Volume 11, Number 43

Real-Time News. Weather & WebCams: HighlandsInfo.com

Thursday, Oct. 31, 2013

Thurs., Oct. 31

- Highlands Trick-or-Treating downtown from 6-8 p.m.
- At The Lost Hiker, a Halloween Costume Party.
- At ...on the Verandah Restaurant, a Halloween Party from 6:30p until. Dinner buffet, live band, costume contest, games, \$30 per person; \$5 children under 12.

Fri.-Sun., Nov. 1-3

· At TI Bailey for Men in Town Square, a Hadleigh and Jared Lang Trunk Show.

Fri., Nov. I

• Weekly movies begin at the Highlands Playhouse, Showings are at 4 and 7 p.m. Tickets are \$8. First show is "Captain Phillips."

Sat., Nov. 2

· HomeTown Day in Highlands, Saturday in Pine Street Park from I Iam until 3pm. There will be live music, clogging, farmer's market and craft vendors, tractor hay rides, inflatables for children, a bake contest, greased pumpkins relays, dinner. Lonesome Sound performs from 1-3pm. All activities are free except items purchased from farmer's market and craft vendors. Donations go to the Town of Highlands Scholarship Fund. In case of rain, the event will be at the Highlands Civic Center.

Beginning Mon. Nov. 4

· At Dry Sink on Main Street, a drawing for at JK Adams Co, monogramed bowl, a 4 at. Cusisinart cooker, and a Calrea gift basket. The drawing is Nov. 11. No purchase is necessary.

Tues., Nov. 5

The

•The Highlands Dialogue will be about "The Man Who Quit Money" by Mark Sundeen from 10 to 11:30a at The Hudson Library.

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MC Teachers, TAs to get 2% supplement

Superintendent Baldwin prepares for 'Tenure Bill' ramifications

In a split vote Monday night. the Macon County School Board voted to give teachers and teacher assistants the 2% supplement they have been receiving for several

With state-induced budget constraints straining the system, the county gave the Macon County Board of Education (BOE) permission to allocate the \$435,000 the county set aside for

the annual teacher/teacher assistant (TA) supplement any way it

With monetary unknowns still looming for several months,

•See SUPPLEMENT page 8

Characters turn out for Halloween in Highlands



Witches, goblins and ghosts will be prowling the streets downtown Halloween night, Thursday, Oct. 31. Merchants will dole out candy, and there will be free hotdogs and music. Main Street and portions of S. 4th Street will be closed to vehicular traffic from 5:30 - 8:30p. Trick or treating is 6-8p. **Photo by Kim Lewicki**

Final question in candidates' Q&A leading to Nov. 5 election

This is the final week in a 5-week Q&A series with the candidates running for the Highlands Town Board.

The mayor's seat and two commission seats are open.

Commissioner Brian Stiehler and Pat Taylor are running for the Mayor's seat.

Commissioner Gary Drake's and Commissioner Amy Patterson's seats are open. They are both running as incumbents.

Vying for their seats are Donnie Calloway and Michael "Bud" Rogers.

Commissioner Gary Drake •See Q&A page 3

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Other issues discussed at October's TB meeting

The discussion about the proposed Performing Arts Building overshadowed all else during the Thursday, Oct. 17 Town Board meeting, but other business did take place.

Appearance Commission

The board voted unanimously to follow the Planning Board's and staff's recommendation to dissolve the Appearance Commission and to delegate its duties and responsibilities to the Planning Board on the grounds that the commission met rarely and when it did there were times there wasn't a quorum.

Mayoral candidate Patrick Taylor, who at the September Town Board meeting went on the record against dissolving the commission, said after further thought understood the logic behind the town's move and was

•See TB MEETING page 9



476 Carolina Way • 828-526-8232

THE PLATEAU'S POSITION



Jake braking isn't an issue

I also live near NC 106. No problem with Jake braking noise. I might hear a Jake brake once a week or maybe twice. The noise last about 15-20 seconds (at the longest) not minutes or hours. Again how often do you hear Jake braking in a day's time? Hardly something that the town should make a policy about.

I have not traveled to or from Jacksonville, FL on US Hwy 1 but it was stated that returning to Highlands there were three small towns that had "No Jake Brake" signs. Not sure how many towns are between Jacksonville, FL and Highlands, NC but let's say there are 30. That means 10% of towns between Jacksonville and Highlands have "No Jake Brake" signs while 90% do not have signs posted.

Also last week's letter mentioned "that motorcycles come from factory with quiet exhaust and that the owners change them to louder exhaust." Apparently, it is legal whether it is annoying to someone or not. I also changed the factory exhaust on my vehicle to a louder exhaust but have not had anyone to complain about it to me.

Again, there are lots of noises that we could complain (or make policies) about, but the majority of them do not last an extended period of time. How about heavy equipment or trucks that have the alarm beeping when backing up, leaf blowers used in town, golf course alarms for severe weather, maybe the church chimes that ring every hour? The list could go on and on. And probably will if town leaders pass such a silly policy.

Skip Keener Highlands

Highlands doesn't need a 3rd playhouse

But what it does need and should have is a first-class playhouse and theater of the performing arts building that is worthy of our beautiful and upscale resort town. Wake up.

Highlanders, and look at our present buildings.

Built in 1938, we have the 75 year old Highlands' Playhouse that has an awesome history. It should be closed and reopened as a museum, featuring how Highlands grew to what it has become. The Playhouse, as a playhouse, has seen its day.

Secondly, we have the PAC on Chestnut St. that is not a performing arts building but an abandoned church with poor seating, lighting and a poor sound system. Shoving a bunch of hard chairs together in its auditorium doesn't make it a playhouse. Only the front row gets to see well. But it's a great "make-do" facility until something better comes along.

Well, Highlanders, now it has come along. Jane Woodruff wants to build us a latest state of the art performing arts building on town property near our Recreation Center. Do not turn this offer down.

With the Playhouse and PAC closed, I'm sure our wealthy town along with our many wealthy citizens can find funding to cut the grass and keep the lights on.

Highlands turned Jane down once. I'm begging our Town Fathers not to do it again. It's not often we have a person offering us six million dollars....twice. My guess is there won't be a third time. The Town Board should take the word "can't" out of

their thinking and let's accept her offer. If we build it they will come. It's now or never.

Fred Wooldridge Highlands

Endowment needed for PAB to work

Dear Editor,

Having been in the concert promotion business principally in Atlanta and across the south for more than 35 years I can advise that I would not undertake promotion of concert events in Highlands even if the facility would be rent-free.

As generous as the offer to donate a PAB is, I think the only chance for success would be to have an operating foundation in an amount of at least \$500,000.

The input from the Smokey Mountain Center in the Oct. 17 edition is right on target. It is to their credit that their representatives were so forthright with their input, as having a neighboring performance venue would make operating their facility much easier in terms of bookings.

Just one man's opinion!

Jack Tarver Highlands

New surgeon is an asset to hospital

The Editor,

I lobbied to be Dr. Mac Bridges' first surgery patient when he came on board at Highlands/Cashiers Hospital. Had no idea who the new surgeon would be...no idea who Mac Bridges was. But I knew about HC/H and its staff and personnel. This was to be my 3rd trip to the OR in the past 3 years. While I was asleep on the operating table, I had dreams about Jane Woodruff flying Mac back and forth from Brevard every Wednesday in her chopper. As opposed to him having to make that drive before and after his one day here on the plateau every week. I even sent a letter to Craig James offering up my services as Mac's driver every Wednesday...this in response to the events of my surgery on October 9th. Well... They nailed it again. They being: Debbie Campbell, Debbie Moore, Leslie Tucker, Michelle Strain, Mary Ann Basttura, Karla Bunnell, Arline Roman, Karen Gregory, Leila Martin, Linda Dryman...and of course, the new guy, Mac Bridges. It's a pretty amazing package if you're hankerin' for some surgery here on the mountain.

