Area youths questioned about break-ins

A discovery by the Thompson family when they came up from Griffin, GA for a weekend at their second home instigated an investigation that quickly ended a series of break-ins in the Mirror Lake community.

No arrests have been made, but Highlands Police are question- ing three youths in connection with breaking and entering with larceny of 14 homes on Wyanoak, Hickory Hill, Chowan roads and Vinca Lane which occurred Feb. 16 and 17. Taken were food items, alcoholic beverages, a radio, CD player and a laptop computer.

“…We knew from the items taken and what was left behind that we were dealing with juveniles not a burglary ring or drug addicts looking for items to sell,” said Highlands Police Chief Bill Harrell. “These crimes were also done by people on foot who only...”

BOE member resigns

The Macon County School Board’s most recent addition – Guy Gooder – has resigned.

“…”with much deliberation that I submit my resignation effective immediately. After being involved with this board and staff I have found it is not in my best interest or the interest of the constituency that elected me to office to further my term,” wrote Gooder in his resignation letter.

This board is content to provide no oversight as it is charged to do by the citizens of Macon County, while being comfortable superseding state laws and attacking one of its own members,” it reads.

In an email dated December 15, 2006, Gooder learned that Betty Waldrop, finance manager, instructed district schools to stop doing business with Gooder Grafix, Guy Gooder’s business since 1999.

“I wanted to alert you that our school board attorney has issued an opinion concerning the school system purchasing from Gooder Grafix now that Guy Gooder is a member of the Board of Education,” wrote Waldrop in an email to the central office staff, district secretaries and principals.

“Mr. Henning’s opinion states, ‘North Carolina law contains a prohibition against con-”

Boys win tournament & conference title

Highlands hosted the 2006-2007 Little Smoky Mountain Conference Tournament for the first time in school history. The Highlanders were crowned regular season champions with a 5-1 record as well as tournament champions with wins over Blue Ridge (60-35) and Hiwassee Dam (69-56). With championship in hand, the Highlanders set their sights on a bigger prize: State Champions. Turn to page 10 for more LSMC Tournament action as well as highlights from the start of State Playoffs.

Committee continues re-org plan for town

Town officials are moving ahead with their plans to reorganize in the administration side of the Highlands government. At the second Town Organizational Review Committee meeting held Friday morning at the Town Hall, the committee agreed to hire Gary Nicholson with Legacy Consulting Associates who will immediately provide human resource services to the town.

“We haven’t veered from our plan to address immediate concerns first which is to determine what is necessary concerning zon- ing, planning and code enfor-”

Weekend Weather:
County planning board discusses height restrictions, steep slope building and subdivision ordinance timeline

At least until the subdivision ordinance is completed, Macon County Planning Board meetings will take place in area communities. Tuesday night, the February meeting was held in Highlands at the Rec Park.

The 12-member board went over a draft of the Building Height Ordinance, particularly as it applies to high-rise buildings.

Right off, a contradiction in the draft was found. It reads: The maximum building height on any building, structure, or unit within the jurisdiction of Macon County shall not exceed 48 feet or four stories, whichever is greater.

County Commissioner Brian McClellan, who was there as a citizen said if a story is 16 feet and not 12 as presumed by the commission, the building could end up being higher than 48 feet.

“The language in that first sentence is confusing,” agreed county building inspector Jack Morgan.

Commission ViceChair and Planning Board liaison Ronnie Beale verified that the purpose of the height restriction is to preserve the skyline. “The slope and the foundation, regardless of the size, wouldn’t affect the skyline,” he said. “That’s what’s at the heart of the ordinance.”

Next up was the subdivision ordinance.

“The planning board objective concerning the subdivision ordinance remains the same,” said Beale. “Your charge is the same. And considering what’s going on in Jackson County, Macon County is being watched very closely as to the ordinance it comes up with and the process.”

The Jackson County Board of Commissioners has proposed a moratorium on future development until it has time to look at regulations concerning development, said county planner Stacy Guffey.

Guffey presented a PowerPoint presentation outlining the population in the state General Statute concerning a local government’s right to impose subdivision ordinances, including what kind of subdivisions are exempt from strict interpretation – major, minor, cluster or conservation subdivisions; plan requirements during the process; treatment of phased development; design, improvement, and road standards; stormwater run-off provisions; bonding requirements; and finally steep slope construction standards.

Beginning May 6 and once a month through June and then twice a month in July, the board will work on specific areas of the ordinance so it will be ready for review by the county commission in August.

Highlands citizen Karen Hawk told the board about planner Randall Arendt’s concept of subdivision development and cited his website www.greenerprospects.com.

“He discusses how to solve the problem of sprawl while preserving the mountains’ rural aspects and he suggests a common sense approach, not a lot of rules and regulations,” she said.

Planning Board member Susan Erwin said Arendt is the originator of the conservation subdivision idea where buildings are designed around environmental characteristics of a piece of property.

Hawk also said Arendt touts cluster development where structures are clustered in one area on the property to leave green space elsewhere. Guffey asked if he suggests green space percentages or minimum lot size but Hawk said those aspects aren’t discussed.

“This lets the developer be more creative. Rules and regulations are for those developers who don’t choose to be creative but cluster and conservation developments are for the developer who is more creative,” she said.

The next Macon County Planning Board meeting will be March 6 in Nantahala. The board will discuss exemptions; the definition of major and minor subdivisions and plan requirements.

- Kim Lewicki

Oil tanker wrecks on N.C. 106

On the afternoon of Friday, Feb. 9, a tanker truck traveling north on N.C. 106 rounded the bend just before the Blue Valley overlook lost control and crashed through the guardrail to dangle over the embankment. The driver sustained injuries and was transported to the hospital. Oil spilled from the tanker on to the road and soaked into the ground at the embankment. Duncan Oil traveled to the site to pump out what was left in the tanker. Highlands Fire & Rescue and Scaly Fire & Rescue responded to the call. N.C. 106 was closed for several hours and traffic was re-routed.

Photo by Ryan Gearhart


**ENGAGEMENT**

**Potts & Fielding to wed**

Terry and Karin Potts of Highlands are happy to announce the engagement of their daughter Lauren Brittany to Byron Eric Fielding, both of Highlands. Eric is the son of Guy and Marjorie Fielding and Thomas and Janet Cummings of Rabun County. Both Brittany and Eric are 2004 Highlands School graduates. Brittany is employed at Nancy’s Fancy’s and Eric is employed at Highlands Decorating Center. A May 26th wedding is planned.

**MILESTONES**

**Hicks earns Dean’s List honors**

April Dawn Hicks, 2006 Valedictorian of Highlands School and a freshman at Western Carolina University’s Honors College, earned Dean’s List honors for the fall semester 2006. April is enrolled in the College of Education and Allied Professions.

**AGNES LENORA RABY CALLOWAY**

Agnes Lenora Raby Calloway, age 88, of Highlands, NC died Monday, February 12, 2007 at the Highlands-Cashiers Hospital. She was a native of Macon County, the daughter of the late James “Jim” and India Corbin Raby. She was married to the late Leon Calloway who died in 1981. She was a homemaker and a member of the First Presbyterian Church in Highlands. She was a charter member of the Highlands Chapter Eastern Star #284. She is survived by three daughters, Mary Anne Creswell of Highlands, NC; Linda James of Scaly Mtn., NC; and Gail Cheaney of Atlanta, GA; two sons, James Calloway of Monroeville, AL and Doyle Calloway of Highlands, NC. Thirteen grandchildren and 15 great-grandchildren also survive.

