

Highlands Newspaper

FREE Every Thursday

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

Thurs., June 7, 2018



The cast and crew of "The Ghost Finders" in front of The Highlands Inn. From left are Rob Thompson, Megan Deputy, Brad Tarnowsky, Ethan Clay and Anneliese Lewis.
— Photo by Brian O'Shea

TV show searches for paranormal activity

By Brian O'Shea

The cast and crew of the television show "The Ghost

Finders" visited the Highlands Inn over the weekend with the

• See **PARANORMAL** page

HC Hospital Foundation money is safe

Over the past few weeks, rumors have circulated in town concerning the future use of the funds in the Highlands-Cashiers Hospital Foundation.

Months ago, Mission Health representatives, both CEO Ron Paulus and Jackie Medland, CEO of Highlands-Cashiers Hospital said the Highlands-Cashiers Hos-

• See **FOUNDATION** page 11

Highway marker #3 to honor Dr. Lapham

Professor Harbison was first in 2003, explorer Michaux was second in 2013, and Dr. Mary Lapham is third.

By Ran Shaffner
Archivist HHS

A North Carolina Highway Historical Marker has been officially approved to honor Dr. Mark Lapham, who established a tuberculosis sanatorium in early twentieth-century Highlands. The Highlands Historical Society applied to the Office of Archives and History of the N. C. Department of Cultural Resources for

• See **LAPHAM** page 8

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Free live music concerts in the park Saturday nights



The much awaited Music in the Park began Saturday, June 2 in K-H Founders Park on Pine Street. Each Saturday through the summer and early fall there's free live music from 6-8 p.m. Picnicing is encouraged and alcohol is allowed in the park during the concert..

— Photo by Kim Lewicki

One Lap of the Mountains

Highlands Motoring Festival is Saturday in the park

Highlands is a dream location for the car enthusiast. Leading off the plateau are endless miles of scenic winding mountain backroads to navigate. Some roads are

seasonal, but most are suitable for year-round driving enjoyment.

The Highlands Motoring Festival founders recognized years

• See **LAP** page 7

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• THE PLATEAU'S POSITION •

• MAYOR ON DUTY •

What to do about the bears ...



Highlands Mayor
Patrick Taylor

I was recently eating out when someone came our table to tell me the town to do something about the bears around Mirror Lake. I responded I had been talking with Cynthia Strain of the Bear Task Force and was working on several ideas.

A few minutes later that same person came back to show me a "cute" photo of a mother bear and her cub sitting on a deck eating from a bird feeder. I almost choked on the chicken wing I was eating. I pointed out that the bear problem begins with folks feeding the bears whether inadvertently or in some cases deliberately, a violation of North Carolina wildlife statutes.

That same picture of the bear and cub made front page news along with a story narrative reminiscent of a Disney Studios script. The evolving narrative among some folks is that "bears are people too." My response is no they are not, bears are wild beasts of the woods, and people need to do everything possible to discourage them from residing in town. That means not feeding them.

While many of us see bears in the light of personal amusement and good cocktail party conversation, they really belong in the vast wooded areas surrounding Western Carolina communities. It is actually in the best

interest of the bears that we discourage them from coming into the town. My proposal is that we "starve and scare" the bears back to where they belong, in the forest.

Simply put, do not feed the bears, especially by putting out bird feeders. Some people tell me they only put out the feeders in the day and take them in at night. Bears are smart, they will just come to the bird feeder in the daytime. We still feed

birds at our house by throwing out seed in a wide pattern in our front yard. Birds have to work to peck and pickup the small seeds, but bears do not have the ability to do so. Pots and pans and sound devices. Can be used to scare bears.

I am exploring ways to better manage commercial garbage to mitigate the bear problem. Other techniques can be implemented for residential disposal, but if people continue the indulgent behavior of feeding the bears, any community initiative will be for naught. Not feeding bears may be considered harsh, but it is actually for the bears benefit. The more they are fed, the more bold they become to where there is an eventual confrontation with humans.

On a personal note as I was headed for work I noticed the door of our SUV wide open. The top center console had been forced open by a bear by breaking the latch. By the way, we never keep food in our vehicle.

Highlands has several options ranging from strict enforcement prohibiting feeding bears, to the community embracing as a whole practices that discourage bears. Or, we accept the proposition that bears are a part of living here and do nothing.

• HIC'S VIEW •



• OBITUARY •

Dr. James Lewis Askew

The much loved Dr. James Lewis Askew, 82, of Stuart, FL and Highlands, NC, passed away on May 31, 2018. A loving husband, son, father, and grandfather, he was a quintessential Southern gentleman with a kind, humble nature and a solid, steady presence.

He was born on March 15, 1936 in Alexander City, AL, the only child of Annie Mae (Farmer) and Lewis McClendon Askew. He was a graduate of Benjamin Russell High School, Emory University, and Emory University School of Medicine. Immediately after completing his surgical residency, he served his country in the Vietnam War as a Lieutenant.

• See OBITUARY page 6

• WEATHER •

	Friday 6/8		Saturday 6/9		Sunday 6/10	
	Daytime	Overnight	Daytime	Overnight	Daytime	Overnight
Temp	77 F	57 F	76 F	58 F	75 F	57 F
RealFeel®	86 F	66 F	85 F	69 F	85 F	66 F
Winds	4 g 6	3 g 5	4 g 7	4 g 6	5 g 7	3 g 6
T-Storms	24%	24%	60%	24%	60%	24%
Rainfall	0	0	0.61	0	0.32	0
Snowfall	0	0	0	0	0	0

For Real-time Weather and the Extended Forecast, go to • www.highlandsinfo.com and click on Weather

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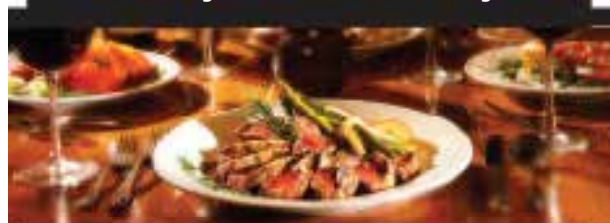
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... OBITUARY continued from page 2

ant Commander in the U.S. Navy, including a year, where his steady hand and solid judgment served him well, as the ship's surgeon on the aircraft carrier, USS Ticonderoga.

After his service, he completed a second residency, in radiology, and entered private practice in Riverdale, GA, where he became a respected radiologist and leader at Clayton General Hospital, now Southern Regional Medical Center. After retirement, he remained active in the community while pursuing his many hobbies.

He served on the boards of the Safe Kids Foundation,

the Clayton State Foundation, and the Clayton Community Foundation. He enjoyed entrepreneurial ventures, including co-founding Tara State Bank. He devoted over 1,000 volunteer hours helping to organize and prepare medical services for the 1996 Atlanta Olympic Games. He served as coordinator of the 1996 Olympic Village Medical Services and was proud to carry the Olympic torch during the relay leading up to the games.

