Volume 11, Number 20

Internet PDF Version at www.HighlandsNewspaperPDF.com

Thursday, May 23, 2013

Fri., Sat., and Sun.

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

Saturdays

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

Sat. & Sun.

• Music with Norma Jean afternoons on the lawn or Main Street.

Thurs. - Sun., May 23-26

- HCP's "Live, Loss, and What I Wore" opens Thursday night, with a catered reception after the performance. Evening performances at 7:30, Sunday matinees, at 2:30 p.m. Call the HCP box office, 828-526-8084.
- At the Highlands Playhouse, daMon on the Keys showcasing Broadway standards from Gershwin to Sondheim. For ticket information call 526-9443.

Sat. May 25

- 31st Annual MGC Plant Sale, Saturday, 9 a.m. to noon. Cash or checks, only. No credit cards. Please bring your own sled or wagon if you can. Rain date will be Sunday, May 26, 1-4 p.m.
- Audubon's weekly Saturday walk will visit one or more of the best birding sites in Highlands. Meet at 7:30 am in the Town Hall parking lot near the public restrooms to carpool.

Wed., May 29

• Royal Caribbean Cruise Night at 5 p.m. at Highlands Travel with Bryan & Tricia Cox. RSVP at 526-5243.

Thurs.-Sun., May 30-June 2

• HCP's "Live, Loss, and What I Wore" Thursday through Sunday, June 2. Evening performances begin at 7:30, Sunday matinees, at 2:30 p.m. Call the HCP box office, 828-526-8084, or stop by the Performing Arts Center on 507 Chestnut Street in Highlands.

The

SUMMER HOUSE

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Clabo fired; '13-'14 budget OK'd

On Monday, May 20 Highlands Planning Director David Clabo was terminated.

Town Manager Bob Frye said the way issues concerning the Planning Board were handled over the last six months should answer any questions people may have conconcerning Clabo's performance as Town Planner.

"Simply put, the Board and myself had lost confidence in Dav-

id's judgment and in his lack of leadership," said Frye. "David was given due process and this was the culmination of a series of warnings both verbal and written and

• See CLABO page 6

obituaries 2 Real Estate Snapshots 12 Investing at 4,118 Ft. 13 Shopping Pullout 16 Just Hers 19 HS Class of 2013 20 Events 22 Classifieds 29 Police & Fire Reports 30

HS Class of 2013 is ready to fly!



On Saturday, May 25 at 7 p.m., the Class of 2013 will embark on its future beginning with its graduation ceremony at Highlands School in the new gym. This photo was taken in front of the falls at the base of Sequoyah Dam. See headshots on page 20. Photo by Cara Hedden.

Hungry bears are on the prowl

By Cynthia Strain

Hungry bears have been prowling neighborhoods looking for an easy meal. It can be an exciting experience or a frightening one, but it is rarely dangerous. The danger is usually to the bear, because sometimes they cause so much trouble they ending getting shot. (See this week's Police Report on page 30.)

So for the sake of the bears, your neighbors, and yourself, be sure to keep your garbage secure

until the morning of pick-up. Birdfeeders attract bears, so either quit feeding birds during the months when bears are active, or bring your feeders in at night. Use a seedcatching tray and figure out a way to keep bears from accessing the feeder.

Pick up your pet's dishes after they eat. Frighten off any bears that hang around because the next time they could wind up in your kitchen! Yell and stamp your feet, bang on pots and pans, use an air horn or a garden hose.

Be sure to pick up the B.E.A.R. Task Force's new brochure, "Bear Attractants and Deterrents" for lots of ideas on keeping your yard bear free. They are available at the post office, library, Town Hall, and several businesses in Highlands.

Watch for programs on bears this summer in Highlands, Sapphire Valley and Franklin. For more information call (828) 526-9227.

County takes first stab at '13-'14 budget

Good things in works for Highlands

The big news items out of the Macon County Commission meeting held Thursday night in Highlands are no tax increase; only a portion of the Board of Education's request will be funded, the county will fund half of Highlands' new pool and a land swap and possible land purchase could mean a regulation-size soccer field at Zachary Park in Highlands.

During the public comment period, three Highlands citizens spoke in favor of land acquisition at Zachary Park for the purpose of expanding soccer options in Highlands. Jeff Weller, Tay Branaugh and Tim Mosely all stressed the need for fields for all levels of play on flat land – a commodity in Highlands.

In a 3-2 vote, with Commis-• See COUNTY page 7

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Priced to sell at \$895,000.

Public invited to an OPEN HOUSE

Saturday, May 25 from 1-4 pm on 481 Hickory Hill Road.

Call Don and Betty at Country Club Properties **828-526-2520**



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A Summer Kick-Off Event! Family Art Day at The Bascom

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Found Object Photo Prints

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• OBITUARIES •

Brian Lee "Butch" Smart

Brian Lee " Butch" Smart, died May 22,2013 in Ruston, LA, after a 12-year battle with cancer. He and his family were residents of Highlands, NC for the past 17 years, but it was his desire to come home to Ruston in the end. He was born January 23, 1944, in Yazoo City. MS. He was a Basketball Coach, teacher, mentor and example to the many young men who came through his programs. His coaching career started in Bastrop, Louisiana then

took him to Dubach High, Cedar Creek of Ruston, Quitman High, East Ascension in Gonzales, Louisiana and finalized in Highlands, North Carolina. His total career wins reached 709 games. For Butch, it wasn't just about winning. It was about the example he set and the many young men and women he mentored and influenced.

Butch is survived by his wife of 37 years, Judy of Highlands, North Carolina and Ruston, Louisiana; his daughter Stephanie, the sunshine of his life, a student at Louisiana Tech University; Sister, Jane Pipes (George)



of Ruston; 2 nephews, James Pipes (Monica); Jeff Pipes (Ann) both of Ruston; 1 niece, Janis Smith (Adam) of Arlington, TX; Stepfather, Vester Neal of San Antonio, TX; halfbrother, Russell Neal of Houston, TX. Great nieces and nephews, Shawn and Amanda Pipes; Taylor and Katelyn Pipes; Emma and Jake Smith. He is predeceased by his parents, Lee and Maude Smart and Helen Smart Neal.

Butch was a faithful member of the Methodist church and served on various committees where he attended. He was a member of the Louisiana, North Carolina and National Association of Basketball Coaches (NABC). He served a stint on Officiating Advisory Committee for the National Federation of High Schools and the NABC. He was awarded the Brave Heart Award in 2004 by the North Carolina Athletic Association, served one term as President of the Smoky Mountain Athletic Conference and served

• See OBITUARIES page 3

Highlands Newspaper

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Email: HighlandsEditor@aol.com

Publisher/Editor – Kim Lewicki, Reporter – Davin Eldridge Cartoonist – Karen Hawk; Digital Media - Jim Lewicki Locally owned and operated Kim & Jim Lewicki

Adobe PDF version at www.HighlandsInfo.com 265 Oak St.; P.O. Box 2703, Highlands, N.C., 28741

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... OBITUARIES continued from page 2

on their Rules Committee.

Visitation will be held Friday, May 24, 2013 at 1 pm with visitation from 10 am to funeral time. Services will be held at Trinity United Methodist Church in Ruston, LA.

Services will be conducted by Brian Mercer of Ruston and Paul Christy of Highlands, North Carolina. Pallbearers are: Scott Jolly, Stan Williamson, Noel Buras, Ryan Potts, Mark Price and Bruce Chaffin. Honorary Pallbearers will be Barry Canterbury, Greg Haddox, Jack Thigpen, Jim Pruett, Keith Prince, Donnie Barmore and all of his former players. Eulogies will be delivered by Jade Washmon and Brett Lamb.

Burial will be at Pines Memorial Cemetery. A memorial service will be held in Highlands, NC at a later date.

Memorials may be made to: American Cancer Society, Relay for Life of Highlands, Attn: Mike Murphy, 79 Cook Road, Highlands, NC 28741

Nathan Bryan Simpson

Nathan Bryan Simpson, Jr. 46, of Highlands, NC and formerly of Tampa, FL, died May 17, 2013. He was a sixth generation Floridian decended from four pioneer Florida families: Lesley, Cleaveland, Wootton and Bryan.

He was predeceased by his brother John Gray Simpson of Highlands and formerly of

Tampa, his grandparents Hazel W. and Thomas E. Gray and Geraldine L. and Arthur A. Simpson, his aunt Lesley Simpson Ault, all of Tampa, and is survived by his parents, Jane and Nathan Simpson, his aunts, Allen Simpson Murray and Hazel Gray Hanlon, and his uncle, Arthur A. Simpson, Jr. and many loving cousins and friends.



Funeral mass and internment for Sharon Susan Lucey and Benjamin Jacob Gaudreault, daughter and grandson of Jeanne and Lee Smith, is May 25 at 11 a.m. at the Holy Spirit Catholic Church, 4465 Northside Drive, Atlanta, GA. Reception ot follow.

• | FTTFR •

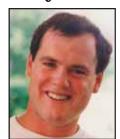
Column in bad taste

Dear Editor,

You have crossed it in my opinion. Last week in the May 9 edition, Rev. Jim Murphy hit new lows in his appeal to the masses and joy of new church site in the Spiritually Speaking column. "Episcostench?"