Funeral services were held Saturday February 17 at 11 a.m. at the First Presbyterian Church in Highlands with Rev. Hunter Coleman and Rev. Don Mullen officiating. Her grandson, Dale James, Neal James, Jamie Calloway, Tommy Calloway, Billy Creswell and Joe Cheaney were pallbearers. Burial was at Highlands Memorial Park.

In lieu of flowers, memorials may be made to the First Presbyterian HCCDC, PO Box 648, Highlands, NC 28741 or to the Highlands Eastern Star, PO Box 512, Highlands, NC 28741.

Bryant Funeral Home is in charge of arrangements. Online condolences can be made to www.MeM.com or www.bryantfuneralhome.com

**JUDY SPEED**

Judy Darlen Speed, 48, of Merrit Island, FL, died Saturday, January 13, 2007. She was born in Manassas, VA and moved to Broward County in 1995 from Highlands, N.C. She was a homemaker and a member of First Baptist Church of Merritt Island.

She is survived by her son Chester (Chet) James Speed of Merrit Island; daughter Jessica (Brian) Speed Stickle of Cocoa, FL; parents Verne (Red) and Mary Inman of Cocoa, FL; sister Lorrie (Michael) Simpson of Palm Coast, FL; brother, Verne (Buster) Inman Jr., of Cocoa, FL; Melissa Inman of Cocoa, FL; and two grandchildren.

A memorial service was held Saturday, January 20 at 3 p.m. in the Wylie Baxley Funeral Home in Rocklege, FL.

**... RESIGNS continued from page 1**

flicts of interest for elected members of governing bodies, as well as the employees thereof. Specifically, N.C.G.S. 14-234(a)(1) provides that “No public officer or employee who is involved in making or administering a contract on behalf of a public agency may derive a direct benefit from the contract.” He goes on to say, “However, the safest thing for Macon County Schools to do, to ensure compliance with the law and avoid the appearance of impropriety, would be to discontinue any relationships with businesses owned by board members,” she wrote.

Waldroop’s email culminated with “Please do not purchase from Gooder Grapfix using any school funds. If you have any questions, please give me a call.”

Gooder says he’s never had a contract.
took what they could physically carry or put in back packs.

When the Thompson’s arrived and found their basement door kicked in, a bottle of Scotch and a radio missing they called 9-1-1. It was 5:20 p.m. Officers Thomas Parker and Mike Jolly responded immediately beginning canvassing the neighborhood.

What they found was that in a matter of two days – from about 10 p.m. Friday through 5 p.m. Saturday – a group of juveniles broke into and took items from unoccupied homes and stashed them at the Folsom’s unoccupied residence at 259 Whipoorwill Drive.

Initially, while canvassing the neighborhood and checking on other unoccupied homes, early Saturday evening, officers took what they could physically carry or put in back packs.

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**Brain droppings**

Being almost completely unable to write an entire column with all of the bombshells that have happened this week, I figure bullet points are the way to go today. A lot of things to go over and a few congratulations are in order, so here we go:

- Congratulations to Coach Smart and the Highlander men for winning both the conference regular season and tournament. You have been immensely enjoyable to watch both individually and as a team.
- Congratulations to the Highlander women for reaching the finals of the tournament. Hiwassee Dam proved to be very tough once again, but you never gave up and that is what Highlander Pride is all about.
- Congratulations to the San Diego Chargers for the continuance of a boneheaded move. I wrote last week (much to the chagrin of my brother) that the Chargers were stupid to fire Marty Schottenheimer. While I still feel my argument is valid, Ryan argued that San Diego officials and Marty had a strained relationship and parted ways over difference of opinion and other staff changes. Not only do they fire the Schott, they hire Norv Turner as his replacement. Turner has an NFL head coaching record of 58-82-1 with stints at Washington and Oakland. Admitted Oakland hasn’t been good since they reached the Superbowl in 2002, but the consistent up and down seasons at Washington (3-13 first year, 10-6 with a 1-1 playoff record in his best year) are a huge warning flag. At least Schott got them to the playoffs.
- Congratulations to the Virginia Tech Hokies for defeating my Tar Heels in the Dean Dome only to follow that performance with a severe beating at the hands of NC State. Transitive properties do not apply here, and I do hope that Ol’ Roy turns the monster loose as payback against the Wolfpack. The Tar Heels need to always remember games are not won by talent and skill alone.
- Congratulations to Boston College for failing to capitalize on their perch atop the ACC. BC wanted to prove it belonged with the old guard of the conference by defeating Duke and North Carolina only to drop both games and fall a half game back at 9-4 in conference. After hearing the Eagles fans and players boasting about North Carolina’s loss to Virginia Tech and thumping their chests, I hope they enjoy their crow very well done.
- Finally, and most importantly, congratulations to my sister Brittany for getting engaged to her high school sweetheart Eric Fielding. I know you both will be very happy together and this is a very exciting time for all of us. Welcome to the family, Eric. It’s the moments like these that are the most important of all. Sports are entertaining, fun to play, great exercise, and sometimes the most stressful thing in your life (try playing golf when you’re having a REALLY bad game) but they also are just a blip on the radar in the grand scheme of things. So while I will always lower my shoulder to tackle the current news in sports, sometimes it’s best to just take a moment and enjoy the things and people around us that really matter.

...RE-ORG continued from page 1

Duties three and four for Nicholson involve finding job candidates in the town’s planning and zoning areas – or at this point help the board pick the right candidate – and reviewing the administrative area of town government for organizational efficiency.

“We want to make sure things don’t fall through the cracks. We want to do a better job within the current structure or maybe redefine and move things around,” said Commissioner Amy Patterson at the first meeting. “We want to fix it so the town operates more effectively and efficiently.”

The committee revisited and confirmed its established “Steps for Decision-Making.”

To address immediate manpower needs, review of the Town’s organization (review all information, interview staff) formulate philosophy for form of government (Mayor/Council vs. Manager/Council); implement changes to the organization; and review and update personnel employment and training requirements.

At the first meeting, Nicholson said the Town Board might want to consider changing to the manager/council type of government from the mayor/council type. But first the committee must agree on a philosophy of government and then determine department level changes that would be required including additional staffing and training.

Nicholson will receive $100 per hour for his services.

The Reorganization Committee will meet on March 1 at 11:30 a.m. to hear Nicholson’s report on the first two items. Commissioners Hank Ross, Herb James and Amy Patterson are on the committee.
It's official: I'm a dirty old man!

Special notice to all Highlanders: For the record, I am not the father of Anna Nicole Smith's baby. I may be a dirty, old man, but I'm not that dirty!

I am not certain when it happened. Maybe when I stopped wearing underwear, I don't know. Or it could have been when I decided to only shave every fourth day and save on razor blades. If my calculations are correct, I've already saved seven bucks. Anyway, I am there; no underwear, no shaving, losses of memory; the whole megillah. Let there be no doubt; I have reached dirty, old man status.

It wasn't a sudden change; I didn't wake up one morning, look in the mirror and see a dirty, old man staring back; it crept up on me...slowly. First I was just middle-aged, then POW, almost overnight I was old. Then, the last stage was dirty, old man. For you guys who have not reached this status in life, I am compiling a long list of things for you to watch for that indicates you are there. Here's a tip. Ask yourself, "Havel been wearing this same shirt for three days?" If you can't remember, you might be there.

