

Highlands Newspaper

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Volume 11, Number 30

Internet PDF Version at www.HighlandsNewspaperPDF.com

Thursday, Aug. 1, 2013

Thursday, Aug. 1

• Smitten Grand Opening Celebration Thursday from 6-8 pm. Light refreshments. Corner of Foreman Rd & Hwy 64. RSVP: 828.526.9300.

Fri-Sun., Aug 2-4

• At Altitudes at Skyline Lodge, Hal Phillips on the piano.

Fri., Aug. 2

• A Special Called Town Board meeting at 3 p.m. at the Highlands Community Building to discuss recent actions of a Planning Board Member.

• Live music in Town Square from 6-8p.

Sat. & Sun., Aug. 3-4

• At Main Street Inn, live music with Norma Jean on the lawn from 12:30-3:30p.

Saturday, Aug. 3

• Highlands Fire & Rescue Open House and Fire Truck rides. 11am to 3pm. Hotdogs and drinks for free. Donations accepted. Celebrating 60 years of serving Highlands.

• A Pampered Chef demonstration at The Spice & Tea Exchange on Main Street at 1:30 p.m. Sample foods prepared with our spices and blends and learn how to use The Pampered Chef tools to create fabulous meals.

• Live music in K-H Park on Pine Street from 6-8p.

Wed., August 7

• Free Interlude Concert at the Episcopal Church at 2 p.m.

• At Highlands-Cashiers Hospital, OBGYN Dr. Julie Farrow will discuss topics relating to menopause and more. Lunch and a Q&A session. Call for reservations at 526-1313.

• At Lakeside Restaurant, diners from 5:30 to 9:30 pm The Bascom will get 15% of Lakeside's gross sales. Call to dine for the Bascom at 828-526-9419.

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Five SROs now in Macon County schools

Macon County Sheriff Robert Holland is a big proponent of a Student Resource Officers (SRO) in each of the county's 10 schools – 11 if you count Macon Early College.

“Even before the tragedy at

Sandy Hook, I have always felt school safety is and should be a priority,” he said.

But like everything else, these days, it all comes down to money.

However, when school starts at the end of August, the Sheriff's

Office will have five SROs on its payroll.

Highlands School's SRO officer is paid for by the town of Highlands. During FY 2013-'14 budget deliberations, county com-

• See SROs page 7

Fire & Rescue Open House is this Saturday



On Saturday, Aug. 3, the community is invited to the Highlands Fire & Rescue's annual Open House from 11a to 3p with rides on a fire truck, live music and free hotdog plates. Donations accepted.

Photo by Kim Lewicki

Pat Hedden celebrates 25 years at HCCDC

Most everyone has someone who has made a positive difference in their lives. For the many children who have, and will, go through the Child Development Center in Highlands, that person is Pat Hedden.

Pat is the Executive Director at the Highlands Child Development Center (HCCDC). She earned a degree in Early Childhood

Care and began her career at the First Presbyterian Child Care Center in Pickens, SC.

Pat accepted the position as Director of the Child Care Center at the First Presbyterian Church in Highlands in June of 1988.

When she began this job, she was responsible for 17 to 18 children, which soon grew to 29, and then to 40.

In February of 2005, Pat was appointed Executive Director HCCDC, and the facility was moved to its current location on Church Street. The center currently provides educational development and care to 66 children.

Pat's focus at the Center has not only been on education and care, but also on developing good

• See HEDDEN page 2

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Signs topic at Planning Board meeting

At the July 29 Planning Board meeting, members discussed six of 10 sign standards sent to them by the Town Board for review.

At the July 18 Town Board meeting, Interim Town Planner Josh Ward said that staff and the Land Use Committee made up of John Dotson and Eric Pierson had discussed sign ordinance that hadn't been updated in about 20 years and found 10 items that should be reviewed.

The items represent sign issues business people often question, he said.

Wall Signs were first discussed and after a long discussion the board agreed unanimously to leave the ordinance as it is.

The wall sign, whose size depends on the length of building frontage, is a sign placed flat against and projecting no more than 12 inches from a building wall. The ratio remains the same – ½ sq. ft. for each linear foot of building frontage or a maximum of 32 sq. feet for any single sign. One or more signs can be affixed as long as the total square footage is in compliance.

The next issue discussed

• See SIGNS page 7

• THE PLATEAU'S POSITION •

• LETTERS •

About Saturday's Farmers Market...

Dear Editor,

To respond to Fred's question about the location of the Highlands Farmer's Market which he posed in his column in the July 25 edition. Will someone please step up and use some common sense. Really Fred, to use common sense would require someone to think. Why would anyone want to think when he/she has the law. This country ain't about justice anymore it is about the law.

Tom Roddy,
Glenville

How to improve our school systems

Dear Editor,

Some are opposing three of the provisions that are included in the educational legislative proposal currently being considered by the North Carolina House and Sen-

ate. The first provision deals with reducing the number of teacher's assistants. Historically we have continually pumped more and more money into our school system to no avail. In fact the national average classroom teacher's salary has gone up from \$35,000 a year in 1993 to over \$55,000 a year in 2013 and that does not include any of the other associated costs that continue to increase our taxes. Spending is out of control, actually unsustainable, and students appear to be learning less, in some cases students beyond the third grade can't even read. Potential solutions should be sought to reform the system such as: raise academic standards, making these standards measurable, assuring accountability, provide teacher excellence with incentive rewards based on their performance not on tenure and considering providing funding for school vouchers for Charter schools and end teacher tenure. Additionally the slower learners, the average learners and the fast learners should be grouped according to their learning abilities. Even though some may claim discrimination the specific classrooms should be attended by the students learning abilities. I'm of the opinion it is very difficult for a slower learner to compete or keep up with those more gifted. Additionally, the more gifted should

• See LETTERS page 3

... HEDDEN continued from page 1



Executive Director of HCCDC Pat Hedden celebrate 25 years on the job.

family relationships. She involves the whole family in the programs the center offers.

Pat's pet project is "hands on" learning. She says that "children's minds are like sponges before the age of five, and she works hard at not only "preparing them for elementary school, but also helping them enjoy learning, and at the same time, not losing their sense of play."

One of Pat's "favorite times of the year is when the children can be out in the garden having fun, and learning skills that they can use later in their personal lives as well."

Pat continues her ongoing education in her field. To keep the children on top of current learning programs, she recently purchased four Samsung tablets to use in the classrooms. She also established a music program with Angie Jenkins, who comes twice a week to teach songs that have rhythms which have been shown to help children learn more easily.

Several of the children from the center made a special appearance at the June Board meeting of the HCCDC to present flowers and sing songs to Pat to celebrate her 25 years of service.

Nancy Bruns, president of the HCCDC Board, says that "Pat is the heart and soul of the HCCDC. Her love of children and nurturing spirit are contagious. She sets a high standard for the staff; and the children thrive in the stimulating educational atmo-

sphere."

All in all, the Highlands Child Development Center is in excellent hands, and hopefully Pat will keep her position as Executive Director for another 25 years.

– Submitted

• PHOTO OF THE WEEK •



This photo by Linda Barden was the Photo of the Week in the July 25 edition. We asked for identification of the mushrooms and got it. They are Japanese Umbrella mushrooms which are typically found in thick well-watered grass in the morning. They dissolve by the end of the day.

Highlands Newspaper

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THURSDAY	THURSDAY NIGHT	FRIDAY	FRIDAY NIGHT	SATURDAY	SATURDAY NIGHT	SUNDAY
<p>40% Chance Thunderstorms High: 73 °F</p>	<p>20% Slight Chc Thunderstorms Low: 62 °F</p>	<p>Mostly Sunny High: 74 °F</p>	<p>Partly Cloudy Low: 57 °F</p>	<p>Partly Sunny High: 76 °F</p>	<p>Mostly Cloudy Low: 60 °F</p>	<p>40% Chance Thunderstorms High: 75 °F</p>

Reminder – First ‘Tag and Tax Together’ combined bills are hitting the mail

First bills will be for registration renewals due in September

North Carolina's new Tag and Tax Together program is officially underway and the first combined tag and tax notices are being mailed to drivers with September vehicle registration renewals.