I firmly believe in the right to free speech. But I also believe in the job of a good editor to know trash when they see it

You may publish and please do. Jim Meiring Highlands



He was a graduate of Berkeley Preparatory School of Tampa and The University of South Florida with a BS in Business Administration. He was employed by Peoples Gas System and TECO Energy. He was a member of St. Andrews Episcopal Church, Sigma Alpha Epsilon fraternity, the Merrymakers Clup and Ye Mystic Krewe

of Gasparilla.

Funeral Services will be conducted by the Rev. John Reese and the Rev. Canon Gerald Stadel at St. Andrews Episcopal Church, Tampa Thursday May 23rd at 10 AM with interment at Myrtle Hill Memorial Park.

In lieu of flowers, donations may be made in Nathan's name to St. Andrews Episcopal Church Foundation, Tampa Bay History Center, Highlands-Cashiers Hospital Foundation or to charities of choice. Bryant-Grant Funeral Home of Franklin and Highlands, NC and Blount and Curry Funeral Home, MacDill Chapel of Tampa are in charge of arrangements. Online condolences may be made at www.bryantgrantfuneralhome.com



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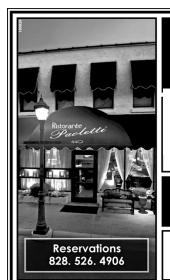
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Part One

s I wind down my time here on the plateau, I thought I would take these last two weeks to put down some thoughts about this wonderful place, and I decided that one of the best coping strategies that I could come up with was to write a farewell letter to an old friend. So, without further ado, I write this letter to an old friend... the Gorge Road.

Dear Gorge Road,

time, despite your proper name of US 64 West.

We met when I was very young. At the time, you served as the pathway to Dairy Queen or McDonald's...or sometimes Sky City or Roses - this meant Mr. Misty's, fries and possibly a toy...which was really all that is important when



Rvan Potts

in Highlands

you are 8 years old. I spent most of my time with you back then in the backseat of my parent's car reading comic books. Occasionally, Dad would snap me out of comic book land by pretending to drive off of you down to Dry Falls or under Bridal Veil, but despite your (and his) best efforts, you never could make me sick on the trips we shared together.

I learned to drive, thanks to you. Well, I've called you the Gorge Road for a long tryanpotts@hotmail.com that, and my mother stopping the car in the middle of the road and refusing to drive

home....that was also a big part of the learning curve. However, the day I had to drive with Mr. Ramsay, he put me in the car at Highlands School and told me to drive you all the way to McDonalds. He died shortly after that, God rest his soul, which probably was an indicator of my future driving skills. Those first few years of you and I alone together were somewhat rough. I got a little fresh with your guard rails a few times, and you had to smack me down, but I soon learned your peccadilloes and we settled into a steady relationship. You became the pathway to bowling, movies and the mecca of high society...Walmart. After I moved to college and started my career, I loved seeing you when I came home to visit driving you into town was like putting on a favorite pair of shoes, it just felt real comfortable.

When I took a job at Highlands School and moved back here, I avoided driving on you with a big moving truck...I respected you too much for that. After all, we had been through a lot together, whether rain, sleet, snow, landslides, flooding or thousands upon thousands of horrible drivers...you were still there. You still look great as well, partly due to the facelift that the government gave you, but also because you are full of natural beauty. It's the type of beauty that one easily takes for granted due to repetition and proximity, sort of like the man who wakes up next to his wife every day and slowly forgets how smitten he was with her at first glance. Still yet, when one takes the time to stop and look (and not in the middle of the road either...I'm talking to you tourist cars), one can slow down and remember to appreciate just how fantastic you really are.

I guess what I am saying to you, Gorge Road, is that you have always been a constant for me here in Highlands. An easy outlet for cheap jokes in this column, the path to "civilization" when I was younger, a place to scare high school kids while driving a bus...through it all you have been there leading the way. The work of ambitious engineers back in the 1930s remains today as a fitting gateway to this little town. You've always taken me where I needed to go, and in a few short weeks, you will take me somewhere else yet again. I'll miss you, but the best part about being gone is that when I meet up with you again, I know you will be leading me home.



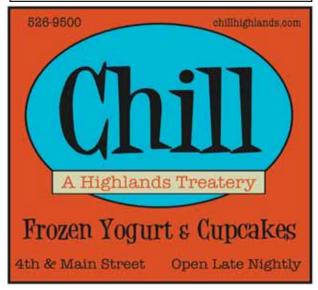
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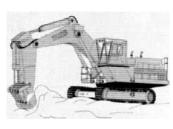
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... CLABO continued from page 1

of written reprimands going back to December of last year concerning his lack of leadership and lack of judgment."

Over the last few months there haven't been any closed sessions concerning personnel at Town Board meetings but Frye said a Town Board vote wasn't necessary.

"There was no Board vote as David reports directly to me and the hiring and firing of employees is my responsibility," he said

"I did, however, discuss this issue with each individual board member over the last several weeks to address my concerns and to solicit their thoughts as to how to proceed"

Frye said the result is the Board was fully aware of the action that was taken, approved of the action and the Mayor David Wilkes was present during the termination

Clabo was hired August 18, 2011, relieving Interim Planner Mark Maxwell, who was hired after Planning Director Joe Cooley resigned under pressure October, 2010. Maxwell served from November 2010 through July 14, 2011.

Current Code Enforcement Officer Josh Ward will serve as Interim Planning

Director unitl a replacement is found.

Clabo had no comment only to say that he is seeking employment elsewhere.

FY 2013-'14 Budget

The public can still weigh in on the town's FY 2013-'14 budget at the public hearing during the June 20 Town Board meeting, but if nothing changes, the budget is set at \$13,189,591, down about 2% from FY 2012-'13.

At the last budget worksession, Thursday, May 16, commissioners accepted the budget as presented which means it will be presented at the Thursday, May 23 Town Board meeting as the final budget.

Commissioner Gary Drake said there were things he didn't like about it but over

all "it was a good budget."

To present a balanced budget across all funds and finance the capital projects, \$218,230 was allocated from the undesignated General Fund Balance and \$218,229 from the Electric Reserve Fund for a total of \$436,458.

That leaves \$1.533,968 in the undesignated General Fund Balance, which represents 31% of the town's operating budget and \$2,233,450 in the Electric Reserve

See CLABO page 7



The Center for Life Enrichment

REDRESSING FASHION AND SUSTAINABILITY

SUNDAY, May 26, 4-5p • The Bascom

Nancy Judd, an artist who recycles outfits from throwaways, found her mission when she was the recycling coordinator for Santa Fe. The environmental educator/designer and founder of Recycle Runway will present her creative fashions. This lecture is in conjunction with her exhibit, "ReDress: Upcycled Style by Nancy Judd," which runs at The Bascom through Aug. 18. (\$15)

CLE RIBBON CUTTING AND OPEN HOUSE

FRIDAY MAY 31, 5-7p • CLE Lecture Hall Patio

Come Celebrate the Ribbon Cutting and Open House of our new state of the art lecture hall located on the lower rear level of the Peggy Crosby Center. Hors d'oeuvres and beverages. RSVP at (828) 526-8811.

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The exuberant Laura Denenholz, a retired university languages professor, will continue her popular Spanish classes. If you have basic Spanish skills and would like to improve your conversation, this class is for you. (CLE members \$90, non-members \$110).

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The Curious Mind Knows No Bounds

... CLABO continued from page 6

Fund, which represents 44% of its operating budget.

Budget Highlights

- The current Ad Valorem tax rate of .135 per \$100 valuation remains the same; the Fire Department Tax of .009 per \$100 valuation remains the same; the minimum charge for residential and commercial electric service remains the same at \$19.72 per month and \$22.01 (single phase) and \$31.74 (three phase), respectively.
- The minimum charge for water and sewer remains the same at \$32 per month for residential and \$42 per month for commercial users and the cost for trash pickup is unchanged at \$18.50 per month for residents.
- Employees will get a 2% COLA increase which will cost the town \$65,520.65.

There was talk about asking the county for more than the annual \$495,000 it allots recreation in Highlands since Zachary Park will be expanded. Its expansion would mean higher maintenance costs for the town, since that is the town's responsibility. Consequently, Town Man-

... COUNTY continued from page 1

sioners Ron Haven and Paul Higdon voting no, the board agreed to make an even swap of two 1.7-acre parcels off Buck Creek Road near Zachary Park at no cost to the county. One county-owned 1.7-acre parcel, which isn't contiguous with Zachary Park, will be swapped for a 1.7-acre parcel which is contiguous. Another part of the vote involved OKing the surveying and initiation of due diligence on the county's part for another tract adjacent to the park which could be developed into a regulation-size soccer field. A survey will determine the exact size to see if the asking price of \$145.000 is fair.

Not including the purchase, to develop Zachary Park further is estimated to cost \$200,000-\$250,000.

The vote did not include the OK to purchase the property, only to investigate the possibility. But Commissioner Higdon said he wouldn't vote to purchase the property regardless of the findings.