Matthew A. Smith Dillard, GA

Nurse Barton is an angel

On Tuesday, August 6, 2013 at 11:30 p.m., I found myself at the doorstep of the Highlands/Cashier Hospital's Emergency Room with my daughter and mother carrying my 16- year-old son. I rang the bell and a voice came over, asking if they could help me. I told them my son is very sick, which prompted the sound of a buzzer.

The double doors swung open and we rushed in to find two women seated behind a window of glass. I explained to them that this was the third hospital visit in less than three days. During both instances, Vincent had been hydrated, but ultimately lost them through vomiting once he was home.

The one on the left, Diana Barton, reassured me that Vincent would be taken care of and did her best to calm me. The nurse, possessed with the Nightingale spirit,

LETTERS-TO-THE EDITOR-POLICY

We reserve the right to reject or edit submissions.

NO ANONYMOUS LETTERS WILL BE ACCEPTED.

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

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70% Showers Likely

20% Slight Che Showers Low 43 °F

20% Che Sunny ers 3 °F High: 57 °F

Mostly Clear

Sunny High: 51 °F

• See LETTERS page 4

...Q&A continued from page 1

said "thanks but no thanks" when asked to participate in the Q&A in Highlands Newspaper.

Ouestion 5:

• Many citizens feel that the recent decision to give away free utilities to the ABC Store, The Chamber of Commerce and The Highlands Playhouse is not fair because it does not benefit the average voter/taxpayer. The consensus is that everyone should pay equally and the money collected by the town better used to serve the voter/taxpayers -- such as in sidewalk expansion outside the downtown business district, Rec Park (pool) improvements, etc. Do you believe this new policy should be readdressed, if not why not, if so, why?

Donnie Calloway

The main concern I have is there is no policy regarding this matter. The board is now addressing this issue on a case by case basis. We have many tremendous organizations that do so much for our town. I don't see how you can determine which one deserves help over another. It was stated at the Forum last Tuesday night that they gave so much money to the town. Then they, like all others should be able to pay their electric bills. This is something we need to be very careful with, it could become a political nightmare.

Amy Patterson

First, we need to remember that utilities (electricity, water, sewer) are enterprise funds. That means that the utility monies are separate from the town's general fund which is mostly funded through taxes. Each utility is run somewhat like a business in that the rates for the utility are set based on how much it costs to provide that utility. For example, electric rates depend on the cost Highlands pays to Duke Energy for the electricity and the cost of delivering it to our customers with the town's electric department. So when we give away a utility, that portion of lost revenue is made up by the rates to the remaining paying customers.

I do not believe the town should give free utilities for several reasons. There are many organizations or groups in Highlands that contribute to Highlands and its citizens. They all should be treated equally. How can the town decide a few are more worthy than others? The argument that these specific beneficiaries are given preferential treatment because they are in town buildings doesn't make sense to me. And it certainly will not encourage conservation or conscientious usage as they do not have to pay regardless of the amount they use or waste.

The main reason I object to giving free utilities is that it then becomes an entitlement. This is not a one-time grant of governmental support to a non-profit to help defray a large capital cost. This is an operating cost and the organizations will expect the free utilities every year. They will feel they are "entitled" to it and will build it into their annual budgets. It will be more difficult to deny them the free utilities in the future.

Obituary

Leonard E. Nylund

Leonard E. Nylund, age 83, of Highlands, NC, died Thursday, October 24, 2013. He was born in Dedham, Massachusetts, the son of the late Leonard Oscar Nylund and Edna Mooreshed Nylund. He was a licensed building contractor, and was a veteran of the US Air Force having served during the Korean War, having flown over 50 combat missions during the

He is survived by his wife of 58 1/2 years, Helen Colby Nylund; a daughter, Lori Nylund of Franklin; two sons, Steven Nylund and his wife Cindy and Bradford Nylund of Highlands, NC; four grand-children and two great-grandchildren.

In addition to his parents, he was preceded in death by a sister, Betty Breede.

Memorial services were held Saturday, October 26th at the Chapel of Bryant-Grant Funeral Home in Highlands, with David Silver officiating.

In lieu of flowers, donations may be made to a charity of one's choice.



Bryant-Grant Funeral Home was in charge of arrangements. Online condolences may be made at www.bryantgrantfuneral-home.com.

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Government should not build entitlements into the town budget that the citizens have to pay for but have no say about

Michael "Bud" Rogers

I think this does need to be read-dressed. I feel like they should have to pay like everyone else. Being a non-profit does not give them special status as there are so many other non-profits that do not receive the same benefits and therefore it is not a fair practice. There are still voters/tax-payers who struggle every year to pay their utilities in the winter especially since the increase in utilities. I would much rather see the money go to those folks to help offset their burden than to the institutions named above who do not struggle to pay their utilities. Let's all face it we would all

be lying if we were to say we haven't had to have help from time to time. The election is almost here and I all about helping people and having fairness across the board for everyone. I am a hard worker and I will work hard for the voters/taxpayers. I feel like I have more to offer being in the business I am in and my background and I bring a lot of common sense to the board. I need your votes. I love my Town. vote me in and I will make a difference. I am looking forward to working with all the Commissioners and Mayor and the people of Highlands. It is time someone takes this job serious and makes a difference in peoples life and in our Town.

• See Q&A page 7



Diane McPhail

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...LETTERS from page 2

ushered us in and began taking Vincent's vitals.

With a smooth, comforting voice she brushed his hair back and told him they would find out what was wrong with him.

He was immediately put on an IV and told to drink. Unfortunately, he doesn't drink carbonated beverages or any kind of juice.

Out of fear for his health, I demanded he drink whatever they put in front of him, but Diana was worried forcing something unpleasant on him might ensue vomiting.

"What would you like, Vincent?" She asked.

"Sweet tea."

Twenty minutes later, she returned with ice tea and packets of sugar. A drink made specifically for him by Diana, due to the fact the cafeteria was closed.

We spent the night with this spirit of Nightingale, watching her grab blankets for my cold mother, offering to bring us snacks if we were hungry, and continuously

• See LETTERS page 6





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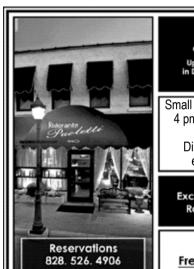
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...LETTERS from pg. 4

catering to my son while manning the ER like a medical warrior.

As we were leaving, we discovered our car had a dead battery at 2:30 am in an empty parking lot. While waiting on a friend to give us a jump, Diana appeared again. She used her break to walk the grounds of the hospital to find someone with jumper cables, and when that didn't work called the Highlands PD.

Thankfully, our friend arrived, so Diana canceled the emergency call, then passed us Vincent's medicine.

When we got home, we found a message from Diana, who'd called us before she'd discovered our truck had died, letting us know we'd forgotten Vincent's medicine and that she was willing to bring it to us on her way home; just another act of kindness from our Nightingale.

So to you, the spirit of Nightingale, who restored our faith and respect in the medical field, you have brought honor to your profession and your town. Thank you, Diana Barton.