They say you're getting to be a dirty, old man when you forget to zip up your fly, but I think it's when you forget to zip down your fly. I am not that far along...yet. Actually, if the truth be known, you may be a dirty, old man when you purposely don't zip up your fly.

One night in a crowded bar, I made note of this very attractive young lady who seemed to be preoccupied with my crotch. She would look at me and smile, then look down at my crotch. I was hoping the little missus didn't see her flirting with me 'cause I was having a good time. Then it dawned on me that maybe my fly was open. Trying to be subtle, I looked toward the ceiling while feeling for the position of my zipper pull. Phew, it was all the way up. My flirting confidence level was off the charts until the little missus tapped me on the shoulder and said, "Honey, I think you have zipped your shirttail up in your zipper...again. It's sticking out like a white flag."

In London, a very attractive young lady jumped up from her seat on the bus and offered it to this real old man. I looked around, I was the real old man. Wow, that really hurt!

There's more bad news for us DOM. I am the grandfather (Poppa) of seven grandchildren. When they physically attack, which is every time they see me, I always let them win. Playing rough-house with my children's children is what I do. But when you start to look crotchety, not everyone appreciates your fondness for children. Standing in line at Wal-Mart, I decided to flirt with a cute, but sad looking two-year-old sitting in the cart in front of me. After several attempts to make her smile, her mom positioned herself between me and her kid, giving me that "dirty old man" look. Ouch!

Here's another issue. When I started to age, my sexual prowess began to wane so I started using Viagra... when I could remember to take it. POW, I was good as new. Recently, someone recommended Viagra every night to keep from rolling out of bed. It's working pretty well.

Speaking of sex, it's been a while since I've experienced an "all nighter." For me that means sleeping through the night without visiting the bathroom. Oh, and the term "getting lucky" means I found my car in the parking lot right away. Do you know how much time I waste looking for my car, only to find the onel I was looking for is the one I left in the garage? Am I there, or what?

Wait, there are some benefits of being a DOM. There is this magic age you reach when you are no longer considered a threat to anything or anyone and your memory is completely shot. People smile, put you on the head and shout at you with a sing-song voice, "How are you today?" This is good because once there, you can stare at cleavage all night and no one cares. You can sit with the prettiest girl at the party and your li'l missus won't say "knock it off, buster." But best of all, you can get your wife to wipe the drool from the bottom of your chin.

Currently, I have to do that myself. Did I mention I am not the father of Anna Nicole's baby?

Fred Wooldridge
Feedback is encouraged!
email: askfredanything@aol.com

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MEADOWS MOUNTAIN REALTY

Exceptional renovation on this "Old Highlands Charm!" This 2 bedroom, 2 bath cottage offers winter lake views and decked lake access. Lovingly restored with original wormy oak walls, hardwood floors throughout, an antique granite fireplace, a new custom kitchen with butcher block countertops and bead board cabinetry. Broker owned. $355,000

"Bearfoot" at Flat Mountain offers mixed material siding of popular bark, cedar shake and stone. The open floor plan and attention to detail lends a classic feel to this mountain home. Three bedrooms, three and half baths, covered deck. GE stainless steel appliances and Corian counter tops in the kitchen, stunning three-sided fireplace. $795,000

Wonderful in-town home on almost 3/4 acres features 3 bedrooms and 3 1/2 baths plus 2 separate gathering/keeping rooms each with a fireplace. Mountain style vaulted deck offers some mountain views. Dual fires central HVAC, skylights, hardwood floors, one car garage, and bright and open spaces. This is a must see. Priced at $395,000. (Additional acreage may be purchased).

Eat, Sleep, Go to Work, Repeat... RESIGNS from page 3

with the school system and the board is basing its decision on the misinterpretation of the statute concerning contracts.

"But the school board won't back me up on this because it said it looks bad. But I can't act independently or make a contract as a school board member because members don't have any independent authority, so how does it look bad?" asked Gooder.

He also said since 1999, most of his "school related business" has come from PTOs which use private funds not public funds for items. Business initiated by principals is typically from discretionary funds and doesn't require school board approval. But Attorney Henning said all school funds discretionary or otherwise are ultimately administrated by Macon County Schools. He said if a problem arose between a school employee who requested a job but...
Locals face Harlem Ambassadors Tuesday

Highlands Mayor Don Mullen, County Commissioner Brian McClellan, and Macon County Sheriff Robbie Holland are some local players taking the court next Tuesday against the internally-acclaimed Harlem Ambassadors basketball team.

The local team also includes many former high school stars, coaches, local bankers, ministers and other notables from around the community. Taking the court to show off their skills (or just show off) will be Sue Aery, Byron Allen, Jarret Calloway, Steve Day, Lindsey Gearhart, Ryan Gearhart, Debbie Grossman, Russell Harris, Sheriff Holland, Russell Hawkins, LaDonna Kerhoulas, Brett Lamb, Mayor Mullen, Commissioner McClellan, David Reese, Tori Schmitt, Eric Schmitt, Ken Shull, Rev. Brian Sullivan, Lacy Vilardo, and Jeff Weller.

The Ambassadors return to the Highlands School Gym on Tuesday, Feb. 27. The show will start at 7 p.m. and advance tickets are $10 for adults and $5 for students and seniors. Tickets will be $15 at the door, and kids under four are free. Due to setup requirements, the doors will not open until 6:30 p.m.

Proceeds from the event go to the Mountain Top Rotary Club of Highlands, which uses the proceeds to fund a number of projects throughout the community including the International Friendship Center, the Highlands Community Child Development Center, Pine Street Park, the Food Pantry, the Literacy Council of Highlands and other projects and organizations.

Advance tickets are still available from any club member, at the Highlands Chamber of Commerce, Drake's Diamond Gallery, and Fressers Eatery. The Highlands School PTO will be selling refreshments at the game.

... RESIGNS continued from page 6

later reneged on payment, Gooder couldn't get redemption from the board because the board can't sue one of its own.

"There's a real possibility of that happening and that's the basis of my advice to them," he said.

Gooder said things started going bad between him and other board members, the superintendent and the central office staff when he requested seeing interview summaries of prospective employees prior to approval.

"Superintendent Brigman told me it would take too long and take me from his secretary and that I needed to show trust and not ask to see the applications and interview summaries," said Gooder. He said Tommy Cabe told him he was just new and enthusiastic and that's why he wanted to see them.

"That's true," said Gooder, "but that's the oversight I believe my constituents want. But the school board doesn't want any oversight to take place."

Gooder said he consulted with counsel but a declaratory judgment would have cost the school system and no penalty would have been served to those who initiated the reprehensible actions.

"A decision is hardest when forced; the responsibility fell most, in the best interest of the children first," concluded Gooder in his resignation letter. He said the board's action has affected his ability to make a living and the voters knew of his business with area schools.

Superintendent Dan Brigman said he and the board will discuss Gooder's resignation at its retreat Friday, Feb. 16 at the Dillard House.

In a letter to the press, Chairman Donnie Edwards said Gooder has not been accused of any wrongdoing and he will encourage the board to adopt a policy that formalizes its long-understood practice against members deriving any financial benefit from the schools.