"I understand the need and I feel for Highlands' kids just like I do for Franklin kids, but I will not vote to buy anything that wasn't 100% budgeted for," he said.

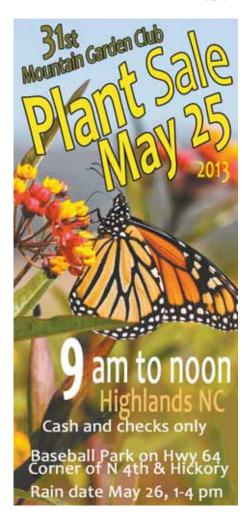
Members of the BOE were on hand to hear that the county budgeted a 3% increase in current expenses over last year's ager Bob Frye has budgeted an additional \$10,000 in park maintenance costs for FY2013-'14.

However, since the county has agreed to fund half the cost of the new pool's construction – \$225,000, Commissioner Amy Patterson, who has consistently urged the town to request more recreation money from the county, said she was satisfied. "I'm not going to be too mad at them if they are going to give us money to build our pool!" she said.

Frye said County Manager Jack Horton said the county would fund its \$225,000 portion in two installments, half by June 30, 2013 (\$112,000) and the other half in the next fiscal year which begins July 1, 2013. This means the town can begin demolition on the old pool this September. The town plans to have the new pool constructed and open for business early summer 2014.

Meanwhile, the current pool was leaking 5,100 gallons of water a day and has become a money pit. The source of the leak has been found but costly repairs are needed annually.

- Kim Lewicki



Highlands Newspaper - Thursday, May 23, 2013 - 828-526-3228 - Page 7



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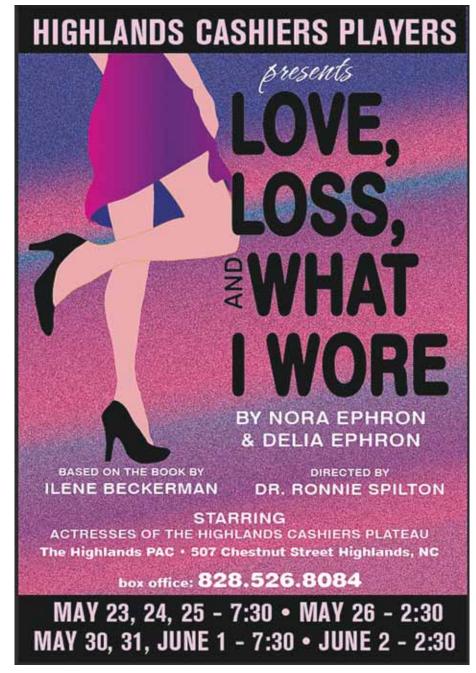


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... COUNTY continued from page 7

allotment with a capital outlay appropriation of \$199,035. Unfortunately, that's \$1.3 million short in the system's current expenses for the coming year.

"We asked for \$8.4 million and they are giving us \$7.1 million, so that's a deficit right now," said MC Interim Schools Superintendent Dr. Jim Duncan. "We are disappointed with this first go around, but we knew this wasn't going to be easy. We will have to look at more cuts; not paying for referees, cutting instructional supplies and software, but even that will still leave us short."

Duncan said he can see where \$400,000 could be cut but that still leaves a deficit of \$914.000.

Meanwhile, at its May 28 meeting in Nantahala the BOE wanted to decide whether to accept Dr. Duncan's recent recommendation to lay off 11 interim teach-



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ers until June 15.

"They want to let teachers know as soon as possible, but if they turn down my recommendation and issue contracts within a week, I don't know how they are going to pay for that without knowing what the county is going to do," he said.

The county's budget isn't final. Several worksessions have been set to discuss the budget. On May 28 commissioners will consider a Fire Tax increase request from 4-5 departments. On June 4 the county will meet with the BOE.

County Manager Jack Horton said it would take a 1 1/2 cent tax hike to fund the BOE's \$1.4 deficit.

Right now Horton is holding it steady at 27.9 cents per \$100 valuation - the lowest rate of all of NC's 100 counties.

Horton said it's the state's responsibility to shoulder the majority of the schools' current expenses; with the majority of the county's responsibility capital outlay. The state has fallen short of its responsibilities which has put a burden on the county.

The total budget for FY2013-'14 is \$46,643,716 - down from FY2012-'13 which will be \$48,007,997 by June 30, 2013.

- Kim Lewicki

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Liposuction, the most popular surgical procedure in the world

By Dr. Robert Buchanan Thether man or woman, do you have undesir able fat in areas such as your abdomen, waist, flanks, hips, buttocks, thighs, knees, ankles, cheeks, neck and/or upper arms that has not responded to diet and exercise? If you could, would you like to reduce these areas and/or make them smooth? This desire is actually very common, but frequently nothing you can do will change these areas other than Liposuction, the most popular cosmetic surgical procedure in the world. It allows you to do this with minimal risks, fast recovery and almost no scars.

The history of Liposuction goes back to 1921 when a French surgeon, curetted a ballerina's knees to create a better shape, but the patient developed gangrene and required an amputation. Beginning in 1964 Drs. Georgio and Arpad Fischer of Italy began removing fat by suction using powered cutting instruments like those used on hard tissue in joint arthroscopy. A number of other European surgeons, including Dr. Fournier of France, and several United States surgeons followed their lead but used modified uterine suction instruments, with an opening at the end and sharp edges. However, the results were far from reasonable, with marked irregularity of the tissues and significant bleeding and bruising. In 1978, Dr. Yves-Gerard Illouz of France developed a blunt cannula with a hole on the side just above the end. He presented his method later that year with very reasonable cosmetic results and minimal bruising and bleeding.

Dr. Illouz came to the United States the next year and presented his technique to 50 surgeons from around the country, including yours truly. Although we were somewhat skeptical of the procedure, we imported his

instruments and began studying the procedure. Within a couple of years we had determined that the procedure did what it was intended to do with minimal risks as long as certain precautions were taken. One of the biggest problems with the procedure was mild irregularity in the skin surface, which occasionally required going back a second time. It quickly became apparent that the reason for this was the size of the cannu-

•See HEALTHY MATTERS page 11

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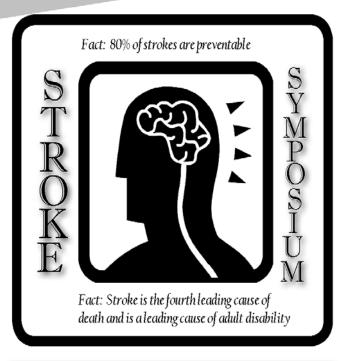
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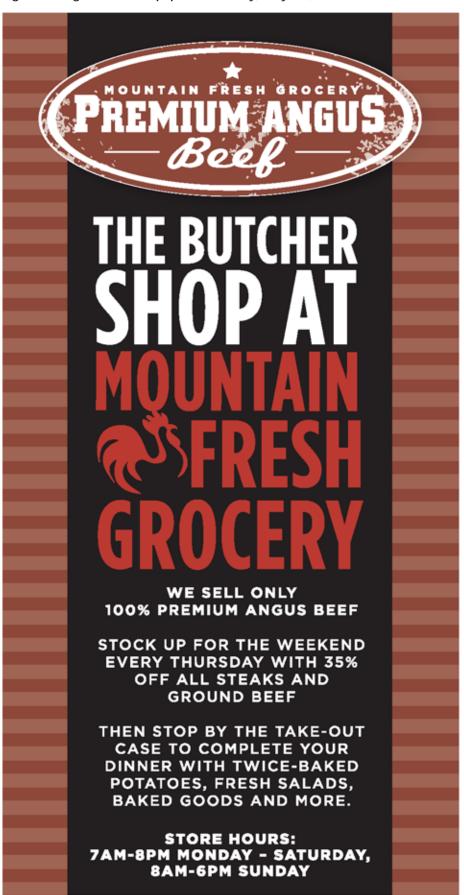
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Romance features Western Carolina U Tenor

By Dr. Becky Schilling

Robert Helma will be singing the role of the Young Man in The Last Romance, the romantic comedy of the Highlands Cashiers Players on stage at Highlands PAC June 6-9 and 13-16.

"Having a fine tenor voice for the Young Man is important for this play,' said director Ralph Stevens. Co-director David Milford agreed, adding, 'We're very fortunate to have Robert as part of the cast.'

Helma is a music education major in the vocal department at Western Carolina University (WCU).

He auditioned for the role of the Young Man last November and was cast immediately.

"I'm excited about this show,' Helma said. 'My character embodies the lifelong love of opera that drives the lead character, Ralph Bellini."

The Last Romance is the story of widower Ralph Bellini (David Milford) who decides to take a second chance on love with Carol Reynolds (Becky Schilling) when he sees her in a dog park. The cast also includes Bellini's cranky sister, Rose (Shirley Williams).

The fast-paced play is filled with funny and poignant dialogue for audience members ages 12 to 102.

John Williams, who has created many sound designs over the years for HCP, is musical director for The Last Romance. "The short operatic pieces add so much to this play," Williams said.

