments and machines like the towns.

Highlands charges \$3,000 per establishment and \$500 per machine each year and Franklin charges \$2,600 per establishment and \$1,000 per machine.

#### Planning Board

In a surprise move that same night, the commission voted unanimously to reappoint Susan Ervin, who has served two terms, and to appoint Peggy Patterson to

the Planning Board.

Since Patterson and Ervin were present, they were asked questions by Commissioners Jim Tate, Kevin Corbin and Ron Haven. Tate asked how many other boards each sat on, Corbin asked if they would take a common sense approach to decision-making, be civil and level-headed. Haven asked if they would be fair. "I am big on being fair," he said.

Of course, each candidate answered yes to Corbin's and Haven's questions. Haven then made the motion to re-appoint Ervin and to appoint Patterson.

Corbin said Haven's motion was a pleasant surprise and Haven said believe it or not, he's always thought highly of Ervin and the work she has done on the Planning Board and like the other commissioners thought the Planning Board needed more women on it.

At the Highlands Town Board meeting, Thursday, May 17, Commissioner Eric Pierson made a motion to appoint John Underwood as the town's representative on the county Planning Board to replace Alan Marsh. He said it was time for new blood and Underwood agreed to serve voluntarily without compensation. Evidently, Marsh has been compensated for serving on the county's Planning Board over the past few years.

The board unanimously approved Underwood's nomination.

– **Kim Lewicki**

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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.



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... BOE continued from page 1

sion Tuesday night. Board members Stephanie McCall and Tommy Baldwin and chairman Tommy Cabe were inclined to go with NCSBA with Baldwin and Cabe noting the job they did in the past.

Members Jim Breedlove and Gary Shields were reluctant to commit until stakeholder forums could be held to get feedback from educators, central officer personnel, parents, etc. Custom-made, hard copy and electronic surveys are part of the process but Breedlove and Shields initially wanted to conduct their own surveys via the forums. However, BOE Attorney John Henning explained that such forums would be open to the press and the public – which caused Shields to withdraw his “suggestion.” Breedlove said he would meet with people on his own which is legal if he is the only board member to attend.

Everyone wants to make sure that the superintendent candidates understand the unique character of Macon County – particularly its two k-12 schools and its geographical restraints.

A firm wasn't selected, but the board hopes to get the process started late May or early June.

Lindamood Bell

Following a number of passionate presentations by teachers touting their unprecedented success with the Lindamood Bell reading program, the board voted unanimously to pay for services for another year.

Only one full-time consultant will be on board which puts the cost at \$187,000 for the year instead of the \$280,000 spent last year.

Teachers from every school had success stories to tell, attributing the increased reading scores directly to the program – many students jumping 10 and 12 points. In addition, being able to read and comprehend has lapped over into other subjects –

particularly math and science – which further substantiates the program's value.

“It doesn't matter the cost of the program because teaching them how to read is priceless,” said Baldwin.

“With many of these kids, we have tried everything and nothing has worked but this has.”

Teachers call it a paradigm shift in not only they way students learn but the way teachers think and teach which key to everyone's success.

– Kim Lewicki

... REQUESTS  
continued from pg 1

corner. Town Manager Bob Frye said he hasn't received any complaints about the issue, but Commissioner John Dotson said he's heard numerous complaints. They general consensus was it's a matter of personal convenience versus safety and the board opted for safety.

Dotson suggested petitioning NC DOT for a light but Town Engineer Lamar Nix said there are stiff requirements to get a light and requires an extensive study.

Commissioner Dotson voted no, Commissioners Amy Patterson, Eric Pierson and Gary Drake voted yes.

A citizen is installing solar panels on her home and by law is allowed to sell her surplus power to the town.

Thursday night, the town's electric consultant, Kevin O'Donnell went over the process which will include the adoption of a connectivity policy and ordinance as well as a rate/fee schedule.

The process is a long one, but the board agreed it needed to be done. Commissioner Amy Patterson said she has

• See REQUESTS page 13

... SWANSON continued from page 8

their entire careers. On Anderson Cooper's 'AC360,' Rosen took aim at Gov. Mitt Romney's wife, Ann, for sacrificing her career to stay home with their children.

'His wife has actually never worked a day in her life,' she said with disdain. 'She's never really dealt with the kinds of economic issues that a majority of the women in this country are facing.' But the campaign's strategy – to portray the Romneys as a wealthy out-of-touch family – backfired. Big time.

Moments after Rosen's bombshell, people started unloading on the DNC strategist for insulting the job (yes, job!) that millions of women choose – often sacrificially – to nurture and educate their chil-

dren at home. Not two hours after the show aired, Ann Romney also weighed in, opening her own Twitter account so she could reply. “I made a choice to stay home and raise five boys. Believe me, it was hard work.”

Obviously, the Left didn't learn anything from its earlier mistakes. In February, the Obama campaign tried to invent a controversy about Sen. Rick Santorum's position on working women – which is merely that they should be empowered to stay home and work if they want to.” That move blew up in their face.

What ever happened to the liberal mantra of assuring choice for women?



## ... JUST HERS continued from page 9

resolutely an all cat household. Now, suddenly we were a dog family, blessed with a dog whose pedigree papers, neatly tucked into my luggage, boasted a lineage full of UK, South African, and Australian champions that would make the Queen herself look like a parvenu.

Poor Jen cannot have imagined how inopportune was her arrival. I was going to be heading back to college in the fall, and had hoped to sneak her into the dorm. That was until my college roommate lost her own beloved dog during the same summer. "If God won't let me have my dog, then you can't have yours," she stated with great finality. I panicked. I was like every other child who promised her parents that, yes, I would look after the pet. I would walk the pet. I would clean up after the pet. Please, Mommy, Daddy, you won't have to do a thing! Please? Please? And here I was, nineteen years old, dumping a puppy on my parents.

I trotted off to my second year at Mary Wash, and my folks got stuck with Jen. Then, General Electric consolidated all of the aircraft electrical systems people from three locations to one, and my father got laid off. He was eventually rehired, but had to relocate to Erie, PA. My mother had to finish off the school year teaching French at Stuart Hall, in Staunton, VA. To the dismay of Maman, who had taken her for her classes, Jen had flunked her first semester of obedience school. She rallied in second semester, however, and won the coveted "Most Improved Dog" award. My mother, ever the school teacher, had despaired at having a dog who was an obedience school flunk out.

