

Highlands Newspaper

FREE Every Thursday

Volume 15, Number 27

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Wed., July 4, 2018

Public outcry nets schools more money

By Brittney Lofthouse

Teachers and parents in Macon County erupted in cheers Tuesday night when the Macon County Board of Commissioners approved the county's \$51 million budget, which included a

substantial increase in funding for public education.

County Manager Derek Roland's initial budget proposal included a \$200,000 increase to operating expenses for Macon County Schools, but according to school

officials, that wasn't enough.

The \$200,000 increase to the school district's already \$7.1 million operating budget, which brought the original proposal to \$7,345,141, still prompted parents

• See **OUTCRY** page 24

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July 4th in Highlands is a day-long 'family affair!'



Friends and family line up for the traditional water balloon toss at the ballpark on July 4.

— Photo by Kim Lewicki

It all starts at the ballpark on S. 4th Street. At 9a, Boy Scouts Rocket Build and Launch; 11a, Traditional Field Games - Tug of War, Water Balloon Toss, Leaky Bucket Water Relay, Sack or Three-legged Race, and Frozen T-Shirt Race. At noon, the Mama the Medic helicopter will be at the ball field weather permitting and as long as there isn't an emergency call; 11:30a, Rotary Hot Dog Free Event at Founders Park on Pine Street with live music; 2p, Rotary Duck Derby at Mill Creek; at 8p, Patriotic Concert at First Presbyterian Church and finally, at 9 or 9:15p it's fireworks, depending on the weather. There are numerous viewing areas around town.

Experience the falcons amongst us

By Brian O'Shea

Highlands resident Pete Kipp is a Master Falconer who with his apprentice, Jeff Curtis started Curtis-Wright Falconry in 2014. Together the two have built a business on sharing their passion for birds of prey by hosting educational outings to the public. The outings are full of facts intertwined

• See **FALCONS** page 6

Brushy Face Trail is now a 1.3 mile loop

By Brian O'Shea

Through the efforts of over 30 volunteers, the second phase of the Brushy Face trail is complete making the trail an approximate 1.3 mile loop. John Akridge, trail coordinator for the project said the entire project took about two years.

"The volunteers were great,"

• See **BRUSHY FACE** page 27

'Guys and Dolls' on stage at the Playhouse



The Hot Box Girls singing "Becomes Bushel and a Peck" during the Playhouse's first production of the year, "Guys and Dolls" on stage through July 14 (no show on July 4). It's a revival of an old classic that even has 30-year-old moms on the the town for the night saying "It was great! Really good singing, dancing and acting!" Call 828-526-2695 for ticket information.

— Photo by Rachel Lewicki

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• THE PLATEAU'S POSITION •

• MAYOR ON DUTY •

Remember our freedom to choose

The Fourth of July is our nation's celebration of freedom and liberty. Now I love the fireworks, military bands and parades, but I take a moment to reflect about the meetings of our leaders over two centuries ago.

When I am in Philadelphia, I always visit Independence Hall where the founders of our nation created the Declaration of Independence and the U.S. Constitution. For me it is sacred ground, especially the rooms where our founders met, debated and hammered out these two foundational documents that set the direction for our republic.

I am in awe as I stand their where Jefferson, Washington, Franklin, Adams and Madison struggled with other leaders day after day to argue, advocate and compromise in the process of creating these two great documents. The ideas, concepts and content hammered out in these two assemblies in Philadelphia have served this country well, although we, like the founders, continue to have different interpretations and applications of specific passages. Nevertheless, we have an enduring set



Highlands Mayor
Patrick Taylor

of core values that have served America well over the years in our quest for national and individual freedom.

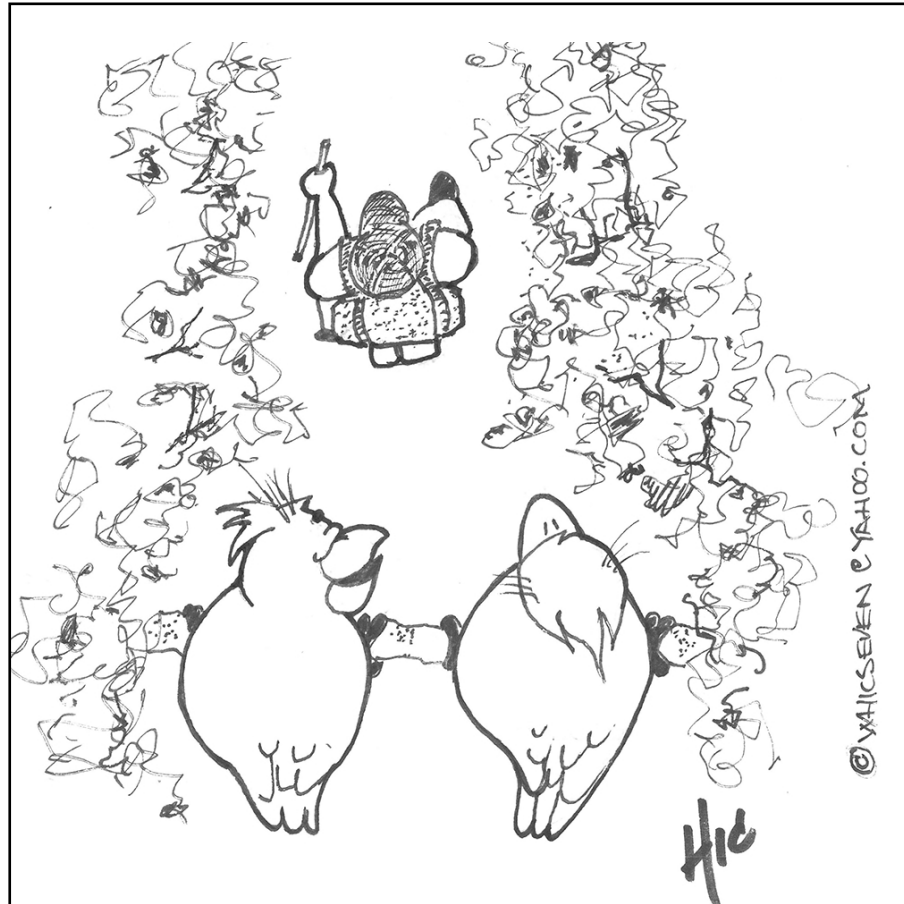
While I am in Independence Hall, I always remember that the creators of these two documents didn't have to become involved with such perilous endeavors. They were all relatively successful business people, officials and planters. Franklin for instance, had accumulated enough wealth by his forties that he was retired from business enterprises. Franklin could have elected to enjoy the bounty of his labors, but like others he chose the path of service to our fledging nation.

What always strikes me is how that first meeting took place in this modest hall, and that these bright people were willing to challenge a super power of Western Europe and a king that believed he had the divine right to govern far away people while sitting in an opulent palace. What is amazing is that these leaders were making life and death decisions by declaring independence from King George III and Great Britain. What were they thinking? By signing the Declaration of Independence they became the targets of the British military. Fortunately, they were not rounded up and hanged for insurrection and treason against the crown.

America is once again in time of political turmoil, but we have been there before.

• See MAYOR page 29

• HIC'S VIEW •



"First one of the season, a Homo Sapien. An invasive species which nests next to asphalt."

Highlands Newspaper

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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 7/6		Saturday 7/7		Sunday 7/8	
	Daytime	Overnight	Daytime	Overnight	Daytime	Overnight
Temp	74 F	61 F	72 F	57 F	74 F	54 F
RealFeel®	82 F	67 F	80 F	63 F	80 F	59 F
Winds	3 g 5	4 g 6	4 g 6	4 g 7	5 g 8	3 g 6
T-Storms	60%	40%	40%	40%	40%	40%
Rainfall	0.21	0.08	0.51	0.05	0.1	0.04
Snowfall	0	0	0	0	0	0

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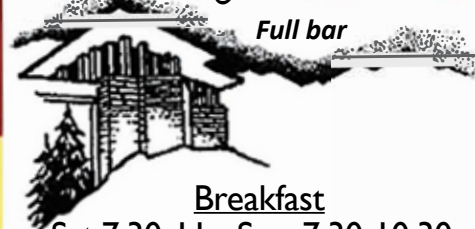
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... FALCONS continued from page 1

with memorable stories in both observational or hands-on interaction with the birds.