As an added feature, HCP audiences will be the first to hear a hauntingly beautiful duet by the Young Man and Bellini. John Williams composed the duet to fit lyrics written by David Milford for this show.

The Last Romance is the 4th and final play in the 2012-2013 HCP Season.

Show dates are June 6-9 and 13-16 at Highlands Performing Arts Center, 507 Chestnut Street. Performances start at 7:30 p.m. Thursday through Saturday and 2:30 p.m. on Sundays. For tickets and more information, call 828.526.8084. Box office hours are 10 a.m. to 4 p.m. Be sure to get your tickets early!

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... HEALTH MATTERS continued from page 9

lae. Dr. Illouz's original cannulae were 10 (almost ½ inch), 8 and 6 mm in diameter. These were exceptionally aggressive and removed the fat very rapidly. By reducing the size of the cannulae and crisscrossing the area, much like grounds keepers do on baseball fields and golf courses, we got excellent cosmetic results with very smooth contours. Presently, the largest cannula used is about 5 mm, smaller than Dr. Illouz's smallest cannula

Dr. Illouz's second contribution to liposuction was the use of an infiltrate containing epinephrine to constrict the vessels and reduce bleeding into the area to be suctioned. Shortly thereafter, Dr. Jeffrey Klein added an anesthetic and increased the amount of medications injected so that the procedure could be done under pure local anesthesia. Although many people still use this methodology, many of them do so because they do not have access to any other type of anesthesia. I have found other methods of anesthesia are more appropriate.

Additionally, since its inception, many other modifications have occurred. Lasers have been developed to, theoretically, melt the fat; however, except in one very uncommon situation, this is no better than regular liposuction. Ultrasound and water injection have also been added to liposuction, again without any proven benefit

The only thing that has consistently shown to improve results is the experience of the surgeon doing the procedure. Unfortunately, because the procedure is seemingly simple and the technology to

perform it is readily available, many people with no or little training and no surgical background have begun doing liposuction, occasionally with disastrous results.

The most popular areas for Liposuction are the neck under the chin, the lower tummy, the hips, the "love handles," the thighs and any area of localized fat accumulation. Where more than localized areas are involved, I have found that lifestyle modification and/or Zerona™, an externally applied laser that is not surgery and has no pain and no down time, works well. They can get you where Liposuction would be indicated to correct any areas not reduced adequately.

Liposuction is also an excellent adjunct to other procedures like tummy tuck, breast reduction, gynecomastia correction, arm lift and any procedure where blending the procedure into the surrounding area is desirable

Local anesthesia or general anesthesia may be used, and the procedure can last anywhere from less than one hour to several hours depending on the amount of fat being removed and the number of areas treated. We generally recommend staying overnight in the hospital when we remove larger amounts of fat, though we rarely do so now.

Like Liposuction did with other procedures, technology like Zerona $^{\text{IM}}$ is now making some liposuction less necessary. However, for localized fat reduction, it is still the best option, with the most reliable results and a rapid recovery.

Dr. Buchanan practices full time in Highlands. For more information, visit PlasticSurgeryToday.com.

Highlands Newspaper - Thursday, May 23, 2013 - 828-526-3228 - Page 11 Erforming arts Center 2013 Season Saturday, June 22, 8pm Angel of Music: A Salute to Andrew Lloyd Webber Franc d'Ambrosio & Glory Crampton Saturday, June 29, 8pm Jason D Williams as Jerry Lee Lewis Saturday, July 6, 8pm Bluegrass Duel: Nitrograss vs The Dappled Grays Storyteller: Andy Offutt Irwin Saturday, October 5, 8pm

Highlands PAC 507 Chestnut Street 828.526.9047
To view the complete calendar and full description of each concert log on to: www.highlandspac.org

Josh Goforth



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t certain times in our lives, most of us will make major lifestyle changes. Changes require much consideration, especially in the changing world of real estate. These financial decisions are usually the largest we make during our lifetime.

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change of location is involved or a substantial investment opportunity is on the horizon or if you've been waiting for prices to bottom out before buying that second home...here is some food for thought.

There has been a significant increase in Highlands' sales activity over the winter and spring months this year....even ahead of our banner years in the past. We are seeing multiple offers on properties again, with sale prices averaging out to 90% of the list prices. This creates an atmosphere for the best time to sell we have seen in years, particularly if you plan to purchase another property. Prices have stabilized with the reduction in inventory. As more inventory is depleted, we will see an increase in prices. The best time to buy is while prices are still at their lowest and before prices are on the

If you own investment property, which may include commercial, vacant land or qualifying rental property, this may be the time consider making a move. There may be another property that has more advantages for income, a more suitable

Lynn Kimball Meadows Mountain Realty

better value today for potential appreciation in the future. If you sell now, then purchase another qualifying property, an additional advantage could be in a 1031 Tax Deferred Exchange. (Only with advice from your qualified tax profession-

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al.)

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• If you want a good overall introduction of our area and to search available properties, you are invited to visit my user friendwebsite www.signatureproperties-nc.com and our company site at www.MeadowsMtnRealty.com. Meadows Mountain Realty has two locations, at 41 Church Street in the Old Edwards Inn complex and at 2334 Cashiers Road across from Highlands Falls Country Club. Lynn Kimball can be reached at 828-421-8193 or by email Lynn@MeadowsMtnRealty.com.

Real Estate Snapshots

Enjoy the Gentility of Satulah Mtn.



Two rondettes at the end of Old Farm Road in the prestigious Satulah Mountain area make the perfect walk-to-town investment. 2BR/ 1.5BA main house and 1BR/1BA guest house, nestled in the gentility of Satulah. This "Old Highlands" neighborhood is an ideal family get-a-way site or private retreat for the professional. Live in the main house & rent the guest house! Superb value and price! Offered at \$259,900. MLS #75356. Contact Susie deVille at (828) 371-2079.

Perfect Log Cabin



Comfortable 3 BR/2.5BA log home in Hemlock Ridge. This home has loads of charm with hardwood floors, tile, carpet and a stone fireplace. Enjoy the 2 large decks and screened in porch for outdoor entertaining. Large storage room on the lower level. Offered at \$409,900. MLS #76375. Contact Sheryl Wilson at (828) 337-0706.

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Loaded with charm, this log cabin has two bedrooms with authentic pocket windows and painted beam ceilings, two renovated bathrooms and a family room with beautiful stone fireplace. Large covered porch, central heat & A/C, tin roof, skylights, tongue & groove paneling, Corian kitchen counter tops, and fenced yard. Near Mirror Lake. Tremendous rental history! Offered at \$369,000, MLS #74736. Contact Susie deVille at (828) 371-2079 for details.

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Please contact Susie deVille at (828) 371-2079, Sheryl Wilson at (828) 337-0706, or Wick Ashburn at (828) 421-0500.



Susie deVille, Broker-in-Charge susie@WhiteOakRG.com sheryl@WhiteOakRG.com wick@WhiteOakRG.com



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The Highlands **Farmers Market** opens June 1 in Highlands Plaza

The Highlands Farmers Market will be at the Highlands Plaza, Bryson's Foods parking lot this year, very Saturday 9-12 Starting June 1 through October.

This is a change from last year where we were at the Highľands School.

We will have fresh vegetables, flowers, breads, baked goods, craft items, jewelry, and more -- close to 30 vendors scheduled for each weekend.e.

If someone would like to sell something please email Andrea Gabbard andreagabbard@gmail.com.

If you have a fundraising idea please call me about a free booth - all Boy scouts/girl scouts/ Relay for Life/community.

North GA Children's Chorus concert is June 2

The North Georgia Children's Chorus under the direction of Ruth Purcell will visit **Highlands United Methodist** Church on Sunday, June 2nd. They will be singing twice that day. The first performance will be with the HÛMC Choir at the morning service (10:50a) plus they will present a free public concert at HUMC at 3:30p.

The Children's Chorus consists of 18 singers ranging from ages 8 to 15. The chorus is dedicated to teaching musical excellence, artistry and literacy through the choral arts. You'll be amazed with the eclectic mix of unison, two and three-part literature.

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Recently renovated. This 2BD/2BA sits on a gentle lot with easy access and garage. Low maintenance and move in condition. Offered at \$369,000. MLS #76484



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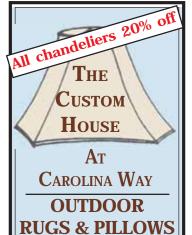
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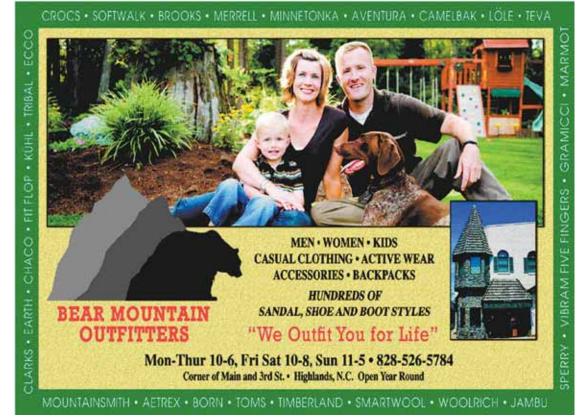
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Free concert at 1st Pres on June 2

First Presbyterian Church will host a faculty showcase concert at 5pm on Sunday, June 2. Featured will be the Smoky Mountain Brass Quintet and Will Peebles, bassoon. The concert will take place in the sanctuary.