The new bills will reflect both vehicle property tax information from counties and other taxing jurisdictions, as well as vehicle registration and inspection information. Drivers used to pay for tags and taxes separately. The new “Tag & Tax Together” program will require one payment for both bills. Both tag renewals and tax payments must be paid in full to renew vehicle registration.

Vehicle owners can tell if they will be among the first to receive the new bills by checking to see if they have a “9” (for the month of September) sticker on their license tag. With each month that passes, additional vehicle owners will receive the

new notice when their renewal is due. By mid-2014, the program should include all North Carolina vehicle owners.

An easy-to-read map of the combined notice posted on the DMV website shows where property tax information is listed and how to find vehicle registration facts. After receiving your entire payment, NCDMV will renew your vehicle registration and forward the property tax portion of your payment directly to your county revenue office.

The DMV website features frequently-asked questions about the combined billing program and contact information for county revenue offices across the state. A Spanish version of the questions has also been posted. (Vea una version en Español de las preguntas más frecuentes.) DMV has produced a video to help explain the new program.

To figure out the projected total of your

new bill, visit the Tag and Tax Estimator and plug in your vehicle information. Vehicle dealers and dealerships can also find information about the new program online.

The result of a law passed by the General Assembly in 2005, the new billing combination has required the incorporation of county tax rates into the vehicle registration system. It is designed to provide an easy one-time payment of vehicle tags and property taxes for vehicle owners.

In addition to the “Tag & Tax Together” information on the website, NCDMV, the N.C. Department of Revenue and North Carolina's 100 counties have been working together to get the word out about the new combined program.

Key facts about the program:

The new Tag and Tax Together program is for your vehicle property tax only and does

not affect your mortgage or home property tax.

Your vehicle tax will be due at the same time your vehicle registration is due. The due date will be printed on the new renewal notice that you receive in the mail.

Your vehicle's annual registration renewal fees will remain the same. The increase in your bill is from the addition of the vehicle property tax.

No owner will have to pay taxes twice in the same tax year for the same vehicle. It is important to look at the vehicle property tax year rather than the calendar year. By law, the tax year for your vehicle begins the first month after your previous registration expires. While it is possible to pay twice in a calendar year, no vehicle owner will pay twice in the same tax year or for the same 12-month period.

... LETTERS continued from page 2

not be held back by the slower learners.

An experimental telecommunication program (system) could be established in some schools or districts. Once installed the following would be instituted: Each classroom would have the latest audio and video technology available; the educators being heard and seen on that equipment would all be inspired motivators, highly qualified, and excellent communicators on the subject they would be teaching; the attending teacher would be in attendance to primarily run the equipment, answer questions, grade the tests and maintain discipline.

The second proposal deals with providing vouchers for Charter schools. We

should all support this proposal since these schools appear to be providing a much better education for our children and having more of them would hopefully provide our public system an incentive to improve. The amount of funding currently given to the public school child could be given to the Charter schools and if those costs are higher than the public system then the parents would be responsible for those additional costs and thereby not increasing our taxes.

The third proposal is to end teacher tenure. That again should be supported by all of us. Some educators say tenure means the teachers have job security as long as they are moral and professional and they also say I can't imagine buying a house with that kind

of tentative ground to stand on. Well just tell me where in the private sector you have such a job guarantee? In the private sector we are required to be responsible, are accountable and are measured on our perfor-

mance. If you do not contribute to the success of your employer then your job is in jeopardy and that should be no different especially in our school systems.

Paul S. Horvath
Highlands



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• THE FREDSTER •

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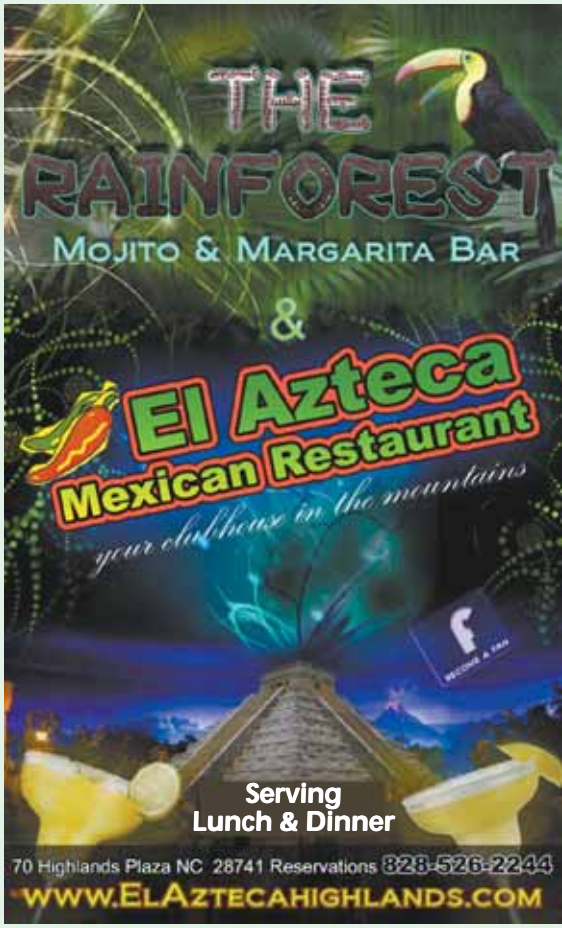
Most all of us have memorable moments in our life time. Because I'm a geezer, I have scores of memories, both good and bad. But if I were pinned down and had to pick the top three, I would have to think hard. Surely the birth of my three children and the purchase of our first home would be near the top; but would they be in the top three? After much thought, here's my selection and hold on to your hat as some are unusual.

During the summer of 1957, I threw on my bathing trunks and headed for the sands of Miami Beach. There, I met with several buddies and we scanned the sand for an empty spot to spread our towels on an overcrowded beach. Little did I realize as I spread my towel, I was less than ten feet from the woman I would spend the rest of my life with. It was my li'l missus. With over twelve miles of open beach-front with thousands of beachgoers, why did I pick that day, time and exact place? Was it fate or am I truly blessed?

Twelve years later I attempted to serve a search warrant with fellow officers. Forcing our way through a door, an organized criminal thug shoved a pistol in my stomach and pulled the trigger. The weapon misfired. Later I learned Smith & Wesson had recalled these weapons for faulty firing pins. This pistol was stolen and, therefore, not recalled. At the Dade County Crime Lab., the weapon was test fired six times and on all six occasions, the weapon discharged. Was this fate or am I blessed?

And finally, when I retired from police work in 1989,
•See WOOLDRIDGE page 9

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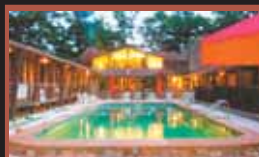


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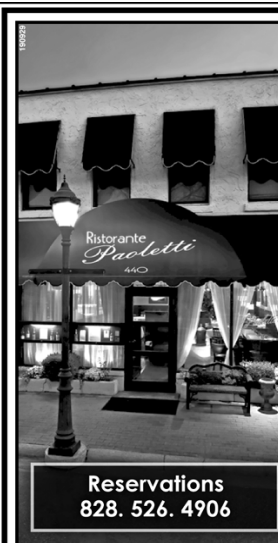
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EVENTS

Rotary Relay BINGO!

• Thursday, August 1st, 6:30pm—8:30pm Highlands Community Building, \$\$\$ Prizes! Contact: Christy Kelly @ 828-332-1712 or hooray4u@hotmail.com

J. McLaughlin Sip & Shop

• Friday, August 2nd, 3pm—7pm, Drinks, Appetizers, and Shopping! 15% goes to Relay! Contact: Mike Murphy @ 828-526-1841 or epjmcm@hotmail.com

**Parents Night Out
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• Friday, August 2nd, 5:30pm—9pm, Episcopal Church, Pizza Dinner Provided! Contact: Luther Turner @ (828) 526-9914 or zatyou@frontier.com

Cornhole Tournament

• Friday, August 2nd, 5:30pm Registration, Rec Park (back lot) Contact: Justyne Reese @ (828) 342-2740 or towlrite@gmail.com

BARK FOR LIFE

• Saturday, August 3rd, 8:30am Registration, Highlands Dog Park (behind Rec Park) Contact: Emily Murphy @ (828) 787-1094 or ecmurphy19@gmail.com

GIANT Yard Sale!