He was an enthusiastic member of the Highlands Road Runners and competed as a member of the Atlanta Track Club. He was the Atlanta Track Club 80+ Runner of the Year in Track and Field after winning the 800, 5000 and 10,000 meter runs at the National Championship Outdoor Track and Field Meet. He also ran on 3 National Champion relay teams. He scored 53.5 points competing in 9 events to lead the ATC to the Team Championship.

He was also the Runner of the Year for Long Distance Running winning USATF National Championships in the 1 Mile in Flint MI, the road 5K in Syracuse NY, the 5K Cross Country Championship in Tallahassee FL and the 8K Club Cross Country Championship in Lexington KY. With those victories he won the year-long 2017 USATF Grand Prix National Championship.

In March of this year, he ran on a Indoor World Record setting 4 x 80 relay team for men aged 80-89. He competed in seven events and contributed 20 points to the Atlanta Track Club's second place team finish. He was well on his way to another Grand Prix Championship having won two cross country races for the 2018 season. He only needed one road victory for another Grand Prix Championship.

Although he also is a three-time first-place Peachtree Road Race winner in his age group, his favorite Peachtree moment was crossing the finish line last year at the age of 81 with his daughter and granddaughter by his side (actually a few steps behind!)

Jim, did his spring and summer training with members of the local Highlands Road Runner Club and could often be seen running around town wearing his signature white fishing hat. Jim disliked running in cold weather so he migrated south to Stuart Florida when things started cooling off. It is mostly flat near his home but he learned to do hill workouts on some nearby bridges.

Jim was an avid gardener, who grew everything from bonsai and ferns, to vegetables and prize-winning dahlias. He enjoyed cooking for others; his lemon chicken and pickled green tomatoes were legendary. He spent many hours around a bridge or poker table laughing with friends, many of them at his beloved Lake Martin, where he hosted the annual 4th of July Farmer family reunion for the past 40 years. Jim was an outdoor enthusiast who enjoyed tennis, fishing, hiking, water skiing, and kayaking. While he had many hobbies, what he loved most was the company of his friends and family.

He is survived by his wife, Mary Jo Askew; his daughter, Ann Colin; his son-in-law, Sam Colin; his three grandchildren, Sarah, Leah, and David Colin; and his first wife Julie Askew.

A celebration of his life will be held in Highlands in early August. In lieu of flowers, those wishing may donate to Children's Harbor at Lake Martin or Florida Oceanographic Society, just around the corner from his home in Stuart.

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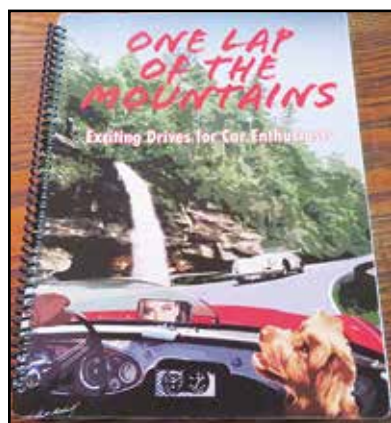
... LAP continued from page 1

ago that incorporating a driving event into the HMF activities would be very popular. For the past six years on the Friday before the Saturday, Cars in the Park classic car show, One Lap of the Mountains has rolled out of Highlands on a different backroad adventure, covering 160-180 miles round trip. Popularity has grown to the point that the 2018 event has been sold out for six weeks. To better accommodate all our mountain driver friends, this year the Highlands Motoring Festival is introducing One Lap of the Mountains, Exciting Drives for Car Enthusiasts, a route guide of mountain drives suitable for all interests.

The book includes: an explanation of the main roads leading off the Highlands Plateau, mileage and directions for six of our popular One Lap of the Mountains routes, and a pair of the old Sunday Brunch Rally routes, complete with questions and answers. As a bonus, the route book includes mileage and directions to four Auto Hikes, which are routes that incorporate an adventure on both paved and unimproved mountain roads not suitable for low clearance cars. All routes begin and

end at the Kelsey-Hutchinson Founders Park, Pine Street, in Highlands.

A collective effort by Highlands residents Jan and Gus Lard, Knight Martorell and Russell Majors of Dauntless Printing, One Lap of the Mountains, Exciting Drives for Car Enthusiasts will be available for purchase at the Highlands Motoring Festival's Saturday event, Cars in the Park, and at the Highlands Visitor Center beginning June 8. Price is \$29. Proceeds benefit the charities of the Highlands Motoring Foundation.



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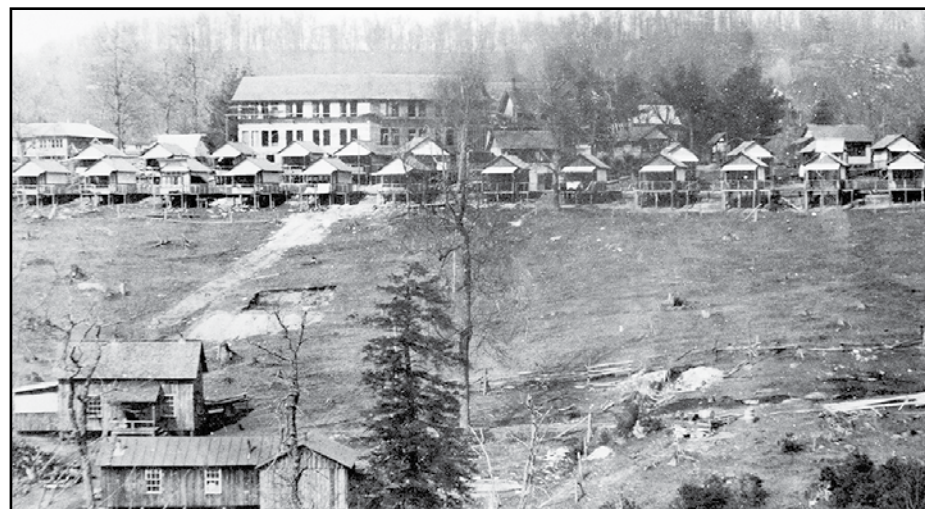
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... LAPHAM continued from page 1



Highlands Camp Sanatorium, "Bug Hill," by R. Henry Scadin in 1910, courtesy of the Highlands Historical Society.

their endorsement of the marker, which was granted on May 22, 2018. Subjects of primarily local or regional significance were not eligible for state markers, but Mary Lapham had statewide historical significance to qualify her for the award. Indeed, the significance of her groundbreaking work in the treatment of tuberculosis had national and international consequences.