The quintet performs a wide variety of music ranging from Early Renaissance to Jazz. In addition, works commissioned from regional composers for the quintet have expanded the repertoire for all brass quintets.

Members of the group are P. Bradley Ulrich and David Ginn, trumpet; Travis Bennett, horn; Daniel Cherry, trombone; and Michael Schallock, tuba. Dr. Will Peebles, Director of the School of Music at WCU, will join the quintet playing bassoon on several selections during the concert.

Everyone is invited to this free concert.

• Just Hers •

The six-hour vegetarian

Pride gets a bad rap these days. It is often confused with being vain or stuck up. There are many things I'm proud of, and at the top of my list is the magic I create in the kitchen. It may sound awful, but I love my own cooking. There are few things which bring me as much pleasure as putting on my apron, and "rattling the old pots and pans", as my father would say.

Oddly enough, neither my mother nor her mother knew how to cook when they got married. My grandmother was a spoiled only daughter, more at home debating politics and attending concerts than slaving away in the kitchen. Fortu-

nately, her mother-in-law owned several cafés, and made sure she learned the basics. By the time my brother and I came along, Mamie was an excellent cook. Her repertoire of soups and stews was memorable, and her specialty – Blanquette de veau (a French veal ragout in which you do not brown the butter or the meat) – could make the angels weep.

My mother grew up during the War. With food so scarce, there was no question of letting a teenage girl potentially ruin what little food there was for a whole family. When they evacuated to the countryside outside of Paris, my grandparents and their brood of four children moved into my great grandparents' house, which came with a cook and her husband, a gardener. Maman arrived in the States after the War, and claimed she barely knew how to boil water. My Irish grandmother, Peg, was a good plain cook, of the "chicken and dumplings" variety. Her fare was hearty and rib-sticking, if rather beige. She taught my poor mother the rudiments of cooking. The rest, Maman learned from books, and recipes cut out of newspapers and magazines.

Not having been taught to cook by her own mother,



Michelle Mead-Armor michiemead@aol.com

teaching me the ropes did not come naturally to Maman. At first, my presence in the kitchen was limited to stirring the contents of a pot on the stove if the phone rang at an inopportune time. When I continued to hang around the kitchen, I was given cleaning duties, in an attempt to discourage me from being underfoot. Washing the dishes, drying them, and putting them away seemed a reasonable price to pay for the joy of hanging around in this magical place. With time, I graduated to peeling and chopping. I learned that you cut yourself more often with a dull knife than a sharp one.

One Christmas, a large package awaited me under the tree - a set of miniature pans, measuring cups and spoons from FAO Schwarz. It was a turning point in my culinary education, and a small victory. Hoping to have a

• See JUST HERS page 25





Classes • Yoga Therapy • Bodywork

NEW TEACHERS, MORE CLASSES!

464 Carolina Way • 828-526-8880 1 block east of Main Street





Memorial Day Weekend Sale at Corey James Gallery

50% to 75% off bronzes, fountains, paintings, antiques & more

Open everday until sundown!

828-526-4818 • 228 S. 3rd Street (Corner of 3rd and Spring behind Methodist Church)



• HIGHLANDS SCHOOL CLASS OF 2013 •

Valedictorian Hayden Bates Davidson College





Salutatorian Rebecca Johnson Brenau University



Alissa Cutshaw AB Tech



Austin Vinson Southwestern CC



Autumn Chastain Southwestern CC



Cali Smolarsky GA Southern



Caroline Christy UNC Charlotte



Chase Flowers Southwestern CC



Cody Roti Southwestern CC



Corbin Hawkins Western Carolina



Cristell Ruiz Southwestern CC



Evan Schmidt UNC Chapel Hill

• HIGHLANDS SCHOOL CLASS OF 2013 •



Felipe Ruiz undecided



Jackie Reyes Southwestern CC



Karaline Shomaker Lee University



Kristin Grimm Southwestern CC



Max Bosco Campbell U



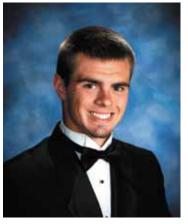
Paige Moss
East Carolina University



Parker Sims Tri County Tech



Rebecca Clark Southwestern CC



Taylor Osteen Western Carolina U



Tyler Owens Southwestern CC



2013 Mascots: Allison Buck and Peyton Naron

Class Photo by Cathy McIntyre-Ross

Class of 2013
Graduation
Saturday, May 25
7p in the new gym
at Highlands
School

HIGHLANDS AREA UPCOMING EVENTS

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 summerand 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.

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. \$5 per class or \$40 a month.
- Zumba at the Rec Park, 9:05a-10a. \$5 per class. First class free.

Monday & Wednesday

- Hatha Yoga Body n' Soul. 7:45a at First Presbyterian Church. R.Y.T and Y.A. (828) 482-2128. (8/29) Monday & Thursday
- Hatha Yoga Body n' Soul. 10:45a at the Episcopal Church of the Incarnation. R.Y.T and Y.A. (828)

482-2128. (8/29)

Fri., Sat., and Sun.

- At Attitudes at Skyline Lodge, Hal Philips on the piano Friday and Saturday evening and Sunday brunch. Saturdays
- Highlands Farmer's Market in Highlands Plaza 9a to noon beginning June 1. Fresh vegetables, Flowers, breads, baked goods, craft items, jewelry, etc... we have close to 30 vendors scheduled for each weekend. For more information, email Andrea Gabbard @ andreagabbard@gmail.com.
- At Mountain Fresh Grocery, free wine tastings from 2-4 p.m.

Thurs. - Sun., May 23-26

- HCP's "Live, Loss, and What I Wore" opens Thursday night, with a catered reception after the performance, and runs through Sunday, May 26; Evening performances begin at 7:30, Sunday matinees, at 2:30 p.m. Call the HCP box office, 828-526-8084, or stop by the Performing Arts Center on 507 Chestnut Street in Highlands.
- At the Highlands Playhouse, daMon on the Keys.
 An evening of daMon Goff showcasing Broadway standards from Gershwin to Sondheim. For ticket information call 526-9443.

Thursday, May 23

• Franklin Community Blood Drive held at First United Methodist Church-Franklin (69 Lotla Street; Franklin, NC) 12:30-5 pm Please call (828) 369-9559; 1800Red-Cross or log onto www.redcrossblood.org

Friday, May 24

 Junaluskee Lodge #145 Blood Drive (Church Street; Franklin, NC) 10 am – 2 pm Please call Scott Montieth at (828) 421-3026 for further information or to schedule an appointment.

Sat. & Sun., May 25-26

• The 5th annual Spring Cashiers Arts & Crafts Fair will be held at the Cashiers Village Green. Sponsored by the Rotary Club of Cashiers Valley, the Spring Arts and Crafts Fair will run from 10am to 5pm both Saturday and Sunday; rain or shine. This Spring juried event will be showcasing some of the finest artisans of the Southeast. With more than 60 exhibitors, featured art media will include: clay, wood, fibers, metal, glass, watercolor, oils, photography; and take the form of jewelry, clothing, furniture, quilts, pottery, and home décor.

Sat. May 25

- Come to the 31st Annual MGC Plant Sale, Saturday, 9 a.m. to noon. Cash or checks, only. No credit cards. Please bring your own sled or wagon if you can. Rain date will be Sunday, May 26, 1- 4 p.m.
- The Nantahala Hiking Club will take a 6.5-mile moderate hike with elevation change of 1200 ft. to Little Cataloochee in the Smoky Mtns. Nat'l. Park, a rarely visited section of the Park with views of historic home sites, churches, cemeteries, and possibly wildlife. Meet at Waynesville Ingles at 9 a.m. Drive 50 miles round trip. Call leader Keith Patton, 456-8895, for reservations. Vis-

itors welcome but no pets please.

- The Nantahala Hiking Club will take 2-mile moderate hike with an elevation change of 400 ft. on the Whiteside Mt. Loop trail with beautiful views of the Chattooga River valley 2100' below and perhaps a sighting of a Peregrine Falcon. Bring lunch to eat on the top at 3940'. Meet at Bi-Lo in Franklin at 10 a.m. or call leader and arrange to meet at Whiteside Mtn. parking lot if coming from Highlands or Cashiers. Call leader Joyce Jacques, 410-852-7510, for reservations. Visitors welcome but no pets please.
- Audubon's weekly Saturday walk will visit one or more of the best birding sites in Highlands. Meet at 7:30 am in the Town Hall parking lot near the public restrooms to carpool.

Tues. May 28

• Ladies Night Out program will feature the subject Osteoporosis with Dr. Ladson Gaddy-Dubac, Angel OB/ GYN, at 4 p.m. and at 6:30 p.m. in the cafeteria of the Angel Medical Center. For more information call Dawn Wilde Burgess at 349-2426.