• Saturday, August 3rd, 9am—1pm, First Citizens Bank Parking Lot. Contact: Heather Mangum @ (828) 526-3419 or ghilbertp@frontier.com

• Highlands Smokehouse, Percent-age Night, Monday, August, 5th.

SURVIVOR Dinner

• Tuesday, August 6th, 6pm Highlands United Methodist Church. Contact: Kristy Lewis @ (828) 526-1749 or kkltarheel@yahoo.com

RELAY FOR LIFE

• Friday, August 9th, 6pm to Saturday, August 10th, 6am, Highlands Rec Park. Contact: Mike Murphy @ (828) 526-1841 or epjmcm@hotmail.com

Scudders Auction

• Sunday, August 25th, 3pm – LIVE and Silent Auction! Contact: Debbie Grossman @ (828) 421-2144 or fresserseatery@aol.com

Kilwin's Ice Cream Night!

• Tuesday, September 3rd, 6pm—9pm—50% of proceeds goes to Relay! Contact: Mike Murphy @ (828) 526-1841 or epjmcm@hotmail.com

... SROs continued from page 1

missioners discussed asking the Town of Franklin to do the same so an extra SRO could be stationed at Franklin High School, but so far that hasn't happened.

With Sandy Hook fresh on everyone's minds, Holland requested county funding for two more SRO officers this year but was only funded one.

So, one SRO will be at Macon Middle School, two at Franklin High School, the new county funded position will be shared by Union Academy and South Macon because the schools are next door to one another. Through some rearranging at the Sheriff's Office, a full-time SRO will be at Nantahala School.

"I am funding the Nantahala position because I continue to see Nantahala School safety to be an issue due to the distance from Franklin area," said Holland.

Holland wanted two SROs in the FY 2013-'14 budget but only got one. "The commission said Schools Superintendent Chris Baldwin and I should discuss the best placement for that officer and we agreed the position should be shared by Union and South Macon because we have had more issues at those two schools than at Nantahala," he said.

However, due to the location of the Nantahala School, which like Highlands School, is at the extreme end of the county, Holland said a SRO will be placed at the school on the Sheriff Office's dime.

"Come hook or crook Nantahala will have a full-time SRO when school starts this year," said Holland. "I am temporarily eliminating one of my patrol positions to fund a full-time SRO at Nantahala."

Meanwhile, Holland is applying for a grant – which is the way the SRO program was initially funded in 2000 – but he said he's not holding his breath.

"If we get the grant, that money will fund the position. But if we don't I will permanently eliminate one of my patrol positions to fund the SRO position."

In 2000, when Detective Sergeant Robert Holland was supervisor over the Juvenile Investigations Unit then Sheriff Holbrooks applied for a grant through the Federal COPS program and successfully received funding for two SRO positions – the first SROs in the county; the grant paid for them for three years then funding was provided through the county/Sheriff's Office.

SRO Donnie Seagal and SRO Bill Harrell were hired to fill those first positions. Seagal was assigned to Macon Middle where he is today and Bill Harrell, who is now the Highlands Police Chief, was assigned to Franklin High School.

Once Holland was elected Sheriff, he

created a third SRO position by eliminating another position within the MCSO. That SRO position was part-time and rotated between various schools including Highlands School and Nantahala School.

While a rotating SRO officer, Chief Harrell said he spent no more than 10 hours at Highlands School.

When Harrell became Highlands Police Chief, one of the first things he did was get permission from the Town Board to eliminate the Asst. Chief position through retirement, and create a full-time SRO position at Highlands School through the Highlands Police Department.

Holland said though he prefers SROs to be under the Sheriff Office, he supported the decision because Harrell had been an SRO and he knew what the job entailed.

"Chief Harrell knows what the purpose of the SRO is and that it's not just about preventing an active shooter in the school," said Holland.

The Highlands Town Board apparently still supports its SRO position, but at the July 18 Town Board meeting commission-

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were signs inside windows on the glass or back away from the windows. Again the board agreed to leave the ordinance as it is.

So, signs are allowed on interior glass provided they don't exceed 20% of the window or door and aren't illuminated except by normal interior business lights.

Open signs – flags, banners, inside or outside – aren't addressed in the ordinance but the board agreed to add them to the ordinance and to allow them only to say they can't obstruct pedestrian or vehicular traffic and they have to be taken inside when the business closes.

Electronic signs such as LED displays inside and outside, which are often used by Realtors and restaurants in other areas are currently prohibited but the board agreed to change the ordinance and allow 32" monitors (TVs) in windows and to limit the flicker rate. Ward was asked to investigate flicker rates to keep illumination at a minimum and to consider how far back from the window they are allowed. He will present his findings at the August 26 Planning Board meeting.

String and tube lighting was next. Both are prohibited except for the holidays between November 15 and January 15. However, the board agreed to change the ordinance to allow string lighting used to illuminate seating areas or walkways at night. But, such lighting on eaves, gables, signs or around trees in the proximity of a business's building isn't allowed because that is con-

sidered advertising and terms of the Memorandum of Understanding between the BOE and the Town of Highlands for the 2013-'14 school year be clarified. Town Attorney Bill Coward and BOE attorney John Henning, Jr. are going over the memorandum.

Without having to fund Highlands SRO position, the Sheriff's Office was able to put two officers at Franklin High School which was important due to the number of cases and the number of school activities at the school.

"It is my understanding that Highlands has attempted to place the Highlands SRO back under the responsibility of the county thus MCSO budget, said Holland. "When Mayor David Wilkes was first elected he and the former Town Manager Jim Fatland asked if I would consider taking back the responsibilities of the Highlands SRO. I said I am always willing to have discussions, but it was never discussed again," he said.

Holland said he told them he never asked for his rotating position to be taken

sidered advertising.

The last item discussed was sign construction. Currently signs must be made of wood, HDU, metal or plastic. Ward said there are concerns about signs that deteriorate so the words "permanent in nature" were added to the ordinance. "All signs except those protected by glass or other transparent covers, shall be permanent in nature and constructed of materials that will not rapidly deteriorate, fade, fall apart or in any way become a hazard to the public health, safety and general welfare."

The other item on the agenda was the preliminary and final subdivision plat for Hardscrabble Ridge Subdivision Lot 6A. This represents the start of Phase 3 in the subdivision.

All the infrastructure is in and the roads are paved. The owner of Lot 1 who has a house on the site, which is adjacent to lot 6, wants to buy Lot 6 and develop it.

With the Planning Board's OK, the request goes next to the Town Board.

Present at the July meeting were Thomas Craig, Glenda Bell, Alan Marsh, and Chris Boltz. Absent were Mandi Neumann and Patrick Leonard.

At the August Planning Board meeting the four remaining sign issues will be discussed: Political signs, off-premise signs for profit and nonprofit and the outdoor display of merchandise.

– Kim Lewicki

from Highlands School, but believed Highlands School needed a full-time SRO – something he didn't have funding for from the County Commission or the Macon County School Board.

Having the position as part of the Highlands Police Dept. helped tremendously, he said.

Currently, all five SRO positions are being paid for by county dollars with no grant funding which means 100% of that funding comes from the Sheriff's budget.

As he does each March, Holland has applied for a COPS grant for two more SROs but said except for that first time in 2000, Macon County hasn't been awarded the grant.

He says typically the COPS grants go to counties with higher crime rates and to districts without any SROs.

However, if a grant is awarded, that money will be used to house a SRO at Nantahala so he can reinstate the patrol position he has temporarily eliminated.

– Kim Lewicki

• BIZ/ORG NEWS •

Free Dental Clinic wins big at Bingo



On Thursday, July 11, the Rotary Club of Highlands joined with the Rotary Club of Cashiers Valley to sponsor Tooth Fairy Bingo. All proceeds went to support the Blue Ridge Free Dental Clinic, which provides dental care for patients in our community. Pictured are the tooth fairies and some of the young Bingo players.

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HCH Physician Forum Series 2013



Wednesday, August 7th
12 noon
Jane Woodruff Clinic, Level One

Dr. Julie Farrow is committed to providing ongoing information on menopause; how women can embrace this transition, manage the changes in their bodies and move forward healthfully. Her HCH Physician Forum presentation will highlight important topics relating to menopause including but not limited to, musculoskeletal health, sleep problems, sexual health, and hormone therapy. The hour long lecture includes a healthy lunch and ends with a question and answer session.