Kimberly Bishop, director of the MC Board of Elections said the board must agree on a replacement in 10 days. The replacement doesn't have to be one of the candidates who ran in the November election. "If the board can't decide, the decision comes from the governor."
I had this week's column partially written on a subject I considered important, but as time moves on, I am convicted to change horses in the middle of the stream. I further realize that writing on a subject which has not actually occurred has a risk attached, but whether not it transpires, it has gone far enough to enrage me.

When I wrote prior to the recent election the potential disaster if the results turned out as they did, I frankly didn't contemplate what is currently in progress. As I wrote this, the United States House of Representatives is engaged in the third day of debate over a resolution which will tell the world that our system of government is broken.

On January 26, the U.S. Senate confirmed Gen. David Petraeus as commander of Multinational Force Iraq. Gen. Petraeus is the architect of the surge strategy of increased U.S. presence in Baghdad—a fact well known prior to his confirmation. Gen. Petraeus took command on Feb. 10. On Feb. 13 the House launched into debate over a resolution to undermine the very strategy advocated by the man the Senate unanimously confirmed two weeks prior.

As mind-bending as this sequence of events seems, there is another which I consider as baffling. Congressman “Jack” Murtha (D-PA), an ex-marine and one-time strong supporter of the Iraq war, is now the other which I consider as baffling. Small wonder many countries of the world have an ex-marine and one-time strong supporter of the Surge. In early 2005, Murtha reversed his position and became the poster boy for cut-and-run proponents and has become increasingly vigorous in pushing that agenda.

In addition to pulling the rug out from under the war effort, the Democrats are now plotting to do it in a most evil and deceptive manner. Instead of having the fortitude to eliminate funding for the war, which they have the power to do, they are now planning to attach to funding authorizations conditions which make it more and more difficult for our existing troops to do their jobs. They call it their “slow bleed” plan.

The plan would prevent certain units from deploying. They would restrict the President's authority to determine number and duration of deployments and restrict replacements. They would micro-manage the operational aspects of the war which would materially reduce our effectiveness. Small wonder many countries of the world have an ex-marine and one-time strong supporter of the Surge.

In late 2002, Murtha voted in favor of the resolution authorizing the withdrawal of our troops. A small wonder many countries of the world have an ex-marine and one-time strong supporter of the Surge. In early 2005, Murtha reversed his position and became the poster boy for cut-and-run proponents and has become increasingly vigorous in pushing that agenda.

I cannot believe that the Democrats hate Bush so much that they would turn the country on itself and imperil future generations. When I expressed concern over the prospects of a Democrat sweep prior to the elections, I had no idea how vengeful they would be. Now we know.
Eggs are good for you. No, eggs are bad. Now they're good again. Butter's bad and margarine is good. Oops, margarine is bad and butter is good. Salt is bad. Cholesterol is bad. Fat is bad. Carbs are bad. Trans-fats are bad.

When I saw the book Terrors of the Table at the library I thought "what a perfect title to express what eating has become." We can’t enjoy food anymore without worrying that we are hurting if not killing ourselves at every meal.

Nutritional advice seems to be constantly changing and is thereby extremely confusing. Who to believe?

Early in the 1990s it became the vogue to advocate low-fat diets as a cure for all that ailed modern Americans. So we saw all kinds of curious products filling up supermarket shelves, like fat-free ice cream and cookies. And the end result of all these fat-free foods? Americans became obese, just the last result you would have expected.

The author of Terrors of the Table, Walter Gratzer, is a biophysicist and emeritus professor at King's College in London. His book is a history of the science of nutrition, starting with the Greeks 2,000 years ago.

Mr Gratzer pops a lot of balloons.

The reason for the increase in heart disease is not due to our consumption of fats but because more people are living to the age at which heart disease is to be expected. A study of all the studies done on the relation between salt intake and high blood pressure shows that there is no correlation. And the link of saturated fats to cholesterol is tenuous at best: “What is by no means clear, indeed contrary to the balance of the evidence, is that reduction in dietary saturated fats, or of fat generally, leads to a drop in serum cholesterol or greatly increases the life expectancy of healthy people.”

Mr. Gratzer’s conclusion is the same as that reached by the author of another book, Real Food, by Nina Planck:

modern processed industrial food is bad for us. Ms. Planck quotes Adelle Davis’s Let’s Get Well: “The first case of heart disease as it is known today was reported in 1912, the second in 1919, and since then it has developed into a major killer. The obvious change has been the ever-increasing consumption of refined foods and hydrogenated fats [trans-fats].”

• See BOOK REVIEWS page 18
RESULTS: TUESDAY FEB. 13

JV Boys Basketball Tournament

Nantahala 48 – Blue Ridge 20

Nantahala dominated Blue Ridge from the start, outscoring the Bobcats 24-6 in the first half. Jordan West scored 12 points for the Hawks followed by Taylor Livingston with 11. Colby Mills and Sage Kinsey led the Bobcats with 6 points apiece.

Varsity Girls: Game 1

#1 Hiwassee Dam 79 - #4 Blue Ridge 40

Hiwassee Dam proved their superiority over the Lady Bobcats as 14 point halftime lead stretched to 34 by the end of the 3rd quarter. Erica Morrow led the Lady Eagles with 26 points, followed by Jenna Harris with 17 points. Emily Rogers and Kaylee Apling each scored 10 points. Stephanie Nichols led the Lady Bobcats with 23 points followed by Mary-Ashley Cole with 11 points.

Varsity Boys: Game 2

#2 Nantahala 62 - #3 Hiwassee Dam 75

Hiwassee Dam avenged two regular season losses against the Hawks to move onto the championship game. Hiwassee Dam gradually extended their lead throughout each quarter before foul trouble took all but 3 Nantahala players out of the game. Blake Roberts led the Eagles with 23 points, followed by Jenna Harris with 17 points. Emily Rogers and Kaylee Apling each scored 10 points. Stephanie Nichols led the Lady Bobcats with 23 points followed by Mary-ASHLEY Cole with 11 points.

Varsity Girls: Game 3

#3 Nantahala 59 - #3 Hiwassee Dam 36

The Lady Highlanders advanced to a showdown with the Hiwassee Dam Eagles with a big win over Nantahala. The Hawks kept the game close in the first half, keeping the score low at 17-13 going into the locker room. Highlands would not let them get closer, as they would blow the game wide open off a 22-11 third quarter. The Lady Highlanders took excellent care of the ball on both sides of the floor, only turning the ball over 6 times while pulling down 41 total rebounds. A final spurt in the 4th quarter put the game out of reach and allowed Highlands to set their sights on defending their conference title from last year against Hiwassee Dam.

Toni Schmitt led all scorers with 22 points and 5 steals. Allison Winn scored 18 points and added 5 assists. Kate-Marie Parks scored a double-double with 10 points and 10 rebounds. Katie Bryson scored 9 points with 14 rebounds and Daniel Potts pulled down 8 rebounds. Cortney Roberts paced the Hawks with 15 points followed by Jamie Patty with 10 points.

“It was a great win for the girls. They played very well,” said Coach Brett Lamb. “The three seniors led the team in all aspects of the game with great leadership. It is also nice to know that we get a chance to defend the conference tournament championship.”

Varsity Boys: Game 4

#1 Highlands 69 - #4 Blue Ridge 35

Highlands seemingly picked up where they left off from their last meeting with Blue Ridge, controlling the tempo early. The Bobcats put up a fight in the 1st quarter, holding the score to a manageable 10-6 game. The Highlanders turned on the afterburners in the 2nd, outscoring the Bobcats 37-11 through 3 quarters. Game well in hand, Coach Brett Smart pulled his starters to rest for the championship in the final minutes of the game.