In the early 1900s the tuberculosis bacillus was killing millions of

Americans annually. Her sanatorium, which was located where the Recreation Park is today, had sixty open-air tent-houses surrounding a three-story infirmary. Her method of curing advanced cases of tuberculosis became known as lung collapse therapy. She would inject the diseased lung with nitrogen, which caused it to collapse, allowing it to rest and heal. To keep the other lung from degenerating, her patients slept in tent-houses outdoors, breathing only the frigid air.

Dr. Lapham was the first physician in the U.S. to adopt this treatment successfully. Patients came to Highlands in their twenties and thirties on stretchers expecting to die but lived into their eighties and nineties. In Highlands alone her technique of collapse therapy resulted in full recoveries of an astonishing 240 otherwise hopeless cases.

She trained many of the physicians in the U.S. who later performed outstanding work in curing this dreaded disease. By 1940 as many as eighty percent of patients in American institutions were undergoing some form of lung compression, which had become the treatment of choice before the discovery of Streptomycin brought an end to tuberculosis in the 1950s.

Her sanatorium was known locally as "Bug Hill," after the tubercule bacillus, and there are still people who remember Dr. Lapham for her genuine concern for those who needed medical attention, especially the women of Highlands. They also remember her love of merrymaking at Faraway, her home on Satulah Mountain.

The Historical Highway Marker honoring Dr. Lapham will be installed on U.S. 64 East, North 4th Street, just north of the Highlands Historic Village and in front of the last remaining open-air tent-house, which the Highlands Historical Society has preserved. A dedication ceremony will take place in mid-November or early December.

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I do all of these things and more. I regularly read book reviews in the Saturday Wall Street Journal and the local Sunday paper and keep a running list of titles. I like to read a series from the beginning, so when I read a review, I research the author to find the titles and sequence of earlier books. That's how I stumbled across Anne Zouroudi's Seven Deadly Sins series. The second book was reviewed in the WSJ, and I located the first one on sale at Barnes & Noble. These books are a bonus for me because they're not only mysteries but also set in Greece--you may have guessed from my name that I'm Greek.

For an author I find intriguing, I first try to find their books at the library. If I can't find them there, I look online to see if used or eBook versions of earlier selections are available. I've also discovered that when Amazon notifies me that a paperback is being issued, I can find the hardback version used, often for a penny, in the Amazon marketplace. Yes, I pay \$3.99 to have it shipped, but it's still a steal. I guess it's a bit of a treasure hunt, and I do consider good books treasures.

Writing this makes me realize that I've set my price point for books at about \$5. If I don't find them online for that price, then I look at library sales and on the sale tables at bookstores. There are so many good books out there that I don't have to read one as soon as I hear about it. I can enjoy the hunt for a bit. I will eventually pay more money if the book is part of a series I know and I love like Louise Penny's Inspector Gamache books. I rarely find her books on sale, and I don't think I've ever seen one at a library sale.

When I google books to learn more about them, I either visit the author's website or GoodReads. I finally joined GoodReads, and that gives me an online spot where I track the books I want to read. I try to transfer all the book titles I've written on scraps of paper to my Want to



Kathy Manos Penn

Read list there. And, of course, GoodReads has become another source of book recommendations. My other source for mystery suggestions only is SYKM, Stop You're Killing Me. I look forward to their emails and have discovered quite a few new authors and mystery series through their recommendations.

If you could see my filled to the gills bookcases, I'm sure you'd agree with my husband that I could have done fine without additional sources. He might even go so far as to call me a "book drunkard" as Lucy Maud Montgomery, author of Anne of Green Gables, dubbed herself.

"I am simply a 'book drunkard.' Books have the same irresistible temptation for me that liquor has, for its devotee. I cannot withstand them."

PS. If you too are a book drunkard, please join me, the Royal Pooch, and Highlands author Jeannie Chambers at the Highlands Farmer's Market Saturday, June 16th. We'll be signing our books.

• Kathy Manos Penn is a Georgia 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 LIFESTYLE CONCEPTS •

Go nuts for better health part 2

You can't really go wrong when choosing nuts to eat, as long as you pay attention to quality. By this I mean look for nuts that are organic and

raw, not irradiated or pasteurized (see below for more details). One exception is peanuts, which I typically avoid, and which are technically in the legume family. Along

with being one of the most pesticide-laden foods you can eat, most peanuts are also contaminated with aflatoxin, a carcinogenic mold.

My favorite nuts are cashews, pecans, walnuts, almonds and hazelnuts. Generally speaking, each type of nut will offer a slightly different mix of nutrients for your health.

Almonds: One of the healthiest aspects of almonds appears to be their skins, as they are rich in antioxidants including phenols, flavonoids and phenolic acids, which are typically associated with vegetables and fruits. They are highest



Medea Galligan
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in calcium and fiber. As the Almond Board of California reported, a study in the Journal of Agricultural and Food Chemistry even revealed that a one-ounce serving of almonds has a similar amount of total polyphenols as a cup of steamed broccoli or green tea.

Cashews: Cashews are high in protein, and one handful a day of raw cashews a day can greatly improve feelings of well-being. They have a delicious creamy taste, and when lightly roasted can enhance the taste and flavor of any dish.

Walnuts: Walnuts are good sources of plant-based omega-3 fats, natural phytosterols and antioxidants that are so powerful at free-radical scavenging that researchers called them "remarkable." Plus, walnuts may help reduce not only the risk of prostate cancer, but breast cancer as well. They are known to strengthen kidney and lungs, and considered to be optimal brain food.

Pecans: Pecans contain more than 19 vitamins and minerals, and research has shown they may help lower LDL cholesterol and promote healthy arteries. They are high in iron and delicious toasted in salads and baked goods.

Brazil Nuts: Brazil nuts are an excellent source of organic selenium, a powerful antioxidant-boosting mineral that may help prevent cancer.

Preparing Nuts for Maximum Nutrition

Phytic acid in grains, nuts, seeds and beans represents a serious problem in our diets. This problem exists because we have lost touch with our ancestral heritage of food preparation. Research now shows that raw is definitely not Nature's way for grains, nuts, seeds and beans.

Phytic acid is the principal storage form of phosphorus in many plant tissues, especially the

bran portion of grains, seeds and nuts. It contains the mineral phosphorus tightly bound in a snowflake-like molecule. In humans and animals with one stomach, the phosphorus is not readily bioavailable. In addition to blocking phosphorus availability, the "arms" of the phytic acid molecule readily bind with other minerals, such as calcium, magnesium, iron and zinc, making them unavailable as well. In this form, the compound is referred to as phytate.

