The biggest news to come out of the Town Board’s worksession Wednesday was the nixing of the plan to build a new Town Hall.

During the renovations of the current Town Hall — meant only to be used until plans were finalized for a new Town Hall — architects discovered that the building is sound and could be renovated for a permanent Town Hall. Better yet, remodeled with funds already on hand.

Town Manager Jim Fatland said given the current economic situation and given the fact that cost estimates to build a new Town Hall complex were in excess of $5.4 million, it would be fiscally sound to cancel plans to build new and renovate and remodel instead.

Though only a worksession, where policies aren’t allowed to be set or voted on, Town Attorney Bill Coward said since the worksession was advertised as a Special Meeting and Worksession, the Town Hall issue could be decided and voted on if the board so desired.

Though the idea of voting on something the public didn’t have a chance to weigh in on bothered a member. Call 526-4949.
Yikes! Old Edwards Inn pulls ads!

Kim Lewicki
Publisher

Well, this weekend I got an email from columnist Fred Wooldridge congratulating me on joining his “I Got Enemies Club.” This was in reference to a Highlands’ drama that took place last week. Let me explain.

About two weeks ago, I received an email from Marjorie Fielding, managing partner of The Laurel Magazine asking that I run a free press release about winter events in Highlands. She said she sent it to Eric NeSmith of The Highlander newspaper, too.

The press release actually looked like a high-end ad and had a lot of Old Edwards Inn and Spa events on it. As the week progressed, several edit changes were made to the ad and submitted back and forth by Marjorie with different Old Edwards people’s emails on them.

At one point the friendsofhighlands.com email was mentioned, and I began to wonder what exactly was going on.

It looked like The Laurel Magazine and Old Edwards were trying to get me to run free ads.

I know this sounds suspicious, but I can’t help myself … I’m a newspaper person and a bonafide journalist! So, I pulled the friendsofhighlands.com website up on the Internet and found a site that had the Chamber of Commerce logo on the top heading with mountain scenes. I thought, well, the Chamber is adding new pages to its website, but why a new dot.com domain? The one they have

• See FORUM page 9

Letters-to-the Editor-Policy

We reserve the right to reject or edit submissions. NO ANONYMOUS LETTERS WILL BE ACCEPTED. Views expressed are not necessarily those of Highlands’ Newspaper. Please EMAIL letters by Monday at 5 p.m. There is a 500-word limit without prior approval.

Letters

Weighing in on health care

Dear Editor,

I’m writing in regard to Dr. Salzarulo’s articles. After reading several of his columns in Highlands’ Newspaper while on vacation in Highlands I can ask only “Where are you coming from?” As an almost retired urologist of 30 years, I assume it must be the same place as I. Congratulations on fine summaries of the problems (not issues) confronting all of us today with health care. I think I may be so bold to suggest a solution that involves “only” four reforms (in no particular order).

First insurance reform; second, drug reform; third, (or legal) reform; and lastly (but possibly the most important) expectation reform. Until these can be affected I see no real hope of providing top quality at low cost with total access. I have been accused in the past for not seeing the trees because of the forest, but I can hope only for a brighter future for all. Keep up your excellent comments. Please send to me weekly.

V.A. Earhart, MD
New Orleans, LA

Civil discourse and compromise needed in political arena

Dear Editor,

What has become of America today? Why have we lost the ability to civilly discuss and debate issues that affect all of us? The conservatives shout at the liberals. The liberals shout at the conservatives. Each side calls each other names and nothing is accomplished.

When one political party controls both the Presidency and Congress, there is no negotiation and no compromise. It’s “my way or nothing” even when both sides agree there is an issue that needs to be resolved.

Civil discourse and compromise are needed. When one political party controls both the Presidency and Congress, there is no negotiation and no compromise. It’s “my way or nothing” even when both sides agree there is an issue that needs to be resolved.

The Conservative Right isn’t always right and the Liberal Left isn’t always wrong. Can we get agreement on that as a starting point?

Only open, honest and civil discourse
Obituaries

Dorothy Adair Murphy

Dorothy Adair Murphy died on July 30, 2009 after a brief illness. Dot was born on August 20, 1927 in Miami, FL. She attended Edison High School in Miami and the University of Miami, where she was active in the theater.

After college she accompanied her friend, Jean Henderson, to the train station in Miami to pick up her brother, John Murphy, who was emigrating from Scotland. When she met John, It was love at first sight. They married and raised a family of three boys; John, Steven, and Kerry. They put them through college and shaped their lives. Dot was also active in community theater and the social activities of the Miami Scottish Bagpipe Band where John played the bagpipes.

When Dot and John retired, they moved to Cashiers, NC, and lived on Gana Sita Mountain. They enjoyed the wonderful friends they met and entertained. Dot was active in the Cashiers Garden Club and PPO and John played golf. After John died in 1994, she remained active in Cashiers enjoying gardening, entertaining friends, volunteering at the library, and traveling.

In 2005, Dot returned to Florida. She lived at the Winter Park Towers in Winter Park, where she made many new friends. She loved organizing outings and going to the theater in Orlando.

Dot made friends wherever she went. She was the first to strike up a conversation and get to know people in any setting. We will miss her sense of humor, ready laughter, and ever-present smile.

She is survived by her sons Steven (Terry) of Orlando and John (Debbie) of Tucson, AZ; grandchildren Steven Jr., Elizabeth, Cullen, and Patrick; and many nieces, nephews and friends who were dear to her.

A celebration of life and graveside memorial will be held in Highlands on October 3, 2009 at 11 a.m., at the Highlands Memorial Cemetery. Bryant-Grant Funeral Home is in charge of the arrangements.

... LETTERS continued from page 2

and a willingness to compromise by both sides will go far to solve the problems this country faces. Shouting, name calling and disrespect for fellow Americans will not solve anything. It will only polarize this country and ultimately lead to its demise.

Jim Hartje Otto, NC

Dear Editor,

I am writing to show my appreciation for those involved in forming the “Winter Arts and Business Group (also spoken of as “Friends of Highlands”). For those who don’t know or have received misinformation, this group consists of loyal community members including business people and residents alike. They have taken their time to develop a forum to exchange ideas to extend off-season activities by encouraging winter visitors and other winter activities. Additionally, this group has become a sub-committee of the Highlands Chamber of Commerce. “Friends of Highlands.com” is a concept being considered by the group to advance these activities. Should this website become active, it will be a part of the Chamber of Commerce site. I sincerely hope that “Friends of Highlands.com” is released to encourage more “friends” to participate in activities during what is usually a very slow time in our community. Keep up the good work!

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Downtown Highlands Since 1984
“Our bar is now open serving cocktails, beer & wine!”

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Live Music Saturdays
Dinner: Sun-Thur 3-9:30 • Fri & Sat 3-10
Sunday Brunch 11 a.m. to 3 p.m.
Cy Timmons Live Friday & Saturday

526-4188

Sunday Brunch 11 a.m. to 3 p.m.
Lunch: 11-3 everyday
Dinner: 5 until every night except Sunday
Cy Timmons Live Friday & Saturday
6 ‘til closing

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Golden China & Sushi Bar
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Special Lunch Menu: $5.99
Seafood Buffet: 11-3 • Fri • $8.25
Dinner: Sun-Thur 3-9:30 • Fri & Sat 3-10
Open 7 days/week
526-5525 • Highlands Plaza

Laughing at Life

Croak and smoke

I can be a very dangerous man after three glasses of wine. I’m even more dangerous when I’m surrounded by friends like Ralph Bormheim, Tom Barbinkas and Joe Parrot, also scary human specimens when sipping the purple colored heart medicine.

It all started at a recent gathering of conservatives to discuss matters of mutual interest, like musical instruments and hot babies. Joe and I found we both played the clarinet in our youth while Ralph played the trumpet. Are you falling asleep? Ralph and I also learned we spent our early years as beach bums, studying hot babies on the sands of Florida. Wait, it gets better … ah, maybe worse. Joe even has a clarinet mounted on his wall, a relic from his old days. Beverly afraid of clarinet/trumpet playing conservatives who sip the fermented grape and study hot babies.

As the evening wore on, we all got down to the business of how to make money now that our wealth is being redistributed by the government. Ralph thought it might be a good idea to open an ecumenical crematorium in Highlands. He wants to call it “The Croak and Smoke Shack.” Tom and Joe loved the idea so much they broke out their checkbooks, demanding to be partners.

I pondered the idea. Since Highlands has three times as many churches as traffic lights, the service certainly has potential. Mixing Baptists and Catholics in the same oven will be a little tricky but, to make money, it must be ecumenical. “People will be dying to get in,” I said as I poured myself another glass. Tom demanded we offer our service to Democrats, not even dead ones. We overruled him, explaining that a dead Democrat is not a bad thing.

All this talk of croaking and smoking brought back memories of my days in law enforcement. Years ago, a guy walked into my office one afternoon and said he was a cleanup man at a Miami crematorium. His story was morbid. Not only were these crematorium crooks making a fortune by burning bodies, they were melting down gold teeth and carving out the knees and hips, the bodies were being temporarily dumped in shallow graves in a weed filled vacant lot behind the crematorium. It was gruesome. Another owner said, “I promise, we are going to dig up the bodies once the oven was fixed.” Arent you feeling better? Time has faded my memory so I don’t remember what these ghouls were putting in the urns, but it wasn’t Aunt Helen’s ashes; maybe burnt cardboard?

Flashback to reality, I looked at my new partners and said, “Maybe the Croak and Smoke Shack” idea isn’t a good one. Why don’t we go with animals instead, like cats and dogs?” The room grew quiet as my partners pondered the idea. Then Tom withdrew his check and said, “I’m only in if we offer our service to Republican pets.” We all shook our heads in agreement, knowing he was serious.

Currently we are still in the design stage and haven’t even bought our Franklin Stove yet, but look for our ad next month in the Yellow Pages under “Crissy Critters Crematorium, the final stop for your right wing pooh.” You can call us at 1-800 (Get-Baked.) Ask for Chard, our new manager.
An uneven playing field is unsuitable for balanced healthcare negotiations

I saw Steve Forbes on a television panel discussion the other day. He explained that the simple solution to the health care mess in America is for consumers (patients) to become more savvy, to shop for doctors, and to negotiate fees for costly procedures. Forbes equated shopping for medical care to buying a car. There is a problem with the Forbes solution.

The American people trust their doctors, but they don’t trust car salesman. One approaches a dealership with suspicion, without an immediate need, and without fear that the breast lump may be cancerous. People are on guard when they’re shopping for a car, but are in a vulnerable position when visiting a doctor. They view their doctor as someone whose primary interest is to help them, and that assumption is often valid. But even when true, there’s a lot more profit in placing a cardiac stent than in counseling a patient on the importance of diet, exercise, and cholesterol control, and if the results are comparable, what’s the harm in popping in a stent.

Most patients still think of doctors as professionals rather than as businessmen. That places them at a disadvantage in any negotiation. A sleep study lab may solicit referrals by agreeing to request a complete medical evaluation of each patient by his referring physician. Such arrangements have contributed mightily to the frequency with which sleep apnea is diagnosed.

The idea of creating a marketplace is further inhibited by the fact that most patients don’t pay directly for medical care. A third party, an insurance company or the government, foots the bill. That fact diminishes the incentive to shop around.

The group reciprocates by sending its patients to the same neurosurgeon, whose decision to operate may be influenced by financial considerations. A sleep study lab may solicit referrals by agreeing to request a complete medical evaluation of each patient by his referring physician. Such arrangements have contributed mightily to the frequency with which sleep apnea is diagnosed.

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from the history guy...
On the day Sept. 24, 1890, The Church of Latter Day of Latter Day Saints renounces polygamy. Do you wonder what’s in store man, if you happen to be Mormon? For richer or poorer, for the rest of your life, you can only have one wife. We can only guess how much one strives to provide for multiple wives. I’ll not be practicing polygamy. What’s the reason for these constraints in the Church of Latter Day Saints? It might reduce the overhead if only one girl you could wed.

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Show times: 6 am, 9 am, 2 pm, 6 pm, 8 pm, 11 pm
Northland Cable Television

Reflections from Turtle Pond

Feudal economics

Last spring I read a couple of books about the history of economics and it occurred to me that perhaps the reason capitalism doesn’t work too well is because we haven’t completely progressed out of feudalism.