Jason Aspinwall led all scorers with 15 points, 9 rebounds, 2 blocks and 2 assists. Toni Schmitt scored 7 points, 6 rebounds, 3 assists and 3 steals. Allison Winn scored 6 points, followed by Brie Schmitt with 5 points and Danielle Reese with 2 points. Kate-Marie Parks had 7 of the team’s 34 total rebounds, and altogether the team notched 12 steals. Karen Apling led the Eagles 15 points followed by Jenna Harris with 12 points.

Varsity Boys

CHAMPIONSHIP GAME

#1 Hiwassee Dam 59 - #2 Highlands 35

The Lady Highlanders took on Hiwassee Dam for the championship crown on Thursday, but fell short in a loss 59-35. The Eagles proved to be much deeper on the offensive side of the ball with 9 players in the scoring column. Highlands started out slow, scoring only one basket in the first quarter. The early Eagle lead would prove to be insurmountable as every Highlands comeback met an equal or greater surge from their opponents. Coach Brett Lamb and his ladies refused to quit, battling for every inch on the court as the lead grew larger. With time winding down, Lamb pulled his seniors to a standing ovation from the home crowd.

Katie Bryson scored 15 points, 10 rebounds, 2 blocks and 2 assists. Toni Schmitt scored 7 points, 6 rebounds, 3 assists and 3 steals. Allison Winn scored 6 points, followed by Brie Schmitt with 5 points and Danielle Reese with 2 points. Kate-Marie Parks had 7 of the team’s 34 total rebounds, and altogether the team notched 12 steals. Karen Apling led the Eagles 15 points followed by Jenna Harris with 12 points.

Varsity Girls

CHAMPIONSHIP GAME

#1 Hiwassee Dam 56 – #3 Hiwassee Dam 56

Highlands defeated the Hiwassee Dam Eagles February 15 to claim both the conference regular season and tournament titles as their own. Hiwassee Dam looked to sweep the tournament with victories by the JV and Varsity women already in hand. The Eagles came out swinging, attacking the glass on the offensive end looking to get center Darin Keener into foul trouble. Highlands appeared to be in trouble with both Keener and Nick Kerhoulas on the bench with fouls, but the trio of Arthur Potts, Ezra Herz and Gray Alexander stepped up to help the starters on defense. Highlands created mismatches on the offensive side of the floor to extend their lead to 8 at the half with a score of 35-27.

Highlands smelled blood in the water and continued to assault the Eagles in the second half, using pressure to create constant turnovers on defense in traps. The boys extended their lead to 14 points at the end of the 3rd quarter. The Eagles tried one last come-back in the 4th quarter only to be answered with yet another quickly by Highlands. With a comfortable lead, Coach Butch Smart gave a few of his underclassmen a taste of the conference title victory while the student section screamed in delight.

Jason Aspinwall and Alec Schmitt each had 14 points in the victory, Aspinwall also tallying 10 rebounds and 4 steals while Schmitt added 9 rebounds, 7 assists, and 6 steals. Potts scored 11 points, 5 rebounds and 3 steals off the bench, Andrew Billingsley scored 9 points, Herz had 9 points, 3 assists and 2 rebounds, and Alexander had 7 points with 3 rebounds. Kerhoulas had 3 points and 2 steals in limited action and Keener had 2 points with 3 rebounds in limited action as well. Tyler Duggan led the Eagles with 24 points followed by Blake Roberts with 15 points.

Highlands now sets their sights on becoming State champions. Opponents and game times for state playoff games are yet to be determined at this time.

- Christopher Potts
Highlanders avenge loss, advance to second round of State Playoffs

By Christopher Potts

The Highlands Highlanders (26-4, 7-1) defeated the Hendersonville Bearcats 71-53 in the first round of the 1-A West State Tournament on Tuesday. Highlands had revenge on their mind from the outset, jumping out to an 18-11 lead at the end of the 1st in front of a very raucous home crowd. Darin Keener could not be stopped in the paint, lighting up the Bearcats with 66% shooting. Hendersonville kept the game close throughout the rest of the first half, keeping the lead at 7 going into the locker room with the score 35-28.

Highlands jumped on the Bearcats in the second half, continuing to feel the shooter's touch throughout the night on 53.5% shooting. The Highlanders added another 8 points to their lead to end the 3rd quarter 52-37, but not before adding more pressure to the Bearcats. In the final 8 minutes, Highlands pushed their lead up to 24 points before the freshmen entered the game. Hendersonville ended the game with a small run to close the gap to make the score more respectable.

All of Highlands scoring came from four of the five starters. Jason Aspinwall led all scorers with 22 points and 8 rebounds off of 50% shooting and hitting 4 of 9 shots from beyond the arc. Alec Schmitt scored 18 points on 7-13 shooting and added 7 rebounds and blocking 3 shots. Nick Kerhoulas ended the scoring with 2 points to close out scoring. Katie Bryson scored 3 points with 8 rebounds, and Danielle Reese scored 20 points off of 10-15 shooting. The Knights iced the game at the free throw line, going 6-7 from the line.

The Lady Highlanders (15-15, 5-3) hosted the Robbinsville Lady Knights in the first round of the 1-A West State Tournament Tuesday, February 20, falling short 43-48. The home team struggled early, mustering only 11 points in the first half. Robbinsville employed both full court and half court traps, frustrating the Lady Highlanders and creating turnovers. The Highlanders defensive effort created the same problems for the Knights, as their 18 points came early in each quarter. That defensive effort also created an advantage for Robbinsville, as early foul trouble took Katie Bryson out of the game. foul trouble plagued the girls in their previous match-up at Robbinsville during the regular season, and it returned early in the second half.

Highlands opened the second half with a rally to tie the game, where a see-saw battle took place for control of the scoreboard throughout the 3rd quarter. Robbinsville took a 30-28 lead into the final 8 minutes of play, and extending that lead after another tie with three quick baskets. Highlands would create another run to give the ladies a 3 point lead with 4 minutes remaining. Robbinsville would answer, turning that deficit into a 4 point lead. The Lady Highlanders had several opportunities to capitalize on Robbinsville's missed free throws and turnovers in the final minutes, but with Bryson and Brie Schmitt on the bench with 5 fouls apiece, outside shooting became limited. The Knights iced the game at the charity stripe once again, knocking down two final free throws to put the game out of reach.

Brie Schmitt led the Lady Highlanders with 13 points, most of those coming in the second half. Allison Winn and Toni Schmitt closed out their high school careers with 11 points and 10 points, 7 rebounds respectively. Kaylie Buras scored 4 points, Katie Bryson scored 3 points with 8 rebounds, and Danielle Reese added 2 points to close out scoring for Highlands. Robbinsville's Brandy Deddo tallied all scorers with 22 points followed by Amanda Orr and Adrian Jordon with 7 points each.

"It was a great year," said Coach Brett Lamb after the game. "I was lucky to have three seniors with a lot of heart, dedication, and leadership. They will be missed on the court next year. It has been a learning experience for the team — and we have had many things to overcome this year and faced much adversity — and we were able to survive. Many of our goals we did reach and then there were some that we achieved more than just a goal. I am proud of the team."

The gym had fallen silent after most of the fans exited quietly, but a large contingent remained. Coach Lamb emerged from the locker room, a little red in his eyes but attempting to hide it as best as possible. As he walked out onto the court, the crowd began to clap wildly in support and appreciation. The girls came out just as they did going in: as a team. Applause filled the bleachers amidst the tears and hugs from family and friends in waiting.