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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• REC DEPT. NEWS •

Regular season Men's League Softball winners



1st Place went to Alan Dearth and Son Generator, Players back row from left are: Casey Shulte, Tony Norton, Mike Virga, Corena Dearth, Alan Dearth, Mike Overholt, Mike Holbrooks; Front row from left are: Tim Dearth, Bryan Dearth, Lawson Raby, and Jerry Elder.



2nd Place went to DP Seamless Gutters, Players back row from left are: Craig McCall, Buddy Tabor, Chad Seymour, Daniel Manley, Justin Brewer, Brad Davidson, Jake Brewer; front row from left: Ryan Perkins, Dennis Perkins, Tom Goldberg and Rick Brewer.



3rd place went to Sherry's Cleaning Service. Players back row from left are: Weston McCall, Ralph Welch, Tim Holbrooks, Steven Owens, Casey Hall, Adam McConnell (very back), Nick Allen, Cody Brabson; Front Row from left: Austin Bishop, Joel Henry, Joe Holbrooks, Keith Woodard and Robert Taylor.

• HEALTHY MATTERS •

Exercise doesn't work unless you do

By Garrett Tandy

The industry of health, fitness and exercise is a rapidly growing field, both in knowledge and in demand. New equipment, workout schemes, on-line workouts and video workouts are being produced, refined and used. Group exercise instructors and trainers are needed everywhere from Los Angeles to Highlands. Scientists discover new evidence of the importance of exercise seemingly every day and also find new ways to maximize exercise modalities for various groups of people.

There is a plethora of information available to anyone with access to a computer or a personal trainer regarding this industry. This is a blessing and a curse. The information in regard to fitness and exercise can be misunderstood, misused or inappropriate for some individuals. Or, the information can make positive life changes for individuals. Needless to say, information regarding this industry can be both conflicting and confusing even to a fitness professional such

American Dipper to be featured at Audubon lecture



What American bird can stay submerged for up to 15 seconds in a cold mountain stream? And why would it do that anyway? The Highlands Plateau Audubon Society will help you learn about this amazing submariner of the bird world at its upcoming lecture on Monday, Aug. 5th, at the Highlands Civic Center at 7:30 PM, with refreshments beginning at 7.



R. Garrett Tandy, Jr.
hattersboy1@yahoo.com

as me. The information regarding exercise, in addition to all of the gadgets and gizmos one can buy to use during workouts, can make a person feel unsure how to go about choosing, designing and implementing the best workout for them.

Throughout my first four years at HCC, I have enjoyed answering many questions about fitness, usually which regard some sort of comparison. Questions like, "should I walk or ride the bike?" Or, "is yoga better than Pilates?" Or, "Do I need a trainer, or is it better if I exercise on my own?" All of which are valid questions. In the past (and probably I will continue to in the future) I have given lengthy explanations on the positives and negatives of both things in question. Truth be told, there are not many negatives to most movement forms. However, there may be things that are better for certain individuals, or certain situations, but as long as someone is moving I feel they are doing

something right!

Eventually, I reach a point in my explanations where I discuss how one's effort towards the exercise is of most importance....and it is! This could be physical effort, such as pushing oneself to increase the intensity of an exercise or mental effort like when someone commits to modifying one's daily schedule to allow for a workout. Over the years I have used a lot of words to try to get the point across that the significance of what you do for exercise is not as important as to how you exercise.

Over this past winter I realized that the best way I could sum up the point I've been trying to get across the past few year is to say that exercise doesn't work unless you do. You can put as much time, money and hope into improving your fitness, but if you are not willing to go outside of your comfort level and work for the changes you wish to see, your improvement will be minimal at best. There are lots of fitness toys and great ideas about exercise available to people, but these things do not exercise the person; the person must exercise the equipment.

• Garrett Tandy has been a personal trainer at Highlands Country Club since 2009. Garrett is a Certified Strength and Conditioning Specialist, Titleist Performance Institute and received his M.A.Ed. From WCU in 2009.

Visit Garrett's website at www.GarrettTandyFitness.com

... WOOLDRIDGE from page 4

there was only one man left that I feared might kill me. He was more than capable and hated me with a vengeance. When he learned I was retiring, (a police officer's most vulnerable period) he sought me out to tell me not only would he kill me but he would return to urinate on my grave.

Then one morning while teaching a beginner rappel class at 'bust your butt' falls, a fellow retired of-

ficer dropped by the rappel site to inform me that this criminal who threatened me had been found face down in the Hudson River. He had been murdered. Was it fate or am I blessed that another criminal may have inadvertently saved my life? That was the last day I carried a pistol in my backpack while teaching rappel classes. And yes, I count my blessings each and every day.

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• BUSINESS/ORGANIZATION NEWS •

Shiraz celebrates 28th anniversary with sale



Besides selling Oriental rugs, the folks at Shiraz Oriental Rug Gallery on Main Street in Oak Square, hand-clean and repair rugs. Lately, Badreddine "Berry" has been repairing rugs in the Oak Square courtyard. To celebrate their 28th anniversary there is a store-wide sale of 40%-60% off and 25% of repairs and hand cleaning.



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8AM-6PM SUNDAY

• HIGHLANDS AREA UPCOMING EVENTS •

PULL OUT

Ongoing

• Registration is now open for the 2013 summer Nature Day Camps at the Highlands Nature Center. Five different camps are being 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 and sessions run from Tuesday to Friday each week. For complete schedules, costs, and other information, please call 828-526-2623 or visit the summer camps webpage at www.highlandsbiological.org.

• A Gilliam's Promise fundraiser. Raffle tickets on a 2003 Mitsubishi Eclipse Spyder convertible. \$25 per ticket or 5 for \$100. We will give the car away at our annual 5K race on September 21 and you don't need to be present to win. The car can be seen at Franklin Ford most days, or at the Highlands Farmers Market on Saturday mornings, or you can call Gilliam's Promise

office at 828-526-2220 for information on how to get your tickets.

Mondays-Fridays

• At The Bascom. Adult Classes: Sculpture: Clay "Fearless Sculpture" 10am to 4pm. Photography: Digital and Photoshop "Beginner" Friday, 2 - 5pm; Saturday, 10am - 4pm

Mon., Wed., Fri.

• Heart Healthy Exercise Class at the Rec Park. 8:30-9:30 a.m. \$20/month.

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. Take the few steps down to the library.

Monday & Thursday

• Hatha Yoga - Body n' Soul. 10:45a at the Episcopal Church of the Incarnation. R.Y.T. and YA (828) 482-

2128. (8/29)

Tues.-Sat.

• The Bookworm in the Peggy Crosby Center on 5th Street is 10a-4p.

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

• Dine at Lakeside Restaurant. A portion of their proceeds go to area nonprofits.

• Hatha Yoga - Body n' Soul. 7:45a at First Presbyterian Church. R.Y.T and Y.A. (828) 482-2128. (8/29)

• 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.

1st and last Wednesdays

• Kayak demos and roll clinics are held the first and last Wednesday of every month throughout the pool season from 4:30-8 p.m.

1st Wednesday

• Movies at the Hudson Library. Children/ Family movies at 3:30 p.m. Free including popcorn. Bring your own soft drinks. 828-526-3031 for movie information.

3rd Wednesday

• Movies at the Hudson Library. Recently released movies at 2 p.m. Free including popcorn. Bring your own soft drinks. 828-526-3031 for movie information.

Thursdays

• Live music with Norma Jean on the lawn at Main Street in from 5-8p.

• Free lectures, which will be held each Thursday evening at 7pm through August 29th at the Highlands Nature Center at 930 Horse Cove Road in Highlands. Call the Highlands Biological Foundation at 828-526-2221 for information.

• See EVENTS page 12

HCP announces cast for 'Maine'



Bundled up for a cold winter night in Northern Maine, the cast of "Almost, Maine," pose for their first PR photo, in preparation for the Highlands Cashiers Players first play of the 19th season, scheduled for the last two weeks in August at the Highlands Performing Arts Center.

The play, one of the most produced plays across the country, is best described as a fresh, off-beat romantic comedy--a smart, modern, funny look at the uncertainties, the heartbreaks, the wonder and joy of love. Set in the small town of Almost in the northern-most part of Maine, on a cold, winter night with the aurora borealis flickering overhead, various characters fall in and out of love in nine different episodes. One theater critic has described the play as "wonderfully whimsical, yet possessing an uncanny sense of realism, with many humorous and enchanting surprises."