After I wrote the column “Trickle-Up Poverty” (September 3) some readers defended “trickle-down” economics in emails. As I thought about their arguments it occurred to me that trickle-down is feudalism in action.

What do I mean by “feudalism”? Feudalism is a socio-political system where a very few “lords” own almost everything and everyone else is a “vassal,” or servant of the lord. The vassals work for the lord and are completely dependent upon him. We usually think of the Middle Ages in Europe or the Shogun era in Japan when we think of feudalism, not modern-day America.

But listen to this quote from an email defending trickle-down: “Are you saying that the rich folks who built that $2 million home in Highlands built it themselves and did not hire a plumbing contractor or a building contractor or an electrical contractor? Are you telling me that the electrical contractor didn’t buy a new truck? Or, that the salesman that sold him the new truck didn’t buy that home he and his wife wanted with the commission he earned selling cars for that year? Or the new truck the electrical contractor bought was built in a factory with no employees?”

In other words, all employment flows from the largesse of the lords. If the lords didn’t have the money to build their castles and buy their silk robes and jewelry and throw their lavish feasts, none of us would have jobs.

In the United States, wealth is highly concentrated in a relatively few hands. According to G. William Domhoff, a sociology professor at the University of California Santa Cruz (using 2004 numbers), the top 1% of United States households owned 34% of all privately held wealth, and the next 19% owned 50%. In other words, 20% of the people own 85% of everything in this country. That leaves 15% of the wealth for the bottom 80% of the population.

In terms of financial wealth (total net worth minus the value of one’s home), the top 1% of households have an even greater share, 42.2%, and the top 20% owned 95.2%, leaving only 7.5% for the bottom 80%. (To be clear, we’re not talking income here, these figures are for assets.)

Let’s pause here and contemplate these numbers. The first thing to notice is that for most people their wealth is in their homes. Since the figures are from 2004, the peak of the housing bubble, even the figure that says the bottom 80% own 15% of the country’s wealth is exaggerated.

The figure that really means something is that for “financial wealth,” Twenty percent of people own 95% of the wealth in this country.

Another statistic: the 400 richest Americans own more than the bottom 150 million Americans. Let me repeat that: Four hundred people have more wealth than 150 million people put together.

We haven’t moved past feudalism; we’ve just added a new wrinkle or two. Case in point: the rise of the corporation. One of the books I read last spring was The Worldly Philosophers: The Lives, Times and Ideas of the Great Economic Thinkers, by Robert Heilbroner. While discussing America’s future, Heilbroner quoted a “warning voice” from 1932, a book called Modern Capitalism and Private Property by Adolph Berle and Gardiner Means. Heilbroner wrote, “If the dominant trend of American business continued for another fifty years, the traditional fabric of capitalism would be destroyed. From looking at the American market place, Berle and Means found this appalling statistic: in 1932, one half of all corporate enterprise was in the hands of just 200 companies. Worse yet, at the rate at which the two hundred behemoths seemed to be growing, compared with the three million pygmies which made up the rest of American enterprise, by 1950 it appeared likely they would control three-quarters of the nation’s incorporated wealth. And by 1975 or thereabouts — to carry Berle and Means’ figures to their logical, if unstated conclusion, the two hundred giants would virtually rule the economic life of the nation, not unlike the feudal principalities which once ran the economic life of Europe.”

According to the World Institute for Development Economics Research, the 500 largest corporations in the U.S. “control over two-thirds of the business resources, employ two-thirds of the industrial workers, account for 60 percent of the sales, and collect over 70% of the profits.”

Katie Brugger k-brugger@hotmail.com
Hit the lottery

To win BIG PRIZES and a free NECK MASSAGE from John Madden.

1. Rabbi Osher—scratch off and find the name of the rabbi who has the right answer.
2. Dick Vitale POWERBALL—pick 6 numbers. (Note: if the numbers are wrong, you lose. However, if you have a winning number, you win!)
3. Lane Kiffin pacifier scratch off. Help Tyler find his lost pacifier. (Note: this ticket replaces its predecessor, the Phil Fulmer gravy boat scratch off.)
4. Pittsburgh Pirates over-under game—successfully pick the number of games the Pirates win this year. (Note: this ticket replaces its predecessor, the Phil Fulmer gravy boat scratch off.)
5. Bill Belichick scratch off. Scratc hit the ring n phone. If it is a heckler or a disapproving Jerry Jones YOU LOSE. However, if it is Peyton Manning, YOU WIN! (Note: unfortunately, no actual Playmates are used in the dispersion of the ticket).
6. Tony Romo’s Cowboy Caller—scratch off the ringing phone. If it is a heckler or a disapproving Jerry Jones YOU LOSE. However, if it is a Playmate, YOU WIN! (Note: unfortunately, no actual Playmates are used in the dispersion of the ticket).
7. Brett Favre’s LUCKY 45. Guess the correct date of Favre’s next retirement.
8. Coach K Powerball—pick six numbers and the correct order in which Coach K uses them on national television and YOU WIN. (Note: odds on winning this game are [US National Debt] to 1)
9. Barry Bonds’ ultimate innocence challenge—scratch off the different size helmets and if you find one without a logo, YOU WIN. (Note: odds on winning this game are [US National Debt] to 1)
10. Peyton Manning’s FIND THE ENDORSEMENT scratch off. Scratch off the mini TVs to find names of products. If you can match three products that Peyton HASN’T endorsed…you win!

... BRUGGER continued from page 6

Further, the CEOs of these corporations serve on each other’s boards, creating an even more incestuous relationship, something like the royal families of feudal Europe intermarrying to keep the power in the family. The CEOs grant each other huge pay packages, and you can only imagine the secret favors they do for each other.

I envision an economy that works sideways, not top to bottom. That is the type of economy this country had from the mid-1930s to the late 60’s or so when union wages and progressive taxation produced the middle class. Henry Ford had a radical idea: if he paid his employees enough to afford to buy the product they were making he could sell more automobiles than if only the rich could afford them.

The current concentration of wealth in the hands of a few is very dangerous to our democracy, because wealth is power. Our government is owned by the wealthy and the corporations. The elite run this country and the rest of us — the majority of people in the country — are no better than wage-slaves.

Karl Marx’s theory of economic development predicted countries would progress from feudalism through capitalism to socialism. No reason to worry about this country going socialist — we haven’t even made it to capitalism yet.

Let’s concentrate on throwing off the chains of our feudal lords.

• All of Katie Brugger’s columns are available on her website: www.kathleenbrugger.com

Want business? Advertise in Highlands’ Newspaper...it works! Email: highlandseditor@aol.com or Call: 526-0782
From My Perspective

Dredging, easements, hospital upswing and more

Last week at the Town Board meeting there was healthy discussion with the residents around Big Creek about the dredging of the lake. As you all know the Big Creek arm of Lake Sequoyah is the source of the town's water supply. Over the years, for a number of reasons, this water bed has slowly been filling up with silt as is the case in most mountain lakes. We have been trying to obtain funds for several years to remove this silt which is interfering with our water quality and rapidly destroying our pumps. We have been told by the US Corps of Engineers that they certainly agree this needs to be done but there currently is no federal money available.

We have also tried to go for federal stimulus money thus far without success. I have also in the past made a trip to Washington to talk to one of our senators and have talked to Congressman Heath Shuler on several occasions with no results so far. In the meantime we have written those people along the waterfront of Big Creek asking for a permanent easement for us to clean the lakeout. As many of you may know, the property lines around Big Creek and Lake Sequoyah go to the middle of the lakes so that the lakes actually are owned by the owners of lake front property. There was hesitation by most of the people to give a "permanent" easement to the town for this purpose although most all of them agreed the lake should be de-silted. So the discussion with the owners, and it was a good discussion, was whether they should give a permanent or a temporary easement. Some had agreed to a permanent but most wanted a temporary one.

The Town Board agreed at the meeting last Wednesday to seek funds using a "temporary" easement clause in the request. That simply means we have to come back to the owners for another temporary easement agreement each time a clean-out was necessary. If the funding agencies require a "permanent" easement, we would be unable to clean out Big Creek and would have to seek another place, such as Lake Sequoyah, to place our pumps to obtain town water and Big Creek would simply continue to fill up with silt and eventually be in the same condition that Mirror Lake now is in. The meeting with the owners was in the style of a very good town hall meeting and a good understanding was reached with them. That is the way decisions should be made.

After struggling for the past few years with financial problems, it is great to see our hospital begin improving its bottom line. The addition of two fine surgeons and an outstanding gastro-enterologist along with tightening the budget in many areas has resulted in this improving financial situation. As a member of the board of the hospital, I can say we have all worked hard to achieve this improvement. Most everyone, including myself, who has been cared for by the hospital and its physicians have great praise for the fine treatments we have had. We are very fortunate to have such a facility amongst us in the isolated area in which we live.

Let us all continue to support Highlands Cashiers Hospital as much as we can.

Once again I will say it is great to see the Chamber of Commerce supporting a subcommittee of that organization in their efforts to improve the winter activities in Highlands. I certainly will do my part in supporting and encouraging people to come to Highlands for some wonderful Winter Fest events which you all will hear more about in the near future.

... Salzarulo continued from page 5

for doctors. Patients don't care which heart valve or total hip replacement a surgeon uses. The assumption is that the doctor will use what is best for the patient. Patients, except Mr. Forbes friends, rarely consider differences in cost or performance. Why should they? They're not paying for it. The fact that patients tend to trust physicians, that they are reluctant to question the advice of a referring physician, and they are not directly paying for care creates a very uneven playing field, one unsuitable for balanced negotiations.

I'm not suggesting that all, or even most, physicians are corrupt or that many patients are not well served by our medical system. What I am saying is that it is not easy, and may be impossible to create a fair market within the framework of the present system.

American medicine is the most technologically advanced, and most expensive, in the world. The business model has produced results, but just short of miraculous, while also producing obscene profits and a growing dragon on the economy.

The wealthy and the commercially insured tend to be over treated, while the poor and the uninsured lack basic health care services. I do not believe it is possible to achieve universal coverage and control costs as long as we retain today's business model for medicine.

I'm afraid that current proposals will be little more than a costly stop-gap while the American people reach the realization that we must adopt a single payer solution. I haven't even mentioned pharmaceutical companies, hospitals, and insurance companies and their role in the health care morass. I've chosen to discuss only things that I have personally observed.

Next week I'll discuss the problems associated with the single payer option.
Highlands beat Hayesville 3-2 last week. Pictured is Cord Strawn delivering his steady defense. Photo by Noel Atherton

... FORUM continued from page 2

now – Highlandschamber.org managed by DNED of Franklin looks great and flows well.

So, getting a little suspicious, I decided to go to “WhoIs,” the group that can tell you who owns a dot.com domain, and low and behold, it wasn’t the Chamber but instead Matt Eberz, a local Highlands Realtor.

Matthew and Marjorie are friends, so now my imagination is really getting fired up, not to mention my suspicions.

Well, as this is going on, the Mayor emails me his weekly column and since it’s an election year, I read it right away to check for anything that looks like politicking. Everything looked fine until I read the part about his meeting with Town Manager Jim Fatland at the Chamber to hear a presentation from a new group formed to market Highlands in the wintertime.

Now, since my office and desk are about 100 feet from the Chamber and I didn’t know anything about this, I became suspicious, again.

It was forming up to be a very suspicious week, indeed!

Well, I decided to cut that part of the Mayor’s column until I could find out what was going on. So, I met with the Mayor and Fatland to discuss the meeting to find out exactly who encompassed this new group and why they have a website that looked like the Chamber’s but wasn’t the Chamber’s.

The first question was, “Who was at the meeting?”

The answer: Richard and Melissa Delaney and Amanda Sullivan from Old Edwards, Marjorie Fielding from The Laurel Magazine, Realtors Matthew and Rebecca Eberz, Marlene Alvarez of … on the Verandah, and Eric Nesmith from The Highlander newspaper.

Now if all these folks didn’t have commercial interests in Highlands, I probably would not have become suspicious again, but since they do, I did.

Now it’s official. A REAL Highlands drama was about to begin … or should I say unraveled.