Powerful anti-nutritional effects of a diet high in phytate-rich grains results in many of the health problems we see today, including tooth decay, nutrient deficiencies, lack of appetite and digestive problems. The presence of phytic acid in so many enjoyable foods we regularly consume makes it imperative that we know how to prepare these foods to neutralize phytic acid content as much as possible, and also to consume them in the context of a diet containing factors that mitigate the harmful effects of phytic acid.

In general, nuts contain levels of phytic acid equal to or higher than those of grains. Therefore those consuming peanut butter, nut butters or nut flours, will take in phytate levels similar to those in unsoaked grains. Soaking for several hours likely eliminates some phytate. Based on the accumulation of evidence, soaking nuts for eighteen hours, dehydrating at very low temperatures—a warm oven—and then roasting or cooking the nuts would likely eliminate a large portion of phytates. Dry roasting raw nuts can eliminate some of the inhibitors, but not as well as the soaking and dehydrating.

Nut Butters

All of the above nuts now come in nut butter form, which can be used as a high protein spread or as a delicious base for dressings, sauces or marinades. Instead of PB and J, try almond butter and raw honey sandwich. For obvious reasons, it is best

• See **HEALTHY** page 11

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... FOUNDATION continued from page 1

pital Foundation no longer needed to focus on "keeping the doors open" at the hospital. It could "redefine itself" and use its money as it sees fit.

However, sources allege, as per negotiations with Hospital Corporation of America (HCA), monies in the Highlands-Cashiers Hospital Foundation are to be used to satisfy remaining hospital debt pri-

or to HCA taking over Highlands-Cashiers Hospital as part of its Mission Health acquisition.

When Mission Health took over Highlands-Cashiers Hospital it was \$6 million in debt. In a little over four years, it has reduced that debt to \$1 million.

As per a statement Wednesday, Rowena Buffett Timms, SVP, government and com-

munity relations with Mission Health said the "rumor" that the foundation will be required to use funds to satisfy that remaining debt is untrue.

"Mission Health will satisfy its debts as a part of the transaction's closing procedure," she said. "As we have said, the Highlands-Cashiers Foundation Board will need to redefine its goals and purpose for the remaining funds since their efforts will

no longer be dedicated to giving funds to Highlands-Cashiers Hospital. One option the board is considering is addressing healthcare disparities in the community."

Timms also said it is important to reiterate that Mission Health is committed to ensuring that donor gifts have been and will always be used for the purpose intended when donors made their gifts.

• See FOUNDATION page 14

... HEALTHY continued from page 10

to buy organic nut butters, which can be found at whole foods markets and are becoming available at regular grocery stores like Ingles.

Nut Flours

For those who are avoiding or have eliminated gluten from their diets, nut flour offers a healthy option for baked goods and breads. If you have digestive issues or are concerned about reducing exposure to phytic acid, it is best to use nut flours, including coconut flour, for cooking that has been soured by the soaking process.

Buying and Storing Nuts

Look for a store with a busy organic bulk section; this ensures high turnover and freshness and also saves you money. Keep in an airtight container in fridge or

freezer for freshness. Buy, store and use in small amounts. Keep in their whole form and chop as needed, as nuts can go rancid quickly.

Nuts – A Great Snack or Add Some Crunch To Your Meals

- raw or roasted, a great whole foods snack for those on the move
- roast and add to fresh, steamed veggies, salads and grains
- grind and blend with leftover grains and/or cooked lentils to form meatless burgers
- grind and use as a crust on roasted fish or chicken
- sprinkle on warm cereal or yogurt
- create pesto by grinding with fresh herbs, oil, garlic and spices






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•HIGHLANDS AREA EVENTS•

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. and 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 Center for the Visual Arts, 323 Franklin Road, Highlands, NC 28741. For more information, please contact Bud Katz, 828-526-3190. If we're unable to answer, please leave a message or send a note to budandlynn@me.com.

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 lo-

cated 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.

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.

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



History of the 5-String Banjo

Thursday, June 14 Time: 10:00-12:00



MARY Z. COX

Mary Z., a two-time Florida old-time banjo champion, has been playing banjo since she was 12. In 2006, she was chosen by "Banjo Newsletter" readers as their fourth-favorite clawhammer banjo player in the world. Mary enjoys helping others learn a natural and relaxed approach to music and the banjo. She has taught at many workshops and camps from coast to coast, and at the John C. Campbell Folk School since 2004. She has recorded seven CDs and has written six banjo tab books. Her music is available on iTunes and is played on Pandora internet radio; the BBC; NPR, including "The Thistle & Shamrock" show; and a variety of stations worldwide.

Mary shares her home with 16 banjos, 3 guitars, 2 ukuleles, and 8 mountain dulcimers and loves playing them. Her motto is:

"If you suspect you need a new banjo or any fine acoustic instrument at all—you do. Trust your musical instincts. If an instrument calls to you to buy it, don't fight destiny. It was meant to be."

[Click her to see Mary doing what she does best...picking her banjo!](#)

Free live music concerts in K-H Founders Park Saturday nights



The much awaited Music in the Park began Saturday, June 2 in K-H Founders Park on Pine Street. Each Saturday through the summer and early fall there's free live music from 6-8 p.m. Picnicing is encouraged and alcohol is allowed in the park during the concert..

– Photo by Kim Lewicki

•HIGHLANDS AREA EVENTS•

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

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 June 10

• At The Bascom in the Loft Gallery. Noon-Day Land...Anna Norton exhibit. Video Installation of the movement of light within the Nantahala National Forest. For more information on these events please visit www.thebascom.org or call Lin Sheffield at 828.787.2866

Thurs. - Sun., June 7-10

• Highlands Motoring Festival all over town. In K-H Hutchinson Park on Saturday.

Thurs. June 7

• Free Practice Yoga class at The Bascom in the Loft Gallery, offered by Yoga Highlands. from 5:30-6:45 p.m. Practice will be lead by 'Yoga Highlands' instructor Rachel Kinback and is open to all levels. Bringing you own yoga mat is encouraged, though some will also be available for borrowing.

Fri., June 8

• At CLE in the Peggy Crosby Center on 5th Street, Women in

Latin American Literature. Time: 10a-12p. Cost \$25/\$35. Presenter: Angélica Lozano-Alonso. For reservations call 828-526-8811.

Sat., June 9

• Take medicine back! Dispose of unused medicine at Bryson's Food Store in Highlands and the new Ingles on the Georgia Road from 11a to 2p.

• The Bascom Knitters will celebrate WorldWide Knit in Public Day on the Terrace of The Bascom. We will be knitting from 10 am until noon. Welcoming all knitters, would-be knitters, and observers. Questions? email: mscarolray@yahoo.com

• The Carolina Gallery of Fine Art reception and book signing honoring March Chatov, acclaimed international artist from 5-7 p.m

Mon., June 11

• At CLE in the Peggy Crosby Center on 5th Street, CLE OPENING PARTY. Time: 5-7p. No Cost. Everyone is Welcome. For reservations call 828-526-8811.