In the cast of twelve, nine are actors new to the HCP main stage. Most of the

actors have acted with HCP or other theaters, but a couple of cast members are making their acting debut in this play. "It's an exciting mix of talented new and experienced actors," says director Virginia Talbot, who is directing her 13th play for HCP.

"Almost, Maine" runs Thursday, August 22, through Sunday, August 25, and Thursday, August 29 through Sunday, September 1. The box office will open on Thursday and Friday, August 15 and 16, for season subscribers and on Saturday, August 17 for others. For more information, check the Players' website, highlandscashiersplayers.org or call 828-526-8084.

The actors posed in the photo are: (Front row left to right) Ellen Agee, Ivy Trent, Alona Khoralska, Rachel Woods, Megan McLean, Raina Trent. Back row (L to R): Robert Trotter, Lance Trudel, Kevin Murphy, Ted Wisniewski, and Chris Hess. Not pictured Pam Moore.



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June 28 - August 11, 2013

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PULL OUT

• HIGHLANDS AREA UPCOMING EVENTS •

Fridays through August

• The Highlands Area Chamber of Commerce and Visitor Center presents Friday Night Live in Town Square. Save the dates as the season festivities will be held every Friday from 6-8pm. Scheduled performances feature area musicians and a variety of musical styles and talents.

Fri., Sat., and Sun.

• At Attitudes at Skyline Lodge, Hal Philips on the piano Friday and Saturday evening and Sunday brunch.

Fridays

• Free, Grief Support Group, 10:30am-noon at the Jane Woodruff Clinic - Suite 201, on the H-C Hospital campus. Questions? Call 828-692-6178 or email: mlee@fourseasonscfl.org

Saturdays

• At The Bascom, knitters meet from 10 AM to noon.

• Highlands Farmer's Market in Highlands Plaza 9a to noon. Fresh vegetables, Flowers, breads, baked goods, craft items, jewelry.

• Live, free concert in K-H Park on Pine Street from 6-8p.

Sat. & Sun.

• Live music with Norma Jean on the lawn at the Main Street Inn 12:30-3:30p.

Through Oct. 15

• Join the "Winkler Challenge" for Hudson Library. Horst and Margaret Winkler are offering the library \$35,000 if it can collect a matching amount. Donations will be accepted July 15-October 15.

Through Aug. 17

• At the Highlands Playhouse, Annie. For ticket information call 526-9443.

Thursday, Aug. 1

• Smitten Grand Opening Celebration Thursday from 6-8 pm. Light refreshments. Corner of Foreman Rd & Hwy 64. RSVP: 828.526.9300.

Friday-Saturday, August 2-3

• At HCCMF: The Parker String Quartet. Mozart, Schulhoff, Beethoven. Friday (6 PM) & Sunday (5 PM) - Highlands PAC. Saturday & Monday (both 5 PM) - Cashiers Library. Ticket Information at (828) 526-9060.

Friday, Aug. 2

• The High Mountain Squares will dance this Friday night, at the Macon County Community Building

on Route 441 South from 6:30 to 9PM. Jim Cosman from Woodbine, GA will be the caller. We dance Western Style Square Dancing, main/stream and plus levels. Everyone is welcome. For information go to www.highmountainsquare.org

Saturday, Aug. 3

• Highlands Fire & Rescue Open House and Firetruck rides. 11am to 3pm. Hotdogs and drinks for free. Donations accepted. Celebrating 60 years of serving Highlands.

• A Pampered Chef demonstration hosted by The Spice & Tea Exchange of Highlands on Main Street

World-class talent at HCCMF this week



The Highlands-Cashiers Chamber Music Festival's 32nd Season continues to showcase extraordinary world-class musical talent with the appearance the Parker String Quartet.

On Friday and Saturday, the quartet will perform Mozart's "String Quartet K. 428;" Schulhoff's "Quartet No. 1;" and Beethoven's exquisite "Quartet in E flat Major, Op 74 "Harp."

Hailed by The New York Times as "something extraordinary," the Grammy Award-winning Parker String Quartet has rapidly distinguished itself as one of the preeminent ensembles of its generation. The quartet began its professional touring career in 2002 and garnered international acclaim in 2005, winning the Concert Artists Guild Competition as well as the Grand Prix and Mozart Prize at the Bordeaux International String Quartet Competition in France. In 2009, Chamber Music America awarded the quartet the prestigious biennial Cleveland Quartet Award for the 2009-2011 seasons.

On Sunday and Monday, they'll be joined by Chamber Music Festival Artistic Director Will Ransom on the piano for Beethoven's Quartet in Bb Major, Op. 18 No. 6; Shostakovich's Quartet #11," and Dvorak's "Piano Quintet in A Major."

Dr. Ransom has appeared as a piano soloist with orchestras, recitalist, and chamber musician in Europe, Japan, Korea, Mexico, Canada, South America, Ireland, and throughout the United States. His performances have been broadcast on National Public Radio and Television in the US, Argentina, Poland and Japan. He has collaborated with musicians including Yo-Yo Ma, Richard Stoltzman, William Preucil, Robert McDuffie, Stephen Isserlis, and members of the Tokyo, Cleveland, American, St. Petersburg, Borromeo, and Lark String Quartets; the Empire Brass Quintet, Eroica Trio, and the percussion group Nexus among others.

Throughout the Highlands-Cashiers Chamber Music Festival season, concerts will be held at 6 P.M. Fridays at the Martin-Lipscomb Performing Arts Center in Highlands and repeated at 5 PM. Saturdays at the Albert Carlton-Cashiers Community Library in Cashiers. Sunday concerts will be staged at 5 P.M. at the Performing Arts Center in Highlands and repeated at 5 P.M. Mondays at the Cashiers Community Library.

For more information about the festival and its full lineup of performances and events, visit www.h-cmusicfestival.org or call (828) 526-9060.



The Center for Life Enrichment

Thursday, August 1, 10:00-12:00 The City of The Dreadful Night: How Parks Influenced Urban Reform Presenter Doug Allen, Professor Emeritus in the College of Architecture, GA Tech will discuss the invention of the public park and its role in the reformation of the 19th century city.

Friday, August 2 10:00-12:00 The Internal Politics of Israel

Highlands resident, veteran journalist and award winning author of books on the Middle East, Sandra Mackey will discuss Israel today. Since Israel became a nation the US has been tightly bound with Israel politically and militarily. That allegiance is now under pressure as the interest of both countries increasingly diverge. **Space is limited.**

Tuesday, August 6 10:00-12:00 Emotions in Everyday Life

Dr. Larry Percy international consultant and professor of communications and marketing discusses emotion as it motivates our behavior, how we learn and and how we react to other people.

Wednesday, August 7 10:00-12:00 Our Life in a Palladian Villa

Carl and Sally Gable give a lively account of the excitement of their acquisition and restoration of one of the greatest houses in Italy.

Thursday, August 8 10:00-12:00 Sticks and Stones...

Rev. Dr. Martha Porter, an ordained minister in the United Church of Christ, and author of The Nicene Creed: Ancient Words in the Light of Modern Faith discusses the power of words in our lives.

Friday, August 9 10:00-12:00 Affirmative Action in Higher Education

Harold S. Lewis, retired Walter F. George Professor of Law at Mercer University will discuss Affirmative Action in light of the US Supreme Court ruling on Fisher v. University of Texas at Austin.

Classes at CLE Lecture Hall

\$25 members/

\$35 non-members,

unless noted otherwise

For more information and complete schedule:

www.clehighlands.com or call 828 526-8811

• HIGHLANDS AREA UPCOMING EVENTS •

PULL OUT

and Sarah Breedlove at 1:30 p.m. Come sample foods prepared with our spices and blends and learn how to use The Pampered Chef tools to create fabulous meals.

Sunday-Monday, August 4-5

• At HCCMF: The Parker String Quartet; William Ransom, piano. Beethoven, Shostakovich, Dvorak. Friday (6 PM) & Sunday (5 PM) – Highlands PAC. Saturday & Monday (both 5 PM) – Cashiers Library. Ticket Information at (828) 526-9060

Wed., August 7

• Free Interlude Concert at the Episcopal Church at 2 p.m.
• At Highlands-Cashiers Hospital, OBGYN Dr.