Kipp moved to Highlands at the age of 13 and was introduced to Dr. Herbert Keopp-Baker who happened to be one of the founders of the North American Falconers Association, who nurtured his born curiosity and love for birds. Kipp has had a life-long love of birds of prey and caught his first hawk in 1970. After practicing falconry for 48 years and after thorough training, testing and experience

he became a Master Falconer in 1981.

Kipp has also aided in the recovery of the Peregrine Falcon species. "I volunteered on the Whiteside Peregrine Falcon release," Kipp says. He consulted with other passionate volunteers to prevent the extinction of the species and by creating safe nesting sites for the birds, successfully built up the population, which has since exponentially thrived. Peregrine populations have increased from an estimated 60 pairs of "falco peregrinus anatum" in 1975 to nearly 2,500 pairs throughout the United States today.

Maggie Burd, a patron who experienced the full

• See FALCONS page 20

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• LETTERS •

My kind of hero

Dear Editor,

This Fourth of July one sad, poignant, even tragic figure looms over its celebration, that of Senator John McCain. While dismissed by our current draft-dodging commander-in-chief, President Donald Trump, as “not my kind of hero,” he assuredly is to me and to millions of other veterans and Americans. Now in the twilight of his long and honorable military and public service career, McCain, suffering from a terminal brain tumor, likely will never see another Independence Day. Nor will 22 other of our comrades who will kill themselves today, one perhaps in the time it takes to read this. This is an elegy to John McCain and to the American ideals he personifies.

All my grandchildren have been born since 9/11, and, for them, the lines between peace and war forever have blurred. What is warfare today? It's not like World War II, Korea, Vietnam, or even Desert Storm. Now we make war on nouns like terror and drugs, on shadowy terrorist organizations and cartels that proliferate as we attack them. Then, too, who's an enemy today? A faceless Russian hacker in St. Petersburg, some rag-tag bandits in Niger, an obscure Al-Qaida underling in Syria or Yemen? Where is safe anymore? In our homes, churches, schools, theaters, concerts, and daily activities we're less secure than we have been in decades, more vulnerable to cyber and terrorist attacks, gun violence, identity theft, hacking, and drugs, all too often from fellow Americans. A haunting mushroom cloud hangs over all these daily fears.

Like John McCain, I worry that this continuous warfare undermines our most basic values and institutions that enshrine our freedoms and liberties we hold most dear. Is it legal or ethical for Presidents Obama and Trump to sit down at breakfast every “Terror Tuesday” and approve a secret drone kill list that includes Americans or innocent civilians? Do we really endorse “enhanced interrogation techniques,” aka torture? What about the Geneva and other international conventions and courts we deliberately ignore? Are they just “quaint” and “obsolete” documents to be discarded if inconvenient like our Constitu-

• See LETTERS page 8

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... LETTERS continued from page 7

tion often seems to be?

Yet my greatest lament is that of McCain's, namely how divided our country has become. McCain vainly pleads for bipartisanship on the issues that define us today as a society, those of immigration, health care, inequality, and our endangered democratic processes like elections, all to no avail. This polarization might be the hallmark of our generation.

Laura Ingraham, a talk-show hostess, once observed that conservatives "really don't like the American people – not very much at least." Nor do hyper-liberals on the left who describe many Americans as "deplorables." We seem to hate each other more than at any time since the Civil War, killing each other at numbers far greater

than those of Islamist terrorists, a slaughter that only seems to worsen. Do we naively think we can blow up children in Syria or Afghanistan without killing our own in Sandy Hook or Parkland?

Finally, a toxic, pervasive partisanship has confused our concepts of patriotism and Americanism. Today we cannot even bury fallen heroes or watch a football game without a political imbroglio occurring. Sadly, the rise of nativism and the infusion of racism into an increasingly divided society has only made patriotism seem a more passionately redder, whiter, and bluer affair. Here in Highlands or elsewhere, you likely won't see a lot of Hispanics, blacks, women, or the young participating as veterans in patriotic celebrations like

the Fourth of July. Indeed, it's become an older, whiter affair.

As we have narrowed our idea of what it means to be an American, we also might have made patriotism more exclusive as well, the very opposite of what our Founders wanted. The birther controversy, the wall, and the anti-immigration frenzy really is about that restricted idea of American-ness. Sadly, in so doing, we may also have inadvertently promoted the decline of patriotism and love of country for the many even as we enhance and enlarge it for the few who will passionately celebrate this Fourth of July as we all should.

**Milton Ready
Highlands**

Make your voice heard ... embrace that right

Dear Editor,

We are citizens of the Highlands plateau and wish to publicly

affirm the heritage of our faith which is clear in its injunction to love God, our neighbor, ourselves – and the strangers among us.

We are deeply concerned that government officials are citing the Bible as a source for permission to separate children from their parents, to act immorally and to practice racial discrimination.

We firmly believe that the recent government practice of separating families at our southern borders violates American values that we hold dear. These values sculpt our identity as a nation, recognize

the dignity of each person to live their lives in freedom and insure that our policies, laws, and practices reflect our Constitution.

We therefore call upon our fellow citizens to petition our elected and appointed officials who are shaping and implementing these disastrous practices to immediately bring them to an end, and instead shape practices which will honor and represent our values and priorities to the world.

As a beginning, we sign our names to this letter and commit

• See LETTERS page 10



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... LETTERS continued from page 8

to contacting our Senators and Representatives. We encourage others to call, write, and petition elected officials to end these abusive practices.

Martha Porter, Constance Neely, Gerry Doubleday, Mary Adair Trumbly, Helene Siegel, Karen Hawk, Chesley Garrett, Rick Rawlins, Elizabeth Lleh, Ruth Claiborne, Lynne Browne, Marlene Solo, Susan Smith, Erin Bronc, Sarah Nmodenar, Helen Moore, Jane Jerry, Terri Kukor, Barbara Landweher, Al Brady, Barbara Dornbush, Emily Wilmarth, Mark Lassiter, Martha Porter, Ricky Siegel, John Rymer, Peter Ray, Diane McPhail, Avary Doubleday, David Kukor, Betty Fuller

Voices were heard in 2016

Dear Editor,

In reference to the letter in the June 21 edition entitled "Let's vote his kind out," Americans do vote the kind they don't like out – that is why President Trump is in.

Fred Boatwright
Highlands

Bud is right on

Dear Editor,

In reference to his column in the June 28 edition entitled "Our immigration problem," once again Bud has hit the nail on the head.

I do enjoy reading him every week. Thanks for finding him.

Anne Tate
Highlands

A job well done

Dear Editor,

I have been reading your paper since 2005. We are seasonal residents in Cashiers. The Word Matter column in the June 21 edition by Bud Katz on "Our Immigration Problem" was the best discussion and analysis of a very difficult problem we have been avoiding for years.

Also, the tribute to Chris Burns and the Highlands community was as moving a story published anywhere.

Congratulations to you and your staff.

Kenny Privat
Cashiers

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Liz and Clayton Gonzalez of Highlands, N.C. celebrated their 60th wedding Anniversary on July 4, 2018. Clayton is retired from the City of Miami Fire Dept. and Liz retired from the office of Dr. Harvey Cohen D.D.S. Let the "fireworks" continue!

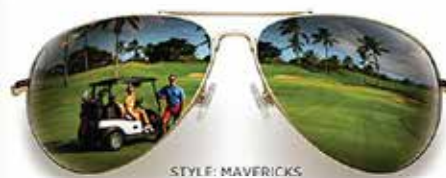


Ginger is Missing

This elderly, 15 lb, black and white terrier mix who is near deaf and timid was last seen at the gazebo at 1st and Oak July 1 at 1:30 p.m. Please call Mark at 404-310-7529. Phone number is also on the collar tag.



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Voice of Democracy

Teresa Forbes, a 2018 high school graduate who will attend Valdosta State University in the Fall, wrote this week's column. This essay was the winning entry in the 2017 Voice of Democracy contest for Dunwoody/Sandy Springs VFW Post 10822.