“Mayor,” I said. “I have a problem with a small group of business people setting up a website to market Highlands and then being in control of it. Shouldn’t the Chamber market all its members fairly and equally on its own website?”

The Mayor and Fatland asked what I meant, so I broke it down for them explaining exactly who owned friendsofhIGHLANDS.com. After I did, they saw there might be a conundrum. I have always wanted to use that word … it’s perfect when writing about Highlands drama.

Well, the Mayor said marketing...
Bryson’s

Food Store
Let us help you usher in Fall!

Fall pumpkins, gourds, Indian corn and inside floral plants. We also have fresh, NC apples and are already stocking up on holiday baking needs including a variety of nuts.

NEW check out our WALL OF VALUE at the front door featuring private labels and specials throughout the store.

Turkey Sausage with Apple Sauerkraut
Recipe courtesy of Sandra Lee, www.sandralee.com
Servings: 6
1 package (13.5 oz) Johnsonville Smoked Turkey Sausage
2 tablespoons canola oil
1 small head green cabbage, thinly shredded
1 medium onion, sliced
2 teaspoons garlic, chopped
1/2 teaspoon red pepper flakes
1 teaspoon salt
1/2 teaspoon freshly ground pepper
2 Fuji apples, peeled, cored and cut into 1/4-inch slices
1 can beer, Guinness
3/4 cup cider vinegar
1 tablespoon brown or whole-grain mustard
1/2 teaspoon brown sugar
1 tablespoon fresh sage, chopped
6 grinder rolls, if desired

Cook sausage on an outdoor grill or grill pan over medium-high heat for about 3 minutes per side. While sausage is cooking, heat canola oil in a large skillet over medium-high heat. Add cabbage, onion, garlic, red pepper flakes, salt and pepper. Cook, stirring often, until the cabbage has wilted slightly, about 4 minutes.

Add apples, beer, vinegar, mustard, brown sugar and sage. Stir until incorporated; bring to a simmer for 5 minutes. Add sausage to cabbage mixture, cover partially with lid to allow some steam to escape.

Reduce heat to medium-low and cook until cabbage and apples are tender, about 8 minutes.

Serve as is or on grinder rolls.

Spicy Italian Sausage and Pepper Skewers with Balsamic Glaze
Recipe courtesy of Sandra Lee, www.sandralee.com
Servings: 10
1/4 cup balsamic vinegar
2 tablespoons olive oil
1 tablespoon chopped garlic
1 teaspoon oregano
1 tablespoon brown sugar
1 tablespoon spicy brown mustard
Kosher salt
Freshly ground black pepper

Johnsonville Hot Italian Links
1 large onion, cut into 30 pieces
1 green bell pepper, cut into 20 chunks
1 red bell pepper, cut into 20 chunks
10 8-inch bamboo skewers, soaked in water
2 tablespoons chopped parsley for garnish

In large bowl combine balsamic vinegar, olive oil, chopped garlic, oregano, brown sugar and mustard. Season with salt and pepper and whisk until well blended. Set aside.

Grill the sausage links for 5 minutes per side (turning once). Remove from grill. Cut each Italian link into 6 pieces.

Slice onion into wedges and peppers into chunks. Thread a piece of pepper, then sausage, then onion onto skewer. Repeat, alternating pepper colors so there are a total of 4 pieces of pepper, three sausages and three onion pieces per skewer. Repeat with remaining ingredients.

In large bowl combine balsamic vinegar, olive oil, chopped garlic, oregano, brown sugar and mustard. Season with salt and pepper and whisk until well blended. Set aside.

Grill the sausage links for 5 minutes per side (turning once). Remove from grill. Cut each Italian link into 6 pieces.

Slice onion into wedges and peppers into chunks. Thread a piece of pepper, then sausage, then onion onto skewer. Repeat, alternating pepper colors so there are a total of 4 pieces of pepper, three sausages and three onion pieces per skewer. Repeat with remaining ingredients.

Cook skewers on a grill or grill pan over medium heat about 5 to 6 minutes per side. Halfway through cooking process, baste skewers with balsamic sauce. Serve garnished with fresh parsley.

Sandra Lee’s winning tailgate touchdown!

As teams take to the field in a battle for victory, fans head into “Tailgateville,” firing up the grill and cooking a pre-game feast.

More than 20 million Americans tailgate in a stadium parking lot yearly, and Food Network’s Sandra Lee has the winning recipe for the total tailgating experience — food, football and fun.

“The best part of football is the tasty tailgate with your friends,” said Sandra Lee. When you are tailgating, you’ll want to consider Semi-Homemade® recipes that are easy to make and full of flavor. To make sure you get to spend time with friends and still enjoy the game, Sandra Lee has some great recipes in her new cookbook, “Sandra Lee Semi-Homemade Weeknight Wonders” to help you keep entertaining simple and semi-homemade.

Whether the hungry fans at your gathering are craving brats, Italian or smoked sausage, there are plenty of varieties to choose from. Sandra Lee makes the most of Johnsonville Sausage in these recipes for Turkey Sausage with Apple Sauerkraut, Spicy Italian Sausage and Pepper Skewers with Balsamic Glaze, and Beer Brats. Best of all, they can be prepared ahead of time and brought along to the game.

No matter where you catch the action — in the stadium parking lot before kickoff, or from the comfort of home — a delicious tailgate is key to making game day something to cheer about.

For more great recipes and grilling tips, visit www.johnsonville.com or www.sandralee.com.
Hospital Auxiliary hears of hospital progress

Members of the Highlands-Cashiers Hospital Auxiliary and a number of guests heard an update on the progress being made this year at the hospital, and also took the opportunity to celebrate their contributions to that success during the group’s annual luncheon last week at Chestnut Hill.

In addition to thanking the Auxiliary for its support, hospital President and CEO Ken Shull told the group the hospital is doing much better financially this year, thanks in large part to the success of its general surgery and gastroenterology, as well as the addition of new family physician Richard S. Matthews, MD.

“Shull said that progress has shown up in the hospital’s bottom line. Last year’s operational deficit of $3.4 million has been trimmed to a projected $1.3 million loss this year (which ends Sept. 30), and will be reduced down to approximately $1 million next year.

That’s about as well as the hospital can really expect to do, Shull said, given the current reimbursement levels and the nature of the hospital’s service area, which has only about 9,000 year-round residents. Medicare.

“It takes a year-round population of between 20,000 and 30,000 for any hospital to survive on its own. Without philanthropy we could not survive and that’s always been true for this hospital,” he explained.

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“The new physicians that have joined us in the last year or so are being very well received and they are busy with patients. Our gastroenterologist (Dr. Richard Carter) is doing more endoscopies than we’ve ever done at the hospital. Our two general surgeons are busy and getting busier. We have a great nursing staff and we no longer need to use the services of traveling nurses,” he said. “The hospital is doing much better.”

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Shull told the group that the hospital continues to win plaudits from patients and family members for the care it provides, and he recounted several recent instances where the hospital’s emergency room team saved lives by quick action.

“We are thankful for all of you and we appreciate your support,” he told the group in conclusion.

Auxiliary President Elaine Reynolds briefly recounted some of the group’s upcoming projects, including the wildflower quilt raffle.

A number of guests were also introduced, including a member of hospital’s surgical team, Kelley Bryson, ST, earned her degree in surgical technology last year at Southwestern Community College and Blue Ridge Community Colleges with financial assistance from the Auxiliary, and is currently furthering her education in the field through a scholarship provided through the Auxiliary. She took to opportunity to thank the group for their support.

The lunch was preceded by a short reception, where hospital representatives got opportunity to mingle with Auxiliary members, renew acquaintances, and personally thank them for the efforts on behalf of the hospital. Those representing the hospital (in addition to Shull and Bryson) include Executive Director of the Highlands-Cashiers Hospital Foundation Robin Tindall-Taylor, Nursing Linda Suther and Shawna Mellott, administrator of the Fidelia Eckerd Living Center.

All of the funds raised will be used in the community and for Rotary Projects.

HIGHLANDS MOUNTAINTOP ROTARY
Annual QUICK DRAW

The Highlands Mountaintop Rotary would like to say “THANK YOU” to everyone that attended and to All of the Fabulous Artists for making our Second Annual Quickdraw such a Success!!

The Highlands Mountaintop Rotary would like to Thank and Recognize our Generous Sponsors who have Supported Rotary.

Thank You to our Platinum Sponsors:

- The Laurel magazine
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Thank You to the Artist Sponsors

- Ann Jacobs Gallery
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- Scott Neumann, Attorney at LAW
- Peak experience gallery
- Prestige realty group
- The rotary club of highlands
- The Tin roof studio
- The Toy Store
- The summer house
- wells fargo advisors

All of the funds raised will be used in the community and for Rotary Projects.
Weekend rains illustrate areas in Highlands’ prone to ‘100-year’ flooding every year

Above, Bridal Veil Falls gushes like in the old days. Below, property at Fifth and Chestnut. Requests are in for FEMA funding to replace inadequate culverts with a bridge. On Monday town crews cleaned out gulleys to keep the water from flooding the street.

Above, the Big Creek Arm of Lake Sequoyah, in the news last week due to easement requests from the town and left, Randall Dam upstream. Below, properties typically flood on Laurel Street. The town is hoping to get FEMA funding to span the street with a bridge which would alleviate flooding due to inadequate culverts now in place.
Top left, tell-tale rock formations of Cullasaja Falls are obscured by torrents of water cascading downstream. Top right, Trillium Place condominiums and other properties along Leonard Street and Horse Cove Road typically flood due to an inadequate culvert system under Horse Cove Road — a responsibility NC DOT has chosen to disregard for the time being. Middle, water rising at Harris Lake Park. Above, Bust Your Butt Falls with “slide” and rock outcrops inundated. Left, is Sequoyah Dam.

Photos by Jim Lewicki, at 10 a.m. Sunday, Sept. 20. Rain continued to fall throughout the week.
By Michelle A., Mead-Armor

Snobs

S

noby, like beauty, is in the eye of the beholder. Unlike beauty, which most of us desire, few of us enjoy admiring snobs. Education in snobbery begins early, and is one of the most painful, but valuable lessons.

During my senior year at Goucher College, one of the worst snobs I ever encountered was Carolyn B., who hailed from Utah. Her family was enormously wealthy, and they never hesitated to shower their daughter with all of the good things money could buy. Every year, a Hopkins student was paid to drive her sports car from Utah to Baltimore, while Carolyn took the plane. Most of us made do with the Spartan furniture provided by the college. Not Carolyn, whose room boasted wall-to-wall carpeting and its own refrigerator. She invited members of her exclusive circle of friends for dinner at the college dorm, mind you, not dinner at the Ritz.

My best friend, Debbie, and I were in awe of her – more for the sheer nerve of her actions than her wealth. A case in point was Carolyn’s yearly Preakness Party, for which she asked weren’t even invited to her party. Debbie and I shot each other a look. We were going to be invited after all. “So you know what that means,” she continued. “There will probably be leftovers, and if there are you ...
entire Iranian population is connected metaphorically by an intense sense of nationalism and the sacred soul of Iran. One military moveon Iran unites the entire population.

Was that phenomenon in 1980 when Saddam Hussein invaded Iran for the purpose of upsetting the Iranian revolution before it washed over into Iraq. And in that period in which you had the majority opposed to a clerical regime, you suddenly had everyone uniting behind Kolminat as the symbol of Iranian nationalism. It was under Kolmín that the Iranians endured eight years of very, very bloody civil war during which they sustained one million casualties. So we are talking about psychological factors that have real meaning in political terms and in power terms.

So what do we do? This has been going around American foreign policy for some time. It comes and goes. The great tragedy is that Iran and the US have been seeking some kind of engagement since Kolminat died. There have been a number of opportunities but each time one side or the other turns over the apple cart. The idea of trying to engage Iran is nothing new. But it became very important when Obama came into office because he was seeking a policy in which you try to reduce tensions with your enemies. And he was using a strategy which Iran scholars had been proposing for a number of years which is to seek engagement with Iran as an old and respected civilization.

The Iranians have enormous pride, they have a civilization that is 2,500 years old and they have never been conquered. They've had chunks of their country taken off, but the core of Iran has been there, independent for 2,500 years.