The school year ended, and my mother prepared to join Daddy in Erie. They found an apartment, but one with a "no pets" policy. I was in no position to take Jen. My parents couldn't keep her either. In one of those odd twists of fate, a solution became available. Our neighbors, the Wilsons, had a Pomeranian named "Rema," who had died several months before the Mead Family drama. One day, Tom Wilson showed up on our doorstep. He'd heard that we couldn't keep Jen anymore, and had a suggestion. Tom's wife, Beryl, was inconsolable at the loss of her beloved pet. Might they take Jen, and give her a good home? Of course, since Jen was my dog, the decision fell to me. I pondered it for several days, worrying and crying. In the end, I clipped Jen's leash to her collar, grabbed those wonderful pedigree papers, and walked the longest two blocks I have ever walked. I handed Tom Wilson the leash, gave Jen one last hug, and walked home.

I was 19 at the time, and I'm going to be 62 in August. In all those years in between, I had not had a pet until I moved in with John. Overnight, I became stepmom to Smidgen, Orion, and Weasel. I took over feeding them, grooming them almost daily, and cleaning up the litter boxes. I wonder what John did before I arrived! In fairness, however, he did dispose of the mice the cats caught, until I took over even that. It takes a hard-hearted person not to love a pet, and I have become completely besotted with Orion and Weasel (Smidgen escaped out a window, and was never seen again.) Since John's death, they have kept me going with their antics and their devotion. When you've loved someone – and lost them – it's hard to give your heart again to someone you might lose. Hard, yes, but it may be the best thing you will ever do. You'll recognize me in town. Even the regular use of a roller brush can't get rid of all the cat hair. I'm the one who looks like a yeti.

- Michelle is a writer and translator who moved to Highlands after years of living in Baltimore, Sydney, Paris and New York. She lives in town with her two very spoiled cats, Orion and Weasel. A middle-aged lady with middle-aged cats, she hopes that she will always have room in her heart – and her home – for a couple of pets. She hopes you all noted the irony of the title, because Pembroke Welsh Corgis have no tails.

## ... REQUESTS from page 12

heard from residents who are interested in generating waterfall power, as well.

O'Donnell said the board should take it one step at a time and may eventually have ordinances, rates, etc., for different power sources.

He warned that if any of these sources generates more than 10 Kwh it could affect the wholesale rate agreement the town has with Duke Power.

The Highlands-Cashiers Land Trust in conjunction with the Kelsey-Hutchinson Park committee wants to erect a sign in the park at 5th and Pine streets. There is no cost to the town.

Ran Shaffner with the Small Town Main Street Wayfinding committee presented the logos and color scheme agreed upon and said if the Chamber of Commerce and the Travel Tourism Commission won't help fund the construction and erection of the signs, then the committee will come to the Town Board for funding in FY 2012-13.

-- Kim Lewicki



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## Highlands Playhouse's 'Design on a Dime' project begins



The Playhouse cast house – The Lodge – is in dire need of a facelift, particularly inside. Everything is needed – living room furniture, kitchen appliances, linens, lamps, mattresses ... you name it. For now physical repairs are in the works, as well as interior painting from top to bottom. To donate items, call Tina Rogers at The Playhouse: 526-2695.

The return of ..

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# Highlands Area Upcoming Events

**PULL OUT**

• Registration is now open for the 2012 summer nature day camps at the Highlands Nature Center. Five different camps are offered: "WOW! - a World of Wonder" (ages 4-6), "Amazing Animals" (ages 7-10), "NatureWorks" (ages 8-11), "Mountain Explorers" (ages 10-13), and "Junior Ecologists" (ages 11-14). Most camps are offered more than once during the summer. Sessions run from Tuesday to Friday each week. For complete schedules, costs, and other information, please call 828-526-2623 or visit [www.wcu.edu/hbs](http://www.wcu.edu/hbs).

## 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: 828-824-2498.

## Mondays

• All meetings of the 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 Episcopal Church at Fifth and Main streets.

## Wednesdays

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

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

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

## Wednesdays & Fridays

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

## 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 on Thursdays. 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!

## Saturdays

• The Highlands Farmers Market 9am-12 ev-

ery Saturday Starting June 2- mid October at the 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! For More Information call Dianne 828-349-3777 or Robin 828-421-9891.

## 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.

## Through May 25

• The Town of Highlands has set a White Good Pick-Up Week annually since February 1987. This year the Annual White Goods Pickup will be the week of May 21st through May 25th. Please, contract Town Hall at (828) 526-2118 to be placed on the pickup list.

## Thursday, May 24

• Landmark Realty Blood Drive, 49 Frank Allen Road, Cashiers, 11:30 am to 4 pm. Please call 743-0501 for more information or to schedule an appointment. Walk-Ins Welcome, Appointments preferred! For more information or to schedule an appointment to donate, please call 1-800-RED CROSS (1-800-733-2767) or visit [redcrossblood.org](http://redcrossblood.org).

## Friday-Monday, May 25-28

• At The Highlands Playhouse, Libby Whittemore. Call 828-526-2695 for ticket information.

## Saturday, May 26

• The Scaly Mountain Women's Club Pancake Breakfast Saturday from 7:30 to 10:30 a.m. at the Old Scaly School House at 41 Buck Knob Road - at the corner of NC Highway 106 and Buck Knob Rd. Includes a full course breakfast featuring piping hot homemade pancakes (with blueberries if you like), patty sausage, coffee and juice. Cost is \$5.50 for adults and \$3.50 for children.

## Saturday, May 26

• Mountain Garden Club annual plant sale 9-noon at the ballfield. Rain date, Sunday, May 27 9-noon.

• Highlands Plateau Audubon Society is sponsoring a walk along Turtle Pond Road in Highlands. Meet in The Bascom parking lot at 7:30 am to carpool. Visit [www.highlandsaudubonsociety.org](http://www.highlandsaudubonsociety.org) or call Brock Hutchins 828-787-1387 for more information.

• Exclusive "Joy to the World" ornament signing by designer Lisa Kelechava, 1-4 p.m. at The Christmas Tree in its new location next to Anna Wear in the Galax Theatre on Main Street.