The Times: "She is a 'ministering angel' without any exaggeration in these hospitals, and as her slender form glides quietly along each corridor, every poor fellow's face softens with gratitude at the sight of her...."

> Natalie Perrone Otto, NC

• See LETTERS page 8

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Brian Stiehler

I have supported giving free utilities to these organizations for a number of reasons. The Highlands PAC and Highlands Playhouse are town owned buildings. Both have donated tremendously to the town and have used their own money to upgrade their buildings. These are upgrades that the town could potentially have been responsible for. We have a vested interest in the success of both. I look at this as a way of supporting those organizations. The Chamber of Commerce (also a newly town owned building) and ABC Store are quasi-governmental in that both give back financially to the town. The ABC Store is not required by law to give thousands of dollars each year to the Town Scholarship Fund. In the last 3 years, with the help of a great membership at Wildcat Cliffs CC, I have raised over \$65,000 for the scholarship fund. As a Highlands resident with a daughter at the Highlands School, I am passionate about this program started in 1975 by Jack Taylor and others. I will work as Mayor to expand what we are already doing to enhance the scholarship program. In years past, the ABC store wasn't paying \$48,000 a year in rent when they were housed in a town building. When the Police station forced them out, rent became a factor. Furthermore, with competition from the new Cashiers store, the Highlands ABC store is facing real challenges. For the sake of our many fine restaurants and country Ccubs, I support this. I think the ABC store falling under the jurisdiction of a central County location would be detrimental to Highlands. As for the Chamber of Commerce and Visitor Center, they work hard to promote Highlands. Over \$300,000 is collected annually through Occupancy Tax. The State mandates this money be used for the promotion of our town. The more promotion that is done can have a greater impact on town finances. As I mentioned before, our businesses generate sales tax which constitutes 20% of the town budget. This alleviates some burden on taxpayers. These are all organizations that give back to the town or have given to the town financially. In the case of the PAC, they have given us a \$1 million plus asset. It also keeps our town owned building leases consistent. We have a vested interest to see these organizations succeed and this is a small way of helping support them. I have sat on the Finance Committee for the last two years and I am proud of the budgets we passed. We eliminated the town donation to various non-profits for which we have no vested interest. For years, the town gave close to \$50,000 to non-profits in the form of grants. While there are many well deserving, excellent organizations out there (including several I served as chairman of at the time), I am happy this program was discontinued. We need to use taxpayer funds wisely and we need to recognize what is our responsibility and what is not our responsibility

Pat Taylor

Years ago, when I was a school teacher, I learned very quickly that there had to be fair and consistent policies in place to manage a classroom. The same can be said for managing a town government.

I was at the afternoon budget workshop meeting when free utilities were approved for the Chamber of Commerce, The Highlands Playhouse and ABC Store. I was against the policy then and believe it should be readdressed. While the commissioners who voted for the policy may have had good intentions, such a policy has the potential for abuse and discrimination. Certainly, there are other nonprofit groups that can also make a strong case for being included in the free utility policy. Why are these groups excluded? Is it because they do not enjoy the additional benefit of hav-

• See Q&A page 10



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...SUPPLEMENT continued from page 1

mum has been the word on the destination of the allocation.

During Monday night's public comment portion of the meeting, two teachers spoke passionately about what the supplement means to Macon County teachers.

Darlene Fromknecht, president of the MC NC Association of Teachers, spoke first stating flatly that "the state of North Carolina has turned its back on education."

"As you are aware, for the last five years our salaries have been frozen with a meager 1.2% raise for the 2012-'13 school year and that increase was based on the salary we've received 2008-'09 when salary freezes went into effect," she said.

Adding insult to injury, she said "the cost of living has risen 13.4% since 2008, which means, we are living on less than we

were five years ago."

NC Policy Watch recently released information verifying that NC ranks 46th in pay in the US and 44th in per pupil spending.

"That should matter to you because it is a direct reflection on how important education is to NC citizens," she told commissioners.

For years the system has absorbed teacher positions while increasing class sizes with less assistants, while the BOE and state requires expectations for student achievement, "knowing full well that smaller class sizes equal higher achievement for our students," she said.

"This year alone, we absorbed 14 teacher positions and eight assistant posi-

• See SUPPLEMENT page 11

...LETTERS continued from page 6

Stronger noise ordinance needed in Highlands for many reasons

I would like to offer my strong support to Mike Little and Charlie Wolf concerning their call for a new noise ordinance in Highlands.

Although we in the Northeast section of town do not suffer from the obnoxious jake brakes, we are subjected, as most other areas of town, to the whining leaf blower. During the summer months it is extremely rare to have more than a 30-minute break from these noise makers during the daylight hours. This is not just an issue in Highlands. Google "ban the leaf blower" for more information.

In addition to the obnoxious noise, we are subjected to the dust and other matter that is blown around. Much of the organic matter that is blown around could be left to decompose rather than being blown into a drainage ditch where it clogs up the water flow after a strong rain. I ask is it more important to have a perfectly manicured lawn or perfectly clean parking lot or a quieter Highlands?

Isn't it time for the Town Board to

have some dialogue with local landscapers, truckers, business owners, and other residents of Highlands to determine if a new noise ordinance is needed? The recent town meeting was a great start. Let's continue the discussion for a better Highlands.

Ron Ovarlet Tampa-Highlands

Liberals seem to hate all things 'conservative'

Dear Editor,

One of the striking things that one cannot help noticing is the growing hatred among liberals for all things conservative.

In reading an Asheville newspaper it is almost unbelievable the amount of vituperation, name calling, and the most terrible condemnation of Republicans in particular. There seems to be not a grain left of the willingness to see the viewpoint of the other person. This is true of most letters and articles one sees from liberal writers.

The letter from Louis Vitale in the October 24 issue of this newspaper is a good illustration of my point, although Mr. Vitale does not quite reach the extremes of many liberal writers. But he says that "Republicans really don't believe in any form of public assistance." Now, I believe Mr. Vitale would be hard put to back up that statement if asked to do so.

It could be correctly stated that Republicans feel public assistance has been carried to extremes and that it should be more carefully targeted, particularly in view of the fiscal status of the US Treasury at this time. It could also be stated that Republicans feel that it is past time that all "assistance" programs should be carefully looked at with an eye to taking out the excesses as well as moderating the actual harm being done to many welfare recipients.

The gridlock in Washington is particularly bemoaned by liberals. Well, guess what? We may be getting exactly what we are asking for. There is very little spirit of compromise among the voting public. Should we expect our politicians to be something different?

Perhaps, it is time for a little moderation and consideration on all sides.

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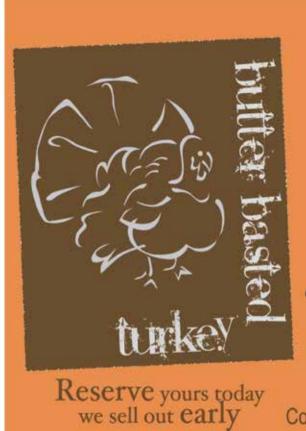
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...TB MEETING continued from page 1

for doing away with the commission.

Conditional Zoning

The process to alter the Conditional Use Zoning District procedure with a new streamlined version called the Conditional Zoning process was unanimously passed by the board. The Town Board will have the final say on any proposed conditional zoning, but all the planning and zoning boards will also weigh in.

Commissioner Amy Patterson said conditional zoning isn't meant to replace the town's regulations pertaining to its zoning districts, but it's another option.