Some losses are harder to take than others, and while nothing hurts more than realizing it's over, one thing glimmered brightly after the loss: Hope, promise, and fire for next season.

The Lady Highlanders dropped the Robbinsville Lady Knights avenge loss, advance to second round of State Playoffs
POLITICAL POLL TELLS ME THAT I am often out of step with the majority of Americans, but you already know that. Just this week, people were asked if they believed the recent claim that Iran is supplying sophisticated explosive devices to the Iraqi insurgents. A whopping 86 per cent responded positively. That leaves very few skeptics and fence sitters. Respondents were presumably selected from the same population that is outraged at the claim that we were led into war with false claims of weapons of mass destruction, and furthermore that the source of the accusation is the same, George W. Bush. We are a trusting people, some cynics might even suggest gullible. I find myself in step on this one. I think that someone in Iran is supplying weapons. The President has, at least for the moment, backed away from claims that the Iranian government is the supplier.

A follow-up question in the same poll asked if Americans supported the invasion with an undefined military action in response to the alleged Iranian interference. I was amazed that 51 per cent would welcome some armed response against Iran. Most Americans are fed up with the war in Iraq and approve keeping our troops there only long enough to stabilize the terrible instability that we created in the first place.

Few Americans now believe that the cost, in terms of blood and treasure, was justified, and even among those who continue to believe that the invasion was appropriate, few can escape the conclusion that its execution has been badly botched. Now this same population, or at least a majority of those questioned, believes that the solution to an unpopular and unsuccessful war rests in expanding that war to Iraq’s neighbor, Iran. President Ahmadinejad is an unsavory character, a blow-hard, a bully, and perhaps even a genuine threat to our Israeli friends if not to us. What a great idea! Let’s invade Iran, destabilize the country and effect regime change. Oh, we did that next door and it hasn’t worked out all that well. The desire to attack Iran, if involvement could be proved, is understandable and even laudable. We don’t want our soldiers, Marines, or innocent Iraqi civilians killed and injured by Iranian bombs in the hands of Iraqi insurgents. We don’t want a bad situation made worse by external interference, and we deplore the idea of attacks against America and Americans going unpunished. Before responding to a visceral inclination to meet violence with violence, we must examine the long term effects of military action against Iran. The drum beats I hear are eerily similar to those that preceded the invasion of Iraq. While I find it unimaginable that we would actually invade Iran, I found it unlikely that President Bush would respond to November’s clear message from the electorate with an escalation of U.S. forces in Iraq.

I think there is a more effective response, one with less risk to U.S. interests and unlikely to invite a torrent of international and Islamic condemnation. Initiate dialogue with Iranian leaders, something we have to date been unwilling to do, and warn them that Iranians and their weapons crossing the border into Iraq will be intercepted and destroyed. Sure, if weapons are being smuggled into Iraq, we will miss some of them, given the length and porosity of the border, but the relatively few American and Iraqis who would be victimized by these devices would be minuscule compared to American losses if we engage Iran militarily. We do not need to fight another insurgency. Nothing would turn
Attention citizens!

Are you outraged by your current tax assessment? Are you worried that you may not be able to afford your home in these beautiful mountains much longer? Have you thought about the impact that the tax assessment will have on your day-to-day living? Please join us for an open mic discussion Saturday, March 3 at 2 p.m. at the Rec Park. Come armed with questions and ideas so that we can move forward to protect our homes. Questions? Call Robin at 526-9792. Together, we can make a difference.

‘Caught in the Villain’s Web’ opens tonight

Will Felicity Fair regain her memory and marry her true love Malvern Larkfield? Will the scheming matriarch Regina Larkfield succeed in marrying off her son Malvern to the socially prominent, but avaricious Nella Hargrave? Or will Cyril Bothingwell catch them all in “The villain’s web”?

All will be revealed in the riotous melodrama, “Caught in the Villain’s Web,” opening tonight at 7:30 p.m. “Caught in the Villain’s Web” is the second play of the Highlands Community Players’ 2006-2007 season. It runs February 22 – 25 and March 2 – 4. Evening performances begin at 7:30 p.m.; Sunday matinees start at 2:30 p.m. Between acts the Web Warblers will sing old-fashioned melodies from the heydays of melodrama during HCPs productions of “Caught in the Villain’s Web” Feb. 22-25 and March 2-4.

Will Cyril Bothingwell catch them all in “The villain’s web”?

There will also be entertainment before the show and between acts by the Web Warblers singing old-fashioned melodies from the heydays of melodrama. The opening night audience is invited to join the cast and production team after the performance for a complimentary reception catered by Holly Roberts of “Let Holly Do the Cooking.”

REV. OLIVER RICE, Pastor 706-782-3965
Sundays: School – 10 a.m.; Worship – 11 a.m.
Sunday night services every 2nd & 4th Sunday at 7:30 p.m.
Wednesdays: Mid-week prayer meeting – 7 p.m.

BUCK CREEK BAPTIST CHURCH
Sundays: School – 10 a.m.; Worship – 11 a.m.
First Saturday: Singing at 7:30 p.m.

CHAPEL OF SKY VALLEY
8500 Sky Valley Lane
10:30 a.m. – 11:30 a.m. Worship Service
12:00 – 1:00 Noon – Lunch
1:00 – 2:00 P.M. – Bible Study

CHRISTIAN CATHOLIC CHURCH
Office: 526-3230
Sunday: Holy Communion – 2 p.m.
(Community Bible Church on U.S. 64 between Highlands and Cashiers)
Tuesday: Children’s weekly Bible study at 2 p.m.
Wednesday: Men’s Bible study at 8 a.m.
Wednesday: Women’s Bible study at 2 p.m.
Pot Luck Supper last Sunday of each month.
All are Welcome!

CLEAR CREEK BAPTIST CHURCH
Pastor Everett Brewer
Sundays: School – 10 a.m.; Worship – 11 a.m.
Prayer – 6:30 p.m.
Evening Service – 1st & 3rd Sunday – 7 p.m.

COMMUNITY BIBLE CHURCH
(Evangelical Presbyterian Church)
www.cbchighlands.com • 526-4685
3645 U.S. 64 east, Highlands
Sundays: 9:30 a.m. Sunday School; 10:45 a.m. Worship
Tuesdays: 10 a.m. Women’s Bible Study
Wednesdays: 5:15 p.m. Students’ Dinner (free for kids in 8th grade and younger)
5:30 p.m. Supper Line for Families of kids Pre-K through 8th Grade
6:15 pm - 7:15 pm Kid’s Bible Study
7:30 pm - 8:30 pm Youth Group
All are welcome!

HOLY FAMILY LUTHERAN CHURCH – ELCA
Rev. Defler Chilton, Pastor, 2152 Gillard Road • 526-9741
Sundays: Worship/Communion – 10:30 a.m.
OF WORSHIP •
Sunday: Holy Communion – 2 p.m.
Sunday: Holy Eucharist – Rite II
5:30 p.m. Youth Group
6:30 p.m. Junior & Senior Youth Group
7:00 p.m. Adults’ Choir Practice
8:30 p.m. The Chancel Choir Practice
9:30 p.m. The Children’s Choir Practice
Sunday School at 9:45 a.m.
Holy Communion at 10:30 a.m.
Worship Service at 11 a.m.
Adult Bible Study & Prayer Meeting 7 p.m.
Small groups available throughout the week.