Also the purpose of this strategy is to bring Iran out of isolation and back into the international community. The Bush administration, first had talked about some engagement, Clinton dropped the whole thing until his second term and then George W. Bush went the other way and said the U.S. didn't want engagement with Iran and the only thing we wanted was a regime change in Tehran. In addition, he said unless the Iranians stopped the nuclear program, the U.S. was going to bomb them … possibly.

Well this didn't play to well. So Obama comes in and makes overtures to Iran saying and doing little things, like addressing the Iranians as citizens of the Islamic Republic. The U.S. has not officially used that term so far. But after that regime change was out, or rather not necessary as far as the Obama administration was concerned.

But the other thing he did was send greetings to Iran during the Iranian New Year that comes in March and these things seemed to be moving relations along until we got to June. In June there was a presidential election. So here we go, every time you get the U.S. or Iran to really connect, something happens and the whole thing gets turned over and that's what happened in June.

Looking at the events in Iran over the summer, you can forget the possibility that the whole system could have been overthrown. This was not a crusade against the Islamic Republic by jean-dad people in Northern Tehran who wanted to deliver American democracy and culture to the Islamic Republic. The truth is the vast majority of Iranians support the concept of a government based on the principals of Islam. However, how that government is defined and structured is what there has been an enormous amount of disagreement about.

Iran is a bit like the U.S. where basically we have a Christian government from the point that the Constitution of the U.S. was very much based on the culture of Christianity and the histories of Europe and so forth, but when you look at the Constitution today, we're still debating a lot of the same issues. What is the position of religion in the state? It's a very lively discussion that goes on in the U.S. today.

So that's essentially what you have in Iran - what is the role of organized religion in the state? There really essential struggle in determining the future of the Islamic Republic is within the regime itself. Forget the makeup-wearing, bearded blond people in Northern Tehran and the ones you see on Twitter, because those people are a fringe constituency. The core of the Iran is in places like Shiraz and Kerman, various areas of Iran that are not that plugged into the world as we see it.

The people in the shrine cities of Iran don't think the same as those in Northern Tehran, but Tehran has a huge population.

Another place Bandar Abbas, on the Persian gulf closest to Kish Island is where they are trying to create another Dubai. So there's a great variety of interests to consider when you try to figure out where Iranians are politically, but the soul of the revolution is still there and it's very much in the majority.

So why? To understand what's going on you have to go back to root causes of the 1979 revolution.

There were three basic causes of that revolution.

First, was the question, What is an Iranian identity? Actually, there are two identities. One comes out of ancient Persia, and one comes out of Islam.

Through its history, Iranians have functioned best when they balance both those identities.

In the Shah's reign he took Iran to the extreme of its Persian identity. So in the revolution you were having this shift back toward how much Islam was essential to Iranian identity.

Then you have the second cause which is the issue of social justice. Don't underestimate how much the Iranian revolution was a social revolution.

The history of Iran has always had a hierarchical social structure, the top of the pyramid has changed, but they tend to be hierarchical.

In 1979 when Shah was overthrown there was a broad-based revolution that came in and took off the top of that social pyramid and all the people in this group went to Los Angeles, seriously.

The social aspects of the revolution are very important because they're both theological and sociological.

And finally, you had the issue of nationalism and this is the one that Kolminat was the best at promoting among the nonrel-

• HIGHLANDS ART GALLERIES •

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Four students at Highlands School have earned AP Scholar Awards in recognition of their exceptional achievement on AP Exams.

The College Board’s Advanced Placement Program® (AP®) provides motivated and academically prepared students with the opportunity to take rigorous college-level courses while still in high school, and to earn college credit, advanced placement, or both for successful performance on the AP Exams. About 18% of the 1.6 million students worldwide who took AP Exams performed at a sufficiently high level to also earn an AP Scholar Award.

The College Board recognizes several levels of achievement based on students’ performance on AP Exams.

At Highlands School:

Four HS students AP Scholars

One student qualified for the AP Scholar with Honor Award by earning an average grade of at least 3.25 on all AP Exams taken, and grades of 3 or higher on four or more of these exams. The AP Scholar with Honors student is Brice Jenkins.

Three students qualified for the AP Scholar Award by completing three or more AP Exams with grades of 3 or higher. The AP Scholars are William Edwards, Kate-Marie Parks and Ashley Dickey.

Of this year’s award recipients at Highlands School, three were juniors at the time the tests were taken. Ashley Dickey, Kate-Marie Parks and Brice Jenkins are now seniors, and have this year in which to complete college-level work and possibly earn a higher-level AP Scholar Award. William Edwards, Salutatorian of the 2009 graduating class, is attending Clemson University.

Through 37 different college-level courses and exams, AP provides motivated and academically prepared students with the opportunity to earn college credit or advanced placement and stand out in the college admissions process. Each exam is developed by a committee of college and university faculty and AP teachers, ensuring that our exams are aligned with the same high standards expected by college faculty at some of the nation’s leading liberal arts and research institutions. AP is accepted by more than 3,600 colleges and universities worldwide for college credit, advanced placement, or both on the basis of successful AP Exam grades. This includes more than 90 percent of four-year institutions in the United States. Research consistently shows that AP students who score a 3 or higher on AP Exams (based on a scale from 1 to 5, with 5 being the highest) typically experience greater academic success in college and higher graduation rates than students who do not participate in AP.

The College Board is a not-for-profit membership organization whose mission is to connect students to college success and opportunity. Founded in 1900, the association is composed of more than 5,400 schools, colleges, universities, and other educational organizations. Each year, the College Board serves seven million students and their parents, 23,000 high schools, and 3,500 colleges through major programs and services in college admissions, guidance, assessment, financial aid, enrollment, and teaching and learning. Among its best-known programs are the SAT®, the PSAT/NMSQT®, and the Advanced Placement Program® (AP®). The College Board is committed to the principles of excellence and equity, and that commitment is embodied in all of its programs, services, activities, and concerns.
From Woodstock to Washington

What could be better than this? College football is in full swing (I suppose you saw where my beloved Hurricanes beat the ranked Seminoles in their opener while the Gators whipped up on The Little Sisters of the Woe Begotten). The pros are going full throttle and it looks like a mad scramble to the top is brewing.

Meanwhile, the Boys of Summer (and fall) are wrapping it up with the playoffs looming on the horizon. ALL RIGHT! What can spoil this?

Even Jimmy Carter opening his mouth to reveal his empty head can’t dampen my spirits. I’m still on my high from the Washington trip the other week. While our bus was streaking though the night on the way home, a thought occurred to me. We just experienced the Conservatives’ version of Woodstock.

Even though I was an opportune age to have made that trip, it just wasn’t my bag. This is no knock on the people who did, but sandals were just not my thing. As I recall, I was more comfortable wearing wingtips. My feet didn’t get dirty, but that’s just me.

We saw television reports of tie-dyed shirts (or no shirts at all). Lots of mud, not much food, if I remember correctly. Magna decibel acid rock blaring out of megawatt speakers. Everyone staggering around like the undead looking for the perfect undead deadhead partner. Bear in mind, this is all observation from afar, and I could be off by light years, but if the lifestyle of “sex, drugs and rock-and-roll” didn’t originate at Woodstock, it certainly came of age there.

Oh, Crud — wifey just hollered at me that the Internet is full of items about the “Conservative Woodstock.” So much for an exclusive. Suffice to say, I pray that the Washington statement has as much influence on the future of our country as Woodstock had on the period since. One could easily assume that some of the harebrain ideas being implemented today are the product of the minds reshuffled in the New York countryside a generation ago.

This just in — the vaunted Gators beat the Helen of Troy School of Beauty while my beloved Hurricanes decisively defeated its second ranked opponent, Georgia Tech, and now are 2-0 in the ACC. You know, now that Spurrier has been gone from the U of Florida for seven years, I need to get off the case. Urban Meyer has been at the Gator helm for a while and has brought the program into respectability, and they certainly are riding a powerful wave, but they still haven’t outgrown the need to schedule nobodies to pad the record. Sorry, I can’t help myself.

Lots of good stuff in the news these days. Our old friend, Charlie Rangel, chairman of the House Ways and Means Committee, continues to discover that his income is greater than he knew of, and his portfolio of assets is expanding with each new expose. From the Associated Content website, “Somewhat obscured by the controversy surrounding Obamacare is another scandal bubbling over in the House of Representatives that threatens to devour the powerful Chair of the HW&Ms Committee, Charlie Rangel.

It seems that Rep. Rangel, whose committee writes all tax law in the United States, is himself a tax cheat. The Washington Examiner’s Byron York takes up the narrative. ‘Last week, we learned that Rangel filed a grossly misleading financial disclosure report for 2007 — failing to report at least a half a million dollars in assets. It turns out he had a credit union account worth at least $250,000 and possibly as much as $500,000 — and didn’t report it. He had investment accounts of about the same amount, which he also didn’t report. Ditto for three pieces of property in New Jersey. Beyond that, we’ve learned that Rangel has failed to report assets totaling more than $1 million on legally required financial disclosure forms going back to at least 2001.’”

Rep. John Conyers (D-MI), Chairman of the House Judiciary Committee, is pursuing the CIA like a hound-dog in heat. He evidently feels that it is more important to destroy our intelligence gathering mechanism than to let the Bush administration rest in peace.

Conyers is the poster boy for what is wrong with representative government currently. Gratuitous partisanship over statesmanship is the name of his game. One would think that, coming from one of Michigan’s most economically devastated districts, he would have other interests in the use of his time. No, not Conyers.

The continuing revelations concerning Acorn’s “Community Organizing” efforts should be enough to convince even
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MACKEY continued from page 15

At that point they had not only taken off the top of the social pyramid, it was actually turned upside down. Now people on the bottom were on the top and that is where Iran is back to now. There is a huge fight going on in Iran and it is social — the bottom and middle of the current social order want to revolt against the people who were at one time the bottom of the social order but now on top. We have never understood either revolution in Iran in its social terms and they are very important.

In 1981 a constitution was set up that was really convoluted and this is again what’s going on now, where these centers of power are operating against each other. Basically, parallel governments have been established.

On one hand, there are the administrators, the president and the parliament. On the other hand, there is the supreme leader or the spiritual leader and the Council of Guardians.

In theory, the supreme leader and Council of Guardians are not supposed to run the government on a day-to-day basis but instead they are to be watch dogs of the presidents and parliament to make sure they tow the mark and live up to Islamic standards. However, the Council of Guardians can trump the parliament and the supreme leader can trump the president. In addition, the supreme leader can trump any of these because he is the Just Jurist.

There are two other organizations — the assembly of experts which chooses the supreme leader and theoretically can remove him. As the system has evolved it has gotten complicated which caused squabbling, so another group was created called the Expediency Council. No one is quite sure what the Expediency Council does except that it acts as arbitrators between the Council of Guardians and parliament. This system isn’t terribly efficient but it worked well under Khomeini because he held such stature as a spiritual leader in religious terms and was such a symbol of Iranian nationalism, he was able to keep the thing functioning. But when he died in 1989, cracks began to appear in the regime itself.

Next week: Issues today same as issues in the past.
The Highlands Playhouse is holding its 5th annual antique show at the Highlands Civic Center, Friday, Sept. 25 through Sunday, Sept. 27 with an exclusive Preview Party, Thursday, Sept. 24 from 6:30-8:30 p.m.

The sponsor for this year's show is John Collette Fine Art.

“We are thrilled to be in Highlands again this year and excited about the many wonderful dealers coming back,” said Joanna Baumrucker, who co-chairs the event with Dwight Bryant, of Bryant Art Glass in Highlands. “We feel, as the economy is on an upswing, this is going to be a fantastic show.”

The show draws dealers from across the U.S. as well as from England and France. Browsers will find a full range of antiques and collectibles, from 17th Century primitives to fine vintage linens. It’s a lineup that demands careful browsing. Be sure to wear comfortable shoes!

The cost of the show is $12. Hours are 10 a.m. to 5 p.m. Friday and Saturday and noon to 5 p.m. on Sunday.

*See ANTIQUE page 21*
A limited edition piece of art glass will be on sale at the show for $20. This special plate was exclusively designed and created by Dwight Bryant with all sale proceeds to benefit the Highlands Playhouse.