Kathy Manos Penn

George Santayana once said, "Those who cannot remember the past are condemned to repeat it." Whether or not we're doomed to relive certain parts of history, it is important that we remember what we have learned from the past. Throughout history, the United States has been put through a series of trials and tribulations, getting beat up and worn out along the way but helping us learn how to stand tall. The history of America gives hope for the future because it reminds us that no matter what we're going through we'll learn a lesson that will help us grow back even stronger than before.

The Battle of Saratoga on October 17, 1777 taught the colonists something about the pursuit of liberty. The Continental Army had seemingly been fighting a battle they were never going to win. They had not had a major victory against the British and morale was running low. But when about 20,000 colonists surrounded the men under the control of the British General John Burgoyne (burr-goy-en) in Saratoga, the British were forced into surrender. This was an important triumph for the Patriots as it finally convinced King Louis XVI that the states' independence was worthy enough to be recognized. With that, the French entered the war on the side of the former colonies. The Battle of Saratoga not only was a major turning point in the Revolutionary War but it also assured the colonists that liberty was no longer a far-off dream but now a reality that was at their fingertips.

The Civil War helped teach the United States the equality of all human life even though slavery had been a long-held institution in much of the country. Although the Civil War did not start as a fight over the status of slaves, it quickly evolved into a war over whether or not slaves deserved to be treated as human beings. Abraham Lincoln, in his Second Inaugural Address, said that "until every drop of blood drawn with the lash shall be paid by another drawn with the sword" the Union would continue in its struggle with the Confederacy. These words marked the first time someone as power-

ful as the president had declared slaves as equal to their masters.

The attacks on the Twin Towers, the Pentagon, and the flight that crashed in Pennsylvania on September 11, 2001 were the worst attacks on the modern United States, but they still reminded us of the unity that we are all capable of in this country. In the days following the attacks, relief efforts flooded in from across the country. Interest in army enlistments increased dramatically. That's one of the great

things about the United States; we have consistently shown that in the darkest of times we come together to give help to those who need it the most.

I think that Faith Hill summed up the American spirit pretty well in her song "American Heart." "It bleeds/It scars/But it shines when times get hard/and you can't break an American heart." The United States is a nation full of imperfect people, but most are striving to improve themselves and their communities. Those living in our great country should not focus on weaknesses but rather on their strengths, and the strengths of our republic. The greatness of our United States, and of its peoples, are the same as they have been, and always will be – a steadfast focus on liberty, equality, and unity.

• Kathy is a Georgia resident. Find her book, "Lord Banjo the Royal Pooch" at Highlands Mountain Paws and on Amazon. Contact her at inkpenn119@gmail.com, and follow her on Facebook, www.facebook.com/KathyManosPenn.Author.

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• HEALTHY LIFESTYLE CONCEPTS •

Healthy Ways to Stay Hydrated

Pure clean water is not only the cornerstone of good health but it is absolutely essential to every function in your body - regardless of your level of activity. Headaches, muscle aches, joint pain, constipation, and dry skin are only a few of the most common symptoms of chronic dehydration. Getting and staying hydrated is the first step in creating a healthy lifestyle, but not all water or "healthy beverages" will support our health. It's common knowledge that most public water supplies are loaded with hazardous contaminants, including chlorine, fluoride, and even pharmaceutical drugs. In order to make sure the water that you and your family drink really is pure, you should use a high quality water filter in both your home and workplace. I suggest my clients visit www.mercola.com for a very thorough review of the latest in water filtration technology and purchase a water filter that fits both their desire for high quality and reasonable cost. The best way to protect against the uncertainty of

drinking water outside your home is to bring clean filtered water in safe non-toxic reusable glass water bottle with you.

Bottled Water

Unfortunately, there is no national regulation of water products. States have their own regulations, which vary greatly state by state. Bottled water represents, by far, the fastest growing segment of the beverage industry. When drinking bottled water you need to think not only about the water but also about the bottle itself. Plastic is not an inert substance as its manufacturers would like you to believe. It contains chemicals like BPA and phthalates, which mimic hormones in your body. Anytime you drink from a plastic bottle you risk exposure, but if you leave your bottle of water in a hot car or reuse it, your exposure is magnified be-



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cause heat and stress increase the amount of chemicals that leach out of the plastic.

The Importance of Electrolytes

It is a well-known fact that we need more than water to stay hydrated- we need electrolytes, but few people know why they are important. Electrolyte is a "medical/scientific" term for salts, specifically ions. The term electrolyte means that this ion is electrically-charged and moves to either a negative (cathode) or positive (anode) electrode: ions that move to the cathode (cations) are positively charged and ions that move to the anode (anions) are negatively charged. Our body fluids - blood, plasma, interstitial fluid (fluid between cells) - are like seawater and require a high concentration of properly balanced electrolytes in order for our bod-

ies to function properly. The major electrolytes are: sodium (Na+), potassium (K+), chloride (Cl-), calcium (Ca2+), magnesium (Mg2+), bicarbonate (HCO3-), phosphate (PO42-), and sulfate (SO42-). Electrolytes are important because they are what your cells (especially nerve, heart, muscle) use to maintain voltages across their cell membranes and to carry electrical impulses (nerve impulses, muscle contractions) across themselves and to other cells. Your kidneys work to keep the electrolyte concentrations in your blood constant despite changes in your body. For example, when you exercise heavily, you lose electrolytes in your sweat, particularly sodium and potassium. These electrolytes must be replaced to keep the electrolyte concentrations of your body fluids constant. Because of this, many sports drinks have sodium chloride or potassium chloride added to them, but unfortunately also have tons of sugar and artificial colors and flavors as well.

• See HEALTHY page 23

HCCMF 2018 Feasts/Salons of the Festival

Southern with a Twist
Sunday, July 8 @ 7:15 PM

\$125/Person - 18 Places

Special Guests: David & Julie Coucheron
Hosts: Marie Sharpe, Dennis & Fran Leftwich

A French Cajun Feast
Saturday, July 14 @ 7:15 PM

\$125/Person - 15 Places

Special Guests: American String Quartet
Hosts: Dick & Beck Crowell

An Evening with Jazz Greats
Sunday, July 15 @ 7:15 PM

\$125/Person - 18 Places

Special Guests: Gary Motley, Johnaye Kendrick
Hosts: Diane & Ray McPhail

To Your Musical Taste
Saturday, July 21 @ 7:15 PM

\$125/Person - 20 Places

Special Guests: Philippe Quint,
Elizabeth Pridgen, Ani Aznavoorian
Hosts: Judy & Louis Freeman

Celebratory Evening at Highlands Falls

Sunday, July 22 @ 7:15 PM

\$125/Person - 13 Places

Special Guests: Philippe Quint,
Elizabeth Pridgen, Ani Aznavoorian
Hosts: Dianne & Myron Mall

Cena Italiana

Saturday, July 28 @ 7:15 PM

\$125/Person - 10 Places

Special Guests: David Deveau, William Ransom
Hosts: Cheryl & Carl Parlato



New Orleans Comes to Highlands
Saturday, August 4 @ 7:15 PM

\$125/Person - 14 Places

Special Guests: Zuill Bailey, Natasha Paremski
Hosts: Marjory & Ronnie Elliot

Cocktail Buffet on Whiteside Mountain

Saturday, September 15 @ 6:30 PM

\$150/Person - 35 Places

Mini-Concert (Four Hands) with Pianists
Julie Coucheron and William Ransom
Hosts: Greg & Mary Thompson

Fall Feast with the Argus!

Friday, October 12 @ 7 PM

\$125/Person - Places TBA

Special Guests: the Argus String Quartet
Hosts: Cathy & Mike Crosby

Join us at this season's events by calling the
Highlands-Cashiers Chamber Music Festival office at
828-526-9060 or email us at hccmfnc@gmail.com.
These annual FEASTS/SALONS provide important
and vital financial support for the Festival
which allows us to bring world-class chamber music
to the mountains each year.

Two Salons: Fei-Fei Dong dazzles! Saturday,
June 30 @ 5 PM @

home of Gay Graves and Boyd Letcher

Hosts: Gay Graves & Boyd Letcher,

Kendra & Roger Haines

\$75/Person - 40 Places

Sunday, July 1 @ 5 PM @ home of Teri Dolci

Hosts: Teri Dolci, Sybil Fishburn, San Hollis

\$75/Person - 30 Places

*Pianist Fei-Fei Dong will entertain with virtuoso
solo music in these two house concerts with
different programs each night.*

Salon: Quint and Ransom together again!