FIRST BAPTIST CHURCH
Rev. Daniel D. Robinson, 526-4153
Sun.: Worship – 8:15 a.m.; 10:45 a.m.; 6:30 p.m. School – 9:30 a.m.; Youth – 6:30 p.m.; Choir – 7:15
Wednesdays: Dinner – 5:30 p.m.; Team Kids – 6 p.m.; Prayer – 6:15 p.m.; Choir – 7:30 p.m.

FIRST PRESBYTERIAN CHURCH
Rev. J. Hunter Coleman, Pastor, 526-3175
Mondays: 8 a.m. – Men’s Bible Discussion & Breakfast
Tuesdays: 10 a.m. – Seekers
Wednesdays: Supper – 6 p.m.; Choir – 7:00 p.m.
Sat: Adventistas del Septimo Dia – 10 a.m.

HIGHLANDS ASSEMBLY OF GOD
Sixth Street
Sundays: School – 10 a.m.; Worship – 11 a.m.
Wednesdays: Prayer & Bible Study – 7 p.m.

HIGHLANDS 7TH-DAY ADVENTIST CHURCH
Wednesday evening prayer & Bible Study
Call Lloyd Kidder at 526-9474

HIGHLANDS UNITED METHODIST CHURCH
Pastors Eddie & Kim Ingram, 526-3376
Sun. school: 9:45 a.m. Worship 11 a.m.; 5 p.m. Youth Group
Wed: noon – Men’s Emmaus Reunion Group; 4:45 – Children’s choir and handbells; 5:30 – Supper; 6 – Adult Handbells; 6:15 – children, youth, & adults studies; 7:15 – Adult choir (nursery provided for Wed. p.m. activities)
Thurs: 12:30 – Women’s Bible Study (nursery)

Holy Family Lutheran Church – Elca
Rev. Defler Chilton, Pastor, 2152 Gillard Road • 526-9741
Sundays: Worship/Communion – 10:30 a.m.
OF WORSHIP •
Sunday: Holy Communion – 2 p.m.
Sunday: Holy Eucharist – Rite II
5:30 p.m. Youth Group
6:30 p.m. Junior & Senior Youth Group
7:00 p.m. Adults’ Choir Practice
• Small groups are offered for all ages throughout the week, see our website or call for more information.
... ANOTHER VIEW from page 12 moderate Iranians against us quicker than repeating the mistake of Iraq.

To those who think I’m advocating appeasement and preaching defeatism who believe that I am underestimating the resolve of the American people and the might of our military, I ask only that you look closely at Iraq and realize that we are no longer slaying a finite number of native Americans on the western frontier.

The cowboy mentality and a fervent belief in the moral superiority of America are deeply rooted in our national psyche. It seems that the time has come to exorcise the former and to restore the validity of the latter.

NOVs issued to RiverWalk

A recent soil and erosion inspection of the RiverWalk subdivision on U.S. 64 east has resulted in a notice of violation concerning numerous infractions.

On Monday, Feb. 12, Brian Kruger, CPESC of Environmental Logic, Inc., — a firm the town recently contracted with to help police soil and erosion measures at area developments — and Highlands code enforcement officer Scott Houston inspected the site.

They were there to see if measures outlined in RiverWalk’s soil and erosion plan of Nov. 29, 2006, prepared by Pesterfield Engineering, were effective in controlling erosion and sediment as per the N.C. Sedimentation and Pollution Act of 1973 and Town of Highlands ordinance.

The team cited 39 infractions — ranging from minor to major. Acting Zoning Administrator Richard Betz issued a notice of violation which was delivered to Henry Lyngos of RiverWalk on Friday, Feb. 16.

The developers have 30 days to correct the infractions or pay up to $5,000 per violation. Betz said he will discuss the notice of violation at the Feb. 28 Town Board meeting.

Do you have too many lilacs? Flame azaleas? Hydrangeas? Is that gorgeous Japanese maple in your yard being forced to compete with its offspring for nutrients? Would you like to donate your extra shrubs and trees to a good cause?

Call Sonya Carpenter (526-9498) of the Mountain Garden Club, and help will soon be on the way. The Mountain Garden Club plant sale will not be until May 26, but “NOW is the time to root prune shrubs and trees,” advises Sonya, a certified arborist and member of the Mountain Garden Club.

Root pruning is a simple procedure that should be done while shrubs and trees are dormant to get them ready for transplanting later. As the weather warms and the shrubs and trees wake up, they’ll form new roots within a manageable rootball that can be dug up and potted.

“Good root pruning is essential for successfully transplanting shrubs and trees,” Sonya says. If you’d like to donate shrubs and or trees (up to 4.5 feet tall) for the Mountain Garden Club (MGC) plant sale, call Sonya, and she will arrange for a MGC root-pruning team to come to your property.

Proceeds from the Mountain Garden Club plant sale support local projects including the Butterfly Garden at Highlands School and Dorothy Wertzler Memorial Scholarships for college-level studies of horticulture or related fields.

... ANOTHER VIEW from page 12
New physician to oversee hospital ER

A new physician who is trained and board certified in emergency medicine has joined the ER staff at Highlands-Cashiers Hospital.

Dr. Anthony L. “Tony” Fisher began work at the hospital last week. In addition to serving as an emergency room physician two days a week, Fisher has also been named to the newly expanded position of Medical Director of Emergency Medicine at the hospital.

A native of Rosman, N.C., Dr. Fisher, 51, has been a long-time resident of the Lake Toxaway community, and until recently was a full-time emergency physician and the medical director of the emergency department at Transylvania Community Hospital in Brevard. He continues to work part-time there.

President and CEO Ken Shull said part of Fisher’s new duties will be to review the treatment protocols used by all the physicians working the hospital’s ER to make sure they are current with the latest medical standards. He will also focus on preparing documentation for various accreditation and compliance requirements for emergency medicine.

“We are always looking for ways to improve the quality of the care we provide. Expanding the duties of the medical director of emergency medicine, and having someone who is board-certified in that field, will allow us to increase our focus on quality assurance, as well as be even more responsive to any patient concerns that are expressed from time to time,” Shull said.

“I’m looking forward to bringing my experience and training in emergency medicine to Highlands-Cashiers Hospital,” said Fisher. “This will be quite a change of pace for me. While the emergency room here is busy in the summer, it doesn’t see the volume I’m used to seeing year-round in Brevard, which has a much larger population. I’m looking forward to devoting time to strengthening the emergency program here.”

His addition to the ER staff also comes at a good time for the hospital. Part-time ER physician Dr. John Baumbucker is leaving for his annual mission trip to Bolivia and family physician Dr. Toby Lindsay, who has been working full-time in the ER, has opened his medical practice in Cashiers. In addition to Lindsay and Baumbucker (when he returns), other area primary care physicians will continue to staff the emergency room on a part-time basis.

Dr. Fisher earned his medical degree from the University of North Carolina Medical School in Chapel Hill in 1979 until 1990, she was with DeKalb Medical Center in Springfield, MA. Prior to turning to medicine, he was a teacher, including a stint at Blue Ridge School, and later owned his own landscaping business in Sapphire. He has both a bachelor’s degree and a master’s degree in English.

Since completing his medical residency, he has been an ER physician at Transylvania Community Hospital. In addition to serving until recently as medical director of the emergency department there, he has also been medical director of the Transylvania County EMS, a position he still holds.