## Sunday, May 27

• The Bird Barn in Highlands (Corporate Sponsor of Audubon) will have guest Michael Skinner present a program to the public featuring live birds of prey. The program will begin at 1 pm. For questions: 526-3910

Sat. & Sun., May 26 & 27

• See EVENTS page 18

## Libby Whittemore returns to the Playhouse stage

The Highlands Playhouse is excited to welcome back to their stage the incomparable Libby Whittemore. The show, the first of the Playhouse's season, will be familiar to Playhouse audiences. Libby played to sell out crowds last Labor Day weekend.

"Our patrons came back to us after the show and wanted us to bring Libby back as soon as possible," Playhouse Executive Director Tina Rogers said, "Well, we heard them loud and clear!" Whittemore, who sells out shows in clubs in Atlanta throughout the year, is excited to be bringing her talents back to Highlands. She and the band will perform a rousing host of songs from the war-time era as well as other long-time favorite showtunes and standards. "We could not think of a better way to celebrate the holiday weekend than to bring in one of Highlands favorite performers. We are certain the audience will fall in love with Libby all over again," Rogers promised, "We hope this continues what will become a long standing relationship with



one of the best talents in the southeast."

The show runs May 24th-27th. The Thursday, Friday and Saturday shows are at 8PM while the Sunday matinee is at 2PM. Tickets to the show are \$30 for adults and \$12 for children. You can make reservations by calling the Box Office at 828-526-2695.

## Fabulous finds at Saturday Plant Sale

Mountain Garden Club members have outdone themselves this year to bring you over 2,000 plants this Saturday, May 26, at their once-a-year plant sale. This much anticipated event should not be missed.

For weeks the hard working volunteers have been digging in many special gardens. As a result there are many healthy specimens waiting for shoppers looking for something new and different. There are rare finds, such as the Clinton lily, and many great choices for shade gardens, including meadow rue, trillium, and Christmas ferns.

You'll also find old favorites including hostas, lupines, daisies, dahlias and phlox. Hardy tomatoes and herbs will also be available.

NEW items this year include specialty garden tools, perfect for gift giving. The shovels, which come in three sizes, have been nicknamed "Vicious: the shovel with an attitude!" Mountain Garden Club members have found these to be a most necessary tool in their treasure hunting for hard-to-get-to plants such as cinnamon ferns and Turk's cap lilies.

Even if you are not a gardener, come and take home a 'Pet Plant' for your gardener friends. Local broadcaster Steve Day with Highlands WHLC FM 104.5 has a cinnamon fern he calls "Soft and Easy" which came from the plant sale two years ago.

The Mountain Garden Club supports the community in many ways with the proceeds from this sale. Funds pay for college scholarships, educational projects at Highlands School, renovations of the courtyard gardens at the Fidelia Eckerd Living Center, and more.

The 30th Annual Mountain Garden Club Plant Sale will take place at the Highlands Ball Field on Highway 64 E this Saturday May 26 from 9 am until noon. Rain date, if needed, will be Sunday May 27 from 1 pm until 4 pm. You all come, you hear!

-- Emily Compost



# Memorial Day Shopping in Highlands!



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**"Joy to the World"**  
ornament signing by  
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1-4pm  
Saturday, May 26



**at**  
**The Christmas Tree**  
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Galax Theatre on Main St.)

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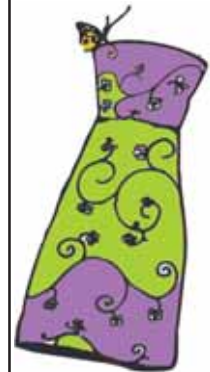
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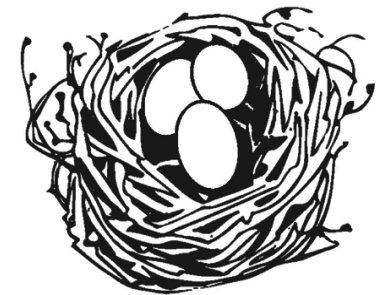
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**PULL OUT**

# Highlands Area Upcoming Events

• The Village Square Art & Craft Show in downtown Highlands Kelsey-Hutchinson Park and the Village Square (5th St.) 10 to 5. FREE! Local/regional artisans, mountain music, food, face painting. 828-787-2021

## Monday, May 28

• The Chapter 2 Books Memorial Day fundraising event to benefit the Special Operations Adventure Race (SOAR) and Special Operations Warrior Foundation (SOFF) from 10 AM to 5 PM. drop by during the day to chat with local retired members of the U.S Armed Forces and peruse military books brought in especially for the event. The military special guests will relate stories, events and answer questions from adults and young people alike. Also expected at the event are members of the local VFW who will hand out memorial poppies, their traditional Memorial Day fundraiser.

## Tuesday, May 29

• Southwestern Community College Macon Campus Blood Drive at the Macon County Public Library, 149 Siler Farm Road, Franklin, 9 am to 7 pm. Please call 306-7017 for more information or to schedule an appointment. Walk-Ins Welcome, Ap-

pointments preferred! For more information or to schedule an appointment to donate, please call 1-800-RED CROSS (1-800-733-2767) or visit [redcrossblood.org](http://redcrossblood.org).

• Register for the Hudson Library's children, tweens and highschool programs running June 5-Thurs., July 26. The 2012 "Dream Big" Summer Reading Program is open to children, infants through rising 4th graders, with programs, weekly storytimes, crafts, summer children's movies, and more. Activities may include programs on the stars, falconry, dreams & wishes, space exploration, nocturnal animals, book talks, and more! Families are also invited to join the Read-to-Me portion of the program. A separate "Dream Big" program is in the works for 5th-8th graders with age appropriate activities. And "Own the Night" is a program for highschoolers which will include movies, gaming, writing and more.

## Wednesday, May 30

• Highlands-Cashiers Hospital (HCH) along with AnMed Regional Blood Center will continue their annual joint blood drive on Wednesday. The AnMed bloodmobile will be at Highlands-Cashiers Hospital on Wednesday, May 30th from 9 a.m. to 11

a.m. and at the Highland's First Citizen Bank from 12:30 p.m. to 6 p.m. Anyone 16 years or older and 110 pounds can give blood. If you are taking medication, it won't usually prevent you from giving blood; however, you may want to bring the name of the medication with you. The AnMed officials will determine their eligibility through the donor screening process.

