

Highlands Newspaper

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Thurs., April 5, 2018

Students' well-being and school safety on front burner for BOE

School safety has been a constant conversation across the nation in the last month, with ev-

erything from arming teachers to locked campuses being debated on all levels.

Last week, during the March meeting of the MC Board of Ed-

• See **SAFETY** page 18

MC officials travel to D.C. to talk with federal leaders

Once a year, local leaders have the chance to meet with U.S. government leaders during the annual National Association of County (NACo) legislative conference. This year, county leaders travelled to Washington D.C. to meet with federal leaders to address specific federal policies that impact the citizens of Macon County.

Macon County Board of Commissioner Chairman Jim Tate, along with Vice Chair Ronnie Beale and County Manager Derek Roland made the trip and spent the week meeting with leaders such as Congressman Mark Meadows.

The week was spent discussing matters that directly impact Macon County residents such as securing a long-term plan for

• See **LEADERS** page 19

Elementary students enjoy a field trip to the movies!



Last Thursday, the day before Spring Break started, Highlands School kindergarten, first- and second-graders took a field trip to the Highlands Playhouse for a special viewing of the movie "Ferdinand." They each brought a flower they created in Ferdinand's honor.

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Kenter leads Hurricanes at 'Tarheel' Swim Meet

Through March 23-25, eight Highlands Hurricanes elite swimmers, traveled to Greensboro, NC for the USA Swimming Tar Heel States Meet.

There were approximately 1,000 swimmers at the meet, which was held in the Greensboro

Aquatics Center, a national class facility. The top eight in each event were awarded ribbons. Hurricanes winners were: Chase Kenter; Conner Hughes; Masyn Smith; Finneaus Garner; Jordan Powell; Elias, Jelehna and Aniah

• See **KENTER** page 15

MC Sheriff's Office asks Hispanic community's help in solving murder

Last Wednesday morning, March 28, two deputies with the Macon County Sheriff's Office stopped to investigate an abandoned 2003 Chevrolet Silverado on the side of the road in the Holly Springs Community, just a mile outside of Franklin when they found two male bodies.

The vehicle, which according to reports had been on the side of the road since as early as Saturday, was located off Jack Caba Road.

MCSO deputies noticed the vehicle keys, along with personal items were still inside the cab of the truck.

While trying to gain additional information, deputies looked in the back of the truck, which was covered by a fiberglass tonneau cover and found the bodies of two deceased males. The MCSO immediately contacted the State Bureau of Investigation for addi-

• See **MURDER** page 17

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• THE PLATEAU'S POSITION •

• MAYOR ON DUTY •

On writing a weekly column...

I don't know what to write about this week. The mayor has writer's block! I frequently receive positive feedback from folks who tell me they read my column. I am always honored that people take time to read what I have to say about what is going on in town government. This feedback motivates me to continue writing every week.

A major goal each week is to keep the column limited to exactly 500 words. If I go beyond that number I know I am not conveying information clearly. Invariably, my first draft of the column is somewhere between 550 to 650 words. I then do a second review where I assess just what I have written, and what I really need to communicate.

By the third draft I am usually approaching 520 to 530 words. At that point I try to use economical sentence structure to refine what I am attempting to communicate. The exercise normally stops when I attain 500 words.

It takes me about an hour or two to write a column. There have been a few pieces where I exceeded the 500 count because I just can't address an important issue with fewer words. Those situations are few and far between.

Life is ironic. I took journalism in high school and my teacher, Mable Wolinski, was



Highlands Mayor
Patrick Taylor

not impressed with my journalistic potential. Upon completing the class, several of my friends were selected to serve as prestigious staff members of the school newspaper, The 'Dosta Outlook. Needless to say, I was not selected. My contributions were occasional cartoons created from my bedroom desk.

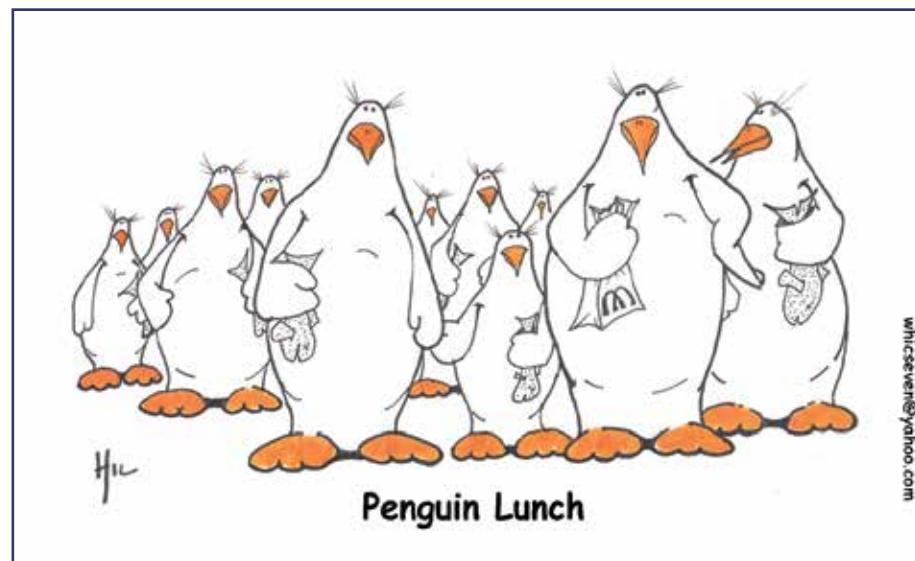
Ms. Wolinski was right, I wasn't a writer. I couldn't spell, my sentence structure was pitiful, and my thought patterns were contorted at best. I received a merciful C in her class.

Educators have developed continuous assessment models. All initial assessments involve grading class performance. Later assessments focus on longterm outcomes. In the longterm I went on to do some reporting and writing for my college newspaper. The editor also assessed my efforts as marginally acceptable. Frankly, they had nobody else to write for the paper. I must say I had one "Pulitzer Prize quality" article where I conducted a street interview with Lester Maddox during his successful campaign for governor. I probably got the interview because I was the only reporter covering him that day. The editor was shocked by my insightful analysis that he was a viable candidate.

In the longterm, I have probably written more newspaper articles than my schoolmates of those past newspaper staffs. Hopefully, I have obtained a modicum of redemption. My journalism teacher taught me important lessons that I still remember and struggle to practice, like creating a good lead, and writing at a simple fifth grade reading level. I would be challenged to write beyond that level, and I am plagued by stupid mistakes like calling a bald eagle a "ball" eagle in a recent piece.

I truly value communicating with Highlanders by writing this weekly column.

• HIC'S VIEW •



• LETTER •

Annual school fundraiser raises \$8,500

Dear Editor,

On March 24th, the Macon County Public School Academic Foundation held its 31st Annual Auction fundraiser in Franklin for the benefit of teachers and students.

With their donations of goods and gift certificates, Highlands business owners played a large role in raising over \$8,500 for teachers to use for classroom project materials and field trip experiences. Let it be

known that public school teachers here in town and around the county are grateful for their continued support. Please visit www.facebook.com/maconcountyAF for more information about the Academic Foundation.

Brian Aulisio
MCAF Highlands School
Representative

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Letter Policy:

We reserve the right to reject or edit letters-to-the-editor. **No anonymous letters will be accepted.** Views expressed are not necessarily those of Highlands Newspaper.

• WEATHER •

	Friday 4/6		Saturday 4/7		Sunday 4/8	
	Daytime	Overnight	Daytime	Overnight	Daytime	Overnight
Temp ○	58 F	43 F	50 F	21 F	52 F	34 F
RealFeel®	60 F	40 F	49 F	33 F	59 F	30 F
Winds ○	5 g 8	4 g 6	7 g 10	5 g 9	5 g 9	5 g 8
T-Storms ○	8%	30%	40%	0%	0%	5%
Rainfall ○	0	0.25	0.82	0	0	0
Snowfall ○	0	0	0	0	0	0

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• OBITUARIES •

Deborah Teresa Mackie

Deborah Teresa Mackie, 61, of Scaly Mtn., NC passed away Monday, December 11, 2017. She was born in Winston Salem, NC to the late Hugh Edward and Ollie Ada Styers Mackie.

Deborah was in the hospitality industry for 37 years and she was a very successful realtor in the Highlands and Scaly Mtn. area for 16 years. During her time at Keller Williams, she served as the President of the Highlands-Cashiers Board of Realtors. She was an excellent cook and loved to prepare delicious food for family and friends. She loved gardening, hiking, Lexington Style barbeque, sunsets and cats.



In her earlier years, Debbie attended Boonville Elementary School and was a member of the Starmount High School Class of 1974. She was a majorette in the Starmount band and member of the National Honor Society. After high school, Debbie attended Western Carolina University and majored in Accounting. Debbie was known throughout her life as a loving and kind hearted person. She was brave and humble as she persevered through breast cancer 15 years ago. In her last months she battled cancer again, but was not able to overcome it this time. During her last days,

she knew she was in God's will.

Survivors include her devoted husband, Peter Joseph Roth of Scaly Mtn., NC; her beloved cat, Lexie; a very special sister-in-law, Jane Mackie, and her aunt, Annie Maude Stimson. She also leaves behind many dear friends and extended family members.