Hospital names head of acute nursing services

Highlands-Cashiers Hospital this week named a new director of nursing services.

Ellen Brawley, RN, manager of surgical services at the hospital for the last three years, will become the new director of nursing with supervisory roles over both the acute nursing department and surgical services. She essentially fills the role of David Taylor, RN, manager of Clinical Services who took a position as a clinical analyst with McKesson Computer Corp. last fall.

During her 30-some years in the field, Brawley has worked in many different areas of nursing – much of it in management or supervisory roles. She earned her bachelor’s degree from Montclair State College in Montclair, N.J., and her nursing degree from Christ School of Nursing in Jersey City, N.J., in 1977 and began her career as a charge nurse at Georgia Baptist Medical Center in Atlanta. From 1979 until 1990, she was with DeKalb Medical Center in Decatur, GA, where she came to serve in various supervisory positions, eventually becoming critical care coordinator with management responsibilities over intensive care and critical care units. She was also a member of the educational faculty for DeKalb’s critical care curriculum.

Since leaving DeKalb, she has worked at both what was Ridgecrest Hospital in Clayton and Highlands-Cashiers Hospital. She was one of two nurses who oversaw the startup of the hospital’s surgical center in 1994.

As director of nursing, she will be responsible for patient care, management, and budgeting for acute care, the emergency room, cardio-pulmonary medicine, surgical services, the outpatient procedures clinic, and Highlands-Cashiers Hospital cashiers. She will also oversee the implementation of the hospital’s new electronic health record system.

In a related move, Shull said interim director of nursing Mary Kay Crandall, RN, will become the assistant director of nursing, a newly created position.

“Mary Kay had indicated early on that she did not wish to take the job full-time,” said President and CEO Ken Shull.

The Wayah Insurance Group named True Blue Producer

The Wayah Insurance Group has been honored for sales excellence by Blue Cross and Blue Shield of North Carolina.

Blue Cross Blue Shield of North Carolina has named Patricia Bennett, Jeff Cloer, Leesa Manley and Michael Norris a True Blue Producer, a distinction awarded to independent agents and agencies that meet high standards in attracting and retaining customers for BCBSNC.

As an authorized agent for Blue Cross Blue Shield of North Carolina, The Wayah Insurance Group offers health plans for employers and individuals, including BCBSNC’s popular Blue Advantage & HSA products. They also offer Medicare Supplement, including Medicare Part D plans, short-term plans and individual Dental plans.

True Blue Producers/Agencies must meet a minimum criterion for sales production to attain True Blue status. Blue Cross and Blue Shield of North Carolina is a leader in delivering innovative health care products, services and information to 3.4 million members. The company offers its members the Blue Extras value-added programs, which provide discounts and information on a wide variety of health-related services at no additional cost.

For 73 years, the company has served its customers by offering access to quality health care at a competitive price and has served the people of North Carolina through support of community organizations, programs and events that promote good health. Blue Cross and Blue Shield of North Carolina is an independent licensee of the Blue Cross and Blue Shield Association.

Contact: The Wayah Insurance Group 828-526-3713 or 828-524-4442
Friday, February 24

• Mirror Lake Litter Pick-up — Saturday, Meet at Thom Park by the bridge at 9 a.m. All are welcome.

• The Nantahala Hiking Club will take a 4.5-mile moderate-to-strenuous hike on the Appalachian Trail from Wayah Crest to Wine Spring, with an elevation change of 1,000 feet, and then on the Bartram Trail to Sawmill Gap. Great views along the way. Meet at Westgate Plaza in Franklin, across from Burger King, at 10 a.m. Call leader Bill Van Horn at 369-1983 for reservations.

• Highlands Annual Chili Cook-off, Salsa, and Cornbread Competition will be held at the Conference Center from 6:30-9:30 p.m. Entertainment will be provided by Hurricane Creek.

• The Holly Springs Community is sponsoring an American Red Cross blood drive from 8 a.m. to 12 p.m. The blood drive will be held at Holly Springs Baptist Church, located at 366 Holly Springs Church Road in Franklin, NC. Please call 524-5200 for more information or to schedule an appointment.

Monday, February 27

• HIARPT’s readings from Matthew Fox’s CREATION, Material to be handed out at prior meetings.

• HIARPT’s Walt Whitman’s Leaves of Grass. Coordinator: Bill West at 10 a.m. at the Highlands Civic Center. Lunch will follow at 11:30 for those wishing to attend. All are welcome. For information, contact Creighton Peden at cphi2@verizon.net.

• HIARPT’s Richard Florida’s The Flight of the Creative Class. A portion of the book will be copied and handed the previous week for discussion. Coordinator: Virginia Wilson 10 AM at the Highlands Civic Center. Lunch will follow at 11:30 for those wishing to attend. All are welcome. For information, contact Creighton Peden at cphi2@verizon.net.

March 6

• Episcopal Church Stations of the Cross — 5 p.m.; Soup & Salad — 5:30 p.m.; Speaker the Rev. Jim Yeary — 6 p.m. “Stewardship of Self.” All invited.

March 13

• Episcopal Church Stations of the Cross — 5 p.m.; Soup & Salad — 5:30 p.m.; Speaker the Rev. Virginia Monroe — 6 p.m. “Prayer/Spiritual Direction.” All invited.

Tuesday, March 20

• Episcopal Church Stations of the Cross — 5 p.m.

• HIARPT’s “Frozen in time: the disabled nine-year-old girl who will remain a child all her life.” From The Guardian (UK) and other sources. Coordinator: Beverlee Kritz. Brief reading material will be sent by email and also be available at the preceding session. 10 a.m. at the Highlands Civic Center. Lunch will follow at 11:30 for those wishing to attend. All are welcome. For information, contact Creighton Peden at cphi2@verizon.net.

Tuesday, April 3

• Episcopal Church Holy Eucharist, in the Chapel, 5:30 p.m. All invited.

• HIARPT’s “Together by Senator John Danforth. Coordinator: Don Ready at 10 a.m. at the Highlands Civic Center. Lunch will follow at 11:30 for those wishing to attend. All are welcome. For additional, contact Creighton Peden at cphi2@verizon.net.

The heroines, Felicity Fair, (played by Michelle Hott) admires her hero, Malvern Larkfield, (played by Nathan Smith) in the rollicking melodrama “Caught in The Villain’s Web” to be performed by the Highlands Community Players February 22-25 and March 2-4 at the Martin-Lipscomb Performing Arts Center, 507 Chestnut Street, Highlands. Tickets are $15 and can be reserved by calling 828-526-8084.
was a little more expensive — most of us would benefit from eating less!

... BREAK-INS from page 4...
2007 - Record Breaking Levels For HighlandsInfo.com
The Portal To Highlands - Upscale Lodging, Fine Dining, Unique Shops, Best Realtors, Weather & WebCam
Highlands’ Newspaper - A Complete Marketing Solution - Local News, #1 Internet Directory & The Best Maps

Internet Statistics Independently Verified By Earthlink

Highlands’ Newspaper Circulation: 7,500 Weekly - 30,000 Monthly - Your Best Source For News & Information

If you are reading this ad & not advertising with us already - you should be!
Highlands’ Newspaper continues to be our areas most read publication - Hardcopy and/or Internet PDFs. Everyday people download back editions of Highlands’ Newspaper - Your advertising goes a very long way.