Tues., June 12

• At CLE in the Peggy Crosby Center on 5th Street, The Future of Health and Long-Term Care. Time:

10a-12p. Cost \$25/\$35. Presenter: Larry Polivka. For reservations call 828-526-8811.

• At CLE in the Peggy Crosby Center on 5th Street, Siri Time 10:30a-3:30p. Cost \$75/\$85. Instructor: Nigel Sixsmith. For reservations call 828-526-8811.

• At the Nature Center, Feelin' Froggy at 8 p.m.. \$2

Wed., June 13

• At CLE in the Peggy Crosby Center on 5th Street, Gardening with Succulents. Time: 10a-12p. Cost \$40/\$50. Instructor: Gail Bell. For reservations call 828-526-8811.

• At CLE in the Peggy Crosby Center on 5th Street, Changing Cities of the World. Time: 2-4p. Cost \$25/\$35. Presenter: Oliver Porter. For reservations call 828-526-8811.

Thurs., June 14

• At CLE in the Peggy Crosby Center on 5th Street, History of the 5-String Banjo. Time: 10a-12p. Cost \$25/\$35. Presenter: Mary Z. Cox. For reservations call 828-526-8811.

• At CLE in the Peggy Crosby Center on 5th Street, Apple Music. Time 10:30a-3:30p. Cost \$75/\$85. Instructor: Nigel Sixsmith. For reservations call 828-526-8811.

• OPEN HOUSE at the Highlands Civic Center on N. 4th Street to show off the recent upgrades to exterior campus and interior from 5:30-7:30 p.m. Refreshments provided.

Fri., June 15

• At CLE in the Peggy Crosby Center on 5th Street, The Dumbest Generation? Understanding the Millennials. Time: 10a-12p. Cost \$25/\$35. Presenter: Mark Bauerlein. For reservations call 828-526-8811.

Sat., June 16

• Annual Reese Reunion at the Highlands Rec Park from 10 a.m. to 2 p.m.

• Low Country Shrimp Boil to benefit K-H Founders Park from 5-8 p.m. Tented event. Rain or Shine on the plaza. \$60 ticket includes Low Country Boil Dinner, dessert and 2 drink tickets. Tickets are available at www.foundersparkhighlands.org, The Dry Sink, Highlands Chamber of Commerce and the Highlands-Cashiers Land Trust office in the Peggy Crosby Center. Live music from

Fletcher's Grove - Appalachian Jam Rock from Morgantown, West VA.

Mon., June 18

• At CLE in the Peggy Crosby Center on 5th Street, The Kaiser's Confidante. Time: 10a-12p. Cost \$25/\$35. Presenter: Rick Hutto. For reservations call 828-526-8811.

Tues., June 19

• At CLE in the Peggy Crosby Center on 5th Street, Crypto Currencies: Bitcoin and Others. Time: 10a-12p. Cost \$25/\$35. Presenter: Jonathan Wilkes. For reservations call 828-526-8811.

• At the Nature Center, Going Batty at 8 p.m. \$2.

• See EVENTS page 16

Highlands Pool Summer Schedule 526-1595

Call about Memberships

Lap Swim - 18 years plus

Mon.-Fri. 6-10 am

Mon.-Thurs. 6-7 pm

Sat. 10-11 am

Adult Swim - 18 years plus

Thurs. 6-7 pm

Sat. 10-11 am

Available equipment - water weights, adult pool noodles, fins, water jog belts, kickboards.

Water Aerobics - 18 yrs plus

Mon.-Fri. 10:15-11 am

Public Swim - All Ages

Mon.-Sat. 11 am - 6 pm

Tues. & Wed. 6-7 pm (shared pool)

Sun. 1-6 pm

Aqua Dance & Fitness

18 years plus

Mon. 5:30-6:30 pm

Baby & Me Swim Class

Ages 6 months-3 years

Fri. 5:30-6 pm

Pool Parties

Available Fri. through Sun. 6-8 pm

Fee: \$75. \$50 deposit.

Nonrefundable if cancelled less than 2 days before or a no show.

Movie Night - All Ages

First Friday of each month.

Call for movie title and prices

Highlands Hurricanes Swim Team

18 years old and under

Call Steve Hott at 828-421-4121

for more information

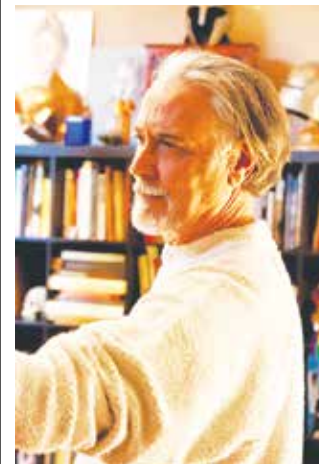
Family fishing day was June 2 at Cliffside Lake



Last Saturday, around 95 children and adults flocked to Cliffside Lake for the annual Kids Fishing Day hosted by the National Forest Service. The event, which was free to the public, allowed families to fish the lake without a fishing permit and after the lake was stocked on Friday with several hundred fish. The lake was stocked by the forest service with around 60 special fish classified as large fish as well as different species from perch, brim, trout, and more. Families were also invited to register with the Highlands Recreation Department for a chance to win large prizes such as tackle boxes, rods and reels, and more. After fishing was over, the public was invited to cool down in the lake by taking a dip in the water off of the roped off swimming area and beach located at the lake. Stay tuned for other upcoming events at Cliffside Lake.

— Photo by Brittney Lofthouse

Reception, exhibit and booksigning at Carolina Gallery of Fine Art



The Carolina Gallery of Fine Art reception and book signing honoring March Chatov, acclaimed international artist from 5-7 p.m. In Mountain Brook Center at Carolina Way.

...FOUNDATION continued from page 11

“To the extent donor funds have already been used, they have already gone to serve Highlands-Cashiers Hospital and the community exactly as the donor intended. With respect to gifts that have not yet been used, the donor will have the choice of rolling those funds over to be used for the Highlands-Cashiers Foundation’s new purposes or to have those funds returned to them,” she said.

More than four years ago, the Highlands-Cashiers Hospital Board voted to turn over everything associated with the hospital to Mission Health.

Since Mission Health owns the campus – property, buildings, equipment, furniture – it can do what it deems best for the future of healthcare in Highlands and Cashiers, as well as the 18-county Western Carolina region it now serves.

It was its “hub and spoke” healthcare model that enticed HCA to consider partnering with Mission Health. The “hub” is Asheville and the spokes are everywhere else Mission has a presence – Franklin, Brevard, Blue Ridge, McDowell, etc.