Julie Farrow is the featured speaker for the physician's forum. She will discuss topics relating to menopause, musculoskeletal health, sleep problems, sexual health and hormone therapy. The lecture includes lunch and a Q&A session. Make your reservations at 526-1313.

• At Lakeside Restaurant, diners from 5:30 to 9:30 pm will help to benefit The Bascom visual arts center when 15% of Lakeside's gross sales will go to The Bascom. Book your reservations for August 7 "Dining for The Bascom" now by calling 828-526-9419.

Thurs., Aug. 8

• The August meeting of The Western North Carolina Woodturners Club will meet on Thursday at 6 PM at

the Blue Ridge School, in Glenville, N.C. Drive to the back of the school to the woodworking shop. Visitors are always welcomed.

Friday and Sunday, Aug. 9 & 11

• Final Gala Concert and Dinner: Sunday, August 11. Friday (6 PM) & Sunday (5 PM) – Highlands PAC. Saturday & Monday (both 5 PM) – Cashiers Library. olin; Eugene Izotov, oboe; Violins: Kate Ransom, Domenic Salerno, Helen Kim, Jessica Wu, Adda Kridler, Eun Sun Lee, Margeaux Maloney, Chris Pulgram; Violas: Yinzi Kong, Allyson Fleck, Allan Sandlin; Cello: Charae Krueger, David Hancock; Bass: Joe McFadden; Harpsichord: Timothy Albrecht; Horns: Brice Andrus, Susan Welty; Oboe: Dane Philipsen, Bach, Mozart: Sinfonia Concertante. Ticket Information at (828) 526-9060.

Friday-Saturday, August 9-10

• At HCCMF: "Sibling Rivalry." David and Julie Coucheron, violin and piano; Kate and William Ransom, violin and piano. Debussy, Prokofiev, Leclair, Franck. Friday (6 PM) & Sunday (5 PM) – Highlands PAC. Saturday & Monday (both 5 PM) – Cashiers Library. Ticket Information at (828) 526-9060.

Sat., Aug. 10

• At The Bascom from 7-10p. Sweet Sounds of the 70s Disco Dance. Call 526-4949.

• The Highlands Police Department will be hosting its annual Open House on Saturday from 11am-2pm. Refreshments will be provided. Other emergency de-

partments, state and local will also be in attendance. Please stop by for a tour of the department; child-seat inspections, safety material and more.

Wed., August 14

• Free Interlude Concert at First Presbyterian featuring the Georgia State University Vocal Concert at 2 p.m.

• Lakeside Restaurant is donating a portion of their receipts to Gilliam's Promise. Call 526-9419 to make reservations and mention Gilliam's Promise.

Sat., Aug. 17

• At Cliffs Lake, Live Birds of Prey with Michael Skinner with Balsam Mountain Trust. Featuring live raptors at 11 a.m., at the patio. No pets allowed. Program is free with admission to the recreation area for \$4 per vehicle. Please arrive 15 minutes early.

August 23-25

• HCP's "Almost, Maine" are August 23-August 25. Call 526-4904 for more information.

Sunday, Aug. 25

• Women's Dialogue lead by Psychologist Dr. Carole Light, and Dr. Martha Porter from 3-8p at Jones Fellowship Hall at the Episcopal Church. "How women are represented in the media." \$30 registration fee includes wine, appetizers and light dinner. Pre-registration is required by Aug. 22. To register call Martha Porter at 787-1463. Check or credit card.

Bel Canto 21st Season



Sarah Jane McMahon, Bel Canto Soprano

Chorus Master and Principal Coach for Fort Worth Opera. His career as an opera coach includes six seasons with Opera Theatre of Saint Louis, where he served as Ensemble Coordinator and Principal Coach, Assistant Conductor, and Music Director of various educational projects. Singers he has partnered in recital include Mary Dunleavy, Mignon Dunn, Kaaren Erickson, Elizabeth Futral,

September 8th, 2013 will be Bel Canto Recital's 21st anniversary. As always the recital itself will be followed with an elegant dinner at Highlands Country Club. This year Bel Canto will feature four singers – Sarah Jane McMahon, soprano; Heather Witt, mezzo-soprano; Alex Richardson, tenor and Nelson Martinez, baritone.

Dr. Stephen Dubberly, our accompanist since Bel Canto's inception, will again accompany the performance and will perform a solo piece as well. Associate Professor in the Division of Conducting and Ensembles at the University of North Texas, Dr. Dubberly also serves as Music Director of UNT Opera and teaches opera conducting and opera repertoire. He made his conducting debut in 1993 in Opera Theatre of Saint Louis' American-premiere production of Judith Weir's The Black Spider. Since then, he has conducted for Des Moines Metro Opera, the Knoxville Opera Company, San Antonio Opera, Cartersville Opera, American Bel Canto Opera, the Teatro Accademico in Castelfranco Veneto, Italy, and the Teatro Goldoni in Venice.

Dr. Dubberly also wears the hat of

Denyce Graves, Brenda Harris, Weston Hurt, Kristine Jepson, and Jeffrey Wells. Critics have hailed him as "the perfect partner" (Richmond News) and "the ideal accompanist" (New Haven Register). It is a real privilege to have him as our accompanist and resident maestro here in Highlands.

Put September 8th, 2013 at 4PM on your calendar for a memorable event on all fronts – glorious singing, exciting piano playing and a wonderful dinner. Ticket orders are being received now from those on our mailing list. If you have not received our letter contact Bel Canto at 828.526.5213 or e-mail highlandsbelcanto@gmail.com. You can also mail your contact information to Bel Canto Recital, P.O. Box 2392, Highlands, NC 28741.



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Highlands, NC 28741
828-526-4949
www.thebascom.org

August 10th @ The Bascom!



First Annual Bascom Barn Open Studio Pottery Sale

Saturday, August 10, 10 am to 4 pm
All pieces are for sale! Please stop by and see what these talented Open Studio Artists are making during classes, workshops and open studio.

The Bascom Members' Challenge: Whimsy

Opening Reception:

Saturday, August 10, 5 to 7 pm
Each year, we are honored to showcase the talents of the artists who are Bascom members. This year, our members are invited to create a work of art based upon the concept of "whimsy."

Sweet Sounds of the Seventies Disco Dance

Saturday, August 10, 7 to 10 pm

Get down and boogie at The Bascom and shake off those dog days of summer. Mountain Fresh will be serving from their food truck during the dance.
\$10 for members, \$15 for non-members



FALLING WATERS

Lot prices start at **\$129,000**. Owner financing available

A 52-acre community just 2.5 miles from Main Street. Secluded but not remote; peaceful, quiet and private. Mature hardwoods, giant rhodies, mountain laurel and a plethora of wild flowers. Two waterfalls and several creeks add charm and interest.

It is our goal that Falling Waters be aesthetically pleasing and well maintained, while preserving the backdrop of its natural beauty. Falling Waters is governed by the NC Planned Community Act, and excellent framework for basic structure governing practices and declarations. We have added our own well thought out covenants to protect the environment and help insure that the Falling Waters community is a sanctuary where peace, safety and happiness abound.

Perhaps most important is our desire to create and live in a caring community with a culture of good will, harmony and consideration. We believe the best rule is "Do unto others as you would have them do unto you."



Welcome...Come Visit!

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So much culture...so little time

As a real estate broker this question arises again and again: "What is there to do in the area?"

I think potential buyers think we are a small town where the "sidewalks roll up" at 5 o'clock! Here is my answer.

I don't think I have seen so many great performances before in our area in one summer and it's still going on!

The Performing Arts Center, a.k.a. the PAC, brought us a wonderful tribute to Andrew Lloyd Weber. Followed by a standing "o" performance by a Jerry Lee Lewis sound-a-like.

A wonderful play with stellar actors dealing with aging made us laugh loudly and cry softly.

The Highlands Cashiers Chamber Music Festival gives us world class musical performances and the Highlands Cashiers Players gives us comedy coupled with top rate acting.

The Bascom gives us art and the Center for Life Enrichment educates us through lectures on topics far and wide.

The Highlands Playhouse brought us the Buddy Holly Story, A spelling bee comedy, and now playing is Annie starring one of our local and adorable singers and a rescue dog waiting for you to take home.