Wed., May 29

Royal Caribbean Cruise Night at 5 p.m. at Highlands Travel with Bryan & Tricia Cox. RSVP at 526-5243

Thurs.-Sun., May 30-June 2

• HCP's "Love, Loss, and What I Wore" Thursday through Sunday, June 2. Evening performances begin at 7:30, Sunday matinees, at 2:30 p.m. Call the HCP box office, 828-526-8084, or stop by the Performing Arts Center on 507 Chestnut Street in Highlands,

Sat. & Sun., June 1-2

• Village Square Art & Craft Show, 10a to 5p.

Village Square Art & Craft Show

June 1 & 2 - 10 to 5

Kelsey-Hutchinson Park in Downtown Highlands

Regional Artisans - Music - Food



FREE!



Lee Byers



Sponsored by

Macon County Art Association

Cynthia Strain (828) 787-2021

Zach Claxton



Mountain Garden Club Plant sale is Saturday



Plant Sale Co-Chair Ginny Dunwody cares for some of the many plants, including these lovely Hostas, that will be available at the Mountain Garden Club Plant Sale, Sat. May 25; 9 am until noon at the Highlands Ball Park.

Upcoming Events

Sponsored by Macon County Art Association. Regional artisans, music, food and family fun.

Saturday, June 1

- Mountain Lakes 5K is set for Saturday at 8:30 a.m. The race starts on US 64 across from the entrance to the Highlands Recreation Park and finishes beside First Citizens Bank on Laurel Street. Race-day registration will begin at 7:30 a.m. that in the lobby at the recreation park. For more information, contact Skip Taylor at 526-4280,
- · Kid's Fishing Day at Cliffside Lake off US 64 west. 8 a.m. to noon. Adults must accompany children. The Nantahala Hiking Club and the Bartram Trail Society are sponsoring a hike on National Trails Day, June 1. Meet at Wayah Bald. Hike to Wine Springs Bald (3 miles round trip), with optional farther hikes. Children are welcome. Wear good hiking shoes or boots and bring lunch and water. For more information, contact Jim Kautz of the Bartram Trail Society (irkautz@frontier.com, 828-524-6593) or Bill Van Horn of the Nantahala Hiking Club (828-369-
- · Father Daughter Dance at Highlands United Methodist Church, Saturday, 5-8pm. Mike Murphy will DJ. Heavy hors devours will be served.

Sunday, June 2

• The North Georgia Children's Chorus under the direction of Ruth Purcell will visit Highlands United Methodist Church on Sunday. They will be singing twice that day. The first performance will be with the HUMC Choir at the morning service (10:50 A.M.) PLUS they will present a public concert at HUMC at 3:30 P.M. The Concert is

· At First Presbyterian Church, Faculty Showcase featuring Smoky Mountain Brass Quintet and Will Peebles, bassoon at 5 p.m. in the sanctuary.

Mon.-Thurs., June 3-5

· Hay Day VBS at Clear Creek Baptist Church. Supper is from 5:30-6:15p. Assembly begins at 6:30p. Everyone is invited. Special surprise guests will be there on June 4th. For more information call Emily Chastain at 526-9716.

Thurs.,-Sun., June 6-9

• The Highlands Motoring Festival featuring the 50th anniversary of the Porsche Model 911. Events begin Thursday night at 6:30p at the Ugly Dog with a bluegrass band. No cover. Donations will go to the Literacy Council. Friday a Charity Cruise begins at 7 a.m. at SweeTreats for driving instructions. Drive begins at 8:30 a.m. Evening reception party at 6:30 p at Swee Treats on N. 4th. St. On Saturday, Sixth annual car show at the Highlands Civic Center from 8a to 4p. At 6:30p, Motoring Festival Gala. Sunday, June 9, Road Rally with brunch at the Orchard in Cashiers culminating at the Ugly Dog for trophies and tales. For information, call 828-482-0326.

See EVENTS page 26

Village Square Art & Craft Show is June 1-2 in K-H Park



See for yourself what the fuss is all about. Mark your calendar for June 1st and 2nd for the Highlands Village Square Art & Craft Show in Kelsey-Hutchinson Park. The festival features regionally-made art & crafts, demonstrations, music, face painting and food. It's free and goes from 10 to 5 both days. Sponsored by the Macon County Art Assn. Call (828) 787-2021 for info.

THE SUMMER HOUSE & Tiger Mountain Woodworks

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Memorial Day Sale

Through Sunday, May 27



Hours: Monday-Saturday: 9a-5p • Sunday: noon-5p 526-5577 • 2089 Highway 106

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• Spiritually Speaking •

Who really is the friendly ghost?



By Father Mike Murphy Christ Anglican Church

ow many of you remember the 1960's—70's car toon, "Casper The Friendly Ghost?" With today's computer animated movies and or cartoons, not to mention video games, I'm afraid that the idea or memory of Casper and his mission may be lost on many. Nevertheless, Casper and his purported friendliness may be helpful to us in our fear ridden times.

For those of you who are unfamiliar with Casper, please allow me to introduce him to you briefly. Casper was intentionally designed, written and illustrated to be friendly so that wee little ones (like I was at the time) who might be afraid of things that go bump in the night (I was not at the time), could rest peacefully when it was bedtime. Casper's creators wanted to remove the fear that children might have of ghosts. So, Casper was a cute, cuddly and endearing ghost, he was never scary nor did he act in a malicious manner. Casper was a little on the plump side and always quick to laugh. That little ghostie was forever poking fun at the spirit world.

I was reminded of Casper, his friendliness and his mission the other day as I began to prepare for our annual celebration of the Christian feast of Pentecost. Pentecost is the day in the liturgical life of the church that we remember and rejoice in the fact that God sent his Holy Ghost, his Spirit, his very presence to empower his followers and to reassure them that they had nothing to fear. He was with them, God himself was ever within each Christian, enough said. With his holy support, who could fear anything?

As I prepared, my mind wandered to back and forth from Casper and his mission, to the Holy Ghost and his mission, and all of this in the midst of so much fear-producing news and fear-mongering rhetoric in the public sphere. I wondered if Casper had really ever met with any success toward his intended purpose. During the menacing times that we are living in, I knew that there was a real need for relief from fear and an honest-to-goodness calming reassurance. Could Casper be of any help in this regard? How about the Holy Ghost, could he be the relief valve that we're looking for?

Casper, for all the fun we may have had with him, is not the answer. Nothing that we can produce in and of ourselves, is the answer. We may be successful for a season at repressing fear and glossing over our need for reassurance, but in the end it comes up empty, just like a cartoon.

God, in the presence of his Holy Spirit is the only real answer, able to our fears. Jesus, in the form of his Holy Ghost is the only person in all of creation that can guaran-

• See SPIRITUALLY SPEAKING page 25

John 3:16

PLACES TO WORSHIP •

Proverbs 3:5

BLUE VALLEY BAPTIST CHURCH

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

BUCK CREEK BAPTIST CHURCH

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

GRACE COMMUNITY CHURCH OF CASHIERS

Non-Denominational-Contemporary Worship 242 Hwy 107N, 1/4 miles from Crossroads in Cashiers www.gracecashiers.com • Pastor Steve Doerter: 828-743-9814 Services: Sundays 10am - Wed. - 7pm Catered dinner - Wed. 6pm

CHAPEL OF SKY VALLEY

Sky Valley, GA Church: 706-746-2999 Sundays: 10 a.m. – Worship

Holy Communion 1st Sunday of the month Wednesdays: 9 a.m. Healing and Prayer w/Holy Communion

CHRIST ANGLICAN CHURCH

Rector: Jim Murphy, 252-671-4011 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 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.

COMMUNITY BIBLE CHURCH

www.cbchighlands.com • 526-4685 3645 Cashiers Rd, Highlands, NC Senior Pastor Gary Hewins 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

EPISCOPAL CHURCH OF THE INCARNATION

Rev. Bruce Walker • 526-2968

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 Bo wman, 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

GOLDMINE BAPTIST CHURCH

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

HIGHLANDS ASSEMBLY OF GOD

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

HIGHLANDS CENTRAL BAPTIST CHURCH

Pastor Dan Robinson

670 N. 4th Street (next to the Highlands Civic Center) Sunday: Morning Worship 10:45 a., Evening Worship, 6:30 p. 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 choir (nursery provided for Wed. p.m. activities)
Thurs:12:30 – Women's Bible Study (nursery)

HOLY FAMILY LUTHERAN CHURCH - ELCA

Chaplain Margaret Howell 2152 Dillard Road – 526-9741

Sundays: Sunday School and Adult discussion group 9:30 a.m.; Worship/Communion – 10:30

HEALING SERVICE on the 5th Sunday of the month.

LITTLE CHURCH IN THE WILDWOOD

In Horsecove Sunday 7-8 p.m. Hymn-sing Call Kay Ward at 743-5009

MACEDONÍA BAPTIST CHURCH

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

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

MOUNTAÍN SYNAGÖGUE

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

MOUNTAIN BIBLE CHURCH

Pastor: Clayton Lopez • 828-743-9704 Independent Bible Church

Sundays:10:30 a.m. at Big Ridge Baptist Church, 4224 Big Ridge Road (4.5 miles from NC 107)

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

OUR LADY OF THE MOUNTAINS CATHOLIC CHURCH

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

SCALY MOUNTAIN BAPTIST CHURCH

Rev. Dwight Loggins

Sundays: School –10 a.m.; Worship –11 a.m. & 7 Wednesdays: Prayer Mtg. – 7 p.m.