In addition to her parents, she was preceded in death by her brother, Larry Edward Mackie.

A "Celebration of Life" service is planned for the spring.

Online condolences are available at bryantgrantfuneralhome.com. Bryant-Grant Funeral Home and Crematory is serving the Mackie family. A gofundme account has been established to help defray medical costs. <https://www.gofundme.com/love-healing-for-debbie-mackie>

A memorial service will be held 1 pm on Sunday, May 20, 2018 at the Sapphire Valley Community Center.

• See OBITUARIES page 8



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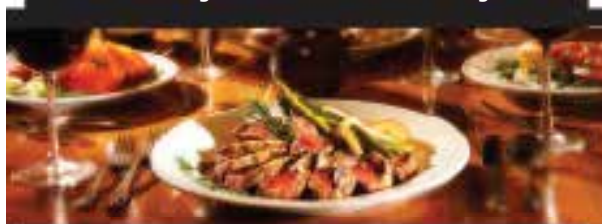
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• HEALTHY LIFESTYLE CONCEPTS •

Better Health Starts In The Gut

Unfortunately, digestive disorders are on the increase. About 38 million Americans suffer from a variety of digestive problems such as GERD, irritable bowel syndrome, celiac disease, food allergies, diverticulitis, ulcerative colitis, and Crohn's disease. Approximately 25 million Americans have daily heartburn and it is estimated that 20% of the adult population have irritable bowel syndrome. Celiac disease, once considered rare, is now thought to affect 1 in 133 people, and food allergies have increased alarmingly.

Why is this happening? Several reasons come to mind: stressful lifestyles, environmental pollution, and the American diet are a start. The standard American diet tends to be high in carbs and sugar and low in fiber and healthy fats. Not only can this contribute to digestive problems but also to obesity, diabetes, heart disease and cancer, as we know. Another factor in the increase of digestive disorders is an imbalance of gut microbes.

But how can illness be related to gut health when the stomach feels just fine? Because digestion has multiple phases, but poor function in any phase can contribute to many illnesses, including allergies, autism, autoimmune disease, and chronic fatigue syndrome. When the proper function of the gut has been challenged, the effects can initially be subtle, but over time become profound. They say we are what we eat, but more truly, we are what we absorb.

The first phase of digestion takes place in the mouth and the second phase is in the stomach, which alerts us with pain, bloating or gas when something is wrong. This is where food is mainly broken down. The third phase takes place in the small intestines, which don't always have a direct way to tell us there's a problem. Here food is further digested and then absorbed into the body. The fourth phase (elimination of waste and



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toxins) takes place in the colon. If food is properly processed in the mouth and stomach, the intestines will receive partially digested food that it further breaks down using enzymes and beneficial bacteria.

These enzymes can be low from poor eating habits or chronic illness. Temporary replacement with plant enzymes is often warranted. Beneficial bacteria can also be out of balance due to antibiotic use, heavy metal toxicity, steroid prescriptions, birth control pills or an unfriendly gut environment. This imbalance can range from a simple lack of normal bacteria to an invasion of infectious species (including parasites and yeast). Reestablishing a healthy bacterial population is essential to getting the intestines back in order, like spreading grass seed on a lawn to crowd out weeds. The intestines have a lining to act as a barrier. When inflammation disrupts this barrier, unbroken down food can pass through and enter the body, an all too common condition known as "leaky gut".

The immune system responds to these large food particles as invaders. This signals other immune factors, resulting in a heightened immune response, which can lead to allergies, autoimmune disease or arthritic-type pain. Gut wall inflammation can also decrease the ability to absorb food properly, leading to low body nutrients. Thus, healing the lining is the place

to begin gut rehabilitation.

Common Irritants/Causes of Inflammation

In recent years we have come to appreciate our body's amazing ecosystem, the balance of friendly and potentially harmful microorganisms that live in our gut. This balance can be disturbed by antibiotic therapy, birth control pills, steroid drugs, chemotherapy, physical and emotional stress, as well as by food allergens, preservatives, food dyes, MSG, aspartame, steroids and hormones in meats, coffee, cigarette smoke, pesticides, salon products and building materials.

When out of balance, harmful bacteria, yeast or parasites can overgrow. This is called intestinal dysbiosis. Friendly bacteria in our gut are of prime importance in keeping our digestive tract as well as our immune system healthy. What is not always easily recognized is that poor gut health also greatly contributes to many systemic conditions: such as allergies, asthma, eczema, ADHD, autism, chronic fatigue syndrome, fibromyalgia, arthritis, headaches and insomnia. Fortunately, many of these conditions can be improved with treatment. There are many ways to look for and treat nutritional deficiencies, low stomach acid, intestinal dysbiosis including yeast, food allergies and heavy metal toxicity. Resting the gut with a short-term allergy free diet, is critical for healing acute inflammation. A long-term method of avoiding inflammation is to rotate irritating foods out of the diet for 3 to 4 day periods. An individual should ideally identify which foods they are personally sensitive to, but a good starting point is the "Dirty Dozen" or top 12 food allergens: wheat, egg, corn, peanuts, cow's milk, soy, chocolate, shellfish, nightshade vegetables, oranges, tree nuts and alcohol.

In ADHD, for example, food

• See HEALTHY page 7

... HEALTHY continued from page 7

allergies and yeast overgrowth in the intestine can exacerbate or cause hyperactivity and attention deficits. There are many studies that show an improvement in ADHD behaviors when allergies are addressed by elimination diets or desensitization. And according to parent rating surveys collected from thousands of parents by the ARI (Autism Research Institute), a gluten-free casein-free diet resulted in improvements in 66% of autistic children, food allergy treatment caused improvements in 64% of autistic children, and an anti-Candida diet had good results in 55%. So what are some things we need to maintain good digestion, absorption and elimination?

Healthy digestion actually begins with making the time to enjoy an unhurried and relaxing meal. Many studies have proven that it is not just WHAT we eat, or WHY we eat that is important-

it is also HOW we choose to consume a meal: whether we are sitting at a table with a relaxing view or driving in rush hour traffic will have an enormous impact on how well we are able to digest our meal. Taking a moment to be thankful for our food is a wonderful way to prepare both body and mind to slow down so that it can properly receive a meal.

Secondly, adequate stomach acid is very important to sterilize food, start the breakdown of proteins and act as a signal for the release of bile when the acidic food bolus reaches the small intestine. Chronic use of antacids and an infection called H.pylori can cause low stomach acid. If stomach acid is low, proteins are only partially broken down, and food allergies can result. Also, minerals like iron and calcium are poorly absorbed without adequate stomach acid. Low stomach acid is also associated with increased inhalant aller-

gies, asthma and skin conditions like eczema.

Other factors needed for adequate digestion are bile, enzymes, normal peristaltic action (movement of the gut muscles to help the food bolus travel down the gut), a healthy intact gut lining, plenty of friendly bacteria, adequate fluid and fiber in the diet and healthy eating habits. Avoiding or minimizing environmental toxins is also extremely important. Heavy metal toxicity, mercury in particular, affects digestive capacity by poisoning enzymes and chelation therapy to remove heavy metals can have marked benefits for a wide range of conditions, among which are autism and ADHD.

Importance of Beneficial Bacteria & Fermented Foods

A wealth of research has been conducted in the last several years on the use of probiotics or good bacteria for gut health

• See HEALTHY page 11



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... OBITUARIES continued from page 5

Lois Marie Potts Keener

Lois Marie Potts Keener, 83, of Highlands, NC, passed away on Friday, March 23, 2018.

Lois was born in Highlands, NC on June 25, 1934. She was the daughter of the late Arthur Bailey "Shine" Potts and Pearl Crane Potts. Lois married James Keener on April 6, 1957. They had two children, Jimmy and Tammie.

In addition to her parents, she was preceded in death by her husband, James W. Keener and brother James "Jimbo" Potts. Lois was a member of the First Baptist Church and Highlands Assembly of God.

She is survived by a son, James Keener, Jr. (Leslie) of Brevard, NC; a daughter, Tammie Hall (Sandy) of Tucson, AZ; three sisters, Mattie Calloway, Kathleen Roper and Lina Birch; three grandchildren, Terri Keener, Chris Keener and Corey Hall; one great granddaughter, Faith Bryson; two step grandchildren, Jonathan Childers (Nikki) and

Melissa McKinna (Shawn) and step great grandchildren, Mason Childers, Nathaniel Childers, Oakley Childers, Weston Childers, Gabriel McKinna and Daenerys McKinna.

Lois will be remembered for her strong Christian faith, love for her family, friends and community, crocheting baby clothes or holiday decorations, reading and playing bingo.

A Memorial Service was held Thursday, March 29, 2018 at the First Baptist Church of Highlands.

Memorial donations can be made to the First Baptist Church of Highlands, 220 Main Street, Highlands, NC 28741 or Eckerd Living Center for use with bingo prizes, library books or crafts.