Visitors can purchase a variety of snacks, sandwiches or salads provided by New Mountain Events from the concession area.

A preview party, sponsored by Friends of the Playhouse, will be staged Thursday evening Sept. 24 from 6:30-8:30 p.m. It will be a chance to browse the treasures, socialize with neighbors and visitors and plan a shopping strategy. The cost for the Preview Party is $35.

Proceeds from the show benefit the Highlands Playhouse which is celebrating its 71st season bringing professional theatre to the Highlands Plateau. For Antique Show tickets visit the Highlands Playhouse Box Office at 362 Oak Street or call 828-526-2695. Daily tickets will be available at the Civic Center each day of the show.

On Sunday, Sept. 27 at 3 p.m., there will also be a special auction at Scudder’s Galleries with all proceeds to benefit the Playhouse. The doors open at 2:30 p.m.
‘Go Green’ - everyone’s doing it ... especially antiquers!

Going Green? Everyone is doing it but it’s something antique dealers have been doing and promoting forever!

In fact, “Going Green” is a subject that makes many antique dealers smile. Antiques bring a sense of “the unique” to a home and to gift giving. A simple gift can become a treasured heirloom because the older a piece is the more value it has.

With the increased emphasis on going green, the resale market for antiques and vintage goods, such as art, books, jewelry and even photography, is becoming as liquid as investing in stocks. The difference is that most antiques are a sure thing. The older they get, the more valuable they become.

Thus, one stands a good chance of “buying low” at a flea market or antiques shop today, and selling high later.

An excellent way to go green is to buy antiques. Not only are you conserving natural resources and reusing items that would likely end up in a landfill, the quality of materials, richness of patina of woods and workmanship in new items these days can’t match those of antiques.

Reuse is another aspect of going green. Reusing every day items not only decreases the depletion of natural resources but slows down the filling up of landfills.

Antiquers are the original recyclers.

... FORUM continued from page 9

Highlands in the winter is a good thing, and I agreed. But it should be done in a fair manner by people whose job is to do such things.

Evidently, this friendsofhighlands thing had been going on for some months and at some point it wanted the Town Board to officially sanction them. “Aye Corumba! You’re joking,” I said.

Well, I found it hard to believe that the Town Board would agree to this and patiently waited for the Town Board agenda to be delivered to me Tuesday afternoon, the day before the Sept. 16 Town Board meeting, to see if this group was really going to make a presentation.

I ripped open the packet like a Highlands bear on a garbage can and found it wasn’t on the agenda.

“But, then the email from Fred Woolridge came congratulating me on joining his “I got enemies club” and it reminded me of the other Freddie that just won’t die.

Sure enough, late Monday, here comes an email from Kate Nichols, the Old Edwards marketing representative from Impressions Media in Greenville, SC, demanding that all advertising be pulled. Pulled, pulled, pulled! There was a heck of a lot of pulling in that email.

It’s been a long time since someone got their shorts so wadded up they pulled their ads, in fact, I think Fred may have had something to do with the last incident.

Well, I’ve been covering the news in Highlands for more than 11 years – five at The Highlander and now more than six at my own newspaper and one thing I’ve learned is that you have to be honest and above board with people, as well as treat them fairly, or they won’t trust you.

A newspaper run by folks who can’t be trusted is worthless.

So, Ms. Nichols and Mr. Delaney, your ads are pulled.

Be assured that no one person, group or company will dictate terms and conditions to Highlands’ Newspaper as a contingency for advertising revenue.

I’ve lived in Highlands for more than 12 years and raised two children who graduated from Highlands School. I consider Highlands my home – I’m not just passing through for a paycheck or trying to make millions of dollars from my free newspaper.

The word “friends” is an important one to me and I don’t use it lightly.

I have made a lot of friends in Highlands. It’s a good place to work and live and Highlands’ Newspaper will be here a long time.
**Understanding the flu**

By Angela Wiggins-Munoz

The Center for Disease Control continually supports flu research in an ongoing effort to help reduce the health burdens that the flu places on our society. The CDC also collaborates with the World Health Organization (WHO), local, state, and federal partners as well as academic institutions and other international agencies to reduce incidences/exposures as well as to promote overall improvement in human health.

“Seasonal Flu” is predominately caused by Influenza viruses A & B. Type A can be broken down into sub-types for example Type A (H1N1) Swine Flu, Type A (H5N1) Avian influenza, and Type A (H3N8) Canine influenza.

These viruses are also constantly changing and they can change in two different ways: Antigenic Drift and Antigenic Shift. Antigenic drift is when small changes occur in the viral strains and these strains may not be recognized by the individuals’ immune system. Antigenic shift is when there is major change in the Influenza A virus that results in hemagglutinin and neuraminidase protein changes that infect individuals. Antigenic shift causes new subtype development.

Antigenic drift happen often whereas Antigenic shift happens occasionally. Both, antigenic drift and shift occur in Influenza type A, whereas, Influenza B usually only changes by the process of antigenic drift.

Flu viruses can change before the onset of the season or during the flu season. Every year, scientists study thousands of viral samples from all countries to determine which viruses are infecting most individuals and the changes that these viruses are undergoing. Then the scientist forecast which three potentially harmful viruses are most likely to be present during the next season. Every year the scientists develop a trivalent influenza vaccine that typically contains material from 2 influenza A virus subtypes and one influenza B strain.

The individuals who are at higher risk for complications associated from the flu are young children (6 months and younger), elderly populations (65 and older), individuals with chronic medical problems such as asthma, diabetes, and heart disease, and pregnant women.

The Flu is sometimes hard to diagnose because many of the flu symptoms are simil-
... FLU continued from page 23

lar to other illnesses such as the common cold. A physician's exam is highly recommended to diagnose influenza. And, there are tests (with in 2 to 3 days of onset of illness) that the physician may use to confirm your diagnosis.

Common Influenza Symptoms May Include: high fever, cough, congested nasal passages, runny nose, body aches, headache, diarrhea, vomiting, sore throat, fatigue.

Influenza spreads from person to person by way of respiratory droplets. These respiratory droplets are usually produced by coughing or sneezing. It is also true that the virus may be contracted by touching something that has the virus on it and then touching one's oral, nasal, or orbital openings. Your best defense against the flu is to get a flu vaccination yearly – it's the best way to protect you and others against the flu. There are two types of flu vaccines used in the United States.

The "Inactivated" Flu Vaccine is that is given to adults and children older than 6 months of age and is given using a needle and typically injected in the deltoid (arm) muscle.

The Nasal-Spray Vaccine is made using live virus that has been weakened. It can be given to anyone age 2 and older.

... H1N1 continued from page 1

increase of absenteism, but children have been sent home sick.

"On any given day of the year we see up to 20% of the student population absent and it's at about that now," he said.

Schools have been sent masks which children are to wear if they become sick at school and have to go home. "If they're running a fever, we give them a mask to put on and put them in a place where we can see them but they aren't interacting with other students until their parents arrive to take them home."

Public health officials encourage parents to monitor the health of their families and to watch for symptoms of influenza which include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, and sometimes diarrhea and vomiting.

Most cases of influenza are mild to moderate illnesses that do not require visits to the doctor and can be effectively treated at home with plenty of rest and fluids.

According to Jim Bruckner, Macon County Health Director, there are some situations where a call or visit to the doctor may be needed. Parents need to call their child's doctor if the child develops an influenza-like illness and he or she is under 5 years of age; has asthma, has cancer, has diabetes, has heart disease, has cordial palsy or other neuromotor condition.

Parents of children with influenza-like illnesses should also watch their children for these emergency warning signs and call their doctor immediately if any occur: fast breathing or trouble breathing, bluish skin color, not drinking enough fluids, not waking up or no good waking up, being unable to eat or drink, or you think the child is irritable.

The weakening state of the flu virus that does not cause the flu and is approved for people 2-49 years of age. Exceptions are pregnant women.

Vaccinations usually begin around September and continue throughout the flu season sometimes beyond January due to the fact that the time and duration of the flu season varies. According to the CDC, Influenza activity peaks in January or later. In addition to the flu vaccine, individuals are needed to practice good hygiene habits such as: hand washing with alcohol based products, covering your mouth when coughing, and covering your nose when sneezing. These efforts will help reduce the transmission of the virus.

Any individuals who have the flu symptoms or believe they have been exposed to the influenza virus should seek medical attention from their physician. Your physician will not only treat your symptoms but may also prescribe an antiviral drug that will help with your recovery.

Note: Angela Wiggins Munoz has a B.S. & B.S. Ed in Community Health Education and Human Services. She works for Highlands-Cashiers Hospital.

Current, the CDC recommends sick people stay at home for at least 24 hours after fever is gone. Fever should be gone without the use of a fever reducing medicine such as Tylenol.

For more information, please call your health care provider or the Macon County Public Health Center at 349-2881.
Highlands School Girls JV Volleyball Team

Coaches Kyle and Caroline McKim and Lindsay Gearhart, with the JV team: Katlin Lewis, Elizabeth Gordon, Jessica Gagne, Hayden Bates, Elizabeth Strawn, Jenny Coram, and Sayne Cruz

Photos by Stephanie McCall

The next two games are home games in the Highlands School new gym:
Oct. 1 against Swain and Oct 5 against Blue Ridge.

Gourmet to Go & Catering
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Next to D&J Express Mart at Main & 3st streets
Also home to Wedding Designs

Whole Life Market

Stop by and see our wide selection of Local Organic Produce, Specialty Gourmet Foods, Quality Supplements, Organic Body Care, Natural Health Books & References, & Local Hand-Crafted Gifts.

"For a Healthier Life"
On the Corner of Foreman Rd. & Hwy. 64E
Monday-Friday 10 am - 5:30 pm
Saturday 11 am - 4 pm
Call 526-5999

Dusty’s

NOW OFFERING
• Homemade Bakery items by FatiGati’s Bakery of Cashiers!
• Great Steaks Hand-cut to Order
• Homemade Breakfast & Italian Sausage
• CindyLou’s Cakes and Mary’s Pies
• Ready-to-cook Hors d’oeuvres and Entrees
• Our very own dips, pimento cheese, and more!

Mon.-Sat. 8 a.m. to 5:30 p.m.
493 Dillard Road
(828) 526-2762
A European-style tapas party for 20 at the Lawhorn-Neely Estate is up for bid at The Bascom’s Autumn Leaves next weekend. The two-day event features live and silent auctions with express checkout. For tickets, purchase online at www.thebascom.org/autumnleaves or call (828) 526-4949, ext. 4. Absentee bids are also accepted via the website.

A European-style tapas party for 20 at the Lawhorn-Neely Estate and a “You Only Live Once” Seagrove vacation with a beachside photo session and YOLO lessons are two of the live auction items up for bid at The Bascom’s Autumn Leaves gala next weekend.

“These are two incredible items,” said Donna Woods, Bascom events director. “The tapas party will pair European small plates, passed in the gardens and along the water-course of the Lawhorn-Neely property, with appropriate wines to enhance the fine-culinary experience. The ‘You Only Live Once’ trip is a week in a brand new two-story home in beautiful Seagrove, Fla., plus well-known local photographer Lesley Isacks will provide a beachside photo session on the beach, and then four people will get to enjoy YOLO — the hottest water sport going. What a week!”

Autumn Leaves is a two-day auction festival, Oct. 2-3, to benefit the exhibition and educational programming at The Bascom, Highlands’ nonprofit center for the visual arts. Friday, Oct. 2, at 6 p.m. is the Auction Gala at The Farm at Old Edwards Inn. An elegant affair, the gala includes fine dining, spirits and live and silent auctions. Tickets are $225 each. Saturday, Oct. 3, from 5-8 p.m. is the community Autumn Leaves Party, featuring live bluegrass band The Grass Roots Revue, barbecue from the soon-to-open Highlands Smokehouse, beer and wine, art demonstrations, a silent auction, a marketplace sale and more. Tickets are $35 for adults, $5 for children ages 5-12, and free for children under age five.

Friday-Saturday Combination Tickets are $250, and benefactor options are also available.