Thursday, July 19 @ 5 PM

Hosts: Carlton & Andrea Cole

\$75/Person - 24 Places

*Violinist Philippe Quint will charm and
delight us again with a private recital*

Salon: The Art of Music with the Vega

Wednesday, July 25 @ 5 PM at Carolina Gallery

Hosts: Michael & Martha Dupuis

\$75/Person - 40 Places

*As part of the Festival-long "The Art of Music"
exhibit and auction/fundraiser, the Vega Quartet
will perform music inspired by artworks.*

Salon: Just Jazz

Saturday, August 25 @ 5 PM

Hosts: Lynne & Jim Browne

\$75/Person - 27 Places

*Festival favorite Jazz/Master pianist Gary Motley
returns for an encore performance.*

• WORD MATTER •

One Day Every Two Years

The United States of America has, to a greater or lesser degree, been a functioning democracy for 242 years. Its roots go back another 169 years to the first British colonies, which were established in Jamestown, Virginia in 1607.

Don't worry. This is not going to be a history lesson. Well, maybe it is, a little.

The birth of our nation occurred in response to what colonists viewed as the tyrannical rule of the British crown. Not to put too fine a point on it, our ancestors wanted, and believed they deserved, the opportunity to make their own way in the world, unimpeded by a distant monarchy essentially unconcerned with the well-being of people living three thousand miles away.

The "voice" of those colonists, written into the document drafted by a Virginia farmer, and which we celebrate every July 4th, was making its disapproval with the status quo known. They were arbitrarily taxed without any input into the process, and they had absolutely no ability to choose their leaders and representatives. That document, our Declaration of Independence said, in much more flowery prose than this, "Thanks, but we'll take it from here."

Perhaps the single most significant aspect of what those farmers, merchants, physicians and lawyers left to the citizens of the United States is the right and, in this citizen's opinion, the responsibility to vote. They begged us, on one day every two years, to perform the single civic chore of casting our vote.

On one day every two years we have, in our collective power, the opportunity to help enable the direction our country will take. All 435 of members in the U.S. House of Representatives are up for election every two years. Fully one third of our Senators stand for election every two years. And, of course, our choice for Commander in Chief is made every four years. Is it too much to ask of ourselves that we participate in this relatively simple exercise, on one day every two years?

WE are the people who decide who the people representing us are going to be. Us. You and me. All we have to do is register to vote. Then we have to vote.

On one day every two years we have



Bud Katz

the opportunity to make our pleasure or displeasure with our elected officials known. Put another way, this is when our voices are heard. If we think about it, most of our elections demonstrate a hearing of the voices of the people. Some we like, some we don't, but sitting office holders and candidates all know or learn, if you don't listen to the voice of the people you do so at your electoral peril.

The founders offered us, in the Declaration of Independence, the promises of life, liberty and the pursuit of happiness. In life, they promised safety and security from foreign invasion. They didn't promise us we'd live forever. In liberty, within reasonable boundaries, they offered us the ability to live life and be who we are. In the pursuit of happiness, there are no guarantees. Happiness for each of us is something entirely individual. Happiness is NOT guaranteed, but our ability to define it and to pursue it most definitely is.

On one day every two years we are asked to validate our membership in this somewhat exclusive club of American citizenship. We are asked to inform ourselves with regard to a person's views on issues of importance and then choose to either vote for that person or for that person's opponent. It's really not a lot; it's certainly not too much to ask.

In America, July 4th is both a solemn and celebratory occasion. We quietly, sometimes absently, recall and observe the sacrifice of those who literally fought for their and our freedom. We celebrate the day we informed the British crown, through that document drafted and delivered by our founding fathers, of our displeasure with their arbitrary and heavy-handed rule, and of our intention to march as a new nation into an uncertain future on our own.

It's one day every two years. It's coming up on November 6th of this year. Let's make sure we honor the promise and commitment that Declaration made 242 years ago. With our vote, let's be sure to loudly and clearly remind those who deign to represent us, "Thanks, but we'll take it from here."

Have a safe and happy 4th.

• *Bud Katz is a full-time resident of Highlands and a member of the Highlands Writers Group.*



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• AREA EVENTS •

Ongoing

- Let's fill the brick walkway of the Highlands Veterans Memorial Garden by Veterans Day, Nov. 11, 2018. Bricks are \$50 for 1, \$40 for the second one. Contract for the purchase form is through Bill Edwards at Edwa7353@bellsouth.net 404-915-1344. Forms are also available for pickup and return at Town Hall. Sept. 1, 2018 is the deadline for placement by Nov. 11.

- Summer Movies at the Playhouse: Sundays at 5:30 & 8pm, Mondays & Tuesdays at 2, 5 & 8pm

- The Glenville Historical Society Museum is open every Wednesday through Saturday 11 AM to 3 PM until October 13th. Church, club, school and family groups are welcome to visit the museum by appointment on any day of the week. The Museum is located at 4735 Highway 107 in Glenville next to Signal Ridge Marina. A historic time line, photos, documents, artifacts and antiques tell the story of Old Glenville, building the Lake Glenville Dam and new Glenville development from the 1940s to present day. Go to www.glenvilleareahistoricalociety.com

First Mondays

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

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.

- Gentle Yoga at the Rec park at 9:30. All levels welcome.

Mon., Wed., Fri.

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

- 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.

- The Highlands Writers Group, a collection of professional and talented amateur writers, meets to read, workshop, or to just share information on writing, every Tuesday, 3pm-5pm, in the downstairs board room at The Bascom, 323 Franklin Road, Highlands, NC 28741. For more information, call 828-

526-3190.

First Tuesdays

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

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

Wed. - Sat. (starting July 5)

- At Highlands Inn on Main Street held in the dining room, Afternoon Tea 2-4:30pm. Royal Tea: \$45; Classic Tea: \$35. Call 828-526-9380 for more information.

First 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 at Rec Park.

Thurs. - Sat.

- Highlands Historical Village is open 11a to 3p through October.

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

• AREA EVENTS •

Fourth Thursday

• At the Hudson Library, Kids Zone LEGO Club. Intended primarily for kids in grades 1-5, LEGO Club allows creativity and STEM skills to develop together as kids enjoy making a wonderful variety of LEGO creations.

Fridays

• Live FREE music in Town Square on Main Street from 6-8 p.m.

Saturdays

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

• At The Bascom, Pottery Sale in the 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.

4th Saturdays

• Scaly Mountain Women's Club Pancake Breakfast 8-10:30a at the old Scaly Mtn. School at Buck Knob and NC 106.

Through Sat., July 14

• At Highlands Playhouse, Guys and Dolls. Call 828-526-2695 for tickets.

Wed., July 4

• At the Ballpark on S. 4th Street, 9a: Boy Scouts Rocket build and launch; 11a: Traditional Field Games - Tug of War - Water balloon Toss - Water Relay - Sack or three legged race - Frozen T-Shirt race; Noon: Mama the Medic Helicopter will be at the ball field weather permitting and it is not on an emergency call; 11:30a: Rotary Hot Dog Free Event at Founder Park with Live Music; 2p: Rotary Duck Derby at Mill Creek; Patriotic Concert at First Presbyterian Church at 8p; 9 or 9:15p: Fireworks, depending on the weather.

Fri., July 6

• Kid Adventure at Hudson Library this Friday July 6 at 2:30 PM. Join us as Science-Tellers takes us on a wild adventure as part of this summer's Libraries Rock theme. Explore the fascinating science behind chemical reactions, acids and bases, combustion, air pressure, inertia and more. Don't miss this classic action-packed western with 'notes' of science! For more information or to request an accommodation, please call the library at 828-526-3031.

Sat., July 7

• Maui Jim Trunk Show at Popourri Eyewear on Main Street, 11a to 5p.

• The Coro Vocati will perform in a free concert entitled "Heavenly Home: Our Pilgrimage Journey" on at 5pm at Highlands First Presbyterian Church.

Wed., July 11

• Free Summer Interlude at Presbyte-

rian Church at 2 p.m. Philip Thomson, Piano Virtuoso. Sponsored by Highlands-Cashiers Chamber Music Festival.