Town Attorney

The board set a special Town Board meeting Nov. 7 at 1 p.m. to interview candidates for Town Attorney. Town Manager Bob Frye said he hopes to have a Town Attorney on board by the November Town Board meeting which is Thursday, Nov. 21.

There are four potential candidates: J.K. Coward, John Henning Jr., Peter A. Paul and David Moore.

New Pool

There hasn't been any discussion about bubbling the pool at the Rec Park for yearround use but at least construction on the new pool is set to begin.



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After negotiations with the low bidder; Conner Construction, the cost of the new pool project has been reduced by \$91,000. To pay for the project, for which the town and county both budgeted \$250,000 for a

total of \$500,000, an undesignated General Fund balance appropriation of \$193,075 has been allocated.

The original low bid was \$689,700

• See TB MEETING page 10



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Page 10 - Highlands Newspaper - Thursday, Oct. 31, 2013 - 828-526-3228

...Q&A continued from page 7

ing a town lease agreement? Furthermore, the Chamber of Commerce is already the recipient of the room tax revenue.

The town imposed a substantial electric rate increase this past year that stressed many households and businesses. While most Highlanders were struggling

with higher utility bills, the Chamber, Playhouse and ABC Store were given a gift of having no utility bills. The giving away of town resources to one group cannot be done without another sector absorbing the costs. Elected officials must be good stewards of town resources. I am committed to

the town providing first rate services at the lowest rates possible. I will not promise to give any group or individual free services.

Recently, the Town Board voted for a fee for children participating in the Recreation Department's After School Program. This policy came on the heels of a change in the town employee health insurance policy that now requires employees to pay over \$3,600 in premiums and incur a \$5,000 deductible toward covering their

spouses and children. I believe the reason for these cost increases was to help balance the budget, and that consumers had to shoulder more of the costs incurred by the town. Yet, some board members voted to grant free utilities to selected community groups. Is it a fair and consistent policy? The answer is no.

Voting Information

Voting places are open from 6:30 a.m. until 7:30 p.m. on Election Day, Tuesday, Nov. 5. Highlands polling place is the Highlands Civic Center (Rec Park). For mayor, voters may vote for one Brian Stiehler or Patrick Taylor.

For Town Commissioner voters may vote for two: Donnie Calloway, Gary Drake, Amy Patterson or Michael David

...TB MEETING from page 9

with engineering design costs of \$44,375, bringing the total to \$734,075.

The revised low bid is \$598,700, engineering design costs are the same; so the revised project total is \$643,075

Commissioners voted unanimously to allocate the necessary funds from fund balance and proceed with the project.

Town Manager Frye said the board could either postpone the project until the 2015 budget year which begins July 1 and not open the pool for the 2014 season, or allocate \$50,000 to repair the current pool for the 2014 season.

Commissioner Patterson said putting it off wouldn't help anything and she would likely vote for it later anyway. The other members agreed.

Weather permitting; the new pool should be open in time for the 2014 Memorial Day weekend.

To reduce the project to \$598,700, the fence will be reduced from eight feet to six feet; the permanent sun shade structure has been eliminated; there will be a fiberglass filter instead of a stainless filter; the low retaining wall on the drive by side will remain, the upfit to the pool house will be limited to complying with ADA requirements; and eliminating the new backwash pit because the existing lift station can handle the job as long as a timer is installed.

Sign ordinance amendments

The Planning Board has been reviewing the sign ordinance for a few months. At Thursday's meeting, Interim Town Planner Josh Ward gave the board the Planning Board's recommendations and asked them to look them over prior to the Nov. 21 Town Board meeting. After a discussion, a public hearing will be scheduled prior to adoption of amendments to the sign ordinance.

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- Kim Lewicki

tions. That equals a monetary savings over the last five years, conservatively, of over \$1 million." she said.

"The teachers and assistants support the students of Macon County and are in the classroom hands-on in the best interests of our students," she said. "I implore you to support the teachers and assistants. Do not take away our 2% supplement."

Another teacher who has a Master's degree whose husband lost his job during the recession, said when forced to live on just her salary, her children qualified for free and reduced lunches in Macon County.

Finance Director Angie Cook said right now the school system is in good financial standing having topped off all oil tanks and with payroll through the end of October in hand.

A 2% supplement for current teacher and TAs would cost \$399,000. Though the county has set aside \$435,000, it only reimburses the system what it spends on supplements; so about \$35,000 would stay in the county's coffers.

The question was: Should the school system give all the 2% supplement in November paychecks or give 1% in November and 1% in the spring of 2014?

Superintendent Dr. Chris Baldwin urged the BOE to split the supplement allocation.

"We do feel comfortable right now, but we still have half a year to go; and due to that uncertainty, I would be for allocating 1% now — with the November paycheck — and allocating the other 1% sometime in the spring of 2014, as long as we

don't need the money for something else. If we have a winter like we did two years ago, we could be in trouble," he reasoned.

Two years ago the system's fuel costs rose unexpectedly with the weather and at least one boiler blew.

"I have a relatively high degree of confidence we will be able to provide the 1% in the spring – unless we face an emergency – and if that happens we might have to go to the MC Commission for more than just the 1% supplement money," he continued. "My goal is to pay the 1% in the spring; my heart goes in that direction, but I don't know what will happen."

Board member Gary Shields made a motion to allocate the 1% now. It died for lack of a second.

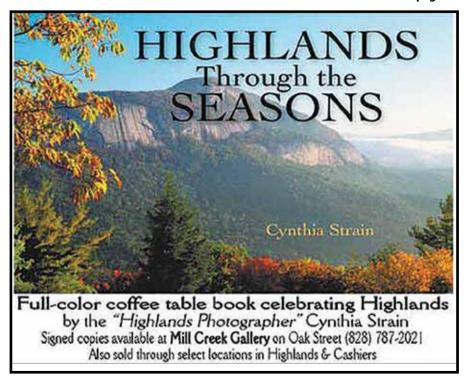
Stephanie McCall said though she appreciates the hard work Cook and Baldwin have done budget-wise, she felt it was important to give the teachers and TAs the whole 2% in November in preparation for Christmas and Christmas vacations.

"The state of North Carolina continues to fail us, said McCall. "I am concerned about how the state is treating our teachers; and I don't want to be a part of it. Considering how much money we spend in the system, this is minimal."

Board member Tommy Cabe agreed.

"We fought hard to get the supplement when surrounding counties and states are getting a lot more than we are right now. It's a slap in the face if we take that away. After fighting for something, I hate to give it up. That's a hard pill to swallow," he said.

• See SUPPLEMENT page 18



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BUFALINA

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PEPPERONI

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UPCOMING EVENTS

Notice

• The Bookworm will be closing on November 1, 2013 while renovations are being made to its space at the Crosby Center on S. Fifth Street, Highlands. The store accepts gently used books that are resold to the public. All profits benefit the Hudson Library. We are excited about the soon to be new look of our space. Re-opening is targeted for lanuary 1, 2014 with the exact date to be announced later. Hurry in before we close to stock up on your reading material for the cool fall and winter days to follow.

Through Tues., Dec. 3

• Bosnia Mission Fundraiser, Help build Barns in Bosnia, \$10 per ticket and win an ipad and more! A 32GB Wifi + Cellular iPad: Value \$729, a 32GB iPod Touch: Value \$299, an iTunes Gift Card: Value \$100. All proceeds to fund the Highlands United Methodist Church Bosnian Mission Trip scheduled for May 2014. Limited to only 1000 tickets sold. You do not have to be present to win. All items shipped directly to you. Tickets can be purchased at the Methodist Church Office at 315 Main Street.