HCA – a for-profit corporation in 20 states, with 180 hospitals and outpatient centers – is large in scale and scope, said Paulus. “This is the way of healthcare today. The benefit of this transaction is to drive down the cost of doing business and do it more effectively.”

HCA is based in Nashville, TN and as of yet, doesn’t have a presence in North Carolina.

Once both parties are satisfied with terms outlined in their letter of intent, a Regulatory Review begins by the NC Attorney General who will determine if the merger is in the best interest of the residents of North Carolina. If the NC Attorney General gives the final OK, Mission Health will join HCA by Oct. 1, 2018 at the earliest but likely the end of 2018 or the beginning of 2019, according to H-C Hospital CEO Jackie Medland.

A new mega-foundation, which will have nothing to do with the H-C Hospital Foundation currently in place will

• See FOUNDATION page 19

• THANK YOU •

A very sincere Thank You to the town of Highlands, our wonderful shoppers, the generous people who let us ‘play in the dirt’ in their gardens and to our incredible hard-working members. The Mountain Garden Club had a successful 36th Annual Memorial Day weekend Plant Sale on Saturday and even Mother Nature cooperated!

So many people have a hand in making this yearly event successful that it is impossible to name them all in this brief space. But be assured that every helping hand is appreciated by our group and by the scholarship students, Highlands’ School students and residents of Eckerd Living Center who directly benefit from the proceeds of this event.

The line of avid shoppers waiting for us to open the gates last Saturday morning was the largest I’ve seen. Thank you again to this community for its support and continued appreciation of this event. All the best and ‘til next Memorial Day Weekend!

Wanda Klodosky & Ginny Dunwody
Mountain Garden Club Plant Sale Co-Chairs

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

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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

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

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: 8:30 a.m. (June 3) 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

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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.

LITTLE CHURCH IN THE WILDWOOD

Memorial Day weekend through Labor Day

Horse Cove - Kay Ward 828-506-8148

Old-Fashion hymn-sing Sunday 7-8p.

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

• POLICE & FIRE •

The Highlands Police log entries from May 18. Only the names of persons arrested, issued a Class-3 misdemeanor or public officials have been used.

May 18

• At 6 p.m., officers responded to a two-vehicle accident in the Farmers Market parking lot.

May 23

• At 10:38 a.m., officers responded to a two-vehicle accident on NC 28.

May 24

• At 10:05 p.m., a shoplifting incident at Farmers Market was reported where about \$4 of consumable items were stolen.

May 26

• At 3:50 p.m., officers responded to a two-vehicle accident on US 64 east.

• At 2 p.m., officers responded to a one-vehicle accident at Highlands Mountain Club.

May 28

• At 2:30 p.m., officers responded to a two-vehicle accident on Church Street.

The Highlands Fire & Rescue Dept. from May 29.

May 29

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

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 to a location on Center Drive.

May 31

• At 4:56 a.m., the dept. provided mutual aid to Cashiers FD. The call was cancelled enroute.

• 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 on US 64 west.

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

June 1

• At 12:46 p.m., the dept. provided public assistance to a stranded motorist on Azuela Drive.

June 2

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

June 4

• At 12:08 p.m., the dept. provided public assistance on NC 106 where a tree had fallen and was blocking the road.

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

• At 9:39 p.m., the dept. was first-responders to a location on Main Street.

PUBLIC Open House

Saturday, June 16 1-4 p.m. & Sunday, June 17 1-3 p.m.

134 Laurelwood Lane, Highlands

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JAMES BEARD AWARD-WINNING CHEF, LOUIS OSTEEN'S LOW COUNTRY LOBSTER/SHRIMP BOIL FOR TWO
LOBSTER TAILS, WILD CAUGHT LARGE SHRIMP, RED BLISS POTATOES, SUMMER CORN, HOUSE MADE SAUSAGE, ALL STEEPED IN LOUIS'S PROPRIETARY SEASONING. SERVED WITH DRAWN BUTTER AND COCKTAIL SAUCE.

\$37.95
SERVES TWO

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OVEN OFF NIGHT
2 FRESH CHICKEN BREASTS, GRILLED WITH ROSEMARY INFUSED OLIVE OIL. SERVED ON A BED OF MIXED GREENS, WITH STUFFED BRIE, SPICY/SWEET PECANS, MOUNTAIN FRESH OIL AND VINEGAR ON THE SIDE AND TWO CUPS OF HOUSE MADE GAZPACHO, WITH A MOUNTAIN FRESH BAKERY FRENCH BAGUETTE

\$26.95
SERVES TWO

WED

PRIME RIB WITH BAKED POTATOES & SALAD
PREMIUM ANGUS STANDING RIB ROAST, COOKED MEDIUM RARE WITH RED WINE AU JUS, TWO BAKED POTATOES AND A LARGE CAESAR SALAD.

\$36.95
SERVES TWO

THURS

BABY BACK RIBS
COOKED FALL-OFF-THE-BONE-TENDER. SERVED WITH HOUSE MADE BACON/APPLE BAKED BEANS, AND POTATO SALAD.

\$28.95
SERVES TWO

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SHRIMP; FRIED OR STEAMED
WILD CAUGHT LARGE SHRIMP EITHER LIGHTLY BREADED IN OUR SEASONED CORN FLOUR MIXTURE, AND THEN PROPERLY FRIED IN PEANUT OIL AND SERVED WITH HUSH PUPPIES; OR STEAMED TO ORDER IN OUR LOW COUNTRY SEASONING. BOTH COME WITH COLESLAW AND ROSEMARY SEA SALT BROILED RED POTATOES, TARTER AND COCKTAIL SAUCE.

\$29.95
SERVES TWO

SAT

IN-HOUSE SMOKED BBQ
SERVED WITH COLESLAW BACON/APPLE BAKED BEANS AND YEAST ROLLS.

\$26.95
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...EVENTS continued from pg. 13

- Wed., June 20**
- At CLE in the Peggy Crosby Center on 5th Street, Lakeside Cooking Demonstration and Lunch. Time: 11:30a-2p. Cost \$65/\$75. Chef: Jordan Brown. For reservations call 828-526-8811.
 - At CLE in the Peggy Crosby Center on 5th Street, Mark Twain. Time: 2-4p. Cost \$25/\$35. Presenter: Elliot Engel. For reservations call 828-526-8811.
- Thurs., June 21**
- At CLE in the Peggy Crosby Center on 5th Street, Charles Dickens. Time: 10a-12p. Cost \$25/\$35. Presenter: Elliot Engel. For reservations call 828-526-8811.
- Sat., June 23**
- At CLE in the Peggy Crosby Center on 5th Street, Death, Mourning and Civil War Widows. Time: 10a-12p. Cost \$25/\$35. Presenter: Angela Esco Elder. For reservations call 828-526-8811.
 - Well-known author, Mary Alice Monroe, is the featured speaker for the Highland's United Methodist Church's fifth annual Author's Tea Saturday 2-4 p.m. in the new Faith and Fellowship Center on 3rd Street. Tickets are \$25. Call the Church Office at (828) 526-3376 or the event Chair, Gay Kattel, at (828) 526-2746.
- Sat. & Sun. June 23 & 24**
- Highlands Village Square Art & Craft Show-10 to 5 at Kelsey-Hutchinson "Founders" Park on Pine Street downtown. High

quality fine art, folk art and regionally made crafts. Sponsored by Highlands Rotary Mountaintop, who will also be serving lunch. Free admission. (828) 787-2021 for info.