Sixteen fantastic live auction items are up for bid that Friday, along with 27 silent auction items. Saturday features 30 silent auction items, plus a marketplace with a slew of “cash and carry” items. Express checkout is available.

Those who cannot attend are urged to make absentee bids. Forms and a listing of auction items are available at www.thebascom.org/autumnleaves, or stop by The Bascom and pick up a bid form soon. Tickets are still available for this year’s autumn gala; call (828) 526-4949, ext. 4.

Rec Park. Call Mary K. Barbour at 828-342-2498. 9/26

Wednesdays
• The Highlands Mountaintop Rotary meets at Ruka’s Table at 163 Main Street in Wright Square in Highlands at 7:30 a.m. Visitors are welcome. If you are new to the Highlands area we invite you to join us for breakfast and our meeting.
• Men’s interdenominational Bible Study at 8:30 a.m. at First Baptist Church.

Wednesdays & Fridays
• Open AA meeting at noon at the Episcopal Church at Fifth and Main streets.

Every 3rd Wednesday
• Study sessions at the Universal Unitarian Fellowship Hall in Franklin. A $5 soup-supper will be served at 5:30 p.m. Study sessions will begin at 6:30 p.m. For more information call 828-524-6777 or 706-746-9964.

Thursdays
• The Zahner Lecture Series at the Nature Center at 7 p.m. Subjects vary.
• Al-Anon meeting, noon at the Episcopal Church on Main and Fifth streets.

1st & 3rd Thursdays
• NAMI Appalachian South (National Alliance on Mental Illness) will have a support group meeting the first and third Thursday of each month. It is for people coping with serious mental illnesses (bipolar disorder, depression, schizophrenia, panic disorder, etc.) and/or their family members. We also do advocacy and educational programs. 486 W. Palm St., Franklin, NC. 7 - 8 p.m., with snacks do advocacy and educational programs. 486 W. Palm St., Franklin, NC. 7 - 8 p.m., with snacks.

Every Third Saturday
• The Highlands Memorial Post #370 of the American Legion meets at the Shortoff Baptist Church. Breakfast is at 9 a.m. Meeting is at 10 a.m. All veterans are invited to attend.

Every Fourth Saturday
• Friends of Panthertown work days are the fourth Saturday of each month. (Time and location varies). Volunteers needed to maintain trails. For more information, contact Nina Elliott at 828-526-9938 or visit www.hcmusicfestival.org.

Thursdays
• At Fressers Eatery, Cy Timmons live from 6 p.m.
• Hal Phillips on piano from 7 - 9:30 pm at Skyline Lodge and Restaurant on Flat Mountain Road.
• At Highlands Wine & Cheese, at Falls on Main, complimentary wine samplings during business hours.

Fridays & Sundays
• Highlands-Cashiers Music Festival Concerts every Friday at 6 p.m. and 5 p.m. on Sundays at PAC in Highlands through Aug. 9. For tickets or more information, call (828) 526-9060 or visit www.hcmusicfestival.org.

• Every Third Saturday
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• At Cypress International Restaurant, live music beginning at 9 p.m. No cover.
• At Highlands Wine & Cheese, Falls on Main, Wines Flights from 4-6:30 p.m. Five wines, artisan cheeses and specialty foods. $19 per person.
• NA open meeting every Saturday at 7:30 p.m. of the ACC Satellite Group at the Graves Community Church, 242 Hwy 107 N. in Cashiers. Call 888-764-0365.

• Thursdays
• At ZUMBA classes at the Highlands Rec Park, Tuesday, 12:30 p.m. and Thursdays 8 a.m. Classes are one hour long and cost $5 per class. Also at the Cashiers Community Center at 1 p.m. on Thursdays. Call 342-2498 for more information.

• Through Oct. 10
• Exhibition Cat Chow: Beyond Fiber Art in the Loft Gallery at The Bascom. Admission is free. The Bascom is open Tuesdays through Saturdays from 10 a.m. to 5 p.m. For information, call (828) 526.4949 or visit www.thebascom.org.

• Through Oct. 17
• Exhibition Southern Landscapes by Lamar Dodd and Will Henry Stevens in the Main Gallery at The Bascom. Admission is free. The Bascom is open Tuesdays through Saturdays from 10 a.m. to 5 p.m. For information, call (828) 526.4949 or visit www.thebascom.org.

• Through Oct. 30
• Dave Russell: Stacked Stone Sculpture, an outdoor exhibition, on display at The Bascom. Admission is free. For information, call (828) 526.4949 or visit www.thebascom.org.

Thurs.-Sun., Sept. 24-27
• The Fifth Annual Highlands Playhouse Antique Show at the Highlands Civic Center. Preview Party Thursday from 6:30-8:30 p.m., 10-5 Friday and Saturday, noon to 5 on Sunday. $12 General Admission. Call: 526-2695 for tickets.

Fri.-Sun., Sept. 25-27
• A Softball Tournament Benefit for Gary Raby and family at the Highlands Ball Field next to the Highlands Conference Center. Friday the 25th will be a Women’s Softball Tournament; Saturday the 26th will be a Men’s Softball Tournament and the possibility of Sunday the 27th having a Co-ed Softball Tournament. All proceeds will benefit Gary, Lena and Dusty Raby. Gary is diagnosed with RSD, Reflexive Sum pathetic Dystrophy and Digenetic Back Disease. Raffle tickets for $2 each or 3 for $5. Raffle location will be at Stop n Shop on Hwy 64 in Highlands or call Justyne Reese @ 828-342-2740 or Jay Finley @ 828-421-2434 for more information.

Fri., Sept. 25
• Isabelle and Tony Chambers will talk about their new book “Remembering Highlands: From Pioneer Village to Mountain Retreat” at the Hudson Library, free, 2-4 p.m.
• Last dance of summer season. Dressy. Foxtrots, Waltz, Lins, Line Dances, Country, Rock and polkas. Friday at the MC Community Building, on Hwy 441 S. in Franklin, from 6:30-9:30 p.m. with music by “Swingtime Band.” Call (828) 369-9155.

Saturday, Sept. 26
• Satulah Club’s White Elephant Sale, 9 a.m. to 2 p.m.
• Old Fashion Southern BBQ & Democratic Rally, 5-7pm at Blackberry Hill U.S. 64 east across from Community Building in Highlands. Take out or eat on premise. Live music! Meet your local reps. Menu: pulled pork sandwiches, Brunswick stew, cole slaw, sweet pickles, sweet tea and homemade cobbler. $12 a plate.
• From 10 a.m. to noon, The Bascom Needlework Circle meets at The Bascom in the Laurel Gallery.

See EVENTS page 28

Cast prepares for HCP ‘Dining Room’ production set for Oct. 15-25 at PAC

Going over “table work” at “The Dining Room” table are: Stuart Armor, Bonnie Earman, Faye Siegel, Jody Read, Kirk Howard (Director), Jason Moore, and Kathryn Cochran (Director).

Ruby Cinema
Hwy. 441, Franklin, NC 524-2076

Sept. 15 to Oct. 1

SURROGATES
rated PG-13
Mon-Fri: 4:30, 7:15, 9:30
Sat-Sun: 2:15, 4:30, 7:15, 9:30

FAME
rated PG
Mon-Fri: 4:15, 7:05, 9:15
Sat-Sun: 2:05, 4:15, 7:05, 9:15

CLOUDY WITH A CHANCE OF MEATBALLS in 3-D
rated PG
Mon-Fri: 4:15, 7, 9
Sat-Sun: 2, 4, 7, 9

THE INFORMANT
rated R
Mon-Fri: 4:20, 7:10, 9:20
Sat-Sun: 2:10, 4:20, 7:10, 9:20

Highlands Emergency Council News

Fuel Application Dates are:
Sept. 29 – 10:1.m. to 2 p.m.
Oct. 1 – 10 1.m. to 2 p.m.
Oct. 6 – 10 a.m. to 2 p.m.
Oct. 8 – 10 a.m. to 2 p.m.

Applicants must sign up in person at the Highlands Emergency Council office located at 71 Poplar Street in Highlands. No phone sign-up is allowed. Must meet low-income guidelines and have proof of income. Fuel funds will be dispersed when they become available. Application will be accepted and reviewed; there is no guarantee of assistance.
From Pioneer Village to Mountain Retreat from 1-3 at the Highlands Historical Society on 520 N. 4th Street.

Sunday, Sept. 27

• At Wolfgang’s Restaurant & Bistro, “Meet the Candidate” reception for Town Commissioner candidate Gary Drake 3-5 p.m.
• A 125th anniversary celebration of the Hudson Library and volunteer recognition. Hudson Library, refreshments, 2-5 p.m.

Monday, Sept. 28

• Macon County Commission meeting in the courthouse board room at 2 p.m.
• Art League of Highlands Monthly meeting at 5 p.m. Robin Piscitelli’s wood turning studio on Main Street in Highlands. Studio tour and demo. All are welcome. Contact Dottie Bruce for information, 864-877-2454.
• Join Highlands Nature Center hiker Joe Gatins on an easy hike to Big Shoals falls on Monday. Meet at the Nature Center at 10 a.m. Wear comfortable shoes or books. No dogs. No children under 10, please. This is a spectacular water fall, worth the view. Expect an 8-mile shuttle, round trip and about 2.5 miles of hiking along a well-defined Forest Service trail. Bring cameras. For more info, call 828.526.2602.

Tuesday, Sept. 29

• At Mountain Air Wellness Center at 6 p.m at our Cashiers office. Topic: Heart Health. For more information call us at 828-743-9070 or 828-526-3709.
• Seasonal flu shots at the Highlands Civic Center from 2-6 p.m. The cost for the vaccine is $25 and the health center will bill Medicare and Medicare replacements, BCBS, Cresent, and scrape – bring their insurance cards to the vaccination clinic.

Thursday, Oct. 1

• Taize service at Our Lady of the Mountains Roman Catholic Church at 5:30 p.m.
• Rotary Bingo featuring the Cub Scouts, 6:30-8:30 at the Community Building. The cost to play is $1 per card per game and there will be 15 games. While each game’s prize depends upon the number of players, most Bingo games pay $40-$70 with game 15 being some serious money.
• Annual Autumn Leaves festival to benefit The Bascom. Friday features a gala dinner and auction at The Farm at Old Edwards Inn ($225). Saturday features a casual party at The Bascom ($35). For information or tickets, call (828) 526-4949 or visit www.thebascom.org/autumnleaves.

Saturday, Oct. 3

• 12 noon – 5pm Artist Bev Rambo and Photographer Sally Ross will be at the Greenleaf Gallery at 177 Main St. in Wrights Square. Light Refreshments.
• Fall 2009 Gorge Road Cleanup at 8 a.m. at the Chamber of Commerce/Visitor Center. Lunch and refreshments will be provided. To sign up call 526-5841.
• The Nantahala Hiking Club will take a 4-mile moderate hike on the old Glade Road to several rock “houses”— large boulders with overhanging ledges — that once provided temporary shelter for Indians and early settlers. Meet at the Highlands Bank of America at 9:30. Drive 10 miles round trip. Bring water, lunch; wear study shoes. Call leader Jim Whitehurst, 526-8134, for reservations. Visitors are welcome but no pets please.

Sunday, Oct. 4

• The Nantahala Hiking Club will take an easy 1.5 mile hike to a rock outcrop overlooking Betty Creek with views to Standing Indian Mtn. Meet at Westgate Plaza in Franklin at 2 p.m. Drive 50 miles round trip or call leader Kay Coriell, 369-6820, for an alternate meeting place and for reservations. Visitors are welcome but no pets please.

Tuesday, Oct. 6

• Bridge and trail dedication at the Highlands Rec Park at 10:30 a.m. All are invited.
• Grand-Rounds Highlands-Cashiers Hospital Tour. Open to the public, the morning sessions begin at 7:30 a.m. and include a complimentary breakfast. In addition to getting a in-depth look at hospital facilities, the events provide participants with a chance to meet and chat with some of the hospital’s many physicians before touring the facility. For more

**Upcoming Events**

Highlands. Free. For information, call (828) 526-4949 or visit www.thebascom.org.