Macon Funeral Home was in charge of the arrangements. On-line condolences can be made at maconfuneralhome.com

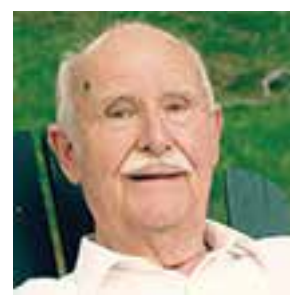
William L. 'Bill' Reynolds, Jr.

William L. "Bill" Reynolds, Jr. of Highlands, NC, age 89, passed away on March 24, 2018. He is survived by wife, Elaine Westphal Reynolds of Highlands and sons Charles K. Reynolds and wife Christine of Franklin, NC, William H. Reynolds of Marietta,

GA, Frank Andrew Reynolds and wife Lori of Marietta, GA, daughter Marni Rose Reynolds of Minneapolis, MN, and step-daughter Susan Coffeen of Long Creek, SC. Surviving grandchildren are Arthur Reynolds Potts, Amy Anderson, Catherine Reynolds, Carah Reynolds, Macy Samuels and Lily Reynolds and great grandchildren Cayden Anderson and Chase Anderson and a sister Emily Reynolds Thomas Dale of Jacksonville, FL.

He was born on January 19, 1929, the son of the late William L. Reynolds, Sr and Rose Sneider Reynolds of Jacksonville, FL. He moved with the family to Keystone Heights, FL in 1941 and graduated from Melrose High School, Melrose, FL, attended the University of Florida in Gainesville, and served in the US Navy. In 1959 he opened and ran an independent insurance agency in Keystone Heights until his retirement and move to Highlands in 1982.

He was a benevolent and loving humanitarian, devoting years of service to community, church, and Rotary Club in Keystone Heights and Highlands. He was an avid fisherman and bird hunter. But his first love was his family. Loving friends and family never tired of his many hunting/fishing



stories and jokes. He was loved by all and will be sorely missed.

A memorial service will be held on Saturday, April 7, at 1 p.m. at the United Methodist Church, Highlands, NC.

In lieu of flowers, friends are encouraged to make donation to Four Seasons Compassion for Life Foundation, 221 N Main Street, Hendersonville, NC 28792.

Bryant Grant Funeral Home and Crematory, 828-524-2411 in Franklin, NC is in charge of arrangements and an online guest book at www.bryantgrantfuneralhome.com is provided in which friends and family may share a fond memory or write a kind expression of sympathy to those who are grieving.

Nona Paralee Poindexter Reese



Nona Paralee Poindexter Reese, 100, passed away March 31, 2018.

Mrs. Nona was born in Macon County October 3, 1917 to the late James Albert Poindexter and Lula Mae Ledford Poindexter. She was married to the late William Howard Reese who preceded her in May of 1990.

Mrs. Nona was a member of the Satulah Club in Highlands and she was of the Baptist faith. She was a loving wife, mother,

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• WORD MATTER •

Future of the Veterans Administration

Last week, President Donald J. Trump fired the Secretary of the Department of Veterans Affairs, David J. Shulkin. In what has to be one of the most thankless jobs in American government, his replacement, Dr. Ronny Jackson, will become the 10th Secretary of Veterans Affairs since the current iteration of the department was established in 1989. That's about one secretary every three years.

Perhaps the reason secretaries of the VA don't stay longer is because the VA has devolved into an exercise in impossible governance. It's overextended and underfunded. It's also an antiquated concept attempting to execute an unworkable business model.

Our failure to provide adequate healthcare for the millions of American men and women who served and sacrificed for our country is a national disgrace.

I don't say these things lightly. I'm a proud veteran. I served in the U.S. Air Force from 1961 to 1965 and was honorably discharged. The VA guaranteed my first mortgage. If the VA changed its focus from that of a direct service provider to an earned benefits delivery organization, in the image of the Social Security Administration, it could transform itself into one of the most effective and efficient entities in the federal government.

In 2014, the VA had 341,000 employees. It likely has more today. The Social Security Administration, by comparison, has 60,000 employees. There are 8.92 million veterans enrolled in the VA's health care system. There are 56 million Americans receiving Social Security benefits. If healthcare services for America's veterans were provided by civilian physicians, clinics and hospitals, but paid for through the Veterans Administration's existing pension disbursement infrastructure, on the same or a similar reimbursement schedule as Medicare and Medicaid, the cost savings would be significant and the veterans would receive their care in a much more effective and timely manner.

The VA already does this successfully



Bud Katz

in the disbursement of Veterans' pension benefits. Why then, does the VA persist on engaging in activities in which it doesn't excel, such as providing health care in 150 hospitals and 820 community-based clinics? Do veterans live in only 150 communities, or even 820 communities? Of course not. Veterans live everywhere, both in the United States and around the world. But if they wish to access their earned healthcare benefits they often can only do so at one of these facilities.

The VA built these facilities at great cost to American taxpayers but has failed when it comes to actually delivering, in an effective and efficient manner, the health care services their constituents need and deserve. The U.S. government doesn't build hospitals and clinics to provide Medicare and Medicaid services to America's elderly and poor. We, taxpayers, provide payment for these services, and both Medicare and Medicaid patients receive these healthcare services more effectively and efficiently than do America's veterans.

A few years after I left the Air Force in June of 1965 I applied for, and was granted assistance with college tuition under the Servicemen's Readjustment Act of 1944, better known as the GI Bill. I wasn't sent to a GI or Veterans University built at taxpayer expense. There weren't any of those. There also weren't any GI or Veterans professors hired at taxpayer expense conducting the classes. I attended the college of my choice, which was staffed by professional professors. Payment was sent directly to the school I attended. It was quick, easy and it worked.

Veterans have earned their benefits. The U.S. Department of Veteran Affairs no longer needs to be in the business of providing direct services, or building facilities such as hospitals, clinics, nursing homes, rehab centers, even cemeteries. Veterans aren't and shouldn't be separate from the rest of society. They are us.

The time has surely arrived when our nation can agree that veterans deserve at least the same quality healthcare as the rest of society. It's time to honor the commitment. Pay for the promises made to America's veterans and let them decide on their own physician, hospital and final resting place.

New bricks to be installed Memorial Day Weekend

Deadline to order bricks is May 1.

On Saturday May 26 another 40 memorial bricks will be added to the 67 at the Veterans Memorial Park in front of the Highlands Police Station on Oak Street.

The park was made possible by the generous donation of Diane and Ray McPhail in 2016. In addition, the Park was an outreach of the 2015-2016 Class of Leadership Highlands.



The deadline for signing up for a brick for installment Sat., May 26 is May 1st.

The next dedication will be Veterans day in November.

The first brick is \$50 and a second brick is \$40. Proceeds go to Highlands American Legion Post 370.

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ALL ABOUT BOOKS

•THE INK PEN•

Which children's books do you remember?

Seeing a Facebook post about best loved Golden Books took me on a trip down memory lane as I recalled my favorite childhood books.

High on that list was "The Poky Little Puppy," and a bit of research revealed that it ranks as the top-selling children's book of all time. When I tried to call to mind other Golden Books I loved, "The Three Little Kittens" was the only additional one that popped up.

Never fear, I recall plenty of other books I enjoyed. I have fond memories of Mom taking me to the library, I think on Saturdays. "Angus and the Ducks" is one of the books I checked out repeatedly. It's the story of a little black terrier who discovers ducks one day when he sneaks out of his house. As an adult, I thought

of that book every time I saw a friend's dog run into the lake to chase the ducks.

I have forgotten plenty of books from my early years, but I had a delightful experience surfing Amazon. It took seeing the covers to make me remember my favorites.

If my memory of the covers is that vivid, I know I must have read those books over and over. When I clicked on Angus, I was rewarded with the cover of "Make Way for Ducklings," triggering another happy memory.

The "Curious George" series was another favorite, one that has stood the test of time. This sum-



Kathy Manos Penn

mer I spent the day with my high school friend Beth as she made my dog a royal purple robe—you know about Lord Banjo and his robe, right? I had to laugh when I discovered she'd been making party favors for her grandson's Curious George birthday party just the week before.

I still have my three Dr. Seuss books. They came in the mail as part of the Beginner Books series by Random House, which also included non-Seuss books: "Stop that Ball," "Cowboy Andy," and "The King's Wish."

Another book I could remember even without seeing the cover was "The Five Chinese Brothers." Before locating it on

Amazon, I thought to myself that in this age of heightened sensitivity, it had probably been banned. I couldn't readily remember the story, but the description, "a dramatic retelling of an old Chinese tale," makes it seem harmless enough.

Trigger warning! The childhood book that has indeed been banned from some libraries is "Little Black Sambo," originally published in 1899. Because the title and illustrations in the original are considered offensive, it was reworked in later tellings. The title and the setting change, but the story remains the same: "[A little boy] encounters four hungry tigers and surrenders his colorful new clothes, shoes, and umbrella so they will not eat him. The tigers are vain, and each thinks he is better dressed

than the others. They chase each other around a tree until they are reduced to a pool of melted butter; [the boy] then recovers his clothes, and his mother makes pancakes of the butter."

To end on an uncontroversial note, I also spied "The Story of Ferdinand," a book that's now been made into an animated movie. What wonderful childhood memories.