SCALY MOUNTAIN CHURCH OF GOD

290 Buck Knob Road; Pastor Alfred Sizemore • 526-3212 Sundays: School – 10 a.m.; Worship – 10:45 a.m.; Worship – 6 p.m.

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

SHORTOFF BAPTIST CHURCH

Pastor Rev. Andy Cloer Sundays: School – 10 a.m.; Worship – 11

Wednesdays: Prayer & Bible Study – 7

UNITARIAN UNIVERSALIST FELLOWSHIP

85 Sierra Drive • 828-524-6777 Sunday Worship - 11 a.m. Child Care - 10:30 a.m. - 12:30 p.m.

Religious Education - 11 a.m. - 12:15 p.m. Youth 8th - 12th grades meet the 2nd Sundays 5 - 7:30 p.m.

WHITESIDE PRESBYTERIAN CHURCH

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

... JUST HERS continued from page 19

slim career-oriented daughter (these were the days before Martha and Paula), my mother resigned herself to having a curvy lady with a wooden spoon haunting her kitchen. In the days when education was supposed to liberate women from the burdens of cooking and homemaking, my mother shuddered to think that she had given birth to the next Betty Crocker.

Being raised in a French household, my brother and I were never taught that we weren't supposed to like vegetables or garlic or other foods deemed to be anathema to children. We watched with astonishment as our friends and classmates demanded a steady diet of junk food and sodas that we were rarely allowed, or only on special occasions. Sure, there were foods I didn't much care for – asparagus. raw tomatoes, calves liver, and cantaloupe were not personal favorites, although I grew to appreciate all of them as I got older. My mother made it very clear that she was not a short order cook, and we would all eat the same meals. And woes betide any Mead child who left the nest, picking up bad habits elsewhere! My brother returned home on break his freshman year in college, and attempted to put ketchup on my mother's homemade pommes frites. Daddy grabbed the ketchup bottle from his hand, and declared, "We don't put ketchup on Mommy's French fries!" Ketchup on French fries? Ah, non!

Somewhere along the way, I discovered there were actually people who didn't eat meat. At the age of ten, I became a vegetarian for six hours. We had gone for our weekly drive in the country on a Sunday afternoon - a family tradition. One of our favorite trips was to go past the Amish community, enjoying the rich farmland, tended by hard-working men in long beards, and women in plain dresses and bonnets. This particular spring yielded an unusually large number of tiny lambs. Completely immune to the charms of human babies, I was nonetheless totally enchanted by animal ones. Suddenly, the penny dropped, and I turned to my mother. "You see those little lambs playing in the field? When we eat gigot, is that what we're eating?" Never one for sentimentality, especially regarding food, my mother nodded. Then and there, I swore that not a single morsel of baby sheep would ever again pass my lips again. This lasted right up until we got home, and Mommy started making dinner. What was the star of our Sunday meal? A beautiful leg of lamb, studded in garlic cloves, rubbed in butter, and dusted with herbes de Provence. My qualms lost out to my appetite, a failing which has plagued me all my life.

Now, don't get me wrong. I have nothing against vegetarians, or any other group of people who choose not to eat or drink something for ethical or religious reasons. I'm not like my brother, the hunter, who says, "I didn't fight my way to the top of the food chain to become a vegetarian!" What I object to are people who feel that the lifestyle they have chosen makes them better or more evolutionarily advanced, than the rest of us. Who hasn't run into people who claim that not owning a television makes them intellectuals, or that never touching alcohol in any form makes them morally superior? It would be nice if figuring out the good from the bad people was that easy, wouldn't it? I'm just the lady with the apron and the wooden spoon, and I don't make politics in my plate.

 Michelle A. Mead is a writer and translator who was born in Key West, and grew up in a small town in the Shenandoah Valley of Virginia. She has lived in Highlands since 2006.

... SPIRITUALLY continued from 24

tee us reassurance that truly delivers (pun intended). And that's solely because the Holy Ghost is real. He is tangible and discernible. The Spirit of the living God is uniquely qualified to quash our deepest fears and empower us for unabashed living. He is neither our celluloid creation or a digital rendering of our imagination, like the aforementioned Casper. The Holy Ghost is the real deal.

When Jesus entered the upper room after his resurrection (cf. John chapter 20:19-31), he greeted his fear-gripped disciples with "Peace." Not once, but at least twice he bid them peace and the Lord was emphatic—this is not the type of peace that the world offers (cf. John 14:15-31). It's the real deal. Our Lord always tied this peace to the Holy Ghost. Indeed, it was in the context of giving them his Spirit or describing the time when his Spirit would be given at Pentecost that he offered them his peace. As you might suspect, peace is the absence of fear and the epitome of reassurance. God knew what we needed then and he knows what we need now: His peace, his Holy Ghost.

Last Sunday, May 19th, the Christian church commemorated, and in many instances enjoyed anew, the miracle of Pentecost. The Holy Spirit, the truly friendly Ghost can still relieve our fears, give us reassurance for the road ahead, and empowerment for our mission—to be friendly with the love of God. Test God in this, who gives generously to all who ask in faith.

MOUNTAIN FRESH GROCERY BREAKFAST

TWO EGGS

COOKED TO ORDER WITH YOUR CHOICE OF FRESH MADE BISCUIT OR TOAST;

HOME FRIES OR NORA MILLS SLOW COOKED GRITS	\$6.50
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BISCUIT SPLIT AND COVERED WITH AUTHENTIC SAUSAGE SAWMILL GRAVY

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NORA MILLS STONE GROUND GRITS	\$2.79
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BACON, HAM, OR HOUSE MADE	
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EXTRA SIDE OF MAPLE SYRUP	\$1.99

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HIGHLANDS AREA UPCOMING EVENTS

• The Last Romance runs June 6-9 and 13-16 at Highlands Performing Arts Center, 507 Chestnut Street. Show times are 7:30 p.m. Thursday through Saturday and 2:30 p.m. on Sundays. For tickets and more information, call 828.526.8084. Box office hours are 10a.m. to 4p.m

Thurs., June 6

Taize at HUMC at 5:30p.

Friday, June 7

• A Drop in from 10a-4p at Dr. Robert

Buchanan's Center for Plastic Surgery on the H-C Hospital Campus. Refreshments and Door Prizes. 20% off Obagi and Jane Iredale. Meet our Obagi and Jane Iredale Reps

Thursday, June 13

• The Town of Highlands Scholarship Golf Tournament kicks off at 7:30a at Wildcat Cliffs Country Club with breakfast and use of the driving range and practice green. A 9am shotgun start is followed by cocktails, lunch and awards ceremony. The cost for the event is \$150 per player. For sponsorship information or to sign up, please contact event cochairs, Brian Stiehler (787-2778) or Rebecca Shuler (526-2118).

June 13-30

• At the Highlands Playhouse, Buddy: The Buddy Holly Story. A celebration of Holly's short but legendary life. For ticket information call 526-9443.

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The ladies of 'Love, Loss...and what I wore' now on stage at PAC



After weeks of rehearsal, opening night has come at last (Thursday, May 23) and Director Bonnie Earman reports that her cast of 22 women is looking forward to having an audience enjoy their acting efforts and respond to this humorous, insightful play.

A recent Off-Broadway hit, "Love, Loss, and What I Wore" was written by well-known novelists, screen and theater writers, sisters Nora and Delia Ephron. The actors appear in ensemble groups and individually, recounting stories of their lives evoked by the memories of the clothing they wore. Characters describe a prom dress, a first bra, a wedding dress, high heels, boots, purses, in stories are hilariously funny and stories that are poignant, many reminding us of clothing and events in our own lives.

The action is continuous—never a dull moment—as actors enter and leave the stage while others take their places to tell the next story as 90 costume changes happen backstage as rapidly as the changes taking place on stage.

Women, of course, will identify with many of the stories, but men, too, can enjoy themselves. No doubt many of them will laugh knowingly as the characters of the play poke fun at their own fashion foibles. And with a cast of 22, most of the audience will know at least one of the ladies on stage

"Love, Loss, and What I Wore" runs Thursday through Sunday, May 23 – May 26, and Thursday, May 30, through Sunday, June 2, at the Performing Arts Center in Highlands. Call the HCP box office at 526-8084 for reservations. Hours are 10 a.m. to 4 p.m. Monday through Saturday, and at 6:30 p.m. before the 7:30 evening performances and at 1:30 before the 2:30 Sunday matinees.

The cast of "Love, Loss, and What I Wore" includes: Tanji Armor, Denise Ballentine, Polly Ballentine, Sarah Ballentine, Donna Cochran, Taylor Crawford, Bonnie Earman, Michelle Hott, Jenny King, Mary Adair Leslie, Destiny Martin, Robin Philips, Kathryn Potts, Vangie Rich, Sayla Roman, Diane Rosazza, Marsha Shmalo, Faye Siegel, Helene Siegel, Virginia Talbot, Ivy Trent, and Barbara Werder.