Ongoing

· Macon County Public Health is now giving flu shots on a walk in basis, with no appointment necessary, at the health and human services building located at 1830 Lakeside Drive in Franklin. Flu shots will be given from 8:30 a.m. to 4:30 p.m. Monday through Friday while supplies last. Flu shots are recommended for everyone age 6 months and older. The cost for regular vaccine is \$25 and high dose vaccine is \$45. Insurance may be filed, so bring your card. Please call 349-2081 for more information.

Mon/Thurs.

• Hatha Yoga. 10:45a at the Episcopal Church. 828-482-2128. RYT,YA

Wed.

 Hatha Daybreak Yoga. 7:45a. Coleman Hall in the First Presbyterian Church, 828-482-2128, RYT, YA.

Thurs., Oct. 31

• Highlands Trick-or-Treating downtown from 6-8 p.m.

Fri., Nov. I

- · Weekly movies begin at the Highlands Playhouse. Showings are at 4 and 7 p.m. Tickets are \$8. First show is "Captain Philips."
- Angel Medial Center Blood Drive. 8a-5p. Call Barbara Hall at 369-4166 for

more info or to schedule an appt.

- The High Mountain Squares will host their Veteran Day Dance this Friday night at the Macon County Community Building, GA Road (441 South), Franklin NC from 6:30 to 9:00 PM. Tom Pustinger from Spartanburg, SC will be the caller. We dance Western Style Square Dancing, main/stream and plus levels. Everyone is welcome. For information call 828-371-4946, 828-342-1560, 828-332-0001 or www.highmountainsquare.org
- Bluegrass, Country and Southern Gospel performed by Berrong's Crew. 7 pm at the Nichol's Center, 629 Duggan Hill Drive, Clayton, GA (behind Blue Ridge Music) Admission \$10.

Sat., Nov. 2

 Come to the Mountains for Home-Town Day. The Town of Highlands will be hosting HomeTown Day on Saturday in Pine Street Park from I Iam until 3pm. There will be live music, clogging, farmer's market and craft vendors, tractor hay rides, inflatables for children, a bake contest, greased pumpkins relays, pinto beans and cornbread for dinner and much more. Lonesome Sound will be performing traditional mountain, gospel, country, folk and Americana music from Ipm until 3pm. The Southern Appalachian Cloggers will be performing throughout the day as well. All activities are free except items purchased from farmer market and craft vendors. All donation proceeds will benefit the Town of Highlands Scholarship Fund. For more information or to register for the bake contest or as a farmer market/craft vendor, please call Town Hall at (828)526.2118, go to www.highlandsnc.org, or email rebecca. shuler@highlandsnc.org. Pine Street Park is located at 441 Pine Street in Highlands, NC. In case of rain, the event will be held at the Highlands Civic Center, 600 N. 4th Street, Highlands, NC.

Tues., Nov. 5

· The Highlands Dialogue will be about "The Man Who Quit Money" by Mark Sundeen from 10 to 11:30a at The Hudson Library. (Book can be purchased for about \$15 but a handout is available at the Hudson Library). Our coordinator is Virginia Wilson. Discussions continue through November (we do not meet during December), resume on January 21, 2014, and continue through April. Check your newspaper's "What's Coming" sec-

See EVENTS page 14

Patrick Taylor's Only Yard Sign!



Patrick Needs Your Vote to Create a Town Hall That Will Serve the Citizens

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Page 14 - Highlands Newspaper - Thursday, Oct. 31, 2013 - 828-526-3228

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... EVENTS continued from page 12

tion for the topic of our next meeting. Nov. 7-10

 Culinary Festival Opening Night Gala at Highlands Country Club Clubhouse Thursday, November 7 at 7pm. Tickets are \$75 You can order online at www.highlandsculinaryweekend.com via PayPal or call 828-526-2112 to order via Visa/MC over the phone.

Thurs, Nov. 7

• Taize at Our Lady of the Mountain at 5:30p.

Fri., Nov. 8

· Culinary Festival's Sip and Stroll Friday, I Iam-5pm. Tickets are \$35. You can order online at www.highlandsculinaryweekend.com via PayPal or call 828-526-2112 to order via Visa/MC over the

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Sat.. Nov. 9

 Culinary Festival's Sip and Stroll, Saturday, I lam-5pm. Tickets are \$35. You can order online at www.highlandsculinaryweekend.com via PayPal or call 828-526-2112 to order via Visa/MC over the phone.

Wed., Nov. 13

· Matthew Fox will also lead a Workshop on "The Teachings of the Mystics: Poets of Expanded Consciousness and Perceptions." The Workshop is also sponsored by the Church of the Incarnation. It will be held at the Martin-Lipscomb Performing Arts Center from 10a to 2p. Registration for the Workshop, which includes lunch, is \$30. To register contact the Church of the Incarnation at 828 526-2968. or Diane McPhail at dianecmcphail I@mac. com or E. I. Tarbox at eitarbox I @aol.com.

 The Church of the Incarnation's Sanctuary Lecture Series 2013 invites the public to a Lecture by Matthew Fox on "Mystics: Pioneers of Consciousness" in the Sanctuary at 7 pm. The lecture is free and open to the public.

Sat., Nov. 16

- At The Bascom, from 5-7p, Giving Trees Opening Reception and Nog Off. The Bascom's annual holiday event and a celebration of local artists, organizations and vendors. Sample homemade egg nog recipes and tour the combined opening receptions for In these Mountains and Giving Trees. Call 526-4949.
- NAMI Appalachian South is offering a free in-service for educators, families and others involved in the lives of children, to

increase understanding of the early warning signs of mental illnesses in children and adolescents, and to raise awareness of suicide signs and risk factors, at the Macon County Community Building, 441 South in Franklin, 9:30 - 2:45. Lunch is provided. There is no charge. This workshop also covers the lived experience of mental illnesses and how schools and families can best communicate about mental health related concerns. Please RSVP to Linda Lampkin (828) 369-7184 email: lampkinfl@cs.com or Donita Cline (828) 526-9510 email foursealandscape@ aol.com before Monday, November 4. Sunday, Nov. 17

 At the Episcopal Church of the Incarnation, flutist Christina Smith and pianist Robert Henry will present a recital. offering music of Müthel, Milhaud, Liebermann, and Prokofiev. Christina Smith is principle flutist of the Atlanta Symphony. She joined the ASO as principal flute in 1991 at the age of 20. Her summer appearances include the Blossom, Tanglewood, Sunflower, Highlands, Bellingham, and Marlboro Music festivals. Currently on the faculty at Kennesaw State University, Ms. Smith regularly appears in recitals, chamber music, and master classes throughout the country. She studied at the Curtis Institute of Music. This is a must-see. No tickets - Donations accepted at the door.

Thurs., Nov. 21

· Franklin community blood drive at First Baptist Church. 12:30 to 5p. Go to www.redcrossblood.org to schedule an

Wed., Nov. 27

· The Eastern Star will be selling its pumpkin rolls and pecans in front of Bryson's Food Store. Pumpkin Rolls are \$15. Pre-order both at 526-9582 or 342-4378.

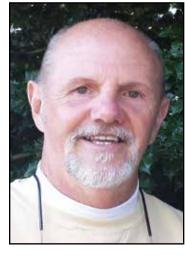
Fri. & Sat., Nov.29-30

 At The Bascom, from 10a to 5p, Artists Marketplace at the Dave Drake Studio. Features a wide variety of homemade original artworks by many of the region's finest artisans, priced to fit any budget. Call 526-4949.