Our restaurants are first class with the winner of "Chops," a gold-medal winner, and some of the most passionate and creative chefs I have seen. Wine Dinners are frequent including the Culinary Weekend in November.

The Ugly Dog Pub serves our favorite libations and some of the best bluegrass foot-stomping in the area and are open until "late thirty!" for dancing.

The Lost Hiker has libations and live music, too, as do Altitudes at Skyline Lodge and the Bistro at Main Street Inn.

Scudders Auction House on Main Street assures a belly laugh and treasures to take home.



Pat Allen
Broker-in-charge
Pat Allen Realty
Group
828-200-9179

Live music in Town Square on Friday nights and Saturday nights in the Kelsey-Hutchinson Park on Pine Street entertain us for free.

Cy Timmons on guitar at the Hummingbird Lounge is a must for reminiscing.

Garden Tours rival a Monet and the Mountain Garden Club's Annual plant sale fills our yards with glory.

Kitchen Tours fill us with envy and home tours fill us with ideas.

Nonprofit galas are too numerous to name and allow us to wear our jewels and finery from the areas fabulous boutiques.

Mother Nature herself gives us an abundance of gifts with waterfalls to view, mountains to hike, rivers to raft and fish, and flora and fauna to enjoy.

There is also Highlands School, a K-12 public School of excellence and a church for every denomination.

Cool summer breezes and light winter snows give us seasons for outdoor fun and indoor coziness. And nothing is better than a long spa day!

So, when asked why would a buyer want to invest in Highlands or Cashiers, refer them to me...I will be glad to answer all their questions.

• Pat Allen is a multi-award winning broker and is a Certified Luxury Home Marketing Specialist, an earned designation that is awarded only to selected brokers who consistently outperform the market in the luxury category. She is currently the on-site broker for Town Place -the grand new luxury town homes off Hickory Street. She is consistently a top producer in Highlands, NC due to dedication, experience, and knowledge of the market. Contact Pat at 828-526-8784 or 828-200-9179. Email her at pat.f.allen@gmail.com and visit the website patallenrealtygroup.com.

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• BUSINESS/ORGANIZATION NEWS •

Macon County Board of Health welcomes three new members

At the July 23rd meeting, new board members learned about issues related to drinking water safety, progress toward the health department's participation in NC Tracks Medicaid reimbursement system, and received a briefing about the health department's current accreditation site visit. The Macon County Board of Health's monthly meetings are open to the public and public comment is welcome. Upcoming agendas are posted monthly at the Human Services Building.

Pictured from left are Board Chair Russell Stevenson; new members Emily Porter-Bowers, RN, Teresa Murray, and Sheila Price, RN; and Macon County Health Director Jim Bruckner.




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MON

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TUES

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**JAMES BEARD AWARD-WINNING CHEF, LOUIS OSTEEN'S LOW COUNTRY
 LOBSTER/SHRIMP BOIL FOR TWO WITH POTATOES, CORN & SAUSAGE \$32.95**

THURS

**BABY BACK RIBS COOKED FALL-OFF-THE-BONE-TENDER. SERVED WITH HOUSE
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FRI

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• BIZ NEWS •

Paul Harris Fellowship Award presented to Calloway



From left: Billi Black on the
left and Callie
Calloway.

Callie Calloway, Communications Specialist at Highlands-Cashiers Hospital, recently was the recipient of a Paul Harris Fellowship Award presented by the Highlands Mountaintop Rotary Club at its weekly meeting at the Highlands-Cashiers Hospital. The award was presented to Calloway by guest speaker Billi Black. Black is a member of the Franklin Daybreak Rotary and current chair of the Paul Harris Society and a current Assistant District Governor for District 7670. A Paul Harris Fellowship Award is the highest honor that Rotary International bestows on those who contribute to society. Calloway has been a member of Highlands Mountaintop Rotary for four years. She truly represents the Rotary motto, "Service above Self." Highlands Mountaintop rotary meets every Wednesday at 7:30 a.m. in the dining room at the Highlands-Cashiers Hospital. Visitors are welcome.

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• SPIRITUALLY SPEAKING •

Are you a 'God' neighbor?



Pastor
Dr. Lee Bowman
First Presbyterian
Church

Peter Gomes has observed in his fine book *The Scandalous Gospel of Jesus* that there are few things more sacred in America today than the neighborhood. In a world that is shifting like beach sand under our feet, we can know in the neighborhood who belongs and who does not.

This notion of neighbor as 'one of our kind of people' would have been familiar to Jews in Jesus' day. The Levitical commandment referenced it in its original setting in the Hebrew Scriptures. In the Parable of the Good Samaritan the lawyer would have known this. And he presumably wanted to know if Jesus shared his correct or orthodox understanding of the Law.

As the lawyer questions Jesus, he not only wants to know his legal obligations in this life with regard to his neighbor, he wants to know, more importantly, what he has to do to inherit eternal life. Jesus answers his question in good rabbinical fashion by asking a question of his own: What is written in the law?

The lawyer dutifully answers with the Great Commandment: You shall love the Lord your God with heart, soul, strength and mind; and your neighbor as yourself. Jesus is pleased with the man. You have given the right answer; do this, and you will live. In other words, Do this and you don't have to wait for eternal life in the great by-and-by. It's here right now!

We're not told by Luke what leads to the lawyer's hoof-in-mouth response to Jesus—except the enigmatic phrase seeking to justify himself. Maybe he was trying to limit his liability about the responsibility he owed to his neighbor. Maybe he was trying to set hard and fast boundaries so he could be clear about his legal obligation. Or maybe he was just trying to trip Jesus up. And who is my neighbor? the man asked.

That's a question that has gotten a lot of people into trouble. Several years ago the popular evangelist Tony Campolo might as well have stuck his congregation with a collective cattle prod when he asked them if they had prayed for Osama bin Laden.

Up to that point Campolo had held the group in the palm of his hand, as they smiled and nodded at his every utterance. When he asked his question about bin Laden, though, there was quick and stony silence. That audience did not want to be reminded that Jesus calls us to pray for

•See SPIRITUALLY SPEAKING page 18

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.

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Wednesdays: 9 a.m. Healing and Prayer w/Holy Communion

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464 US Hwy 64 east, Cashiers

Sun.: Holy Communion - 8:30 a.m.; Chirstian Education, 9:30 a.m.

Family Worship with music and Communion, 10:30 a.m.

Mon.: Bible Study & Supper at homes - 6 p.m.

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

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.

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Sun.: 9:30am: Sunday School

10:30am: Middle & High School; 10:45am: Children's Program,.

10: 45am: Worship Service

Wed.: 5pm Dinner (\$7 adult, \$2 child), 6pm CBC University

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Sundays: Holy Eucharist Rite I (chapel), 8 am, Education and choir

rehearsal, 9 am, Holy Eucharist Rite II, (sanctuary), 10:30 am

Thursdays: Holy Eucharist, (chapel), 10 am

FIRST BAPTIST CHURCH

Dr. Mark Ford, 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 • 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

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Rev. Carson Gibson

Sunday School – 10 am, Worship Service – 11 am

Bible Study – 6 pm

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Wednesday: Prayer Service, 6:30 p.

HIGHLANDS UNITED METHODIST CHURCH

Pastor Paul Christy 526-3376

Sun: School 9:45a.; Worship 8:30, 9:09 & 10:50.; Youth Group 5:30 p.

Wed: Supper: 6; 7:15 – children, youth, & adults studies; 6:15 – Adult

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

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Wednesdays: Prayer Mtg. – 7 p.m.

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

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Welcome Dr. Duncan!

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Highlands-Cashiers Hospital (HCH) is delighted to welcome Board Certified Family Physician, Thomas L. Duncan, MD. Dr. Duncan's office is located on the HCH campus, Jane Woodruff Clinic, Level 3, alongside Danielle R. Koman, FNP-C. He is now accepting appointments to begin seeing patients August 13th.

Thomas L. Duncan, MD is a graduate of Creighton University School of Medicine, Omaha, NE. He completed his Residency at Mason City Family Practice in Mason City, IA. Prior to joining the HCH Medical Staff, Dr. Duncan was in private practice focusing on a full spectrum of primary care for 25 years in rural Iowa. Dr. Duncan is a fellow of the American Board of Family

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... SPIRITUALLY SPEAKING from page 17

our enemies—and not just prayers for their defeat.