• Kathy Manos Penn is a Sandy Springs resident. Her latest book, "Lord Banjo the Royal Pooch," and her collection of columns, "The Ink Penn: Celebrating the Magic in the Everyday," are available locally at the Molly Grace in Highlands and Books Unlimited in Franklin and are also available on Amazon. Contact Kathy at inkpenn119@gmail.com.

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... HEALTHY continued from page 7

in both children and adults. It seems that without friendly bacteria our immune systems would not develop. We don't often think of our gut when we think of the immune system, yet 80% of our immune tissue actually resides in the gut and is called gut-associated lymphoid tissue or GALT. A newborn baby's gut is sterile. It acquires microorganisms during delivery, and then from the environment, which then colonize the gut. Experiments done on monkeys have proven that without these friendly bacteria the immune system does not mature. One of the common types of harmful overgrowth in the gut is yeast or Candida overgrowth. Intestinal yeast can cause a variety of gut symptoms such as bloating, indigestion, constipation, diarrhea, and leaky gut. Yeast also produces toxins which can get absorbed and cause systemic symptoms such as sinus congestion, joint pains, headaches, foggy, fatigue, and depression to name a few.

The intestines are the first line of immune defense, disabling invaders before they can get into the body, as well as our pathway to assimilate what we need to survive. Soluble and insoluble fiber can help them stay healthy by absorbing toxins, waste products, and excess hormones and fats and carry them out the back door as they go. Fiber builds bulk which stimulates the gut to contract and empty, improving both constipation and diarrhea, and is also the primary food source for normal bacteria in the gut. As well as including lots

of fresh, organic vegetables and fruits that provide fiber, the biggest part of "eating right" includes limiting sugars and grains. If you are eating as many sugars as the typical American, then you are feeding the "bad" bacteria rather than promoting the "good" bacteria that help protect you from disease.

In addition to limiting the sugar and grains you eat, it's also necessary to eat plenty of rich probiotic sources, and these come from fermented foods. Fermented foods are part of nearly every traditional culture. As far back as Roman times, people ate sauerkraut because of its taste and benefits to overall health. In ancient Indian society it became commonplace (and still is) to enjoy a before-dinner yogurt drink called a lassi. Bulgarians are known both for their longevity and their high consumption of fermented milk and kefir. In Asian cultures, delicious and healthy pickled fermentations of cabbage, turnips, eggplant, cucumbers, onions, squash and carrots still exist today. If you can avoid exposure to both the external and internal toxins and allergens, and eat a diet rich in whole and fermented foods that have NOT been pasteurized, then you are on your way to reversing the many disorders that start in the gut and enjoying vibrant overall health.

Sources:

Wall Street Journal January 13, 2009;

Science Daily October 22, 2009; 2009

Food & Nutrition Conference & Expo, Denver, CO, October 17-20, 2009

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Spring Home Improvement

3 Major Home Renovations that are Worth the Effort

(StatePoint) Building a new home? Overhauling an existing one? Here are three renovation ideas that will add beauty and value.

Expand Your Living Space

Don't let that basement sit unfinished and unused. Substantially expand your home's livable areas by turning your attention to the bottom floor. Finishing a basement is an involved project, potentially requiring electrical and plumbing work, insulation, drywall and more -- but the end result is worth the effort and expense. What's more, some of the less technical aspects

of this renovation could even be DIY-ed.

Before getting started, consider what type of space would most benefit your household long-term. You may even be able to recoup some cost of the investment. For example, turning your basement into an at-home fitness center means ditching the costly gym membership. Want to reduce time and money on your commute? Your basement may just make an ideal home office.

Add a Focal Point

Is your interior design in need of a little something? The right eye-catching elements can make a room pop while adding vitality to your living spaces. A fireplace, for example, adds ambiance and comfort while also creating a natural



gathering space.

What's more, new models pair the charm of a traditional open-front fireplace with the design flexibility of gas models. The Phoenix TrueView from Heat & Glo offers the convenience of gas without the glass, giving homeowners an unobscured view of the flames against the traditional brick or fade-resistant reflective black glass liner. An optional

Bluetooth speaker system allows one to hear the fire as well as see it -- making it a focal point for the ears as well as the eyes.

Boost the Backyard

If you find that your household spends very little time in the backyard, figure out why. Is there a lack of shade? Are there not enough places to sit? Take a poll so you can diagnose the problem and take steps to correct it. Consider also how to make this space usable for a larger portion of the year, such as adding a fire pit or an enclosed, heated patio. Lastly, consider aesthetics. A bit of landscaping can make your backyard as visually appealing as your home's interiors.

This season, consider the renovations that will go furthest to boost your home's livability, beauty and value.

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Spring Home Improvement

Innovative New Looks for Your Kitchen Renovation

(StatePoint) Renovating your kitchen? Think about making updates that will add beauty and functionality to one of the most important rooms in the house. Here are a few innovative new looks and ideas to consider including in your plans.

Add Geometry

Geometric tile designs can create a bold modernized look in your kitchen, whether you're adding a backsplash or redoing the flooring. Get creative by adding a mosaic design as trim around the perimeter or as a central point of focus.

Create Your Focal Point

Enhance any kitchen with an impressive new range that combines the functionality and green energy features of a modern appliance with the charm of old-world design. If you want an opportunity to tailor this look to your own specifications, consider those from ILVE. Known for their handcrafted Italian appliances, they have added even more ways to customize their ranges with a new, traditionally inspired solid door option for the ILVE Majestic Collection.

Completely windowless, this model features a decorative country-style handrail on the oven door(s) and is available in a range of sizes and colors, from neutral tones like gloss black and matte graphite, to custom statement colors like ultra-marine blue or ruby red.

Three trims -- brass, bronze and chrome -- give homeowners even more options when creating a look for the kitchen that is truly their own. For more information, visit ilveappliances.com.

Get Cozy

Create a lounge in your



kitchen with some furniture that lets you kick back and relax. A nook that contains a loveseat or couch, along with a small bookshelf and side table, may become your new favorite place to look through cookbooks or read a few pages of a novel while you're waiting for the dough to rise. If possible, create this area in a sunlit corner

of the kitchen that's convenient to where the main cooking action takes place, so that those giving the chef a little company will have a comfortable place to sit and chat with their host.

Innovative new looks for your kitchen can transform the space into one that's more functional and beautiful.





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Adulting in real estate

The term adulting has gone viral on social media, and in case you're not sure what it means, it's a simple word, often used as a hashtag explaining ones struggle with facing adult responsibilities such as getting married, having children, and well, ordinary situations in which adults are faced. #Adulting or #AdultingIsHard is huge on sites like Twitter and Instagram. You may read things like "Paid my bills instead of going out with friends. #AdultingIsHard" or "I didn't sign up for this! #Adulting" When you think back to the sitcom FRIENDS which ran from 1994-2004, it was all about adulting, friends living in the city, sharing living space to make ends meet while finding out all about life as it happens.

According to March 2018 Insight report on Freddiemac.com, adulting may be keeping the housing market from reaching its full potential. Today's young adults/millennials aged 21-37 are slower to reach traditional milestones of adulthood like getting married, entering the work force, having children, and many are living at home or sharing homes with friends. In their defense, the last 8-10 years haven't been conducive for most young adults who want to buy their first home. Home prices were slow to sta-

bilize, weak wage growth, while their healthcare and education expenditures went through the roof.

Young adult buyers in the year 2000 had a 3.6% jump over 2016 buyers in the headship rate. Headship rate is the term of heading a household. 3.6% doesn't sound like much, but it represents about 1.6 million additional households in 2016.

According to the PEW Research Center, nearly one in three young adults shared a household in 2016. Fifteen percent live with their parents, up 5% than in 2000. In addition, when these young adults leave their parents' home, they often share living expenses with roommates. This group as a whole has a lower marriage rate, lower childbirth rate, lower employment rate, higher education (along with student debt), all while the cost of living has risen exponentially. This age group faces not what their parents faced, but possibly what their grandparents and great-grandparents faced coming out of the depression. The



Jeannie Chambers
Chambers Realty & Vacation Rentals

world is such a different place now, having many other components to the equation of first-time home ownership.

So, what's the future for the US housing market? Assuming current trends continue over the next 10 years, if you're an optimist: income goes up about 15% while housing costs stay somewhat fixed allowing for more first-time buyers as well as repeat buyers, and second- and third-home

buyers. If you're a pessimist, you need help. No really, the pessimistic housing outlook is that housing markets deteriorate because income levels stagnate causing the continuing decline of first-time buyers.

While these statistics refer to the US housing market as a whole, I think our mountain area market will always be a little different.

I've been selling Highlands real estate for 26 years, and I've seen subtle changes that follow national trends creeping up more and more each season. Our market has always followed Florida and Georgia market trends, but it took longer to reach us than it does now. While we are predominately a second-home marketplace, there are plenty of young adults in this area that would consider a first-time home purchase.

In March 2018, the Highlands-Cashiers MLS sold 46 properties (residential) ranging from \$80,000 to \$2,450,000. showing that our area has a diverse offering of properties. There's almost something for everyone looking to buy a property, whether a seasoned adult or young adult. My advice? Adulting can be hard at any age, but don't let a label define your dreams.