## Friday, June 1

• B.E.A.R. Talks Program Series "Bears in Your Neighborhood." 7 pm at the Hudson Library. Free program presented by Bear Education and Resources. Task Force of the Western North Carolina Alliance

## Saturday-Sunday, June 2-10

• USFS Kids Fishing Days in the Nantahala, Pisgah, Uwharrie, and Croatan National Forests. Adults must accompany children attending Kids Fishing Days.

## Saturday, June 2

• Highlands Road Race 8 a.m. at the Rec Park.

## Sunday & Monday, June 3-4

• AUDITIONS for the HighlandsCashiers Players'play, The Fox on the Fairway, will be held

on Sunday, June 3, 3 p.m., and Monday, June 4, 5:30 p.m. at the Performing Arts Center in Highlands. There are parts for one young man, two older men, one young woman, and two older women. Rehearsals will be held in July and August; performance dates are August 22-26 and August 30-September 2. The play is a wild-and-crazy comedy by Ken Ludwig, master of modern farce. Scripts may be read in the Hudson Library in Highlands, the Cashiers Library, or by special arrangement with the director, Tanji Armor, 526-9227.

## Sunday, June 3

• At First Presbyterian, a faculty showcase concert at 2pm on Sunday, June 3. The concert will take place in the church sanctuary. Everyone is cordially invited to come and enjoy this concert. First Presbyterian Church is located at the corner of Main and Fifth Streets. Handicap entrances are located on Church Street and on Fifth Street.

## Tuesday, June 5

• The Plateau Fly Fishing club kicks off its 11th season on Tuesday at the Albert Carlton Library in Cashiers. The meeting begins at 7 PM and will feature speaker Nathan Chapman, guide and master flyrod builder, specializing in custom fiberglass rods.

## Showcase concert at First Presbyterian



The Music Committee of First Presbyterian Church and the Music Department of Western Carolina University will co-sponsor a faculty showcase concert at 2 pm on Sunday, June 3. The concert will take place in the church sanctuary. Featured will be Linda Lancaster, flute; Eldred Spell, flute; Terri Armfield, oboe; Shannon Thompson, clarinet; Ian Jeffress, saxophone; Will Peebles, bassoon; Michael Lancaster, baritone; and Andrew Adams, piano. The free concert will consist of a mixture of solo and chamber performances between these eight instrumentalists. Everyone is cordially invited to come and enjoy this concert. First Presbyterian Church is located at the corner of Main and Fifth Streets. Handicap entrances are located on Church Street and on Fifth Street.

## What's up at CLE

By Bettie S. Banks

This week CLE focuses on institutions, not the brick and mortar ones, but the institutions of ideas. In two lectures we will look at two different institutions: classical architecture and the Federal Reserve. While diverse in subject matter, these two institutions have a primary place in the lives of each of us. The first hones our knowledge of artistic structure while the latter provides a view of our financial role in the global economy. Both institutions loom large.

### Classical Architecture: Then and Now

DATE: Wednesday, May 30

TIME: 10 to 12 noon

PLACE: Performing Arts Center

FEES: Members \$20; non members \$30

Presenter Elizabeth Meredith Dowling, Ph.D. is an architectural historian and currently is Professor Emerita in Architecture at Georgia Tech.

Dr. Dowling will show as well as tell us about classical architecture, using visual images to illustrate her text. The language of classical architecture is 2500 years old and is based on a system of symbols that has shown its flexibility by its adaptation to each change in culture and technology. She will introduce and help us explore this vocabulary, giving us the tools to understanding what it is we are seeing.

### The Federal Reserve: Understanding it's Role in the Global Economy

DATE: Friday, June 1

TIME: 10 to 12 noon

PLACE: Performing Arts Center (Auditorium)

FEES: Members \$25; non members \$35

This complex and often misunderstood subject will be presented by Dennis P. Lockhart, the 14th president and chief executive officer of the Federal Reserve Bank of Atlanta and a member of the Federal Reserve Open Market Committee.

Mr. Lockhart will compare and contrast the roles of the "Fed" and other national and international institutions as we look at the current issues facing us.

TO REGISTER: Telephone: (828) 526-8811 Website: [www.clehighlands.com](http://www.clehighlands.com). Email: [clehighlands@yahoo.com](mailto:clehighlands@yahoo.com) Also visit us on Facebook. The curious mind has no bounds. Come learn with us.



# Playhouse seeks local talent for part in upcoming production

Highlands Playhouse is seeking local talent to fill one remaining role in the season opening production of *The Spitfire Grill*, starring Ellen Crawford (of NBC's award-winning show, *E.R.*) and Los Angeles theatre/film/television actor Jacqueline Riggs.

Character breakdown is as follows:

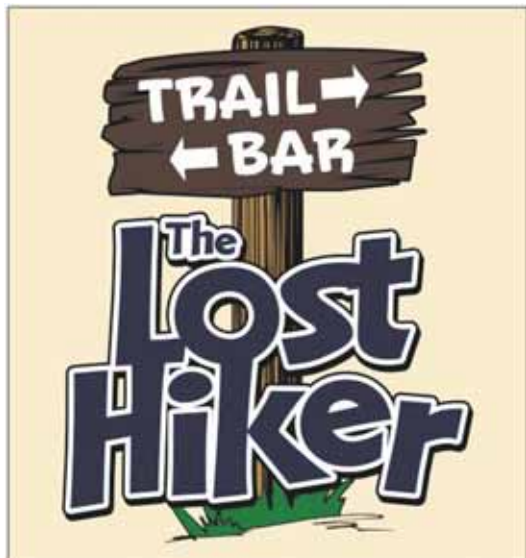
Eli, early to late 30's or able to play the age range; homeless; described in song lyrics as tall, strong, and brave. Prefer a British Isles look for type-matching.

This is non-speaking role, but this actor must possess a presence which exudes potential danger, and a strong sense of the physical & body awareness. Must be willing to grow moustache/beard.

Non-union role. Paid position.