All of this tells us that loving God is one thing, but loving those whom God loves—being a God-neighbor—is another altogether. That distinction is precisely where a lawyer who was questioning Jesus got into trouble because according to Jesus, the two are not separable. You cannot love God without also loving those whom God loves. It's as simple and as overwhelmingly difficult as that.

What the lawyer wanted was for the law to function as gospel. He wanted to get credit for his good deeds. Who doesn't? But are we as interested in knowing God and receiving God's mercy as we are in getting credit for our good deeds?

Mostly when we read this parable, we are asked not to identify with the priest and the Levite but to embrace the behavior of the Samaritan. But there's another character in the story of great importance—one who never utters a word or offers the slightest clue about who he is—and no, I'm not talking about the donkey. A man was going down from Jerusalem to Jericho, and he fell among robbers. That's the only information Luke gives us. Is he a Jew? A Samaritan? Is he rich? Poor? An honest business man? A tax collector? A priest? A scoundrel? We are purposely not told. All we know is he has been stripped, beaten, and left for dead. His anonymity and his helplessness are as essential to the parable as the fact that he was saved by a Samaritan.

This man is the only character in the story who controls nothing and takes no action on his own behalf. He is literally and figuratively saved by the mercy of the Samaritan. As this parable is typically explained, we've been asked to renounce the priest in us (our penchant for honoring status); to reject the Levite in us (our own self-righteousness); and to embrace the Samaritan, that is, to act generously and mercifully toward others. But can we also connect with 'the man'—someone who is helpless to save himself and who only finds life in grace freely given by another?

When we see ourselves in that uncomfortable face, what we find is light years away from a call to simple niceness; we find in the gospel that which we cannot do for ourselves. Only then can we finally understand not law as gospel but gospel as law—in other words, not following the rules of obedient discipleship as if they have the power to save us but clinging to the gospel of Jesus Christ as the only thing that can pull us out of the ditch and bind our wounds.

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• FIRE REPORT •

The Highlands Fire & Rescue Dept. log entries from July 15.

July 15

• At 11:21 a.m., the dept. was first-responders to assist EMS with a medical call at a residence on Glen Falls Road. EMS transported to the hospital.

• At 3:12 p.m., the dept. was first-responders to assist EMS with a medical call where a 51-year-old man had fallen off the roof at a residence on Ridge Lake Circle. EMS transported to the hospital.

• At 7:20 p.m., the dept. was first-responders to assist EMS with a medical alarm at a residence on Cowee Ridge Road. It was false.

July 19

• At 1:02 p.m., the dept. responded to an accident on N. Hickory Street involving four vehicles. There were no injuries.

• At 5:02 p.m., the dept. responded to an one-vehicle accident on Horse Cove Road. The driver sustained a head injury.

July 21

• At 6:51 p.m., the dept. was first-responders to assist EMS with a medical call at a residence on Clear Creek Road.

• At 8:37 p.m., the dept. responded to a fire alarm at a residence on Cobb Road. It was false.

• At 9:13 p.m., the dept. was first-responders to assist EMS with a medical call at a residence on Shortoff Road where a 90-year-old woman had fallen. EMS transported to the hospital.

July 23

• At 10:10 a.m., the dept. was first-responders to assist EMS with a medical call on Main Street where a person had fallen on the sidewalk.

• At 8:22 p.m., the dept. provided mutual aid to

Scaly-Sky Valley FD for a structure fire. The call was cancelled en route.

July 25

• At 10:12 a.m., the dept. provided mutual aid to the Cashiers FD for a possible structure fire. The call was cancelled en route.

• At 3:38 p.m., the dept. was first-responders to assist EMS with a medical call on Main Street. EMS transported to the hospital.

July 26

• At 2:58 p.m., the dept. was first-responders to assist EMS with a medical call on Main Street. EMS transported to the hospital.

July 27

• At 8:22 a.m., the dept. responded to a fire alarm at a residence on Clear Creek Road. It was false.

• At 1:44 p.m., the dept. was first-responders to assist EMS with a medical call on Main Street. EMS transported to the hospital.

• At 6:08 p.m., the dept. was first-responders to assist EMS with a medical call at a residence on US 64 west.

• At 8:11 p.m., the dept. was first-responders to assist EMS with a medical call on Main Street. EMS transported to the hospital.

July 28

• At 4:24 p.m., the dept. responded to a fire alarm at the Hospital. It was false.

• At 6:08 p.m., the dept. responded to a one-vehicle roll over on NC 28 south.

July 29

• At 1:22 a.m., the dept. was first-responders to assist EMS with a medical call at a residence on Shortoff Road. EMS transported.

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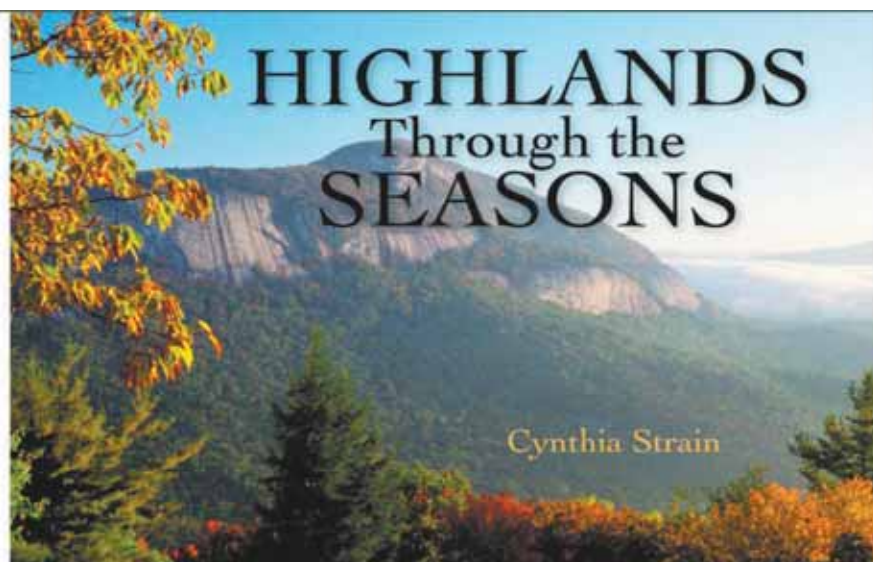
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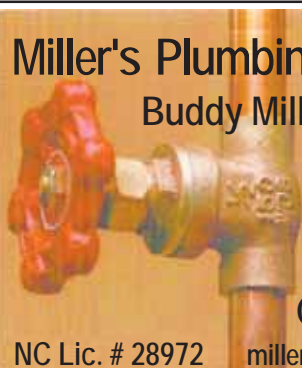
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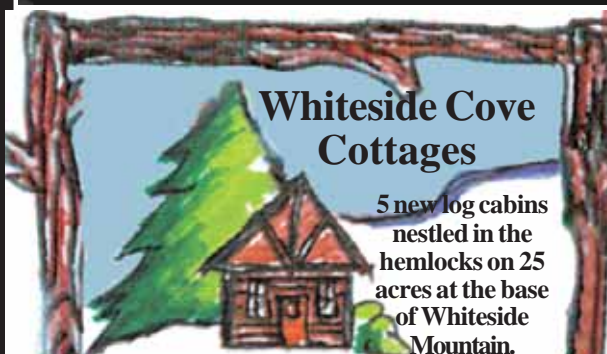
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LOST DOG NAMED BUTTONS. Male neutered Chihuahua 8 years old. Brown with white chest and face. Tan feet. He is missing teeth. He has a collar with tags and he has a microchip. Last seen July 8 on Hwy 106 near Peak Experience. Please call 828-526-0229 or 828-421-2548 if you have any information.

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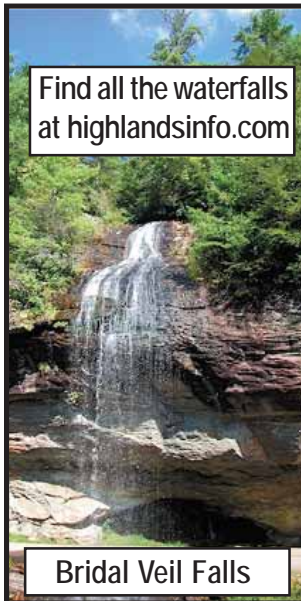
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