Jeannie and Tucker Chambers own Chambers Realty & Vacation Rentals at 401 N. Fifth Street in Highlands. Contact us 526-3717, or email info@highlandscalling.com.

... KENTER continued from page 1

McKim. In addition, they all set personal records (PRs).

Conner Hughes had six PRs, finished 3rd in the 50-yd. butterfly, 4th in the 100-yard fly, 6th in the 100-yard freestyle, and 8th in the 100-yard Individual Medley (IM).

Masyn Smith set three team records, achieved three PRs and finished 5th in the 100-yd. fly.

Aniah McKim set four PRs, finished 7th in the 200-yd. IM, and 8th in the 100-yd. Breast stroke.

Elias McKim set six PRs including a 57.6 in the 100-yd. free and set one team record.

Jelehna McKim set five PRs and three Team Records.

Finneas Garner set three PRs.

Jordan Powell set two PRs.

...and then there was Chase Kenter.

Kenter, although eight, competed in the 10-and-under age group. He set nine PRs, six team records, and scored in all eight events in which he swam, finishing in 1st place four times, 2nd place three times and 6th place once.

Kenter's swims make him the top boys 8-year-old swimmer in the state of North Carolina. Nationally, he finished the 100-yard freestyle with the 65th fastest USA Swimming time in his age group this year... and that was his worst swim.

He finished with the 35th best time in the 100-yd. fly, 29th in the 500-yd. freestyle, 27th in the 50-yard breast stroke, 24th in both the 50-yd. backstroke and 50-yd. freestyle, 17th in both the 200-yd. IM and the 50-yd. Fly; and finally with the 16th best time in USA Swimming in his age group this year in the 100-yd. IM.

The Highlands Hurricanes next swim meet is at home, April 28, at 9 a.m. at the Highlands Recreation Park pool.

The Highlands Hurricanes is a Highlands Recreation Park Team that practices at the Highlands Recreation Park Pool in the evenings during the week, and on Saturday mornings. Attendance at all practices is not required. The only requirement to join is that you be able to swim 25 yards (one pool length) unassisted. For more information call Steve Hott at 828-421-4121.



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SPIRITUALLY SPEAKING.

Proverbs 3:5

PLACES TO WORSHIP

John 3:16

Empty Tomb: A Death Blow to Death

Rector Jim Murphy
Christ Anglican Church



We're taught from an early age that "death" is the end of the road. When you're dead, so it has been said, "Death is the third and final strike after the third out of the last inning, game over!" And so that might seem to be the case. The case, at least, to those without vision, foresight and faith. But that is not what the Christian faith believes nor knows to be the case.

Instead, death is the gateway to eternal life. For all those who have the eyes to see, Jesus' empty tomb obliterated the myth of death as being the final arbiter. Bodily death is just another beginning of a whole new dimension of life that will never end. The following true story, demonstrates the vision of the prescient Christian, as opposed to the pseudo-wisdom of the informed skeptic.

"Little Philip, born with Down's syndrome, attended a third-grade Sunday School class with several eight-year-old boys and girls. Typical of that age, the children did not readily accept Philip with his differences, according to an article in leadership magazine. But because of a creative teacher, they began to care about Philip and accept him as part of the group, though not fully."

"The Sunday after Easter the teacher brought L'eggs pantyhose containers, the kind that look like large eggs. Each receiving one, the children were told to go outside on that lovely spring day, find some symbol for new life, and put it in the egg-like container. Back in the classroom, they would share their new-life symbols, opening the containers one by one in surprise fashion. After running about the church property in wild confusion, the students returned to the classroom and placed the containers on the table. Surrounded by the children, the teacher began to open them one by one. After each one, whether a flower, butterfly, or leaf, the class would ooh and ahh.

Then one was opened, revealing nothing inside. The children exclaimed, That's stupid. That's not fair. Somebody didn't do their assignment." Philip spoke up, "That's mine."

"Philip, you don't ever do things right!" the student retorted. "There's nothing there!" "I did so do it," Philip insisted. "I did do it. It's empty. The tomb was empty!"

"Silence followed. From then on Philip became a full member of the class. He died not long afterward from an infection most normal children would have shrugged off. At the funeral this class of eight-year-olds marched up to the altar not with flowers, but with their Sunday school teacher, each to lay on it an empty pantyhose egg."

• See SPIRITUALLY SPEAKING page 17

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Pastor Brent Metcalf • 743-5470

Sun. 10:45am, S.S 9:30am. Wed. 6pm supper and teaching.

Tues. Guys study 8am, Gals 10am.

CLEAR CREEK BAPTIST CHURCH

Pastor Jim Kinard

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

1st & 3rd Sunday night Service: 7 p.m.

Wednesdays - Supper at 6 p.m.

COMMUNITY BIBLE CHURCH

www.cbchighlands.com • 526-4685

3645 Cashiers Rd, Highlands, NC • Sr. Pastor Gary Hewins

Sun.: 9:30am: Sunday School

10:30am: Middle & High School; 10:45am: Child. Program,

10:45am: Worship Service

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

EPISCOPAL CHURCH OF THE INCARNATION

Rev. W. Bentley Manning • 526-2968

Sundays: 8 am Holy Eucharist Rite I; 9 am Sunday School;

10:30 am Holy Eucharist Rite II. Childcare available at

10:30 service.

FIRST BAPTIST CHURCH HIGHLANDS

828-526-4153 • www.fbchighlands.org

Dr. Mark Ford, Pastor

220 Main Street, Highlands NC 28741

Sun.: Worship 10:45 am; Sun.: Bible Study 9:30 am

Wed.: Men's Bible Study 8:30 am; Prayer Mtg 6:15 pm; Ch.

5p

FIRST PRESBYTERIAN CHURCH

Curtis Fussell & Emily Wilmarth, pastors

526-3175 • fpchighlands.org

Sun.: Worship: 11 a.m.; School: 9:30

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

Wednesdays: Choir: 6p

GOLDMINE BAPTIST CHURCH

(Off Franklin/Highlands Rd)

Sunday School: 10 am; Worship Service: 11 am

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: 743-9814

Services: Sundays 10am - Wed. - 7pm; Dinner - Wed. 6pm

HAMBURG BAPTIST CHURCH

Hwy 107N. • Glenville, NC • 743-2729 • Pr. Nathan

Johnson

Sunday: School 9:45a, Worship 11a & 7p, Bible Study 6p

Wed. Kidsquest 6p.; Worship 7p.

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)

Sun.: Morning Worship 10:45 a., Evening Worship, 6:30 p.

Wednesday: Prayer Service, 6:30 p.

HIGHLANDS UNITED METHODIST CHURCH

Pastor Randy Lucas 526-3376

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

Wed: Supper: 5:15; youth, & adults activities: 6; Handbell

rehearsal, 6:15; Choir Rehearsal 7. (nursery provided); 7pm

Intercessory Prayer Ministry

HOLY FAMILY LUTHERAN CHURCH: ELCA

Chaplain Margaret Howell • 2152 Dillard Road • 526-9741

LutheranChurchoftheHolyFamily.yolasite.com

Sun: School and Adult discussion group 9:30 a.m.;

Worship/Communion: 10:30

HEALING SERVICE on the 5th Sunday of the month.

MACEDONIA BAPTIST CHURCH

8 miles south of Highlands on N.C. 28 S in Satolah

Pastor Zane Talley

Sundays: School: 10 a.m.; Worship: 11, Choir: 6 p.m.

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

MOUNTAIN SYNAGOGUE

at St. Cyprian's Episcopal Church, Franklin • 828-524-9463

MOUNTAIN BIBLE CHURCH

743-2583 • Independent Bible Church

Sun: 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

Parish office (Rev. Dr. Francis): 526-2418

Mass: Sun: 11 a.m.; Sat. at 4p

SCALY MOUNTAIN BAPTIST CHURCH

Rev. Marty Kilby

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 Donald G. Bates • 526-3212

Sun.: School: 10 a.m.; Worship: 10:45 a.m.; Worship: 6 p.m.

SHORTOFF BAPTIST CHURCH

Pastor Rev. Andy Cloer

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

Wednesdays: Prayer & Bible Study: 6 p.m.

COMMUNITY BIBLE CHURCH OF SKY VALLEY

Sky Valley, GA • 706.746.3144 • 696 Sky Valley Way #447

Pastor Gary Hewins

Worship: Sun. 9 a.m., with Holy Communion the 1st & 3rd

Sun.; Tues: Community Supper 5:30 followed by Bible Study.

THE CHURCH OF THE GOOD SHEPHERD

1448 Highway 107 South, Office: 743-2359 • Rev. Rob Wood

June-Sept: Sunday Services: Rite I, 8a, Rite II, 9:15 & 11a

Nursery available for Rite II services

Sept 6-Oct 25- Informal Evening Eucharist- 5:30 p.m.

Thursday: Noon Healing Service with Eucharist.

UNITARIAN UNIVERSALIST FELLOWSHIP

85 Sierra Drive, Franklin • uufranklin.org

Sunday Worship - 11 a.m.