Thurs., July 12

• P.E.O. Annual Summer Luncheon at the Cullasaja Club, 1371 Cullasaja Club Drive. Hosted by Chapter BJ of Chashiers/Highlands. Registration is from 11:30a to noon. uncheon is at 12:30p. Cost is \$28.25 per person. Silent auction between 11:30a and 12:15 p. For more information or to make a reservation, call Mary Anny Ray at 828-526-8251.

• Free Zahner Lecture Series "The Endangered Rock Gnome Lichen." At Nature Center on Horse Cove Road at 6pm.

Wed., July 18

• Free Summer Interlude at Episcopal Church at 2 p.m. Angela Massey, Flutist. John Wickey, Harpist Sponsored by Highlands-Cashiers Chamber Music Festival.

Thurs., July 19

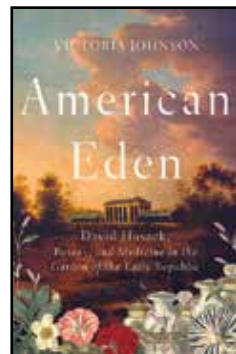
• Free Zahner Lecture Series "Planting in a Post-Wild World." At Nature Center on Horse Cove Road at 6pm.

Fri. & Sat., July 20-21

• At Jannine Bean Custom Jewelry, Open House and Gem Show 10a to 4:30p. For more info call 828-526-5858.

Friday, July 20

• At The Bascom, Mountains in Bloom Garden Tour - Friday, July 20. This year the tour will feature amazing gardens in and around the Highlands Country Club, many never before seen. Tickets are \$100 and can be purchased on-line at www.thebascom.org



Victoria Johnson to discuss new book at HUMC, July 9

Monday, July 9 at 10a at the Highlands United Methodist Church, Victoria Johnson discussing her new biography, "American Eden: David Hosack, Botany and Medicine in the Garden of the Early Republic."

In vivid prose, Johnson chronicles the life of the man who was Alexander Hamilton's personal physician, was admired by Thomas Jefferson and James Madison, and dedicated his life to medicine and botany.

Free to all. For more information call Ellie Houston (828) 787-1354.

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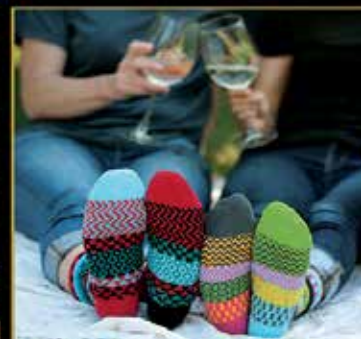
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• H-C HOSPITAL NEWS •

Take Control: New HCH community conversation series tackles important topics; offers a different way to access providers and take control of your health

A common challenge for rural communities like ours is attracting and retaining healthcare providers. I'm proud to say that we now have seven primary care providers available to serve our community which includes Highlands, Cashiers and the surrounding areas. A great way to get to know this talented group of clinicians is to attend our summer educational series, "An Evening with the Docs." The "Docs" and their partners will showcase their diverse interests and considerable expertise and also answer your questions on a wide range of "hot" health topics.

These programs will take place on the hospital campus, in the Jane Woodruff Clinic, Room 103 on the third Thursday of each month at 5:30 pm. They will be information-packed, but casual and conversational, so attendees can ask any question that matters to them. Be sure to check our website for each month's program, with topics ranging from immunizations for healthy kids to advanced care planning.

I encourage you to attend each "Evening with the Docs", but our July program will be especially important. On July 19th our program will focus on advanced care planning. It will include an interactive panel comprised of a local physician, HCH chaplains, notaries and others. Beyond the session's educational focus, it will also offer a hands-on action opportunity. Attendees will receive a template for creating their own directives and guidance and support to complete it. And don't worry, a HCH resource will be provided should anyone need further assistance after the session concludes.

I encourage every community member to attend, because you're never too young to start thinking about how to ensure that your care decisions and preferences are honored when and if you are unable to speak for yourself. For many of us, it's just hard to talk about illness and death; so we put it off. But just like an uncomfortable cancer screening test, it's too important to skip. Taking charge of one's own care empowers both



Jackie Medland
CEO H-C Hospital

the patient and the family, especially if an unexpected healthcare crisis should occur.

The advanced directive document specifically defines a patient's wishes about which interventions the individual wants to be performed in order to extend their life in specific circumstances. It's not an "all or none" choice, but rather a detailed review of what you personally desire. The advanced directive then serves to "direct" an important care conversation for the patient, family and care

team. At a difficult time, it ensures that everyone is "on the same page" and that the patient's preferences and wishes are always followed. No one of us knows what will happen tomorrow, but it is certain that proactive conversations now will mean much more comfort and confidence in the future for both you and your loved ones.

Here again, you spoke, and we listened. Our "An Evening With the Docs" series will help you work in closer partnership with your caregivers, and that's sure to make you and our community stronger and healthier.

• Jacqueline Medland, PhD, RN, is the President/Chief Nursing Officer (CNO) of Highlands-Cashiers Hospital. Jackie has enjoyed a career as a healthcare leader for over 30 years, including positions in direct patient care, advanced practice nursing, nursing management and hospital administration. Jackie received her MSN from the University of Illinois, College of Nursing, and her PhD in Organization Development from Benedictine University. She is a member of the American Association of Critical Care Nurses, the American Organization of Nurses Executives, the Illinois Organization of Nursing Leaders and Sigma Theta Tau. Jackie's unique leadership and mentorship was recognized by the University of Illinois, College of Nursing with the Sage Award.

• INVESTING AT 4,118 Ft. •

Patriotism, Freedom, Charity ... Highlands

I personally subscribe to a patriotism rooted in ideas that in turn gave birth to our country. When I'm feeling patriotic, it's these ideas that motivated the Founders and compelled them, in many instances, to put their lives, fortunes, and sacred honor on the line.

In reading the Declaration of Independence again, it's all there. All men are created equal. They are endowed not by government but by their Creator with certain unalienable rights. Premier among those rights are life, liberty, and the pursuit of happiness. Government must be limited to protecting the peace and preserving our liberties, and doing so through the consent of the people.

During patriotic holidays, such as Memorial Day, Flag Day and Independence Day on July 4th, you will see a multitude of flags flying in Highlands. In fact, you will see flags flying throughout the year. Highlands is not only a unique and charming mountain town, it is a patriotic town which remains a true example of the Declaration

of Independence, our American Constitution, and the Bill of Rights.

Freedom....understanding it, living it, teaching it and supporting those who are educating others about its principles is patriotism at its core.

Where many cities and towns have taken away the rights of the people, Highlands exemplifies freedom. We are a small community knitted together with the understanding that in and because of our differences, each individual plays an important role.

The annual community Thanksgiving Dinner is served at no cost to all who attend. There are many folks and churches represented who come together on Main Street for the community's annual Palm Sunday Service, the Easter Sunrise Service, and the Easter Egg



Lynn Kimball
Berkshire Hathaway
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Lynn@BHHSMMR.com

Hunt. The Christmas Tree Lighting is complete with Christmas Carols, free hot chocolate and of course our own Santa Claus. The annual Christmas Parade includes a blend of local children and adults displaying their floats, talents, pets and a walking live Nativity scene with real camels.

The annual 4th of July celebration includes a delicious Rotary Club Barbecue, family games at the Ball Park with a display of the Town Fire Department ladder truck, the Mama Medical Helicopter, live music at the Kelsey-Hutchison Founders Park, plus an awesome display of fireworks after dark.

Highlands School (grades K – 12) still recites the Pledge of Allegiance. The public is invited to student music events includ-

ing songs with subjects from contemporary and patriotic to religious and spiritual observance. Prayer is still allowed in accordance with our Bill of Rights which states freedom of religion....not freedom FROM religion. Unlike the Constitution, the Bill of Rights has never been amended.

Charity starts at home and Highlands has more charitable events and organizations than I have the space to name.

How does any of this relate to real estate?..... As a people, we have the freedom to own land and control it within the boundaries of the law. Real estate is the backbone of our economy. In Highlands, we have seen the extreme monetary appreciation of owning real estate and during the recent years of recession, some of the woes that have brought prices down. Gratefully, the recession is over, our economy has stabilized, and people are flocking in large numbers to discover the American dream of owning real estate in Highlands and becoming a part of our special com-

• See **INVESTING** page 22

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... **FALCONS** continued from page 6



Maggie Burns with Pete Kipp and a Harris Hawk.