Sun. - Thurs., June 24-28

- At HUMC, Rolling River Rampage Vacation Bible School 5-8 p.m. Ages Birth through 5th grade. Dinner is 5-5:30p each night. To register, call 828-526-3376 ext. 113.

Mon., June 25

At CLE in the Peggy Crosby Center on 5th Street, Colonialism in Algeria. Time: 2-4p. Cost \$25/\$35. Presenter: Max Owre. For reservations call 828-526-8811.

Tues., June 26

- At CLE in the Peggy Crosby Center on 5th Street, Cultural Landscapes of French North America. Time: 10a-12p. Cost \$25/\$35. Presenter: Max Owre. For reservations call 828-526-8811.

- At CLE in the Peggy Crosby Center on 5th Street, iOS Applications. Time: 10:30a-3:30p. Cost \$75/\$85. Instructor: Nigel Sixsmith. For reservations call 828-526-8811.

- At CLE in the Peggy Crosby Center on 5th Street, John Steinbeck's Masterwork: East of Eden. Time: 5:30-8:30p. Cost \$40/\$50. Instructor: Brian Railsback. For reservations call 828-526-8811.

- At the Nature Center, Nocturnal Nature at 8 p.m. \$2.

Summer Kids activities at Hudson Library Summer Learning Program theme: Libraries Rock!

1st Wednesday of each month
 Children's/Family movie @3:30 pm
 (shifts to July 11 because of Independence Day closing)

Thursdays
 10:40am – Story Time for younger children, geared for age 2-6
 3:30pm – Kids Zone: crafternoons, rock painting, Lego Club, etc.

Fridays
 10:30am: – Summer Kids Movies, all G or PG
 (Exception: last Friday of each month is Community Coffee)
 2:30pm – June and July: Summer Learning Program Big Events
 Birds of Prey, Planetarium, Professor Whizzpop, Live Snakes, and much more.

Any Day Library is Open
 Scavenger Hunt in the library -- find all the items and win a prize!
 (Changes every Tuesday, available)

All Summer – Summer Learning Program
 Read at least 15 minutes a day, earn prizes all through the summer for reading!
 Register at the library.

Saturdays – June 30, July 14, July 28
 Children's/Family movies at 1pm)

• WORD MATTER •

On Public Education



Bud Katz

There's a subtle movement occurring in our great nation to underfund public education. It's happening at the urging of public officials who can well afford to send their own children to private or parochial schools. For the life of me I can't understand why we're not all on the same page with regard to the education of our children and grandchildren.

Public school teachers throughout America, including here in North Carolina, have engaged in large-scale, high profile demonstrations to call attention to low salaries, crowded classrooms, declining facilities and other deficiencies due to insufficient funding. Teachers today often are expected to spend their own money on supplies because school systems claim they can't afford them. Some students are being taught using outdated texts, and are taking classes in decrepit and unsafe schools and classrooms due to a lack of money for maintenance.

This situation, I believe, is due concerted effort on the part of many candidates and office holders on school boards and state legislatures. In order to get elected, candidates typically promise voters never to even consider raising taxes. Well, the math on that notion simply doesn't work. I know it's hard to get elected if you ask people to pay more in taxes, but students don't teach themselves. Buildings don't magically repair themselves. Texts don't update themselves. And teachers actually enjoy being able to buy food and pay rent.

Look, I get it. No one likes to pay taxes but in a nation wishing to call itself the greatest in the world, we have to provide for the essentials. That includes public education.

We ALL pay taxes so we ALL can have police and fire protection even though the overwhelming majority of us, thankfully, never require those services. We ALL pay taxes to maintain roads, bridges, tunnels and airports we individually might never use. We ALL pay for prisons we hopefully will never use.

Well, how about we ALL kick in for first class, world-class public schools, where ALL children can learn to think critically and prepare for a complicated future in a global, high-tech economy? You may not use the schools now but at one

time you did.

I've always believed if we, as a society, invested what's necessary to properly educate our children all the way through college we'd have fewer social problems, such as crime, drug abuse, obesity, poor health, etc. In fact, what could possibly be more important than investing in their future, and by extension, our own future?

We can ALL agree we need a well-equipped, well-trained national defense force. We can ALL agree we need clean air and water. These are not "Gee, it would be nice to have" kinds of things. These are necessities, and necessities need to be funded.

Our government was established as a representative republic. We elect people to make decisions for us, and we have the power to "un-elect" them if they don't honor our priorities. And therein lies the quandary in which we find ourselves with regard to the education of our children.

Since we all have to pay income, sales, property, gas, cigarette, alcohol, and other types of taxes, the people we elect need to arrive at a consensus about what's really important in terms of services and facilities necessary for the common good. And, by that I mean ALL our citizens, not just those who contribute to campaigns and those who can afford to send their kids to private schools.

I believe the education of our children, grandchildren and future generations of children provides the greatest potential return on investment of our tax dollars for the greatest number of citizens, now and in the future.

It's simple. Classrooms should NOT be overcrowded. Teachers should NOT be disrespectfully underpaid and should NOT have to buy their students' school supplies. Buildings and facilities should NOT be permitted to fall into decay and disrepair, and should NOT present unsafe and insecure conditions for students, teachers and staff.

It comes down to this. Governments on all levels should NOT run from this issue. They should embrace it. Our children and grandchildren will, if we do right by them, help negotiate our collective future, define America's priorities, find solutions to problems, and, yes, take care of us when we can no longer take care of ourselves.

If this requires additional funding, and if that means additional taxes, so be it.

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



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... PARANORMAL continued from page 1

goal of interacting with "spirits" or "entities." They use a combination of technology and ritualistic methods in order to interact with any spirits that may be present.

Rob Thompson, executive producer and one of the show's "mediums," who communicates with spirit, said it's not the show's goal to make their audience believe in the paranormal, "but to let them make up their own minds."

"What we do is explore, investigate and make our own determinations letting our viewers decide for themselves," said Thompson. "It's not my job to make people believe, it's to show them our findings."