Rehearsals begin May 28th, but the actor cast as Eli would most likely start in week 2 with limited rehearsal time leading into a heavier schedule during tech and opening. Opening Performance is Thurs. June 14, Closing performance is Sun. July 8, matinee. Performances are Tues - Sat nights at 8, and a 2 pm Sunday matinee weekly.

Submissions can be made via email to D. V. Caitlyn, the Producing Artistic Director of Highlands Playhouse and director of *The Spitfire Grill* : hpartisticdirector@gmail.com. Please include headshot or very recent photo and theatrical resume as attachments.



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## Clayton Merchants & Business Association Events

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### FIRST FRIDAY FESTS

May-October

6PM - 8 PM

Downtown Clayton

Shop Clayton/Concert at Rock House Park

### FRI. JUN 22 - SUN. JUN 24

Chattooga River Festival

[WWW.CHATTOOGARIVERFESTIVAL.COM](http://WWW.CHATTOOGARIVERFESTIVAL.COM)

### SAT. JULY 21, 6PM-9PM

4th Annual Clayton Crawl

Main Street, Clayton

[WWW.CLAYTONCRAWL.ORG](http://WWW.CLAYTONCRAWL.ORG)

### SAT. OCT 6, 10AM -5PM

Foxfire Mountaineer Festival

[WWW.FOXFIREMOUNTAINEER.ORG](http://WWW.FOXFIREMOUNTAINEER.ORG)

### SAT. OCT 27, 10AM - 1PM

Halloween Hay Day

### SAT. OCT 27, 1PM

Halloween Trick or Treat

Main Street, Clayton

### SAT. NOV. 17, 5PM-7PM

Festival of Trees Preview Party

Rabun County Civic Center

[WWW.RABUNCIVICCENTER.COM](http://WWW.RABUNCIVICCENTER.COM)

### THURS. NOV 22, 8AM

Clayton Clucker's Turkey Trot

### FRI. NOV 23, 5PM - 8PM

Christmas in Clayton

### FRI. NOV 23, 11AM-6PM &

SAT. NOV 24, 10AM-5PM

Holiday Shopping Extravaganza and  
Festival of Trees

Rabun County Civic Center

[WWW.RABUNCIVICCENTER.COM](http://WWW.RABUNCIVICCENTER.COM)

### SAT. DEC 1, 5PM

Christmas Parade

Main Street, Clayton

[WWW.GAMOUNTAINS.COM](http://WWW.GAMOUNTAINS.COM)

## Highlands Playhouse

74<sup>th</sup> Season  
2012 Corporate Sponsor

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CONSTRUCTION



Libby  
Whittemore

May 24 - 27

The  
Spitfire  
Grill

June 14 -  
July 8



Walter  
Cronkite  
is Dead.

Walter  
Cronkite  
Is Dead

July 12 - 22

Dames at Sea

July 26 -  
August 19



Lindsey  
Alley

August 31 -  
September 3



... WOOLDRIDGE continued from page 4

Like most of America, I use the Internet for paying bills and reconciling my accounts. I use snail mail for bereavement and birthday cards, poison pen letters, not to mention an occasional kidnapping ransom note. I even file my taxes on-line each year. We bought our last house on-line and a postage stamp was never used through the entire process. I use so few "Forever" stamps, they'll literally last for-

ever and we'll pass them on to our children and their children. We use a roll about every 30 years.

Here's a bold statement that might twist your shorts a bit but who cares? The new post office building should have been fashioned to look like an old-time horse stable as snail mail has become the horse and buggy of communication.

Now Jane, please don't get your knickers in a wad. I don't resent that you are a member of the lucky sperm club and part of the famous 1%. I say it's none of my business. Beside, you and your family have done more for Highlands than anyone....even Art Williams can't hold a candle to your contributions. Every time I sit at the Rec. Park and play bridge, I think of your many achievements. Just your dedication and donations to the Highlands/Cashiers Hospital are over-the-top and enough to win you a recognition award from Highlands. Why hasn't

Highlands ever honored you with a recognition award? Is our Town Board asleep?

But a new post office....what were you thinking? You're not drinkin' those dad gum Pepsis again, are you?

And are you aware our country is still in serious financial trouble and heading for another recession? Are you aware the USPS is in a state of collapse and lost over 5.1 billion dollars last year? Yes, Jane, that's 5.1 billion with a B. These losses occurred in spite of 130,000 post office job cuts. Oh, and did you know a man went to jail defending a friggin tree on your property? We know the tree is dead but where's the tree hugger? Is he doing time? Who made the decision to arrest that poor guy? Are we losing it, or what? Why is everyone so angry, even on the silliest of topics? Jane, you should have called me 'cause I could have given you 20 better places to spend your money other than on a crumbling government bureaucracy.

Like most private agencies

• See WOOLDRIDGE page 22

# Country Club Properties

Wright Square Office: 828-526-2520 • Main Street Office: 828-526-5010

Mountain Fresh Office: 828-787-2002 • Highlands, NC

e-mail: [ccp4info@frontier.com](mailto:ccp4info@frontier.com)



Shelby Place. Located close to town in the desirable Shelby Place, this spacious home was built originally by Schmitt Construction as the buiders personal home. 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 make this a great family home. Offered at \$595,000. MLS #74675



Wildcat Cliffs Country Club. Great bones with this fixer ready for your personal taste to renovate or usable in a retro style. 3 bedrooms, 2 baths, bonus room, stone fireplace, Carport and cart garage with workshop. Huge deck overlooks the fairway and is very close to the Wildcat Clubhouse. Offered at \$400,000.00. mls #74849



Mirror Lake Front/Old Highlands Cottage on 2 lots building lots. Sub-dividing possible. Older home has great potential. Beautiful private wooded spot on the Lake. MLS #73989 Offered at \$589,000.