"hands-on" outing with Curtis-Wright Falconry, said "the experience was phenomenal. Pete is a natural story teller and the way he incorporates the facts and reasons for each small detail while handling the birds is truly a skill. It's an activity I would encourage anyone to try – It is exhilarating!"

Falconry is highly regulated and falcon-

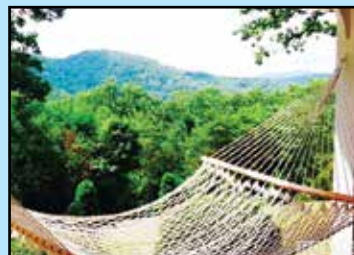
ers begin by securing a sponsor to support an apprenticeship program, including strict testing to ensure the person is fully knowledgeable and qualified to become a Falconer. The housing, called a Mews, and care is also closely approved and monitored ensuring the highest quality of care for the

• **See FALCONS page 22**

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This home is on a 2-3 acre estate in a gated community overlooking downtown Highlands with long range views of the mountains. Includes separate private guest house, 6 custom stone fireplaces, 4-car garage with circular driveway. Stone archways with soaring ceilings, 2 master suite on the main floor. The main master has his and her bathroom and closets, fireplace with a large sitting room with an office that leads to an outside open patio. Wine cellar. Offered at \$3,450,000. mls #88522



New home on 23.04 acres with over 1000' of Clear Creek flowing through the property. The main level living room has vaulted ceilings, a floor to ceiling stone fireplace, hardwood floors throughout. 3BR/2BA on main level. Upstairs a large bunk room, spacious bath and cozy TV spot. Kitchen has custom cabinets, granite countertops, large island and stainless appliances. Outdoor patio with stone fireplace. Detached garage with a canning kitchen and storage loft. 1BR/1BA guest house with single garage. Offered for \$1,795,000. mls #88068



House makeover just completed. Freshly painted and stained inside and out. Good rental history. Enjoy viewing sunsets from the large back deck. Short walk to Mirror Lake and in a great neighborhood. Offered for \$384,900. mls #88782



Located in the historic area of Satulah Mountain, this 4 bedroom 4 bath that has been professionally planned and renovated with a retro flair. Screened porch and huge deck. Old Highlands charm exudes from the original paneling and wood floors. The terrace level features slate floors with marble in the baths, and updated unique and inviting. a 2 car garage rounds and this package with additional room for expansion, and additional parking on the Terrace level. Offered at \$1,495,000 mls #88124



Great post and beam design with designer finishes sits at the end of Black Bear Trace and borders USFS Lands, with a gurgling brook is on the lower property line. 4 bedrooms 4 1/2 baths, ample room sizes and soaring ceilings. Smart wiring. Loft area is great for kids or an office. Huge screened and covered porches. Offered at \$835,000. mls #88447



This estate has over 6 acres of grounds with a stream and a view of Blackrock mountain. easy access off a paved, state maintained road with no HOA fees. Private well and driveway. Large and spacious, with a large screened porch. Move-in condition, with updated kitchen and baths. 5 bedrooms, 5 baths, plus a study and carport. Offered at \$1,350,000. mls #88115



Renovated home in a quiet neighborhood within 12 minutes of Main Street. Enjoy a mountain ridge view with an elevation of over 4,100 ft. Large open kitchen, dining, living room with gas log fireplace, 3 BR/2 baths, double garage, large deck and beautiful landscaping. The large yard has been planted with perennials, shrubs, and trees in areas. The foundation and the front entrance are showcased with stone veneer, and the timber supports for the decking and front porch add a rustic charm to this mountain home. Almost one acre fully fenced. Offered at \$319,000. mls #88377



Lovely Old Orchard estate Over 9 acres with a spectacular mountain views, this house is move in condition, with 5 bedrooms, 4 1/2 baths. Fully renovated kitchen with dining area and cathedral living room with fireplace. Immaculate grounds and guest house is available listed separately. Do not miss this one if you want privacy and usable yard. Offered at \$1,875,000. mls #88584



2 Bedroom 1 Bath 1930s log cabin sits on 3.84+/- acres with great mountain views and ponds below. Adjoining properties are also for sale for a total of 35+ acres. Offered at \$289,000. mls #88529



In the Rolling Acres Subdivision you will find this hidden gem just off Crowe Drive in a lovely, private setting. The 3BR/2BA manufactured home has a block foundation, metal roof, front and back decks and a bonus room with wood burning fireplace. The 1.27 acres includes another building site and a small creek. A quiet, friendly neighborhood just a couple of minutes from town. Listed at \$188,000. mls #87777



Ready to move in with this 3 bedroom 2 bath on a gentle lot with a view of Satulah mountain. Custom kitchen with new appliances, cathedral ceilings in the greatroom with stone fireplace, Wonderful Carolina room with fireplace. A great home with city water and a great setting. Offered at \$799,000. mls #88604



You'll love this cute 2 bedroom 2 bath one level living Mirror Lake Cottage that sits on a .26 are lot. Great summer home, year round living or great rental potential. Old Highlands Charm, wood burning fireplace, nice front deck looks over easy to maintain yard. Ready for your personal touches. 1 car garage with lots of storage. A quiet, friendly neighborhood just minutes from downtown Highlands. Offered at \$269,000. mls #88067



This beautiful home in Heatherstone is next to the Sky Valley Country Club with a public golf course. There is a view of the fishing and canoeing lake. This well maintained home has 4 bedrooms and 4 baths, stone fireplace and great open kitchen. On the Atlanta side of the mountain. Offered at \$395,000. mls #88352



Check out this great condo in Village Walk. This unit has exceptional finishes as it was the model unit and has been owned by 2 designers. 3 bedrooms, 3 baths with great screened porch. Offered at \$799,000. mls #88576



Well maintained log home on Arnold Road, with 4+ acres behind security gate. Open floor plan, cathedral ceilings, loft. Master bedroom on main, 2 guest bedrooms above and an over sized bunk room below. 3 wood burning stone fireplaces; main living area, lower family room and under outside covered deck. 3 car garage with studio-office apartment above, equipped with kitchen and full bath. Gentle terraced path to lake with private dock. Large community dock available. Offered for \$1,795,000. MLS# 88211



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...FALCONS continued from page 20

birds. From a monetary standpoint, obtaining, equipping, housing and feeding birds of prey, falconry can be very expensive.

"Syrah," a nine-year-old female Harris Hawk and "Sweetie Boy," a four-year-old Harris Hawk are two of the birds that are used during outings at Curtis-Wright Falconry. Kipp is one of the few falconers in the U.S. who knows the Asian technique of training hawks to retrieve prey. Sweetie Boy is learning this technique, which is consid-

ered remarkable in the falconer's community. Burd said "seeing Sweetie Boy retrieve his lure [a padded piece of leather that resembles game] was remarkable! What smart creatures."

Pete Kipp and his apprentice Jeff Curtis offer the public a chance to practice falconry.

Curtis Wright Falconry is in Scaly Mountain off NC 106. You can schedule an outing with Pete by calling 828-553-5063.

...INVESTING continued from page 19

munity.

Some of the reasons I hear from visitors is that Highlands remains a safe environment from the crime and fear of potential terrorism found in big cities. It offers a refuge for those seeking a peaceful habitat in a naturally beautiful landscape with a mild climate.

Perhaps the greatest natural asset found in Highlands is the warm and welcoming spirit of its people.

These are some of the reasons why I moved to Highlands as a year-round resident over 33 years ago and I have never looked back.

• Lynn Kimball has over 44 years of real es-

tate experience, with 33 years serving the Highlands Cashiers area. She has gained Emeritus Status with the National Association of Realtors and previously served as a Director and Vice President for the Highlands Cashiers Board of Realtors. Whether you are interested in searching properties or comprehensive information about our area, you are invited to visit her user friendly website at www.signatureproperties-nc.com. Berkshire Hathaway HomeServices BHHS Meadows Mountain Realty has three locations: 488 Main Street in Highlands, 132 Hwy 107S in Cashiers or visit Lynn at her 2334 Cashiers Road location in Highlands across from Highlands Falls Country Club. Lynn Kimball may be reached at 828-421-8193 or by email at Lynn@BHHSMMR.com

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...HEALTHY continued from page 12

Don't Be Fooled!