Sat., Nov. 30

•See EVENTS page 15

Donnie Calloway for Town Board



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Home-Town Celebration set for Nov. 2

The Town of Highlands will be hosting HomeTown Day on Saturday in Pine Street Park from I Iam until 3pm. There will be live music, clogging, farmer's market and craft vendors, tractor hav rides, inflatables for children, a bake contest, greased pumpkin relays, pinto beans and cornbread for dinner and much more. Lonesome Sound will be performing traditional mountain, gospel, country, folk and Americana music from Ipm until 3pm. The Southern Appalachian Cloggers will be performing throughout the day as well. All activities are free except items purchased from farmers market and craft vendors. All donation proceeds will benefit the Town of Highlands Scholarship Fund. For more information or to register for the bake contest or as a farmer market/craft vendor please call Town Hall at (828)526.2118. go to www.highlandsnc.org. or email rebecca.shuler@highlandsnc.org.

• Town of Highlands Christmas Tree Lighting festivities beginning at 6 p.m. Carols and visit from Santa.

Thurs., Dec. 5

• Taize at Episcopal Church of the Incarnation at 5:30p.

Sat., Dec. 7

• Town of Highlands Christmas Parade at II a.m.

Thurs., Jan. 2

• Taize at Episcopal Church of the Incarnation at 5:30p.



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We will have live music, clogging, farmer's market and craft vendors, tractor hay rides, inflatables for children, a bake contest, greased pumpkin relays and Pinto Beans and Cornbread for dinner.

Lonesome Sound, a band steeped in the old-time way of performing the traditional style of music native to their home area of Western

North Carolina, will be performing traditional mountain music, gospel, country, folk, and Americana music from 1pm until 3pm.

Southern Appalachian Cloggers will be performing throughout the day.



All activities are free except items purchased from farmer market and craft vendors. All donation proceeds will benefit the Town of Highlands Scholarship Fund.

For more information, please call Town Hall at (828)526.2118.

Pine Street Park is located at 441 Pine St., Highlands, NC 28741





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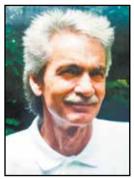
> The Spice & Tea Exchange 330 Main St., Highlands 482-1609

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• Spiritually Speaking •



Confusion about Salvation

Pastor Dan Robinson Highlands Central Baptist Church

"What must I do to be saved?" asked the desperate Philippian jailer (Acts 16:30). In our culture that question seems to have lost both its' intensity and relevance. Polytheism (the belief in many gods) is not limited to the far away, dark pagan lands. It is, rather, thriving in America. We hear it in such phrases as "it doesn't matter what vou believe just as long as you believe" or "all religions basically point to the same god." Not a few are snug and smug in such heresies. Additionally, there exists, not only in our culture, but also in our churches, a similar sort of fuzzy-quasi syncretism. This mindset would attribute salvation to such things as baptism, church membership, good works, heightened social conscience and a mere professing of Jesus Christ as Lord and Savior. Of course, our Lord Himself drew the clear distinctions between professing and possessing (Matthew 7:21-23). Incredible ((don't you think?) that one can be so conscientious about every kind of insurance for every kind of contengiency, environmentally circumspect, socially adept and involved and bordering on fanaticism when it comes to diet, health and exercise...and yet be casual, at best, regarding a clear and unmistakable relationship with Iesus Christ.

The Bible isn't confused about salvation. Neither should we be. Set forth in simple language God says: 1) "All have sinned". (Romans 3:23). I must not be content to judge the severity of my sin based on bad things I do or don't do. Sin is not only what I do...it is who I am. ALL means ALL. 2) We need a Savior. (Acts 16:31). "Believe in the Lord Jesus Christ and you will be saved." This is not intellectual agreementeven the Devil has that. "Believe means repentence from and faith in. Following Jesus Christ is not first of all a religion. It is a relationship. I can come as I am. I just can't stay that way. Repentence means to stop the direction I'm going, turn around and walk a different way. It seems that many in our churches aren't turning away from anything but rather wanting to have and-or continue in every sort of lifestyle and behavior and STILL follow Jesus. Or to say it another way, they want Jesus and whatever else they want. No....that isn't salvation. And those who believe such are tragically deceived. 3) No one knows me better and no one loves me more than Jesus (John 3:16). When I come to Jesus Christ (repenting from my sins and placing my faith in Him alone for my salvation), I am coming to the One who loved me enough to die for me and to pay the price for my sins.

We come to Him by an invitation of grace and mercy. Would you RSVP? Would you do it now? Salvation, after all, is not confusing. It really is that simple.

Proverbs 3:5 John 3:16 ACES TO

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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 CHRIST CHURCH OF THE VALLEY, CASHIERS

Pastor Steve Kerhoulas

Sun.10:30am, S.S 9:30am. Wed. 6pm supper and teaching.

Tue. Guys study 8am, Gals 10am CHRISTIAN SCIENCE CHURCH

283 Spring Street Sunday Service: 11 a.m.

Testimony Meeting: 5 p.m. on the 3rd Wed.

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Pastor Jim Kinard

Sundays: School - 10 a.m.; Worship - 11 Wednesdays -- 7 p.m.

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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

> 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.; School - 9:30

Mondays: 8 a.m. - Men's Prayer Group & Breakfast

HIGHLANDS ASSEMBLY OF GOD Randy Reed, Pastor

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Sundays: Worship - 11

HIGHLANDS CENTRAL BAPTIST CHURCH Pastor Dan Robinson

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Sunday: Morning Worship 10:45 a., Evening Worship, 6:30 p. Wednesday: Prayer Service, 6:30 p.

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Wed: Supper: 6: 7:15 - children, youth, & adults studies: 6:15 -Adult choir (nursery provided for Wed. p.m. activities)

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

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Choir – 6 p.m.

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

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Sundays: School - 10 a.m.; Worship - 10:45 a.m.; Worship - 6 p.m.

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

Pastor Rev. Andy Cloer

Sundays: School - 10 a.m.; Worship - 11 Wednesdays: Prayer & Bible Study - 7

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WHITESIDE PRESBYTERIAN CHURCH

Rev. Sam Forrester/Cashiers Sunday School – 10 am, Worship Service – 11 am

• POLICE REPORTS •

Highlands PD log entries from Oct. 10. Only the names of persons arrested, issued a Class-3 misdemeanor, or public officials have been used.

Oct. 10

• At 11:50 p.m., Robert Ryan Oteri, 24, of Frnaklin, was arrested for contempt of court, perjury and court violatons. He was issued at \$500 bond. His trial Date was Oct. 24, 2013.

Oct. 14

- At noon, officers received a call about a lost deposit book somewhere on Main Street.
- At 12:30 p.m., a shoplifting incident was reported from The Christmas Tree on Main Street where an brown and white bulldog Christmas ornament valued at \$7.95 was taken.

Oct. 15

- At 9:45 p.m., Justin Michael Watson, 20, of Clayton, GA, was arresed for driving after drinking underage. He was issued a \$500 bond. His trial date is Nov. 20.
- At 1:40 p.m., a woman reported leaving her wallet at a restaurant on S. 4th Street.

Oct. I

• At 3 p.m., officers responded to a call about a burglary with non-forced entry at The Bascom.

The Highlands Fire & Rescue Dept. log entries from Oct. 19

Oct. 19.

- •At 9:16 p.m., the dept. was first-responders to Highlands School where a 14-year-old girl had fainted.
- At 10:28 p.m., the dept. was first-responders to assist EMS at a residence on Dogwood Court. EMS transported.