He added that some other shows claim to search for the existence of paranormal activity aren't based on actual investigations or fact but aimed to deliver what the viewers want to see.

"What we're bringing to people is the very first ever paranormal 'reality' show," he said. "Some other shows are simply staged. They don't need to find anything because they'll just create what they need in post-pro-

duction. The difference is we're real."

How to search for paranormal activity

The team uses a mixture of technology and ritualistic methods of traditional witchcraft such as burning of herbs or incense, pouring of wine, personal experience, to name a few, said Co-host of the show Megan Deputy. The methods they use are all dependent on the location and the personal feeling while conducting their investigation.

"We're not trying to aggravate the spirits, we're getting to know them and acknowledge them," said Deputy. "We pay homage to the spirits, it's not like we're walking into a house and say to ourselves 'how do we get rid of these entities?' Our fans around the world have responded to this approach by the hundreds of thousands".

Then there's the technological aspect, using radio frequencies and different light spectrums to communicate with paranormal entities. Heather Bordelean, also an executive producer on the program, said with today's advanced technology there are 'theoretically' multiple ways to make contact with the spirit realm.

"I really like communicating with different dimensions through technology," she said. "I want to know if there's really something out there that we can communicate with through technology, beyond the yes and no. We have different equipment that allows us to speak over soundwaves and radio frequencies, or see through normal spectrums of light."

The program's Showrunner, Brad Tarnowsky, said the show has been revamped giving the crew's access to new equipment allowing them to make contact more easily with spirits.

"We have equipment that picks up sounds that human ears can't pick up," he said. "We have something called a 'spirit box,' which is an EVP [electronic voice phenomenon] on steroids and uses radio frequencies and scans them across a rapid rate and filters out the static."

What did the team find?



Executive Producer Heather Bordelean and the team's technology expert explains to other team members how they will be using the "spirit box" in their investigation.

The cast includes Ethan Clay, Anneliese Lewis and Mike Villareal. The crew sent cast members to the attic and the basement of The Highlands Inn, 420 Main Street, and spent most of the weekend there, mostly at night.

"The technology was really heavily used last night because the spirits were willing to communicate first hand," said Deputy. "I think it went very well. It was also a good balance of technology, mediumship and personal experience."

The cast could not divulge all of their findings because the show will not air until August, but they all felt it was a successful choice of location and all of the spirits very happy and very positive.

Why choose Highlands as a location?

Tarnowsky had been to Highlands in 2017 filming the movie "Mountain Rest," and said

the cast of the movie stayed at The Highlands Inn and said he got a good feeling while there.

"It's so old [built in 1880] and has such a rich history," he said.

Thompson agreed that Highlands would be a great location for the show.

"Highlands is all about the spectacular show of Mother Nature, with waterfalls, valleys and mountains," he said. "Mother Nature's architecture includes craters on the moon, the rings of Saturn, and more magic all around us that we choose not to or cannot see. The Highlands Inn is the sparkling jewel in North Carolina's crown of positive, stylish and historic legacy."

"The Ghost Finders" stream on ROKU's Paranormal Reality TV channel. For more information go to www.theghostfinders.com.



Some of the technological equipment used by "The Ghost Finders" in their paranormal investigations.
— Photo by Brian O'Shea



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The Relationship with Your Spouse and Your House

A quote caught my eye the other day that stated a relationship with a partner is like the relationship with your house—an ongoing project that requires constant and sometime tedious attention. There are certain things we can do to keep our house clean and to reduce mess, clutter and chaos. There are things we can do such as repairs and renovations to help the house appreciate in value over time. There are things that can be done to adorn the house by burning incense, putting up artwork, growing plants, for example, to make it beautiful. There are things that can be done to make the environment more joyful such as playing music. But if you ignore your home, like your partner, there is a price to pay.

If you are listing your home, it is very wise to get a pre-listing inspection by a certified home inspector and take care of all the issues that surface. As the current market is up 67% volume-wise and 38% in unit sales over the same time last year, there are buyers buying right now. If you wait and let the buyer perform the inspection after you are in contract, it inevitably results in renegotiating your price due to repairs noted in the inspection report. But



Jody Lovell
Owner/BIC
Highlands Sotheby's
828-526-4104

at that point, the buyer will insist on obtaining a quote from a contractor that they choose. The buyer adds an uncertainty factor on top of that and you will end up paying more to deal with the issue than if you had taken care of it upfront. Thus, on behalf of all real estate brokers on the Plateau, I implore you if you are a Seller to attend to your home as you would a partner. Be attentive and address any repairs immediately. You will be glad that you did.

• Jody Lovell is the top-producing broker on the Highlands/Cashiers Multiple Listing Service since 2001, having sold over 140 million in the last three and one-half years alone. She and her husband, Wood, own Highlands Sotheby's International Realty, the Number One firm in Highlands for the last four years. Their three locations—downtown Highlands at the corner of Main Street and Highway 64, at the gate of Cullasaja Club and in Cashiers on Highway 107 South across from Cornucopia—and their 32 brokers can serve all of your real estate needs. Call them today for an appointment at 828.526.4104 or 828.526-8300 or 828.743.7827.

...FOUNDATION continued from page 14

be seeded with money from the HCA/Mission Health merger.

Mission Health's debts/payoffs and working capital adjustment will be subtracted from its cash and investments and any remaining net cash/investments plus the

agreed upon purchase price will seed the new mega-foundation.

Medland said when all is done and said, the mega foundation will be the largest foundation per capita in the nation

— Kim Lewicki

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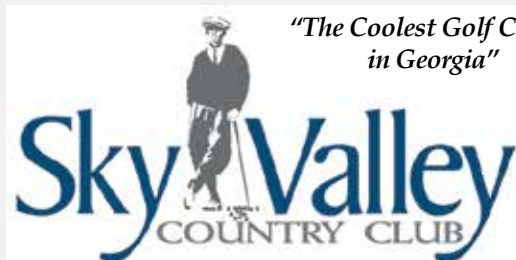
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PART-TIME RETAIL CUSTOMER ASSOCIATE - CKSWAN an established home furnishings and gift store is seeking a creative, customer focused individual, who has a friendly nature and the ability to multi-task. Previous retail experience preferred. Please apply 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 8285262262 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 Now hiring for 2018 season. Bartender, Servers, Bus person, cook. Call 828-526-4906. Email resume to amp28741@yahoo.com. (st. 3/29).

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)

SKYLINE LODGE - housekeeping staff, front desk clerks for 2018 Season. We offer training. and employee housing. 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)

DUTCHMANS DESIGNS on MAIN STREET - Full and Part time (year round) sales associates wanted. Retail and computer skills preferred. Please email resume to gabbi@dutchmansdesigns.com or bring to store. (st. 5/10)

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)

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