If you have read this column for any length of time, you would know what ingredients you should ALWAYS AVOID, regardless of where you find them: refined sugar, high fructose corn syrup, aspartame (Equal), sucralose (Splenda), saccharine (Sweet-n-Low), all artificial colors, all artificial preservatives, and anything else that you can't pronounce! Needless to say, most bottled beverages, including sports drinks like Gatorade, contain AT LEAST one, if not several, of the aforementioned toxins- regardless of the "healthy" marketing hype that is written all over the bottle. Vitamin Water and other flavored waters that contain synthetic vitamins and "natural" flavors are not any better for you- if you want the benefit of vitamins and antioxidants, eat REAL food! Basically, anything that comes from a vending machine or is sold at a convenience store is loaded with a concoction of sugars, chemicals, or both- including Snapple, Red Bull, Arizona Iced Teas with Ginseng, etc, the list goes on. Not only are they not as "healthy" as their label says, but with huge amounts of sugar, high fructose corn syrup, caffeine, artificial sweeteners, and other chemicals, these drinks are one of the fastest ways to pack on the pounds, harm your liver, and put you on the fast track to type 2 diabetes. So don't fool yourself - these drinks are not one bit healthier for you than regular or diet soda!

Healthy Hydration

So what are your healthy drink choices that can keep you hydrated before, during, or after a workout without all the toxic additives and sugar? Ener-C Electrolyte Drink Packets that are non-GMO (not Emergen-C, which now does contain ingredients from GMOs). Each portable packet contains not only electrolytes, but 1,000 mg of vitamin C, 7 B vitamins, 24 nutrients and antioxidants- all lightly sweetened with just a few grams of fructose (fruit sugar) or stevia, no caffeine, and no artificial ingredients. Add 2-3 packets to a large bottle of your own filtered water for a delicious soda alternative, immune boost, or post-workout hydration. A box of Ener-C comes in lots of great flavors such as Super Orange, Pomegranate, Acai Berry, and Strawberry Kiwi, contains 30 packets and costs about \$15 a box at most health food stores or on-line. Keep a box at work, at home, and in the car for a refreshing, cost effective and truly health-promoting hydration. Another healthy drink option is to brew a box of refreshing organic fruit tea and add raw honey and a few shakes of Himalayan or Celtic sea for a natural en-

ergy and electrolytes. Enjoy it at home and take a cold glass bottle of your homemade healthy tea with you to the gym for post workout hydration.

How Much Should I Drink?

While the old standard was 8 glasses a day, my best advice is to learn to pay attention to your body and to drink when you are thirsty. When you eliminate processed and refined foods from your diet and replace them with whole foods that contain more water, vitamins and minerals, as well as good fats, your body becomes more naturally hydrated.



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...OUTCRY continued from page 1

and teachers to launch a social media, letter-writing and phone-call campaign asking commissioners for more. The proposed extra \$200,000 would simply allow the district to maintain current levels.

Much of the funding on the county level was needed to make up for cuts on the state level, something commissioners have grappled with as not being sustainable.

But at the request of County Com-

missioners Ronnie Beale and Gary Shields, who serve as liaisons to the school board, Macon County increased operating funding to Macon County Schools by \$500,000; added to the already proposed \$200,000 that increased the schools operating budget by \$700,000.

The county also increased the district's capital outlay budget by \$250,000 for school safety specific renovations. The \$250,000 increase brings the total annual capital outlay contribution by county commissioners to \$550,000.

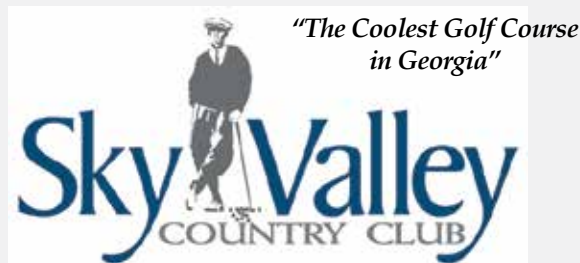
At the request of Commissioner Karl Gillespie, commissioners also approved a \$300,000 increase specifically for technology improvements, bringing the county's total annual technology contribution to \$600,000.

In all, commissioners increased funding to Macon County Schools this fiscal year by \$1,050,000 over last year. The substantial increase was funded this year primarily out of the county's fund balance, something that cannot be sustained year after year.

With all of the funds budgeted this year intended to be recurring, County Manager Derek Roland vowed to work with the school board and commissioners to fund the more than a \$1 million increase in the FY '18-'19 budget without a tax increase, but left the option on the table for next year to continue fully supporting public education at current levels.

In addition to the more than \$1 million increase in operating, technology, and capital outlay budgets, county commissioners also included a substantial commitment to public education in Macon County in the form of the expansion of South Macon Elementary in the approved budget.

Commissioners are looking at a \$3 million expansion, financed through Entegra Bank with an interest rate of 3.3%, which will cost the county a little more than \$300,000 a year in debt service payments over the course of the loan and a substantial investment upfront to complete the project this year.



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• BIZ/ORG NEWS •

Mayor Pat Taylor with Chris Stahl, Macon County Solid Waste Director at the new recycling trailer in the Rec Park parking lot. It has receptacles for brown, green or clear glass and mixed paper. There is also a cardboard receptacle and two dumpsters – all of which citizens are encouraged to use.



Photo by Town Manager Josh Ward



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• POLICE & FIRE •

The Highlands Police log entries from May 14. Only the names of persons arrested, issued a Class-3 misdemeanor or public officials have been used.

May 14

• At 9:49 p.m., Alexandra Payne Ferguson, 24, of Franklin, NC, was arrested for DWI on N. 4th. Street.

June 4

• At 7:10 p.m., officers responded to a two-vehicle accident on Main Street near Fourth Street.

June 8

• At 3 p.m., officers were called about someone attempted to take a skate board and then following the victim at the town's skate-board park.

June 11

• At 12:45 p.m., officers responded to a two-vehicle accident on Oak Street at US 64 west.

• At 10:33 p.m., Neil Stephen Morris, Jr, 64, of Brevard, NC, was arrested for DWI on Main Street. He was issued a \$500 unsecured bond. His trial is June 27, 2018.

• A little after midnight, officers were called about a noise complaint at a residence on Trillium Circle.

June 12

• At 2:20 p.m., officers responded to a two-vehicle accident in a town of Highlands parking area.

June 14

• At 11:26 a.m., officers were called about a vehicle parked on the sidewalk on Maple Street.

• At 3:25 p.m., officers were called about a parking violation on Spring Street.

June 16

• At 12:35 p.m., officers were called about a shoplifting incident at The Christmas Tree on Main Street where about \$150 worth of merchandise was taken.

June 18

• At 10 a.m., officers were called about an inappropriate text message.

June 22

• At 6:54 a.m., officers responded to a two-vehicle accident on NC 106.

• At 7:45 a.m., officers were called about an animal nuisance on Smallwood Ave.

• At 11:28 p.m., officers responded to a call of vandalism to property and aggravated assault at a residence on Mirror Lake Road where the 28-year-old, female victim was assaulted with a knife.

June 23

• At 10:23 a.m., officers responded to a one-vehicle accident on US 64 west near N. Cobb Road.

• At 4:30 p.m., officers were called about a shoplifting incident at McLaughlin's on Main Street where a blouse valued at \$158 was taken.

• At 6:11 p.m., officers responded to a one-vehicle accident on US 54 west near

Rocky Hill Road.

June 24

• At 3:30 p.m., officers were called about damage to a vehicle parked on Oak Street.

June 25

• At 2:28 p.m., officers were called about a trespassing incident at Estate Jewelers of Highlands.

June 27

• At 1 p.m., officers were called about an assault on a 56-year-old female at a residence on Poplar Street.

The Highlands Fire & Rescue log from May 29,

May 29

• At 11:24 p.m., the dept. responded to a call about a tree down on NC 28.

May 30

• A little past midnight, the dept. was first-responders to a residence on Chestnut Walk.

• At 5:51 p.m., the dept. provided public assistance on Center Drive.