• Art class “Botanical Sketching and Watercolors,” by Fayne Ansley, will be held at The Bascom from 2 to 4 p.m. for beginning to advanced students. Cost is $25/$20 Bascom members. To register, call (828) 526-4949 or visit www.thebascom.org.
• Authors Isabel and Overton Chambers will sign copies of their book “Remembering Highlands: The September 28 meeting at 5:00

Local author to discuss, sign new Atlanta history at Hudson Library

Joseph Gatins, a veteran retired newsman, will discuss and sign his first book, We Were Dancing on a Volcano: Bloodlines and Fault Lines of a Star-Crossed Atlanta Family, 1849-1989, at The Hudson Library, Friday, Oct. 16, 3-5 p.m. Books available at the door.

Richly illustrated, this is a compelling saga and non-fiction biography that paints an unsentimental history of families that made their mark on both Atlanta and Paris. Among the cast of memorable characters, the narrative especially highlights one grandmother’s brave work with the French Resistance in World War II and her unerring efforts to successfully help her only son escape from Nazi prisoner of war camps.

Gatins retired to the mountains after a long career as reporter and editor with the Richmond Times-Dispatch, where a former executive editor, Bill Milliaps, viewed him as “one of the very finest journalists I encountered in my 43 years in the newspaper business.” He put those talents to use in einerching much of the detailed archival material that is the basis of the book.

For more information, click on: http://josephgatins.blogspot.com/

Painting, photography, gallery tours, even poetry have filled the monthly program calendar for the Art League of Highlands. The “Summer Colors Fine Art Show” filled the Rec Park gymnasium with high quality, all original work which inspired all who saw it. Members are now preparing for “Fall Colors,” October 17 and 18.

The September 28 meeting at 5:00 at Robin Piscitelli’s “Tree Turnings” Gallery at 468 Main Street, Highlands will be another fascinating look into a creative artist’s world. Piscitelli is a member of the Southern Highland Craft Guild. He is represented by del Mano Gallery in Los Angeles, California and his pieces are collected around the country. As a special treat, he has promised to demonstrate his wood-turning technique. Guests are always welcome at Art League of Highlands meetings.

The Art League volunteers who have helped Susan Nastasic with the Bascom Young Artists Program Summer Camp have been involved in big messy projects like painting elements for the mural in the Recreation Park foyer. But for the final week of camp, things calmed down as they made accordion-style booklets about themselves. Working with children on artistic expression is an important part of the ALH vision for community service in the area. For information on membership contact Dottie Bruce at 864-877-2454.

Bridge and Trail Dedication Oct. 6 at 10 a.m. at the Rec Park

Please join us for a dedication of the new bridge over Mill Creek and the new trails in the Rec Park. We will honor the town employees and volunteers who have done so much to improve these facilities.

Please drive to the lower parking lot for the Rec Park which is on Foreman Road. From there you may walk to the dedication site at the bridge or use a shuttle van which is being provided by the Highlands Biological Station.

We promise to keep any speeches short and will have an unusual ribbon cutting for the dedication. A guided tour of the new sections of the trail will be available following the dedication.
Painting to be raffled at ‘White Elephant Sale’

This quilt will be raffled at the Satulah Club’s Sept. 26 “White Elephant Sale” 8 a.m. until 2 p.m. at First Citizen’s Bank. This painting of a Smoky Mountain Log Cabin, is by local artist Anne Sellers. Also set to be raffled is a Mountain Primitive Crazy Quilt made by Mary Lou Dendy and a crocheted baby blanket by Carrie Speed.

UPCOMING EVENTS

- **Saturday, Oct. 10**
  - 12 noon – 4 pm – Artist Sally Robbe will be demonstrating at the Greenleaf Gallery at 177 Main St. in Wrights Square. Light refreshments.
  - Highlands Arts & Crafts Show from 9-5 at the Highlands Civic Center and Rec Park. Breakfast and Lunch available. Free admission and free parking.
  - At Whole Life Market at 10 a.m. there will be A Garden of Life’s million dollar give-away to “Take the Grow Bone Challenge.” The purpose is to help consumers increase bone density, increase bone strength and reduce osteoporosis risk.

- **Monday, Oct. 12**
  - Art class “Figure Study Sessions with a Live Model,” by Laurence Holden, will be held at The Bascom from 5 to 7 p.m. for beginning to advanced students. Cost is $20/15 Bascom members. To register, call (828) 526-4949 or visit www.thebascom.org.

- **Tuesday, Oct. 13**
  - At Mountain Air Wellness Center at 6 pm at The Hudson Library in Highlands Topic: 3 Ways to Prevent/Combat the Flu. For more information call us at 828-743-9070 or 828-526-3709.

- **Thursday, Oct. 15**
  - Grand-Rounds Highlands-Cashiers Hospital Tour. Open to the public, the morning sessions begin at 7:30 a.m. and include a complimentary breakfast. In addition to getting a in-depth look at hospital facilities, the event provides participants with a chance to meet and chat with some of the hospital’s many physicians before touring the facility. For more information about the Grand Rounds Tour series please call 526 4343.

- **Friday, Oct. 16**
  - Local author to discuss, sign new Atlanta history We Were Dancing on a Volcano: Bloodlines and Fault Lines of a Star-Crossed Atlanta Family. 1849-1889, at The Hudson Library, 3-5 p.m. Books available at the door.

- **Friday, Oct. 16**
  - Local author to discuss, sign new Atlanta history We Were Dancing on a Volcano: Bloodlines and Fault Lines of a Star-Crossed Atlanta Family. 1849-1889, at The Hudson Library, 3-5 p.m. Books available at the door.

- **Saturday, Oct. 16**
  - Saturday, Oct. 16 from 5-7 p.m. For information, call (828) 526-4949 or visit www.thebascom.org.

- **Sat. & Sun., Oct. 10-11**
  - Ikebana International of Asheville will host a special exhibit as part of the Carolina Bonsai Expo to take place at The North Carolina Arboretum in the upstairs library and lobby in the Education Center. The exhibitions are free with the parking fee of $5 per vehicle at the Arboretum; For members, there is no parking charge. Contact TNCA (828-665-2492 or www.ncarboretum.org) for registration info and fees for the Sunday workshop. For info about Ikebana classes and exhibitions, contact Patti Quinn Hill at 828-645-6633.

‘Spooky Raku’ at The Bascom a fun alternative to traditional Halloween

Free community event slated for sundown Oct. 31

Looking for an artful alternative to Halloween? Look no further than The Bascom. “Spooky Raku: A Halloween Pottery Firing” is free and the Bascom invites the whole community.

On Saturday, Oct. 31, at sundown (approximately 5:30 p.m.), red pots will be glowing against the black night sky, creating a magnificent mood and an unforgettable All Hallows Eve.

“Raku firing, though originating in Japan, incorporating the use of lead glazes, has been modified in the West,” said Norma Smith Hendrix, Bascom education director. “The basic technique is to remove pottery that has been rapidly brought to a glaze maturity temperature, then removed and placed into a pit of leaves, straw or wood, depriving the pot of oxygen. This method produces vivid colors, crackled copper sheens and many unexpected delights. The fire and smoke also create the matte black surfaces in the unfired areas, a signature of the raku firing.”

People are welcome to come by The Studio Barn at The Bascom in costume for this fun way to celebrate Halloween in Highlands before or after they enjoy the tradition of trick-or-treating up and down Main Street.

“This just might be the start of another great Highlands tradition,” Hendrix said.

Those interested in taking “Spooky Raku” the class can still sign up by calling (828) 526-4949 ext. 100 or visiting www.thebascom.org.

The class is held 10 a.m. to 4 p.m. Oct. 19-24 at The Bascom. Cost is $275 for the general public or $250 for Bascom members, with basic materials and firing included. The Oct. 31 firing is free and open to all ages.

For more information call (828) 526-4949 or visit www.thebascom.org.
OLD FASHION SOUTHERN BBQ & DEMOCRATIC RALLY

September 26th
5pm to 7pm

TAKE IT OUT OR EAT ON PREMISES

PULLED PORK BBQ
BRUNSWICK STEW
w/COLE SLAW,
SWEET PICKLES,
HOMEMADE COBBLER
$12

Blackberry Hill
U.S. 64 east across from the Community Center

LIVE MUSIC & MEET YOUR REPRESENTATIVES

Honorable Sen. John Snow will listen to your state concerns
Commissioner Ronnie Beale and Commissioner Bobby Kuppers will listen to your county concerns

Sponsored by the Democratic Party of Highlands

Fine Art Show* filled the Rec Park gymnasiurn with high quality, all original work which inspired all who saw it.

Saturday, Oct. 17
• 12 noon – 4 pm – Artist and Faux painter Kimberle Lilley will be demonstrating at the Greenleaf Gallery at 177 Main St. in Wrights Square. Light refreshments.
• Highlands School Fall Festival 5-9 p.m. at Highlands School old gym.
• The 4th Annual Songwriters’ Round, at High Hampton Inn in Cashiers. The evening will start with a Social at 6 p.m. serving heavy hors d’oeuvres and beverages. The concert begins at 7:30 p.m. The evening will benefit and is hosted by the Blue Ridge School Education Foundation. Tickets are $60 and are available at the Cashiers Area Chamber of Commerce at 743-5191 or High Hampton at 743-2411. Corporate Sponsors are $250, including advertising and 2 tickets. Major Sponsors are $1,000 and up, including advertising and 6 tickets. Tickets and Sponsors may also be purchased from any board member: Annette Herstick, Will Madden, Lesley Madden, Cindy Fowler, Andy Shaw, Mark Jones, Chad Boswell, or Susan Waller. Come enjoy a wonderful evening starring Nashville’s finest, plus help purchase technology to enhance our children’s education and future.

• Pottery workshop “Spooky Raku: A Halloween Pottery Firing,” by Patrick Taylor, will be held at The Bascom from 10 a.m. to 4 p.m. Oct. 19-24 and Oct. 31 at sundown for intermediate to advanced students. Cost is $275/$250 Bascom members. To register, call (828) 526-4949 or visit www.thebascom.org.

Monday, Oct. 19-Friday, Oct. 23
• Art workshop “Classical Still Life and Floral Painting,” by James Sulkowski, will be held at The Bascom from 10 a.m. to 4 p.m. for beginning to advanced students. Cost is $375/$350 Bascom members. To register, call (828) 526-4949 or visit www.thebascom.org.

Saturday, Oct. 24-Friday, Dec. 18
• Art class “Figure Study Sessions with a Live Model,” by Laurence Holden, will be held at The Bascom from 5 to 7 p.m. for beginning to advanced students. Cost is $20/$15 Bascom members. To register, call (828) 526-4949 or visit www.thebascom.org.

Monday, Nov. 9
• Art class “Figure Study Sessions with a Live Model,” by Laurence Holden, will be held at The Bascom from 5 to 7 p.m. for beginning to advanced students. Cost is $20/$15 Bascom members. To register, call (828) 526-4949 or visit www.thebascom.org.

Thursday, Nov. 5
• Taize service at the Holy Family Lutheran Church at 5:30 p.m.

Monday, Nov. 9
• Art class “Figure Study Sessions with a Live Model,” by Laurence Holden, will be held at The Bascom from 5 to 7 p.m. for beginning to advanced students. Cost is $20/$15 Bascom members. To register, call (828) 526-4949 or visit www.thebascom.org.

Saturday, Nov. 14-Fri., Dec. 18
• 12 noon – 4 pm – Artist and Faux painter Kimberle Lilley will be at the Greenleaf Gallery at 177 Main St. in Wrights Square. Light refreshments.

This year the Hudson Library is celebrating one hundred and twenty-five years of service to the Highlands community. The Hudson Library Board of Trustees would like to invite the community to a birthday party for the library on Sunday, September 27, from 2 to 5 p.m.

The party is a celebration both of the past and the future. The Macon County Commissioners have just voted to fund the renovation of the former Bascom gallery rooms; the work is projected to begin in November. The party will take place in the rooms that in the very near future will be part of the library.

The Gertrude and Dolly Harbison Award, which is given for exemplary service and dedication to the Hudson Library, will be presented at 3 p.m. in addition, Hudson Library and Bookworm volunteers will be recognized for their contribution.