WHITESIDE PRESBYTERIAN CHURCH

Rev. Sam Forrester/Cashiers

Sunday School: 10 am, Worship Service: 11 am

Festival of the Stars comes to Cashiers on April 21st

Highlands-Cashiers Land Trust, Cashiers' Library, and The Village Green are teaming up to present the Festival of the Stars, an NC Science Festival event. The Festival of the Stars will take place on Saturday, April 21 from 5-11 p.m. at The Village Green in Cashiers. Everyone is welcome at this free family-friendly event!

From 5-8 p.m., come explore a journey through the "dark" and learn about the stars and the creatures that are awake at night while you are sleeping. You can meet and greet with an owl or learn about bats. A passport can record your adventure and be turned in for a prize. During your journey, you can walk among the galaxies and check out the stars in the mobile planetarium. Be prepared to look safely at the sun through solar glasses and a solar scope. At 7:30 and 8:30 p.m. enjoy Cherokee legends and myths as told by Cherokee storyteller, Freeman Owle. From 9-11 PM, come stargaze with local astronomers. Roast marshmallows, make s'mores and enjoy hotdogs with the family.

In the event of heavy rain the event will be moved to Cashiers' Recreation Center.

... OBITUARIES continued from 8

grandmother, great-grandmother and great-great-grandmother.

Survivors include her three sons, William R. Reese (Gail) of Highlands, Henry H. Reese (Sandra) of Clayton, Ga., and David L. Reese (Karen) of Front Royal, VA; two sisters, Verlie Allen and Juanita Allen both of Franklin; four granddaughters, Selena Reese, Melissa Dryman, Tracy Roland, and Andrea Reese Nicol; 11 grandsons, William Kuhlman, William B. Reese, Edwin B. Reese, Scott McKinney, Brian Reese, Aaron Reese, Matthew Reese, David Reese, Jason Reese, Chris Reese, and Tommy Reese; many great and great-great grandchildren.

Mrs. Nona was preceded in death by two sons, Thomas H. Reese and James G. Reese; a grandson, James Reese; a sister, Lucy Anderson; four brothers,

Bobby Jo Poindexter, Harvey Poindexter, Carl Poindexter, and Albert Poindexter.

A funeral service will be held 2 p.m. Thursday, April 5, 2018 at Highlands First Baptist Church with the Rev. Oliver Rice officiating. Burial will follow in the Highlands Memorial Park. The family will receive friends from 12:30-2:00 p.m. prior to the service at the church. Mrs. Nona's grandsons will serve as pallbearers.

Memorials can be made to the Four Seasons Hospice, 571 South Allen Rd., Flat Rock, NC 28731.

Online condolences may be left at bryantgrantfuneralhome.com

Bryant-Grant Funeral Home and Crematory is serving the Reese family.

... SPIRITUALLY SPEAKING continued from page 16

Philip became the teacher of faith. He could see and understand what the empty tomb meant. It meant life unconfined, life with no limits. Philip's classmates brought items that were limited in scope, dimension and duration—things that were passing away. His empty egg was, on the other hand, full of life and

possibilities. Philip liked that, he wanted it.

Jesus' empty tomb means that death does not have the final say for believers. Instead, the open tomb is the doorway to eternal life. Philip is there now. Alleluia, Christ is risen. He is risen indeed, alleluia!

... MURDER continued from 1

tional assistance.

Last Thursday morning, March 29, Macon County Sheriff Robert Holland identified the two victims as brothers, 34-year-old Francisco Altamirano and 39-year-old Diego Altamirano. Both men had been reported missing on Monday after family members were unable to contact them over the weekend.

Investigators from the MCSO and SBI responded to the scene and initiated an investigation. The bodies and the vehicle were transported to the Macon County Law Enforcement Center's newly constructed Evidence & Processing Building where the bodies and vehicle were forensically examined. MCSO Detectives and SBI Agents collected several pieces of evidence including fingerprints and will have those items further examined at the SBI Crime Lab.

Autopsies were performed Thursday when additional evidence was collected by deputies. Both victims had multiple gunshot



Maximino Rios-Diaz

wounds, but the official cause of death will be released later, after the autopsies are completed.

As with any homicide case, MC Sheriff Robert Holland said the department is limited as to what it can release so as not to interfere or hinder the investigation or the judicial process.

"With any ongoing investigation, the information that is available to the public is limited," said Sheriff Holland. "We know that

we need the public's help, especially that of the Hispanic community."

Since the investigation was launched last week, Sheriff Holland has made a plea to the Hispanic community assuring them that those who come forward will not be questioned about their legal status and are just wanted to help solve the case.

Tuesday morning, Sheriff Holland identified a suspect, Maximino Rios-Diaz, who is wanted for questioning in the double homicide.

Rios-Diaz currently resides on Hayes Mills Road in Franklin, but was last seen by his family on March 24 and may be traveling to Mexico.

On Tuesday, April 3, MCSO was on scene at 535 Haywsmill Road continuing the investigation.

Anyone with information related to this case is encouraged to call (828)349-2107 or CrimeStoppers at (828)349-2600.

• MILESTONE •

Egler running 18th Boston Marathon in honor of Christy Kelly



Highlands Roadrunners Club member Brian Egler is preparing to run his 18th Boston Marathon on April 16. Brian is running on behalf of Dana-Farber Cancer Institute.

One hundred percent of money raised will support the Claudia Adams Barr Program in Innovative Basic Cancer Research at the Dana Farber Cancer Institute in Boston. This year, he is running in honor of Christy Kelly, a good friend and fellow Rotarian, who has recently had to return to cancer treatment after a previous battle with the disease.

If you would like to support Brian financially, checks can be made payable to "Dana-Farber Marathon Challenge" and sent to him at: PO Box 2743, Highlands, NC 28741. Put RUNNER: Brian Egler in the memo line. You can also donate online at: <http://www.runDFMC.org/2018/briane>



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The Dry Sink Main Street Highlands, NC

... SAFETY continued from page 1

ucation, Superintendent Dr. Chris Baldwin addressed the board and said that moving forward there were two areas of improvements he would like to see made regarding the district's mental health services as well as the physical security of schools across the county.

Dr. Baldwin said there is a mental health services shortfall in MC schools, like in other districts across the state and country. He said understaffing of mental health professionals is rampant.

"Schools are not immune to mental health issues, but they are very, very limited in terms of the resources available," said Dr. Baldwin.

For Macon County Schools, there are three full-time and two part-time school psychologists responsible for the district's 4,500 students. There are two social workers assigned to the schools -- one per 2,250 students. Macon County Schools employ 10 full-time and one part-time school counselor(s). There is one counselor for each school. Franklin High School South Macon Elementary have one counselor per 450-500 students. Macon Middle School and Mountain View Intermediate have one counselor per 600 students.

"If Nicholas Cruz, [the Parkland shooter] had had his mental health issues addressed early on, there may be 17 people who would still be alive today," said Dr. Baldwin. "We are talking about doing something in our school system that could possibly save lives."

North Carolina leaders addressed the statewide shortage of mental health professionals earlier this month during the first meeting of the House Select Committee on School Safety, an initiative started by House Speaker Tim Moore.

During the meeting, experts spoke to the house committee regarding how ill-equipped schools are to evaluate children with mental illness and predict who is most inclined to act violently.

Troubled students sent home because of suspension or expulsion are most at risk of becoming isolated, said Greta Metcalf, who works for a behavioral health services provider and is a member of the state's Task Force for Safer Schools.

Jim Deni a professor at Appalachian State University and past president of the N.C. School Psychology Association addressed the committee with these concerning statistics:

- 1 in 5 North Carolina children has a mental health or substance use disorder and 75 percent will not receive treatment in

the current system.

- North Carolina has about one school psychologist for every 2,100 students, and the nationally recommended ratio is 1 for every 700 students.

- About 80 percent of North Carolina parents polled say they don't believe their child's school has enough funding to deal with children's social and emotional health.

Deni recommended increasing funding for school psychologists, counselors and social workers.

"I'd have a school psychologist in every school and a social worker in every school and I think we'd all be pretty busy," Deni said.

She said additional mental health professionals within the school system would allow teachers and staff to address concerns before they become greater issues. According to district leaders, now school staff are only able to "put out large fires" rather than preemptively address concerns.

Improving physical security of school buildings was another topic Dr. Baldwin addressed. He told board members the district's capital outlay needs and previously OK'd budget requests may shift, pending an evaluation of the physical security of school buildings.

District leaders will be holding a budget work session on April 10 at 9 a.m. at the central office to reprioritize capital outlay requests to focus on physical school security needs.

Referencing an incident in Hoke County, where an individual was able to gain entry during the school day and assault a teacher while looking for another, Macon County Schools consultant Todd Gibbs said that addressing entry points and access during the school day is something that needs to be closely examined and improved.

"Ultimately, we want to do whatever we can, in every approach we can, to ensure that our children are as safe as possible," said Dr. Baldwin.

Some solutions to improving physical access include installing locks on the inside of classrooms, re-fitting old schools and planning new school construction with more safety features. The floor plans of all public schools have been uploaded into a digital database so that emergency responders can access school layouts in a crisis.

Dr. Baldwin said Mike Anderson with the NC Center for Safer Schools will be in the district before the April 10 meeting to help evaluate district needs in terms of safety.