This darling Mirror Lake cottage is a great opportunity to get into the Highlands market. This cozy home sits on a wooded lot and feels private and secluded, but is close enough to town to enjoy all that Highlands has to offer. With 2 bedrooms, wood floors, tin roof, newer windows, and a fabulous covered deck, there is nothing left to do but enjoy your time in the mountains! Offered at \$189,900. MLS #74802



Horse Cove...also known as hidden cove, is a beautiful setting for the small but spacious cottage that overlooks your own pond and mountain views in two directions. Over two acres with a beautiful flat yard for wonderful lawn parties. The home features fully updated kitchens and baths. Two bedrooms and one bath on the main level, with living, dining, kitchen, and large screened porch two bedrooms and one bath on the upper level, den, playroom or office, workshop and utility room in lower level. A do not miss. Offered at \$850,000. MLS #74471



Stunning and spacious home boasts the finest quality materials and workmanship. Main level features an open, airy greatroom, with large custom kitchen and dining area. Huge living area with heavy beams and stone fireplace, and opens to a covered porch with outdoor kitchen that boasts a great mountain view.. The master suite also takes in the view, with a spacious ensuite with tub and walkthrough shower. his and her offices, laundry, and a 2-car garage. Upper level can be bonus room or guest suite with large bath. Lower level has 3 bedrooms family room with morning kitchen, and an additional 2-car garage. A house not to be missed. Offered at \$1,575,000. MLS #74851.



Norman Askins Designed. 5 bedrooms, 5 baths in town with a view! \$1,350,000 MLS #73819 Cathy Garren. 828-226-5870.



**Highlands-Bank Owned!** 1604S. 4th St, 1.2 mi. from Main. Mixed use w/ beautiful rock garden. Tax Value \$462,000. Priced at \$245,000! Level topo, great visibility, parking and signage. Tammy Mobley, BIC/CCIM Highlands NC Realty 770-337-1000.

YOU CAN VIEW ALL OF OUR LISTINGS AT [www.ccphighlandsnc.com](http://www.ccphighlandsnc.com)



# • REAL ESTATE SNAP-SHOTS •

Properties for Sale

## Lake View, wooded 1 acre – Lake Catatoga S/D – Only \$144,900! –



Beautiful lot located across from community dock. 20 ac private lake (fish/canoe/kayak), tennis, pool, trout streams, waterfalls & fitness center.  
Call Tammy Mobley, CCIM/Broker at Highlands NC Realty.  
Cell: 770-337-1000

## SUPER DEALS!



Was \$325,000 NOW \$199,000.  
New construction – 3 bedroom, 3 bath,  
in 2-car garage neighborhood.  
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In-town, pristine gem of a retreat or year-round 3BR/3BA home, under a mile from Main Street. Upstairs master suite. Open living/dining room and granite-countered kitchen. Large deck in canopy of trees with outdoor dining. New roof, floors, paint & updates. Lower level for storage/more living space. Neat-as-a-pin. Tennis courts and peckle ball courts. Rent the club house for \$60 per night! Offered at \$389,000. MLS #75156.

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A 2BR/2BA Mirror Lake area cottage loaded with charm, character, custom details and unique features. Wonderful covered and open decking, hardwood flooring, custom doors and delightful custom carpentry. Completely rebuilt from the ground up in 2006 with a new roof in 2003. Lovely wooded lot. Turn-key! Easy walk to Mirror Lake for fishing and canoeing! Offered at \$299,000. MLS #73401.

Please contact Susie deVille Schiffli at (828) 371-2079 or Mal Phillips at (828) 200-2642 for more information.



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82 +/- acres on 4th highest mountain in the Highlands/ Cashiers plateau: roads, subdividing, and utilities in place. Convenient to Highlands, Cashiers, and Franklin. Partially surrounded by National Forest, with waterfalls, creeks and springs! Views galore. Mountaintop meadow with room for a helicopter pad. Scenic paved access off Walnut Creek Road. Aggressively priced. Offered at \$975,000. MLS# 74924.



Mal Phillips,  
Broker  
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Old Highlands Charm! One level living, 3 BR/ 4 BA, Outdoor living with fireplace, gorgeous grounds, Custom and mountain details. Decorator furnishings Included. \$875,000. 828-526-1717



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The property is forested with mature hardwoods, Rhododendron, Mountain Laurel & a plethora of wild flowers that bloom through the seasons. There are two waterfalls and several creeks adding charm and interest.

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**FALLING WATERS** is protected by the North Carolina Planned Community Act and is well thought out, with reasonable covenants.

Offered in parcels of .75 acres or 10 acres plus.. Carve out your creekfront, waterfall view or multi-acre estate. Owner financing. Call 828-526-9622 or 828-508-9952.

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## ... WOOLDRIDGE from page 20

supported by our government, the Postal System continues to financially fail year after year. Their loss for 2012 is expected to be \$3.3 billion. According to the laws under which it operates, our Postal Service is a semi-independent federal agency, mandated to be revenue-neutral. Revenue-neutral means it's supposed to break even and not make a profit. Make a profit? Is that a sad joke, or what?

So some semblance of mail service can survive this disaster in future years, mail delivery should be cut to Monday, Wednesday and Friday and thank God for less junk mail. I'm recommending a separate mailbox just for junk mail that automatically flushes into your garbage can shortly after delivery. No more walking out in the rain or snow to find the only thing in your box is a 20% discount coupon from Bed, Bath and Beyond that's 90 miles away.

I predict customers will pay extra for mailbox delivery service; otherwise they'll have to drive in to the beautiful new post office, face the heavy highway traffic, and pick up their worthless junk mail.

Should you disagree with my opinion, please call me at 1-800-who-cares.

You probably think Deceived is about the United States Postal Service but it's not. Read Fred's new mystery/thriller on your Kindle or Nook.

## ... SALZARULO from page 5

vertebra collapses for no reason at all. There is no reason to withhold pain medicine in these patients, although it is frequently restricted in the misguided fear of addiction or overdose. Constipation is a problem for these unfortunate patients; addiction is not. What if a pain racked patient hoards enough narcotic medicine to end the pain forever, has decided that whatever life he may have left is not worth the price? Who are we to decide the poor soul was depressed rather than realistic about the quality of his life? Pain is a burden and a curse in these patients. Some can tolerate it. Most crave what ever degree of relief they can achieve. If the medicine dulls the senses and dogs the mind, so be it. Without at least partial relief from the torment, life is hell, no worse than whatever awaits us later.

Treatment of non cancer chronic pain is a greater problem. It is not clear that the benefit of aggressive treatment outweighs the cost. I'm not speaking of financial cost,

• See SALZARULO page 30



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John 3:16

• PLACES TO WORSHIP •

Proverbs 3:5

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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

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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**

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Sun.: Holy Communion - 9 a.m.; Adult Forum - 10:45 at Buck's  
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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

**CLEAR CREEK BAPTIST CHURCH**

Pastor Jim Kinard

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

Wednesdays -- 7 p.m.