The production team includes: Bonnie Earman (Director), Ronnie Spilton (Adaptation and Staging), Lance Trudel (Assistant Director), Jenny King (Production Assistant), Megan Potts (Production Stage Manager/Lighting), John Roman (Set Design and Set Construction), Steve Hott (Sound Engineer), Marcus Laufer (Stage Hand), River Trent (Light Board Operator).

Business/Organization News





Mountain Garden **Club President** Caroline Cook presented this year's **Dorothy Wertzler** Memorial Scholarship checks to the 2013 graduating seniors from Highlands High School: top left, Parker Sims son of David and **Sherry Sims majoring** in Agriculture **Business/Horticulture** attending Tri-County Technical College and left. Corbin Hawkins son of Sabrina and Bill Hawkins double majoring in Veterinary Science and Forestry-Agronomy attending North Carolina State University.



On May 16, the Rotary Club of Highlands sponsored the annual academic banquet and awards ceremony for the students at Highlands School. Parents, faculty and students were served food and refreshments at the fellowship hall of the Presbyterian church, followed by the awards presentations. The photo shows Rotarians Brian Stiehler, Rick Reid and Bob Henritze with Rebecca Johnson, salutatorian of the senior class and Hayden Bates, valedictorian.

DINNERS-TO-GO SUMMER MENU 2013 JAMES BEARD AWARD-WINNING CHEF. MON LOUIS OSTEEN'S LOW COUNTRY LOBSTER/SHRIMP BOIL FOR TWO LOBSTER TAILS, WILD CAUGHT LARGE SHRIMP, RED BLISS POTATOES, SUMMER CORN, HOUSE MADE SAUSAGE, ALL STEEPED IN LOUIS'S PROPRIETARY SEA-SONING. SERVED WITH DRAWN BUTTER AND COCKTAIL SAUCE. SERVES TWO. OVEN OFF NIGHT \$22.95 TUES 2 FRESH CHICKEN BREASTS, GRILLED WITH ROSEMARY INFUSED OLIVE OIL. SERVED ON A BED OF MIXED GREENS, WITH STUFFED BRIE, SPICY/SWEET PECANS, MOUNTAIN FRESH OIL AND VINEGAR ON THE SIDE AND TWO CUPS OF HOUSE MADE GAZPACHO, WITH A FRENCH BAGUETTE. SERVES TWO. \$32.95 JAMES BEARD AWARD-WINNING CHEF, LOUIS OSTEEN'S LOW COUNTRY LOBSTER/SHRIMP BOIL FOR TWO LOBSTER TAILS, WILD CAUGHT LARGE SHRIMP, RED BLISS POTATOES, SUMMER CORN, HOUSE MADE SAUSAGE, ALL STEEPED IN LOUIS' PROPRIETARY SEA-SONING. SERVED WITH DRAWN BUTTER AND COCKTAIL SAUCE. SERVES TWO. THURS \$23.95 **BABY BACK RIBS** COOKED FALL-OFF-THE-BONE-TENDER. SERVED WITH HOUSE MADE BACON/APPLE BAKED BEANS, AND POTATO SALAD. SERVES TWO. \$24.95 FRI SHRIMP; FRIED OR STEAMED WILD CAUGHT LARGE SHRIMP EITHER LIGHTLY BREADED IN OUR SEASONED CORN FLOUR MIXTURE, AND THEN PROP-ERLY FRIED IN PEANUT OIL AND SERVED WITH HUSH PUPPIES; OR STEAMED TO ORDER IN OUR LOW COUNTRY SEASON-ING. BOTH COME WITH COLESLAW AND ROSEMARY SEA SALT BROILED RED POTATOES, TARTER AND COCKTAIL SAUCE. SERVES TWO. \$21.95 IN-HOUSE SMOKED BBQ SERVED WITH COLESLAW BACON/APPLE BAKED BEANS AND YEAST ROLLS. SERVES TWO. COME BY OR CALL IN YOUR DINNER ORDER!

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See CLASSIFIEDS page 22



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Page 30 - Highlands Newspaper - Thursday, May 23, 2013 - 828-526-3228

... CLASSIFIEDS from page 21

REAL ESTATE FOR SALE

LOT FOR SALE, nice neighborhood, 1.45 acres, heavily wooded w/stream, 4-BR septic permit, Mirrormont area, walk to town, \$169,900, 770-861-4249. (7/25)

ESTATE/GARAGE SALE

<u>SAT., MAY 25, 9A-NOON.</u> Horsecove Road next to Little Church in the Wildwood. Kitchen sink, dorm fridge, microwave, furniture and more.

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HELP WANTED

FOOD SERVICE DIRECTOR WITH SERVE SAFE CERTIFICATE needed at Chestnut Hill. Please apply at 24 Clubhouse Trail, Highlands, NC. (828)526-5251. (st. 5/23)

LANDSCAPER NEEDED PART-TIME AT MOUNTAIN HIGH LODGE. Call 828-526-2790 for details. (st. 5/16)

NEEDED RESIDENTIAL BUILDING CREWS WITH WORKERS COMP INSURANCE. Call 828-200-0949. (st. 6/16)

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elders in the home. Call 828 200 9000. (6/6)

PART TIME SALES ASSOCIATE NEEDED FOR BUSY GIFT AND HOME ACCESSORY STORE ON MAIN ST. Requirements - retail sales experience a must, able to work weekends, computer skills needed, happy bright personality. Please send resumes to Shannon@dutchmansdesigns.com (st. 5/2)

MOUNTAIN FRESH IN HIGHLANDS is hiring for a high volume experienced Grill Cook. Apply in person 521 Main Street, Highlands, NC or email jobs828@qmail.com

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• Police & Fire •

Highlands PD log entries from April 20 Only the names of persons arrested, issued a Class-3 misdemeanor, or public officials have been used.

April 28

• At 8:26 p.m., a bear was reported in the dumpster of Highlands Inn Lodge.

May

- At 9:26 a.m., officers responded to a onevehicle accident on South Street.
- At 7:45 p.m., a bear was reported at a residence on Chestnut Street.

May 2

- At 7 a.m., officers responded to a one-vehicle accident on S. 4th Street.
- At 7:30 p.m., officers responded to a onevehicle accident on US 64 west.
- At 9:45 p.m., criminal damage to a vehicle was reported at a hotel on Main Street where the tail light had been broken with a rock.

May 5

- At 1:40 p.m., a ATM was reported stolen at the Cash Points ATM in Highlands Plaza.
- At 3:30 p.m., a bear was reported at a residence on Smallwood Ave.

May 6

- At 3 p.m., officers investigated a call about employees parking in restricted spots during prohibited hours on S. 3rd Street.
- At 3:20 p.m., a mama bear with cubs was reported in a tree at the Biological Center and wouldn't let people pass by.
- At 3:40 p.m., officers responded to a call from a resident on Laurel Street about a person who refused to leave the premises.
- At 9:40 p.m., violation of a DBO was reported at a residence on Choctaw Lane.
- At 9:42 p.m., officers responded to a call about an attempted suicide at a hotel on Main Street.
- A little past midnight, Cory Daniel Ramey, 18, of Highlands, was arrested for DWI when pulled over for driving left of center on S. Old Walhalla Road. His trial date is June 26.

May 8

 At 11:30 a.m., larceny from a motor vehicle was reported at a residence on Cook Road. Gas was siphoned off.

• At 4:50 p.m., residents on Bowery Road reported a bear had broken out a window of their vehicle and damaged the inside.

May 9

• At 12:45 a.m., Pam C. Griffs, 47 of Cullowhee, was arrested for drunk and disruptive conduct on S. 4th Street after police were called to the scene. Her court date is May 30.

May 10

 At 9:20 a.m., officers responded to a twovehicle accident on Maple Street.

May 11

• At 5 p.m. Juan Carlo Padilla, 32, of Highlands, was arrested for DWI, transporting an open container after drinking and non-assaultive child abuse. His court date is June 12.

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

May 15

- At 10:10 a.m., the dept. responded fire alarm at a residence on Eastover Drive. It was false.
- At 5:14 p.m., the dept. responded to a fire alarm at a residence on Cullasaja Club Drive. It was due to work being done on the system.

May 17

- At 5:47 p.m., the dept. was first-responders to assist EMS with a medical call at a residence on Highlands Point. EMS transported to the hospital.
- At 7:21 p.m, the dept. provided mutual aid to Cashiers FD with a structure fire Laurel Knob Road. It was cancelled en route.

May 18

 At 7:39 a.m., the dept. responded to a onevehicle accident on NC 28 south. There were minor injuries.

May 20

• At 5:59 p.m., the dept. was first-responders to assist EMS with a medical call at a residence on Humming Bird Lane. An 83-year-old woman had fallen. EMS transported to the hospital.



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If you can volunteer for this important ministry, please call the Methodist Church office, 526-3376 or Mary Heffington 526-3671.

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