Oct. 20

- At 10:59 a.m., the dept. was first-responders to a residence on Shelby Court. EMS transported.
- At 8:32 p.m., the dept. provided mutual aid to Satolah Fire and Rescue concerning a chimney fire at a residence on Bee Gum Hollow Lane. The call was cancelled en route.

Oct. 21

 At 1:59 p.m., the dept. responded to a vehicle accident on N. 6th Street. There were no injuries.

Oct. 23

- At 9:38 a.m., the dept. responded to a fire alarm set off by burning food at a residence on Bowery Road.
- At 9:44 a.m., officers responded to a fire alarm set off by a steamer at a residence on Bowery Road.
- At 7:20 p.m. officers responded to a fire alarm set off by smoke from the fireplace due to a closed damper.

Sky Valley

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... SUPPLEMENT continued from page 11

But Shields stuck to his guns. "Come March, I would hate to have to look at cutting programs or people. I'd rather have the money in hand to protect them at least for this year. We have to be careful," he said.

In the end, McCall made the motion to allocate the 2% in November paychecks. Cabe seconded it and Board member Melissa Evans carried the vote. Shields voted no. Chairman Jim Breedlove only votes if there is a tie.

Though the county has never reimbursed the school system for supplements for principals, vice principals and directors, the board agreed to ask if it could have the entire \$435,000 so it could consider giving a supplement to other personnel; but agreed just who gets it could be decided later.

It would cost \$48,800 to give a 2% supplement to personnel principals, vice principals and directors.

Though it wasn't budgeted for this year, principals, assistant principals and directors normally get the 2% supplement but the county doesn't reimburse for those. The bus drivers, custodial staff, clerical staff and cafeteria staff have never received the 2% supplement.

Teacher Tenure

Monday night Superintendent Baldwin discussed steps he and principals must take concerning new legislation regarding teacher tenure.

By law, during the 2013-'14 school year, superintendents must recommend 25% of their teachers for a 4-year contract and a \$5,000 raise over those four years beginning with the 2014-'15 school year – based on evaluation performance.

Only teachers who have worked more than three years in the district as of Sept. 1, 2013 are eligible and they are offered the

four-year contract only if they are willing to exchange that contract for career status rights

"This new stipulation affects 278 Macon County teachers and means only 69 of them are eligible for the \$5,000 raise to be given over a four-year period, said Baldwin. "Those 69 are to be selected based on evaluation and proficiency, but we need more criteria to properly evaluate. Plus, giving 69 teachers the raise, leaves 210 out in the cold with no pay increase and no way of explaining why they didn't make the cut."

So far, the state board of education hasn't offered guidance on selecting the 25% pool and the ramifications for those teachers accepting the 4-year contract while giving up career status.

Baldwin sought and got permission to solicit teacher input to determine selection criteria.

"We clearly need some sort of teacher input to ID the teachers and we need criteria to ID the 25%. The difficulty is comparing the performance of elementary teachers to high school teachers; comparing the performance of alternative teachers to early college teaches ... it's comparing apples to oranges because they all do an outstanding job. To tell one they are deserving of a \$5,000 raise over 4 years and telling others they are not ... I just don't see how we are going to be able to do that in any way that's fair," he said.

Breedlove said having to do this is the worst thing he has had to do since his tenure on the school board.

"That something like this has come up; that we have to deal with this is inconceivable, but it is law so we have to do it," he said.

BOE Attorney John Henning, Jr., said first and foremost the MC BOE is a law abiding board and will follow the law and do what it is told to do.

"We can hope that this is repealed or modified in the short session but meanwhile you are instructed to do this and make the best out of a bad situation," he said.

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Kim Lewicki

Breast Reconstruction

By Dr. Robert Buchanan Center for Plastic Surgury

Modern surgical technology makes it possible to construct a natural-looking breast after partial or complete mastectomy (breast removal) for cancer or other diseases. The procedure is commonly started and sometimes completed immediately following mastectomy, so that one awakens with a breast still.

Alternatively, reconstruction may begin years after breast removal.

There are several ways to reconstruct the breast. These include using either one's own tissue, breast implants, fat or a combination of all. Which is used depends on each person's desires, the breast cancer treatment, the quality of the chest skin and what tissue is available to transfer or use in order to construct a breast. Ideally one should consult a Plastic Surgeon before breast removal so that he can work with the breast surgeon to decide which method of removal and reconstruction is best. This frequently allows modifying the mastectomy incision in order to obtain better tissue for the reconstruction. Newer knowledge also makes it possible to leave the nipple/areola in some people without increasing the risk of cancer recurrence.

Insurance companies are required by federal legislation to cover breast reconstruction including matching the two breasts following breast cancer surgery. They are also required to inform

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their policy holders of this availability.

There are several options available to allow one to use their own tissue to make a new breast. Perhaps the most popular is the TRAM (Transverse Rectus Abdominis Muscle) flap. This takes the tissue off of the abdomen that one would normally discard during an abdominoplasty or tummy tuck, and uses it to construct either one or both breasts, depending upon the needs. Since this is a flap, it does require a blood supply to keep all the tissue alive once moved to its new position. This blood supply comes through the rectus muscles, those responsible for the "6 pack." It arrives either through vessels coming down superiorly from the chest along the muscle or up from the groin through the rectus. Either blood supply can be used. When the superior blood supply is used, a portion of the muscle is cut and rotated up to support the tissue making the new breast. When the lower vessels are used, a smaller portion of the muscle is used, but the vessels must be cut from their origin inferiorly and resewn into vessels in the chest or under the arm. This option is available only in larger institutions where support teams are available. The advantage of the TRAM flap is that the donor site is symmetric and is actually improved by the procedure. The surgery itself is relatively easy and requires access to only one side of the body. The tissue moved, being almost totally fatty, is as close to a natural breast as possible.

When there is not enough tissue on the abdomen to perform a TRAM flap, then tissue from the back can be rotated, based on blood supply from the underarm, or tissue from the buttock can be transferred free, sewing the vessels into vessels of the underarm or the chest. The disadvantage of both is that the tissue is on the opposite side of the body from the breast, requires significant maneuvering during surgery and, unless you are reconstructing both sides, the donor defect produces asymmetry. One of the other disadvantages of the tissue off the back, a latissimus dorsi flap, is that it frequently also requires an implant in order to get enough volume for total breast reconstruction.

The most common method of reconstruction (almost 70%) is simple replacement of the breast with an implant. In those with relatively small breasts, especially when a significant amount of skin is removed in order to remove the tumor, a tissue expander may be required first. An expander is simply an implant with either a built-in or external valve that can be filled initially with just enough saline to fit comfortably in the remaining skin without putting any tension on it. Over time, this expander is inflated, usually once or twice a week. beginning as soon as complete wound healing has occurred until

it is slightly larger than the desired size. Time is allowed for scar maturation to a point where it will not contract tightly around an implant. Then the expander is exchanged for a permanent implant. If one has large breasts, we would prefer

> •See HEATH MATTERS page 21

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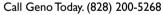
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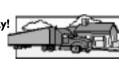
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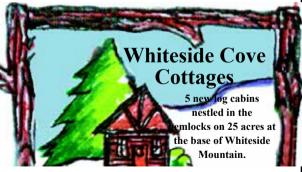
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...HEALTH MATTERS continued from 19

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tion with Implants Task Force writing practice guidelines for

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• Dr. Buchanan practices full time in Highlands and is on the American Society of Plastic Surgeons' Breast Reconstruc-

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SAT., NOV. 2, AT SCALY MOUN-TAIN COMMUNITY CENTER. 8a to noon. If raining, at Scaly Mountain Church of God Fellowship.