• HIGHLANDS EVENTS •

Highlands Rec Park Pool Schedule

- Lap Swim: Monday-Friday, 6am-10am 6 lanes.
- Lap Swim: Monday-Thursday, 6-7pm 1 or 2 lanes. Sharing pool with Water Aerobics @ 6:15.
- Public Swim: Monday-Thursday, 3-6pm, Saturday, 11am-6pm and Sunday 1-6pm.
- Water Aerobics: Monday-Friday, 10:15-11:15am and Monday-Thursday, 6:15-7pm (sharing pool with lap swimmers) and Saturday mornings from 10:15am-Noon.
- Pool available for pool parties Friday, Saturday and Sunday evenings 6-8pm.

Ongoing

- Movies at the Highlands Playhouse: Movies: Fri-Tues, 2, 5 8 p.m.

First Mondays

- Shortoff Baptist Church non-denominational Men's Meeting at 7 pm

Mondays

- At the Rec Park, High Cardio Zumba Fitness with Certified Instructor Tiffany Austin at 5:15 p.m.

- Hip Hop classes with Tori Schmitt at 5:30-6:30 at the Rec Park.

Mon. & Thurs.

- The Joy Program at HUMC from 11:30a to 1:30p. Includes a free lunch and a variety of programs and games. All seniors are welcome. For more info, call Tricia Smith at 828-338-8167.

Mon., Wed., Fri.

- Heart Healthy Exercise Class Monday, Wednesday and Friday 8:30am-9:30am with Susan Nastasic.

- Aerobics with Tina Rogers 8-9a.

Mon., Wed., Thurs.

- Pickle Ball at the Recreation Department Gym 10:30am -1pm

Tuesdays

- FREE Community Table Dinner at the Community Bldg. at 6p.

- The Humanist Discussion Group meets every Tuesday morning from 10:30-11:30a in the Meeting Room in the back of Hudson Library,

First Tuesdays

- The monthly family support group for those with family members, friends, or loved ones living with the challenge of mental ill-

ness meets at 7 p.m. at Memorial United Methodist Church, 4668 Old Murphy Road, Franklin. For info call 369-7385.

2nd and 4th Tuesdays

- OccupyWNC meets at the 7PM in the Sneak E. Squirrel Community Room (1314 Main St., Sylva. Visit www.occupy-wnc.org or call 828.331.1524

Third Tuesday

- The Macon County Poultry Club meets at the NC Cooperative extension office located at 193 Thomas Heights Rd., Franklin on the third Tuesday of each month at 7pm. Meetings are open to the public. Call 828-369-3916.

Tuesday and Thursdays

- Zumba with Connie at the Rec Park 8:15 a.m. \$5 By appt. Call 813-625-6785.

- Exercise Class with Michelle Lane at 5:15.A combination class with many different styles of exercise.

Wednesdays

- Family Movies at the Hudson Library at 3:30pm. Call 828-526-3031 for titles.

3rd Wednesdays

- Recently released movies at Hudson Library at 2pm. Call 828-526-3031 for titles.

Wed. & Fri.

Duplicate Bridge 12-4pm

Thursdays

- Storytime with Miss Deanna at Hudson Library 10:40 am. Open to the public.

- NAMI Support Group for individuals dealing with mental illness and the family members of individuals dealing with these challenges from 7 – 8:15 pm. at First United Methodist Church Out Reach Center on West Main Street in Franklin Call Donita for more info (828) 526-9510.

- Hip Hop classes with Tori Schmitt at 6:30-7:30 at the Rec Park.

2nd Thursdays

- Sapphire Valley Needlepoint Guild meets at the Highlands Rec Park at 10 a.m.

3rd Thursdays

- Kidney Smart Classes in Franklin: from 4:30-6pm, Angel Medical Center, Video Conference Room, 3rd Floor, 120 Riverview St. Contact Majestic 828-369-9474

1st and 3rd Thursdays

- Indivisible Highlands, a non-partisan activist group meets weekly at the Hudson Library at 5p. For info call 770-823-0601

Saturdays

- Zumba with Connie at the Rec Park 10-11am. By appointment. Call 813-625-6785.

- At The Bascom, Pottery Sale in the

• HIGHLANDS EVENTS •

barn from 10a to 5p.

- Scrabble at Hudson Library from 1-4 p.m. Bring board if possible. All are welcome. 727-871-8298.

- The Bascom Knitters on the Terrace at The Bascom from 10 am until noon or downstairs in The Bascom Library room.

Fri. April 6

- At the Highlands Biological Station, a Mushroom Workshop. Cost is \$50. For more information, call 828-526-2221.

- At the Rec Park Pool - Dive In Movie. 7:30-11 p.m. For more info, call 526-1595

- Shop with a Cop Musical Benefit at Smoky Mountain Center for the Performing Arts at 7p.. Tickets are \$15 or adults; \$10 for children 10 years and under. Children 5 and under are free..

Thurs., April 19

- HS Spring Chorale Concert at 6 p.m. in the old gym.

Fri., April 20

- Senior Dinner Friday, at 12 noon at the Highlands Civic Center in the Meeting Room. The lunch menu will be: Fried Chicken, Potato Salad, Baked Beans, Salad, roll and desert. For any other information contact Lester Norris or Maxine Ramey at 828-526-3556.

- Community Coffee with the Mayor at Hudson Library at 11 a.m.

Sat., April 21

- The Highlands Chamber of Commerce is hosting its annual Plateau Pickup on Saturday – cleaning litter on the Gorge Road between Highlands and Franklin. If

you're interested in volunteering, call the Highlands Chamber of Commerce at 828-526-2112. Volunteers will meet at the Highlands Visitor Center at 10 a.m.

- Highlands-Cashiers Land Trust, The Village Green and the Albert Carlton-Cashiers' Community Library are teaming up to present to you the Festival of the Stars, a North Carolina Science Festival event. The Festival of the Stars will take place on from 5-11 PM at the Village Green in Cashiers, NC.

Wed., April 25

- At Community Bible Church, The African Children's Choir will sing at 7 p.m. The performance is free but donations accepted.

Thurs., April 26

- Principals, students, teachers, clergy, parents, neighbors, law enforcement, health workers, government officials, veterans, senior citizens, and community partners, you are invited to "From Bully-to-Buddy" a community forum for Macon County on Wed., 6-8 pm. at Tartan Hall, Franklin, NC. For the bully, the bullied and those in between – all ages – all genders. Enter our contests for prizes: \$75, \$50, \$25. (256) 398-0039 www.carolynlhiggins.com/bully-to-buddy.

- Active Shooter Training at HUMC in Highlands from 6:30-8:30 p.m. Two-hour training will include strategies & guidance, how to plan for an active shooter situation and plans for survival. Presented by the Highlands Police Dept and the Jackson County Sheriff's Office. For more information, call 828-526-9431.

... LEADERS continued from page 1

PILT (Payment in Lieu of Taxes) dollars. A payment in lieu of taxes is a payment made to compensate a government – in this case Macon County -- for some or all of the property tax revenue lost due to tax-exempt ownership or use of real property – in this case, USFS lands in Macon County.

"The federal government has a tremendous impact on our local budget," said Roland. "For example, in 2017 Macon County received approximately \$7,216,516 in federal funding which represented almost 15 percent of the operating budget. These monies are key not only to Macon County operations but to the operations of entities such as the school system as well (PILT, SRS). The opportunity to relay the importance of this funding to our legislators in a one-on-one setting is extremely important."

Just as important as the federal funding contained within the county's operating budget such as PILT funding, are the federal funds received by agencies via direct benefit payments which are not included in the local operating budget.

In 2017, approximately \$32,136,616 was received by Macon County in direct benefit payments for medical assistance programs, WIC, TANF, adoption, foster care and NC Health Choice. Funding for these programs while not reflected in the local operating budget, is heavily relied upon by county agencies and has a substantial impact on the level of service these agencies are able to provide for Macon County citizens.

With federal funds having such a huge impact on local operations, Commissioner Tate said the opportunity to be in the room with the people who make the decisions that impact Macon County was invaluable.

"We attended the legislative breakfast which was comprised of all of the commissioners attending from NC along with the entire NC Delegation [all 13 U.S. House members and both U.S. Senators]," said Tate. "When it was Rep. Mark Meadows' time to address the crowd, he used his time-frame to point out just how important it is for us as commissioners to make the trip to D.C. to meet with our congressmen and senators and have the 'conversation' about



MC Commission Chair Jim Tate with Congressman Mark Meadows.

our issues. He then recognized Derek, myself and Ronnie by name and he portrayed the long-standing relationship he has with each of us and just how productive our time together had been. For Rep. Meadows to personally point out our efforts to all of our peers was

a great feeling and one that I will never forget."

Tate serves as the Chair on the Macon County Board of Commissioners, and occupies the seat on the board designated to represent the Highlands District of Macon County. Tate took advantage of his trip to D.C. to not just work for Macon County, but to also work for Highlands.