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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**

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Sunday: Education for children & adults and choir rehearsal  
beginning at 9:00am. Holy Eucharist Rite II Service held at 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. School – 9:30

Mondays: 8 a.m. – Men's Prayer Group & Breakfast  
Wednesdays – Choir – 7

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Bible Study – 6 pm

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Sundays: Worship – 11

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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)

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Choir – 6 p.m.

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

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

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**SCALY MOUNTAIN BAPTIST CHURCH**

Rev. Clifford Willis

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

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**WHITESIDE PRESBYTERIAN CHURCH**

Cashiers, Rev. Sam Forrester, 743-2122

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

• SPIRITUALLY SPEAKING •

**We are spiritual beings  
having a physical  
experience**



**By Father Bruce Walker**  
**Episcopal Church of the Incarnation**

Throughout scripture Jesus cautions his followers that while they live in the world they should not be conformed to it. He lived the truth of this message stating in numerous ways that while he was in the world, he was not of the world. It was not so much a rejection of the world in which we live as a call to understand that there is more to life than what we see on the surface.

As I sat in the audience for the Highland School Baccalaureate, I heard this message being given in various ways. Some teachers were cautioning the students to make good judgments in attending college classes, while others advised the graduating class to use their financial resources wisely. It was all good advice.

Yet I found myself wanting to add just one more thought in order to bring clarity and purpose to the message being presented. The message being, that we are spiritual beings having a physical experience. I believe Jesus was making this point. He knew that living life from this perspective would make a difference in us that would show itself as a gift; a treasure that we could give back to the world.

Living in the world, but not being of the world is a universal concept among the major religions of the world. Across the ages and across cultural and religious diversities, the people of the earth have been offered this sage advice. When a person can live in such a way that places emphasis on the other worldly aspects of our being, that person is on the path to a freedom that only the spirit can give. This person is able to see with the eyes of the heart and behold beauty in every event and person that life presents. This person is able to walk through life totally open to being present to what each moment brings, free from ill will and enmity toward others.

Life is a gift. We are only on this earth a short time. We should make the most of our days here and cherish every moment. At the same time, we need not get too attached to it, because we know that there is more, with God there is always more! Addressing this notion, Saint



# Second Annual R.E.A.C.H. Gala coming up fast

On Sunday, July 29, you may tour an amazing home and gardens while supporting a much needed cause — R.E.A.C.H. of Macon County.

The festivities begin at 6 pm in the home of prominent Houston and Highlands interior designer, Tony Raffa and his partner Scott Allbee. Once you walk in the front door, you realize you are in a unique home that could only be conceived by a very talented designer. With its 45-foot high vaulted ceilings, multilevel theater room, this 10,000 square feet home feels cozy whether entertaining 200 people or just two. Enjoy the open bar and gourmet dinner as well as the auctions. Steve Day of WHLC 104.5 FM will conduct a live -- very live auction! The silent auction will be held on a dining porch overlooking a waterfall cascading into a Koi pond.

Among the many auction items will be bridge lessons. Did you play years ago and need a refresher course? Or do you want to improve your game with some fun conventions? Get friends and sign up



One of the auction items is a series of bridge lessons with Teri Dolci.

for one of these series of lessons given by Brenda Manning or Teri Dolci. There a numerous other incredible auction items!

For reservations, call 828-369-5544 or go to [www.reachofmaconcounty.org](http://www.reachofmaconcounty.org). The cost is \$75 per person. Limited to 150 people. Last year this was a sell-out, so make your reservations early!

## ... SPIRITUALLY SPEAKING continued from page 24

Catherine of Genoa said, "We must not wish anything other than what happens from moment to moment, all the while, however, exercising ourselves in goodness."

My earthly father would write to me in college and end his letters, by exhorting me with the admonition, "The sky is the limit!" I think he knew what my heavenly father was quietly whispering in my ear, "My son, there are no limits, except those we place on ourselves. Live your life to the full, so you will have no regrets. Honor your time here on earth and don't die with the music still in you."

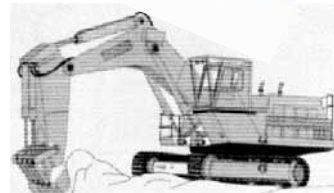
So, to the graduates of Highlands School and to all who are continuing their studies in the school of life, I make my case. Don't let the world overtake you. Live in

the world, but do not be conformed to it. Live as though you are already in the heavenly realms and don't be surprised when you find out that you are.

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# HIGHLANDS SCHOOL CLASS OF 2012



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Salutatorian  
Cai Roman  
Columbia University



Isaac Beavers  
App State



Jenny Coram  
SCC



Juliane Buras  
U of LA-Lafayette



Justin Rodriguez



Alex Michaud  
UNC-Charlotte



Amber Talley  
SCC



Andrew Renfro  
App State



Austin Reese  
SCC



Kaitlin Lewis  
UNC-Charlotte



Kaycee Carver  
UGA



Kristen Hedden



Meagan OBrien  
SCC



Bryon Neumann  
App State



Clayton Creighton  
SCC



Clayton Dunn  
WCU



Cody St. Germain  
SCC



Reta Thatcher  
SCC



Sarah Scott  
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Savannah Taylor  
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Sayne Cruz  
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Dylan Tucker  
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Stephanie Gleaner  
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Stephanie Smart  
LA Tech U



Taylor Hunter  
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Tim Fogle  
UNC-Charlotte



Elizabeth Strawn  
SCC



Emily Munger  
SCC



Evan Iezzi  
WCU



Gabrielle Tilson  
SCC



Tyler Converse  
SCC



Victoria Clark  
Haywood CC



Will Hedden  
SCC

Not pictured are  
Morgan Hensley  
SCC  
and  
Corey Schiffhauer



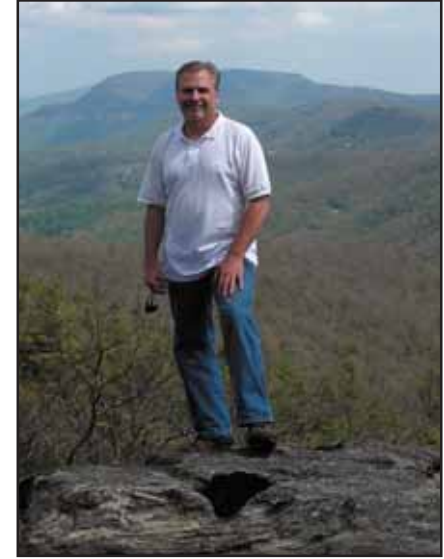
## Talking about bears ....