HELP WANTED

MOUNTAIN FRESH GROCERY IN HIGHLANDS is hiring skilled, energetic and reliable people for full-time positions in the Deli, on the Grill and as coffee Baristas, Phone 828.526.2400 or email jobs828@gmail.com. (10/31)

SALES ASSOCIATE HIGH END RETAIL CLOTHING STORE IN HIGHLANDS, NC. Seasonal employment. part time to full time, some weekends. Retail clothing sales experience preferred. Please call 828-200-1703. (st. 9/19)

AT WOLFGANG'S RESTAU-RANT - Bartender, waitstaff, bussers. Call Robbie at 526-3807 after 2 p.m.

SERVERS AND DISHWASHERS **NEEDED** for new Japanese Restaurant. Apply in person at 137 Main Street, Wright Square, or call 399-9132. (st. 9/5)

THE HIGHLANDS POLICE DEPT. HAS AN OPENING FOR ONE POLICE OFFICER. The salary is \$30,492.80, DOQ. The Successful candidate must be 21 years of age; BLET-certified; and submit to an extensive background investigation, drug screening, and psychological evaluation. Applicant must possess a valid North Carolina, South Carolina, or Georgia driver's license, for the state which they reside in as a permanent resident. Applicant must successfully complete the Highlands Police Department application process. Contact the Highlands Police Department at 372 Oak Street, Highlands, NC 28741, (828) 526-9431, www.highlandsnc.org/ police/index.html (st. 8/1)

ITEMS FOR SALE

BOWFLEX EXTREME-2 SE. \$800 OBO 828-342-3152 (st. 10/31) **NOW AVAILABLE!** Highlands, North

Carolina...The Early Years Volume II by seventh generation Highlands resident. Angela Lewis Jenkins. Signed copies are available at Wit's End. The Book Nook. The Dry Sink, Mountain Fresh Grocery. The Summer House, Highland Hiker, Bryson's Food Store. The Total Picture. and Mountain Heritage. (10/31)

JACUZZI HŎT TUB. ABOUT 2 YEARS OLD. IN GOOD SHAPE. Suitable for 4-6 people with cover. \$1,900 or reasonable best offer, Call 828-526-0502, (st. 10/17)

OFFICE FURNITURE & FIX-TURES & MISC. Make offer! TLC Associ ates. 365 Franklin Road. 526-5015. (10/31) BODYCHAMP CARDIO DUAL

TRAINER [like an Eliptical] with training dvd. \$85. 828-787-1515 (st. 10/17) KITCHEN ÀID PRÓLINE. SIDE

BY SIDE REFREIGERATOR. 25.3 cubic ft. counter depth. meterorite finish with ice maker, \$3,700, Call 828-526-8584, (st. 10/3) THE LATE COACH BUTCH

SMART'S pine, country French style desk, glass top, \$600. Call 526-8321. (st. 8/8) GENERAL ELECTRIC STOVE.

Almond - Excellent Condition, \$135, 727-599-9168 (st. 8/8) 1994 LE BARON CONVERT-

IBLE. Excellent condition. One owner. Call 478-972-0613. (8/8)

GE OVÈN/STOVE FOR SALE. \$200 or OBO. Call 706-799-4769

PEARL RIVER UPRIGHT PIA-NO - Like new. \$1,950 or OBO. Call Mark. 828-526-4563. (st. 8/22)

SERVICES

FALL CLEANUP SPECIAL! Leaf Removal, Shrub Pruning, Yard Debris including metal, brush, wood, etc. We also specialize in small demolition and tree removal. Call Today For A Cleaner Tomorrow! (828) 200-5268

LOCAL, SINGLE, MATURE, PROFESSIONAL FEMALE looking to house sit in Highlands-Cashiers area 2014 spring, summer, fall. References. Nonsmoking. Nondrinking. Can pay utilities and some expenses. 828-606-1877. (10/31)

3M ENERGY CONTROL WIN-**DOW FILM.** Controls fade damage; reduces utilities. Not dark or shiny. 25 years in Highlands-Cashiers area. (10/31)

MARK'S SEDAN SERVICE. Airport Transportation. Easy Pickup Procedures. Mark9398@live.com. Cell: 239-292-3623. MC/ VISA/AMEX and DISCOVER. Cash, too!

MOUNTAIN MAID HOUSE CLEANING SERVICE - Call Amy at 828-342-2279, references available. (11/21)

HIGHLANDS TAXI & SHUTTLE

 Let Charlie Dasher handle your transportation whether it's to the airport, a special event, or just around town. He provides van service for weddings, and is licensed and insured. 526-8645. (st. 7/18)

HIGHLANDS-CASHIERS

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PUBLIC NOTICE

State of North Carolina



County of Macon Public Notice

PLEASE TAKE NOTICE that the Town of Highlands Board of Commissioners shall meet on Thursday, November 7, 2013, at 1:00 p.m. at the Highlands Police Department, 372 Oak Street, Highlands, North Carolina. The purpose of this meeting will be for conducting interviews for prospective Town Attorneys.

This 23rd day of October, 2013. Rebecca R. Shuler, CMC, NCCMC Town Clerk

Service Directory Ads \$17 for BW/week \$22 for color/week

Classified Ads \$6 for 10 words, 20 cents for each word thereafter \$2 extra for yellow highlight

Advertising in Highlands Newspaper and on Highlandsinfo.com WORKS! For advertising information, call 828-526-3228 or email highlandseditor@aol.com. Lots of options!





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401 N 5th St, Highlands

www.chambersagency.net

Highlands Newspaper - Thursday, Oct., 31, 2013 - 828-526-3228 - Page 23

Highlands Farmers Market in K-H Park Saturdays from 9a to 1p



Fine Southern Cuisine Serving dinner nightly from 5:30

Bar opens at 4 p.m. 526-3636





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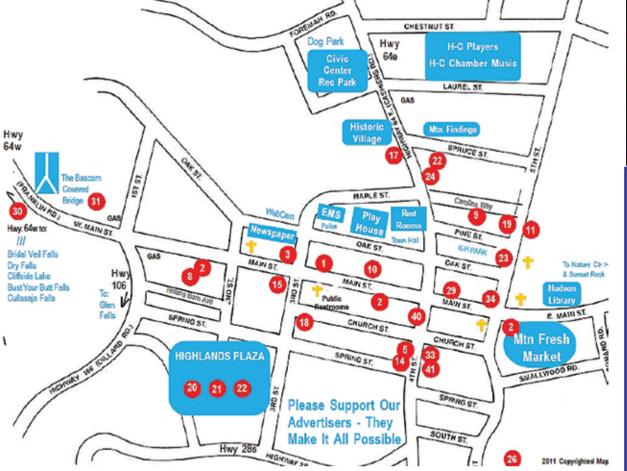
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www.cosperflowers.

The Highlands Food Pantry needs: Toothbrushes, toothpaste, and dried black beans, for the hundreds of needy local families who it serves on a weekly basis. Please drop items off at the **Highlands United Methodist Church** Mon. - Thurs. 8am - 4pm and Fri. 8am - 2pm. Thank you for helping!



Iulie Osborn Realtor Associate Cell: 828-200-6165 Office: 828-526-8784

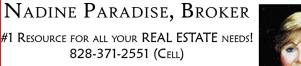
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