"Perhaps the most impactful thing that I did for the Town of Highlands was to hand-deliver packets containing references and an application to both US Senators and our Congressman asking that Mayor Pat Taylor be appointed to the Interagency Advisory Council for the FCC," said Tate. "The Mayor (as usual) continues to work extremely hard for the town, and his willingness to seek out and serve on a Federal committee to benefit all of us is noteworthy. His desire to bring knowledge from a small rural municipality regarding the complicated issues with broadband and information technology to the national level is a fine example of one of his many leadership qualities. While visiting with Congressman Meadows, I personally watched him send an email to President Trump's staff requesting that the Mayor be appointed."

Roland noted that addressing broadband infrastructure in rural regions such as Western North Carolina was a common discussion while in the Nation's Capital.

"We were able to discuss in-depth, the issue of broadband expansion and urge our legislators to strongly consider providing digital infrastructure funding along with revised legislation that clarifies current FCC definitions for speed thresholds and underserved areas, all of which would assist us locally in our broadband expansion efforts," said Roland.

Time will tell if concerns raised will be addressed at the Federal level.

• MILESTONE •

Highlander Oscar McMullen named Regional STAR Student at Rabun Gap

The Student-Teacher Achievement Recognition (STAR) Program, organized by the Professional Association of Georgia Educators, honors the state's top-achieving seniors and their inspirational teachers. To secure the STAR nomination, high school seniors must have the highest score of the SAT taken and be in the top-10 percent or top 10 students of their class based on GPA. Rabun Gap's region includes high schools in Dawson, Fannin, Gainesville, Gilmer, Habersham, Lumpkin, Pickens, Rabun, Stephens, Towns, Union, White, and Hall counties, as well as Mountain Education.



STAR Humanities teacher Dr. Truslow with Oscar McMullen.

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LOST DOG

Emma. Yellow lab. About 80 pounds. Rainbow collar with info. She is chipped. Last seen on 370 Sassafras Gap Road/Clear Creek area. 28 south. Contact Dori Moschouris 828-421-7403



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HELP WANTED

YEAR-ROUND, FULL-TIME RETAIL POSITION IS AVAILABLE AT TJ BAILLEY'S in Highlands and Cashiers. Must have flexible hours and have excellent people skills. Sales experience is a plus. Call 8285262262 or email resume to store@tjbaileys.com (st. 4/5)

POSH PAWS PET SPA in Highlands Hiring Seasonal Dog Bather FT hours May-Oct PT hours Nov-Dec. Please call for details as this is a unique job position. 828-526-9581 (st. 4/5)

CELEBRITY COLLECTIONS BOUTIQUE in Highlands, is looking for a year round part-time sales associate. If you have sales experience, are a highly motivated self-starter, available to work weekends and eager to learn a unique and exciting business. For more information. 828-526-4994. (st 4/5)

HIRING TREE CLIMBER/ GROUNDSMEN. Local Tree Company seeking tree climbers. Past experience is a must and references are required. Full/Part-time needed. Salary is based on experience. Also, seeking groundsmen crew members. Past experience is a plus but company will train. Full/part-time needed. Salary is based on experience. We are looking for reliable, drug-free and hard working individuals. Drivers license and a clean driving record is a plus. If Interested please call owner at 828-342-1974 to set up an interview. (4/5)

WOLFGANGS RESTAURANT is looking for experienced waitstaff, bartender and backer. Please call Jacque at 828.526.3807. (st. 4/5)

SWEETREATS – Earn great tips in a fun and fast-paced setting. New ownership is looking to fill full and part time positions for May 2018 in our newly renovated space. Apply
• See CLASSIFIEDS page 22

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on our Facebook page. (st. 3/29)
PAOLETTI'S ON MAIN STREET Now hiring for 2018 season. Bartender, Servers, Bus person, cook. Call 828-526-4906. Email resume to amp28741@yahoo.com. (st. 3/29).

HIGHLANDS COUNTRY CLUB is seeking a few energetic individuals to join the housekeeping department. Early hours, competitive pay, one daily meal and iforms are provided. If you are interested, please stop by the main office and fill out an application. (3/22-4/4/5)

FIRST BAPTIST CHURCH OF HIGHLANDS is seeking an Administrator Assistant. It will be for 30 hours a week and salary will be based on experience. Strong computer experience is required. Please call 828-526-4153 to set up an appointment for an interview. (3/29)

INTERVIEWING FOR PART-TIME, YEAR AROUND, AUDIO/VISUAL TECHNICIAN for Highlands United Methodist Church. Sundays and special events. Call 828-526-3376 or stop by church for an Application. (st. 3/1)

HIGHLANDS INN & HIGHLANDS INN LODGE now accepting applications and interviewing for all positions. Front Desk, Housekeeping, Night Audit, Breakfast Host & cook. Full time and part time available. Call 526-5899 for appointment or stop by 96 log cabin lane for application. Resumes or questions may be emailed to sales@highlandsinn-lodge.com. (st. 3/1)

SKYLINE LODGE - house-keeping staff, front desk clerks, and maintenance workers wanted for 2018 Season. We offer training. Call 828-526-2121 for an application. Background checks done. (st. 2/22)

INTERVIEWING FOR FULL-TIME YEAR AROUND SECURITY POSITION for a private community in Highlands. Shift is 3 pm to 11 pm M-F. Full benefits. Call 828-526-4161 or 706-982-5526. (st. 2/1)

AT DUTCHMANS: Full-Time Sales Associate (year-round). REQUIREMENTS: Retail experience a must, need to be able to work weekends and holidays, ability to work in a fast-paced sales-based environment, may include long periods of time standing, positive and friendly attitude, computer skills, interest in interior design. PREFERRED: 2+ years retail or customer service experience, POS experience. (st. 2/1)

NOW HIRING SECURITY OFFICERS - In the Franklin, Highlands & Cashiers area. *Clean background. Clean driving record.* Must be 21 years of age. Please apply at: NC Works 23 Macon Ave, Franklin, NC 828-369-9534 or call 864-888-0518 for more info. (2/15)

CYPRUS INTERNATIONAL CUISINE. Hiring All Positions. Please Contact Dan At Cyprus332@gmail.com. Or Visit Us At 332 Main St. Highland NC (st. 1/11)

MOUNTAIN FRESH GROCERY has full and part-time positions available. Competitive wages in all positions. Please come in person to 521 east Main Street in Highlands to apply or call 828-526-2400.

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MURPHY'S PAINTING CO. Interior & Exterior Painting, Sheetrock Repair, Wallpaper Removal, Log Homes, Decks. Insured. Free Estimates. 828-524-1391 or 828-332-0525. (3/1)

HEALTHY COOKING CLASSES IN YOUR HOME. Learn simple techniques & recipes to make fresh foods taste delicious, as you save money and improve your health! Call Medea Galligan, MS Nutrition, Health Coach at 828-989-9144.

HIGHLANDS-CASHIERS HANDI-MAN - Can fix anything inside or out. Carpentry, painting, pressure washing, lawn care, hauling. Free Estimates. References. Call Tony. 828-200-5770 or 828-482-0159. (4/5)

HIGH COUNTRY PHOTO/KEVIN VINSON: scanning photos, slides & negatives to CD or DVD for easier viewing. Video transfer to DVD. Everything done in house. Leave message at 828-526-5208. (st. 3/1)

MOLD AND MUSTY SMELL IN YOUR HOME? Call for free inspection. 828-743-0900.

REAL ESTATE/BIZ FOR SALE

FOR SALE BY OWNER/AGENT - Highlands Falls 2BR/2BA. Overlooks #4 hole. \$319,000. Call 828-342-1898 any-

time. (st. 3/29)
HOMES FOR SALE: 3Bd 2&1/2Ba home includes 1Bd 1Ba cottage 2 miles from downtown Highlands. By owner 803-315-0715. (st. 2/22)

3.20 ACRES UNRESTRICTED. Power underground, borders National forest, 190 degree view. 10 min to Main Street. 3 septic fields, 1 well 7 g p.m. 2 house foundations established and approved by county inspectors. 2Bed/2Bath Clayton home livable while building. Spring rights and more land available. For beautiful sunsets contact gracefamilia@yahoo.com. (st. 9/21)

1.21 ACRES FOR SALE BY OWNER - OTTO, NC - \$28,000. Lot 12 Quail Haven Road. Otto, NC. Price not firm... open for negotiation. Please email if interested to ddmars15@aol.com or call/text to 239-980-0531. If no answer please leave a message. (st. 7/20)

RENTALS
2 - BED ROOM, 2 B.A., APARTMENT next to the H-C Hospital. \$830/month plus utilities. Call 828-200-1064. (st. 4/5)

UPDATED 2BD/2BA COTTAGE. 10 minutes to Main Street - ez access year round, just off Dilard Road. Spacious floor plan, fully designer-furnished, totally-stocked kitchen, Central heat and air, large deck, private yard. Tenant pays gas/electric (energy-efficient windows/doors). No Smokers. No Pets. Available year-round. \$900 Month/ \$900 deposit. Call 615-243-2006. (st. 3/29)

3BD 2&1/2 BA HOME \$2400 monthly 1Bd 1Ba cottage \$1200 monthly All utilities included, fully furnished. 803-315-0715. 2 miles from downtown Highlands. (st. 2/22)

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