On Friday, June 1 the B.E.A.R. Talks Program Series "Bears in Your Neighborhood." 7 pm at the Hudson Library. This free program is presented by Bear Education and Resources. Task Force of the Western North Carolina Alliance. Shirley Huie of Highlands Falls Country Club got this shot of one of the three cubs that often visit her home.

## History Live! coming up

Brian McClellan enjoys the view of Whiteside and Shortoff Mountains from the top of Yellow Mountain. In the role of Jules Phillips, he will share the story of how Yellow Mountain and Shortoff Mountain got their names when he appears in this year's production of "History Live!" sponsored by the Highlands Historical Society. The theme of this year's program is "Our Mountains and The People Who Named Them." The dates for this year's program are June 22, 23 and 24, with the Friday and Saturday programs taking place at the Highlands Historic Village on N. Fourth Street from 6 to 7:15 p.m., and Sunday's at the Performing Arts Center on Chestnut Street beginning at 4 p.m. Admission is \$10 for adults with students admitted free. Proceeds benefit the work of the Historical Society.



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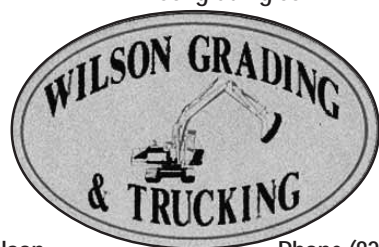
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**CHESTNUT HILL OF HIGHLANDS RETIREMENT COMMUNITY** now hiring Waitstaff, CNA and Security. Please Apply at 54 Clubhouse Trail. Call 828-526-5251. (st. 4/26)

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**FURNISHED SMALL COTTAGE ON CHESTNUT STREET FOR RENT** – available May and June (not July) then August on. No pets or smokers. Suitable for single or adult couple. \$500 plus utilities, or \$250 per week. 828-526-8645 (st. May 3)

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**PROFESSIONAL COMMERCIAL AND RESIDENTIAL CLEANING** by Rondel Contract Services. Call today for all your cleaning needs. 828-342-4546. Ask for Paul. (st. 5/17)

**HIGHLANDS-CASHIERS HANDYMAN** – Repairs, remodeling, painting, pressure washing, minor plumbing and electric, decks and additions. Free Estimates. Insured. Call 421-4667. (7/19)

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PUBLIC NOTICE/LEGALS

TOWN OF HIGHLANDS  
HIGHLANDS, NORTH CAROLINA

State of North Carolina  
County of Macon

Public Notice

PLEASE TAKE NOTICE that the Town of Highlands Board of Commissioners shall meet on Thursday, May 31, 2012, at 3:00 p.m. at the Highlands Community Building, 71 Poplar Street, Highlands, North Carolina. The purpose of this meeting will be for the presentation of the 2012-2013 Budget. The 2012-2013 Budget will be on file in the Clerk's Office and on the Town's Website [www.highlandsn.org](http://www.highlandsn.org) for public inspection. The required Budget Public Hearing will be held on Thursday, June 21, 2012, at 7:00 p.m. at the Highlands Community Building, 71 Poplar Street, Highlands, North Carolina. This 21st day of May, 2012.

Rebecca R. Shuler  
Town Clerk

• FIRE DEPT. NEWS •



Kaitlin Lewis

Kaitlin Lewis, daughter of fireman Bobby Lewis and Kristy Lewis, has received a \$12,000 scholarship from the NC Association of Rescue & EMS, Inc. Lewis is a 2012 graduate of Highlands School and plans to attend UNC-Charlotte. Awards are based on scholastic achievement, intellectual ability financial need, character and promise of future contribution to the state and nation.



Gabrielle Tilson

Gabrielle Tilson, daughter of retired (deceased) fireman Jerry Tilson and Elaine Tilson, has received a two-year scholarship from the NC State Firemen's Association in the amount of \$1,500. She has also received a two-year scholarship from the NC Association of Rescue & EMS in the amount of \$2,000.

Tilson is a 2012 graduate of Highlands School and plans to attend Southwestern Community College and after two years, transfer to Western Carolina University.

... SALZARULO continued from page 22

although that is substantial. It is estimated that the annual cost in lost productivity in the United States is in excess of sixty billion dollars, and the cost of treatment more than 100 billion. We call pain a purely subjective experience. The clinician cannot see, feel, smell, or hear it. We have no lab test to measure it, no X-ray to see it. We ask the patient to quantitate his pain. Our methods are crude. We have a line with a smiley face on one end and a sad face on the other and ask the patient to evaluate his pain level. A similar tool, another line ranges from one to ten. Ten is the worst pain a patient can imagine. It is remarkable how many unimaginative patients we see. They rate their pain a "10," seemingly unaware of the possibility of being drawn and quartered or immersed in a vat of sulphuric acid.

Doctors are deluged with the message that we under appreciate and under treat chronic pain. On the other hand, we commonly see the consequences of abuse, diversion, addiction, and even death from overdose. The solution is easy to explain, but difficult to implement. Be the master of your pain, not its slave. Take enough medicine to allow you to remain in control, but not enough to lose control. If your pain is so severe that it interferes with your family, happiness, and life, take medicine, exercise, practice yoga, meditate, and seek counseling and consultation at a pain center. Do whatever is necessary, but depend primarily on yourself. If you find that your treatment is interfering with your quality of life, you must choose more pain and greater control. It is as difficult as walking a high wire in combat boots, but it is easier for you to control than us. Be honest with your doctor and be honest with yourself. Don't seek medicine. Seek relief and maintain control. Recognize that treatment of chronic pain is not just taking ever increasing doses of potent analgesics. You must beat your pain into submission, or it will do the same to you.









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