May 31

• At 4:56 a.m., the dept. provided mutual aid to Cashier FD but it was cancelled en route.

• At 1:29 p.m., the dept. responded to a fire alarm at a location on Main Street.

• At 3:20 p.m., the dept. was called to investigate smoke/odor at a residence on US 64 west.

• At 6:16 p.m., the dept. responded to a motor vehicle accident on Laurelwood Drive.

June 1

• At 12:46 p.m., the dept. assisted a stranded motorist on Azalea Drive.

June 2

• At 10 a.m., the dept. was first-responders to Helens Barn Ave.

June 4

• At 12:08 p.m., the dept. was called about a downed tree blocking NC 106.

• At 4:01 p.m., the dept. responded to a motor vehicle accident on NC 28.

• At 9:29 p.m., the dept. was first-responders to a location on Main Street.

June 5

• At 1:17 p.m., the dept. responded to a medical alarm alert on Spring Street.

June 6

• At 5:15 a.m., the dept. stood by at Zachary Field for the MAMA helicopter.

• At 3 p.m., the dept. was first-responders to a residence on Village Walk.

June 7

• At 2:35 p.m., the dept. was first-responders to Highlands Plaza.

• At 10:50 p.m., the dept. provided public assistance to a residence on Clearview Lane.

June 8

• At 10:28 a.m., the dept. helped a stranded motorist on NC 106.

• At 1:16 p.m., the dept. was first-responders to a location on Oak Street.

• At 7:43 p.m. the dept. responded to a first alarm at a residence on Half Mile Drive.

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2018 Upcoming Events

at the
Center for Life Enrichment

- **Friday, July 6 - Chamber Music: Musical Families**
Time: 10-12 Cost: \$25/\$35
Presenter: Stephen Crist
In conjunction with the Highlands-Cashiers Chamber Music Festival
- **Mondays, July 9, 16, 23, 30 (4 sessions) - Thinking Bridge: Play of the Hand (Intermediate)**
Time: 9:30-11:30 Cost: \$80/\$90
Instructor: Diane Mester
- **Monday, July 9 - The Trump Presidency**
Time: 10-12 Cost: \$25/\$35
Presenter: William Lauer
- **Tuesday, July 10 - Exploring the Unknown from Space**
Time: 10-12 Cost: \$25/\$35
Presenter: Steve Danford
- **Tuesday, July 10 - iPad Pro**
Time: 10:30-3:30 Cost: \$75/\$85
Instructor: Nigel Skornitz
- **Wednesday, July 11 - Political Gerrymandering: Just good Ole' Politics or Usual Rigging the Game?**
Time: 10-12 Cost: \$25/\$35
Presenter: Todd Collins
- **Thursday, July 12 - Korea and U.S. Strategy in East Asia**
Time: 10-12 Cost: \$25/\$35
Presenter: Bill Stueck
- **Thursday, July 12 - Stay Safe on the Internet in 2018**
Time: 10:30-3:30 Cost: \$75/\$85
Instructor: Nigel Skornitz
- **Thursdays, July 12-Aug. 30 (8 Sessions) - Bridge: Bidding in the 21st Century (Beginners)**
Time: 10:30-12:00 Cost: \$120/\$130
Instructor: Laura Denenholz
- **Friday, July 16 - Chamber Music: Jazz Meets Classics**
Time: 10:30-12:00 Presenter: Dwight Andrews
In conjunction with the Highlands-Cashiers Chamber Music Festival

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clehighlands@yahoo.com



THE CURIOUS MIND
KNOWS NO BOUNDS

Proverbs 3:5

• PLACES TO WORSHIP •

John 3:16

BLUE VALLEY BAPTIST CHURCH

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

BUCK CREEK BAPTIST CHURCH

828-269-3546 • Rev. Jamie Passmore, Pastor
Sundays: School: 10 a.m.; Worship: 11

CHAPEL OF THE SKY

Sky Valley, GA • 706-746-2999
Sundays: 10 a.m.: Worship
Holy Communion 1st & 3rd Sundays

CHRIST ANGLICAN CHURCH

Rector: Jim Murphy, 252-671-4011
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8:30a quiet service, 9:30a Sunday School; 10:30a Worship
Service. Mon. 6p Bible Study & Supper at homes
First Thursdays 5p bi-lingual Holy Eucharist

CHRIST CHURCH OF THE VALLEY, CASHIERS

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

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

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

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

HEALING SERVICE on the 5th Sunday of the month.

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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

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MOUNTAIN BIBLE CHURCH

743-2583 • Independent Bible Church
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4224 Big Ridge Road (4.5 miles from NC 107)
Weds: Bible Study 6:30 p.m.; Youth Group 6 p.m.

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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.

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Sunday Worship - 11 a.m.

WHITESIDE PRESBYTERIAN CHURCH

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

... BRUSHY FACE continued from page 1

he said. "There were a few regulars and others just came when they could. Everybody came and did something to help."

He added that the feedback from hikers who have used the trail was positive.

"Everyone enjoys it," he said. "We get a lot of compliments."

The project came to be through the efforts of seven local residents who purchased the land and donated it to the Highlands Cashiers Land Trust.

Griffen Bell, one of the seven residents who stepped up to conserve the land by donating it to the HCLT, said their goal was simple. "Our prime motive is conservation, we didn't want to see things like convenience stores come in and take over the land."

The first phase was completed last year and the extension to complete the loop was recently finished. Alkrige, referred to as "Boss Man" by other volunteers said "that the trail was solely completed using hand tools. Work included carving out the trail, removing dirt and relocating plants along the way."

Julie Shott, Development Director of the HCLT, said that the trail is a great public asset. "It is so close and easily accessible for those in town."

Ann Brown, one of the hikers on the trail at the time of the unveiling, said "It is gorgeous, it's just lovely and it is circular so you know that you end up completing your hike right back where you started."

The trail head is located on Hwy 28, just outside of Highlands and is open to the public.

•Drive south on NC 28 about one mile from Highlands Plaza. Turn right on Brush Face, then a quick left. Drive past the tennis courts and up the hill. At the end of the road turn left and drive to where the road curves. Park there. The trail is well marked from there.



Folks turned out to celebrate the opening of the second phase of the Brushy Face Trail and hike it, too!

– Photo by Brian O'Shea



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... MAYOR continued from page 2

In times of distress, I always hope we can all go back to the anchoring words of the founders. So, let me end with what was penned by Jefferson on July 4, 1776.

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

This is an election year. An enduring tradition has been that Americans have the right to change the course of our government every two years, by casting votes.

Enjoy this July 4th and celebrate our national independence, and our individual right to seek our destiny and happiness.

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SALES ASSOCIATE HIGH END RETAIL CLOTHING STORE IN HIGHLANDS AND CASHIERS, NC. Full time, part time and seasonal. Inquire to 828-200-0928. (st. 5/10)

PART-TIME RETAIL CUSTOMER ASSOCIATE - CKSWAN an established home furnishings and gift store is seeking a creative, customer focused individual, who has a friendly nature and the ability to multi-task. Previous retail experience preferred. Please apply to info@ckswan.com. (st. 5/10)

ASIA HOUSE - Now hiring experienced bussers and waiters. Call 828-787-1680 or stop by 151 Helen's Barn Ave. (st. May 3)

FRESSERS COURTYARD CAFE hiring cooks, counter help and food runners. Call 828-526-8847. (st. 4/19)

YEAR-ROUND, FULL-TIME RETAIL POSITION IS AVAILABLE AT TJ BAILEY'S in Highlands and Cashiers. Must have flexible hours and have excellent people skills. Sales experience is a plus. Call 828-526-2626 or email resume to store@tjbaileys.com (st. 4/5)

WOLFGANGS RESTAURANT is looking for experienced waitstaff, bartender, line cook 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 on our Facebook page. (st. 3/29)

PAOLETTI'S ON MAIN STREET

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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@highlandsinnlodge.com. (st. 3/1)

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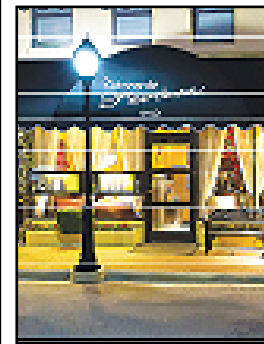
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