At 3:30 Virginia Talbot will present a “dialogue” between Gertrude and Dolly Harbison, the two sisters who ran the Hudson Library for almost 50 years. Other longtime Highlands residents will also tell stories. If you have an interesting or funny anecdote about the Hudson Library, you are invited to come and share it.

Refreshments will be an old-fashioned afternoon tea, served by the library board members.

The Hudson Library is located at 554 Main Street. For more information, please call the library at 526-3031.
**医院之旅持续进行**

医院的暑期计划为公众提供参观服务，以吸引热情的响应。医院举办了其第二场“Grand Rounds”之旅，于10月16日星期二举行。预报早餐，活动还包括参观医院各部门。对于与会者来说，是一个与医院成员见面的机会——包括医院的医疗团队，以及参观医院的各个部门。更多关于Grand Rounds系列的信息，或欲订购，请致电526-4949。

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**即将到来的活动**

- **周六，11月28日**
  - 高地年度圣诞树点灯活动在主街的圣巴塞洛缪教堂。

- **周二，12月1日-18日**
  - 陶艺工作坊“开放工作室：对初、中、高学生。”由Patrick Taylor主持，将在The Bascom举办。

- **10月17日，Cashiers**
  - 第四届词曲作家晚会。主演：Nashville的天才歌手Kelley Lovelace和她的三位同伴。

- **星期一，12月14日**
  - 艺术班“与活体素描生活工作坊”。由Laurence Holden主持，将在The Bascom从5点到7点，适合初、高学生。费用为：20/15 Call 526-4949。

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**医院之旅**

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**巴塞洛缪**

巴塞洛缪为中、高级学生。陶艺工作坊“开放工作室：对初、中、高学生。”由Patrick Taylor主持，将在The Bascom举办。

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**医院之旅**

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**CLASSIFIEDS**

- **Commercial for Rent/Sale**
  
  **Tired of Paying Main Street Rent? Join new center, less than 2 miles from downtown as an owner, tenant, or rent to own. Two spaces, 1,575 square feet each, $299.90. Can be combined. Inquire for rental rates. Contact Betty Holt, Signature Properties, 828-421-3161. 10/29**

- **Rental Space in Wright Square**—Half a building or two floors of one building. Call Harold Bramer. 828-526-5673. (st. 4/16)

- **Vacation Rental**
  
  **3BR, 2BA Cabin**—Spectacular valley views available for rent in September and October. Near Glen Falls. $1,000 per week. Call 404-234-2830.10/18

- **Rustic Farmhouse**—3br/2b, central heat/air, spring water, big yard, access to fish pond, bordered by Buck Creek located on Buck Creek Rd.; close to Highlands and Franklin, NC. $800 w/ly or can be rented monthly. 828-524-6083

- **Restored Farmhouse on Shortoff Road**—2 bedrooms, 2 baths in a country setting. Well furnished with a large screened porch. See details and pictures at http://www.homeaway.com #23444 $800 per week. (912) 354-6917.

- **Highlands’ Country Club**—Sorry, golf and club privileges not available. $2,495 a week. Call 912-230-7202.

- **The Lodge on Mirror Lake**—Fish or canoe from deck. Available weekly, monthly, No min. Call 828-342-2302.

- **Items for Sale**

  **Two Stair Steppers**—$100 each. Call 526-6083.

  **Pet Door**—Almost New. White. fits into sliding glass doors. $150 OBO. Call 828-526-3397.

  **TVs for Sale**—Remodeling makes these slightly used bargains possible. 25”—$40, 27” $100, 32” $200. Call 526-5992.

  **4-Piece Bedroom Set—Price Reduced**—Country Cottage, Solid Oak by Stanley. Dresser with free standing winged-tip mirror and night stand, Queen bed with head and foot boards. Like New! $600. Call 526-3752 or e-mail LVDAL118@YAHOO.COM for photo 10/15.

  **Mattag Wad—Excellent Condition**—White. $499. Call 526-2710.

  **Furniture**—1 cream tweed sofa (89” long) $500; 1 sofa/loveseat combo in cream silk-suede $500 set; 2 brown fabric w/ color stripe custom swivel chairs $500 each; 2 small green fabric swivel chairs $150 each; 1 vintage wood vanity w/ beveled mirror and 6 drawers $300; 2 matching nightstands $100 for both. Will e-mail photos if interested! 828-743-3071 or 828-787-1900, st. 9/3

- **American Heritage Corner TV/Component Cabinet**—Green w/antique Pine-knots. $375. 828-226-3027

- **Holland Gas Grill**—Traditional model. Very Good Condition with cover. $250. Call 526-3313.


- **Collapsible Ladder**—$270. Call 526-5025.

- **Coleman 5000 ER Electric Garage Door**—$500. Call 526-5025, st. 9/13

- **Sears Kraftsmen 4.5 HP 22” Cut Lawnmower**—Bridge & Stratton engine. Asking $125. Call 349-4930, st. 8/6

- **GM Trailblazer Cargo Organizer**—$100. Call 349-4930.

- **Two AMANA Window Airconditioners**—One Fan & Temperature Control. One Vent Control. Best Offer. Been in storage. 349-4030, st. 8/6

- **Palladium Style Window**—Mahogany two section 1-3/4” thick x 42” H x 70-1/2” W. $160. OBO for photo call 828-526-2671.

- **Wood Burning Stove/ Electric Blower**—$200. 342-3234.

- **6x10 Enclosed Trailer**—Classic 2 Dr. Good condition. $1,150. 828-526-8079, st. 7/30

- **Mary Kay with h**—offering state-of-the-art skin care, new mineral makeup and other great products, as well as self-employment opportunities. Call Laurel at 349-6402 for more information. 10/29

- **40-Piece Stoneware Dinner Set**—$15 or best offer. Call 526-5367.

- **Old-Fashioned Push Mower**—No gas needed! In great shape. $50. Call 526-9083.

- **Old Brass Ball Fireplace Accessories**—Asking $500 but negotiable. Call 526-0439.

- **4-Piece Outdoor Furniture Set**—Glider, 2 rocking chairs & table. Metal frame, with cushions. Great condition $125. 369-5963.

- **Ephiphone String Acoustic Guitar**—with hard case-good condition--$250 828-482-2222

- **Ethanol Allen King Size Bed Set**—Very Good Condition. $450. Call 781-1833.

- **Highlands License Plates**—New Photo Designs by Cynthia Stian. Cashiers & Franklin, also. Mill Creek Gallery & Framing on oak street. 828-787-2021.


- **GE Profile White Countertop Gas Range with Downdraft**—Like new $185 Call 787-2032.

- **Small Emerald and Gold Ring**—Originally $300. Asking $175. 828-631-2675 after 5 p.m.

- **Baby Lock Serger Machine**—With extra spools of thread. $200. 828-631-2675 after 5 p.m.

- **Sylvan area**—3-Piece Bedroom Set—Oak veneer. one dresser, one desk, one chest. $300. Call 526-5772.


- **Avon Cape Cod Glass—8 piece place setting. 64 pieces. $385. Also, accessory pieces available. Call 828-524-3614.


- **Colonial Glass**—Set of 12 Sherbet Goblets, and dessert plates. $35. Call 526-4063.

- **Two Electric Water Coolers**—For sale. See CLASSIFIEDS page 34

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**Service Directory**

**Michael David Rogers**

Native grown trees and plants
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515 Wyanoak Drive • Highlands
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... BOARD continued from pg 1

Commissioner Amy Patterson, the board agreed that it was likely the public would be very pleased with the board's decision when comparing millions to $463,277. The $463,277 estimate includes structural upgrades, new electrical work, plumbing and mechanics, as well as windows and doors. The board originally budgeted $132,000 for renovations to make the building adequate as a temporary Town Hall.

“I want to make it perfectly clear we’re taking this step because this will adequately serve the administration and the town’s needs,” said Patterson. “And it’s much better than spending in excess of $5 million.”

Falland said the town has been saving money toward a new Town Hall for three years and has $350,000 set aside. “That would leave $110,000 to come up with and we can take that out of fund balance,” he said. Furthermore, if the exterior or cosmetic changes are put on the back burner, the extra amount needed to do the interior would only be about $25,000, he said.

Architect Jeff Weller, with Summit Architecture, presented the plan to renovate, repair, restructure the interior of the building and beautify the exterior which he said should serve the town well for at least 15 years.

Since JT Turner Construction has already gutted the building in preparation for renovations for the “temporary” Town Hall, it was easy to see where structural repairs were necessary and how to layout the floor plans. “We approached the reworking of the interior from a functional standpoint between departments so they can interact better,” said Weller. Under the new plan, the mapping, zoning, and engineering departments will be upstairs and the administrative aspects and public access will be downstairs. Both floors will be ADA compliant—100% upstairs and 95% downstairs due to a workroom that is two steps up.

The covered porch upstairs at the back of the building will be enlarged and enclosed to house an entry way to upstairs offices and will be the jumping off point for future expansion of the building should it be needed much later. Below the enclosed porch and accessible from downstairs, will be a filing room, vault and archival area.

There will be two uni-sex bathrooms, one upstairs and onedownstairs, but no public bathroom accessible from the outside, though Weller said that might be a possibility.

The proposed budget includes $232,354 for demolition and construction by JT Turner; $7,387 for architect fees for Summit Architecture; $89,647 for electrical work by Atlantic South Power which includes a generator; $10,700 for asbestos removal by Neo Corporation, which has already been done and paid for; and fiber optic cabling to the Police Department by National Communications for $4,189. GIS Technician Matt Shuler said the cabling will eliminate the current data duplication between the police and Town Hall.

WLAN Upgrades are also included which will be done in house for $4,000; and $13,713 for DoubleRadius to install a new telephone/Internet system which will save the town money on its communications bill which currently runs $3,000 a month. Finally, exterior improvements include landscaping, brick work, etc., for an estimated $75,000.

The board voted unanimously to move ahead with the project as crews are poised to continue.

Also discussed but not voted on was the Main Street project, the Scholarship program, a Wi-Fi presentation, the Highlands Parks and Recreation survey, which will be sent to all property owners in Highlands, Highlands Township, Flats Township and Sugarfork Township in about two weeks. Additional to the employee personnel manual were also discussed. More on these issues in the Oct. 1 edition.

Last week

At the Sept. 16 Town Board meeting the board voted 4 to 1, with Commissioner Buzz Dotson dissenting, to adopt a resolution to accept the $546,517 federal grant for the innovative stormwater improvements under the Pine Street Park.

Town Engineer Lamar Nix said though the Pine Street area didn’t flood this past weekend when more than five inches of rain fell in less than 12 hours, the work is needed to collect and direct runoff into Mill Creek. Falland reported that there isn’t a local match required for the grant, but 50% of the award is an interest-free, 20-year loan.

Meanwhile the town is awaiting word from FEMA for See BOARD page 37

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Clockmaker. www.oldclockrepair.com. 9/1
Macon County Schools announces pursuit of AdvancED District Accreditation

Dr. Dan Brigman, Superintendent of Macon County Schools, announced that the district has become a candidate for AdvancED District Accreditation.

AdvancED District Accreditation provides nationally recognized accreditation for the district and all of its schools. To earn AdvancED District Accreditation, the district must: 1) meet the AdvancED accreditation standards; 2) implement a continuous process of improvement; and 3) host an external review team once every five years.

“District accreditation is a rigorous process that demonstrates to our students, parents, and community that we are focused on providing a safe and enriching learning environments, and maintaining efficient and effective operations staffed by highly qualified educators,” stated Dr. Brigman.

Using the AdvancED Standards for Quality School Systems as a framework, the district will begin the process by conducting a thorough self-assessment of its strengths and opportunities for improvement. The district will engage a broad cross section of representatives from across the district, its schools, and the broader community in its self-assessment.

Following its internal review, the district will host an AdvancED Quality Assurance Review team comprised of trained professionals from across the nation and state. The review team will visit the district on October 5-7 to evaluate the district’s self-assessment, determine the degree to which the district meets the AdvancED accreditation standards, and make an accreditation recommendation.

“Macon County Schools is a good district,” stated Dr. Brigman. “We believe strongly that the AdvancED District Accreditation Process will make us even better. Students win when the entire district commits to examining all of its processes and systems to determine what more we can be doing to benefit the students we serve. This is the essence of the accreditation process.”

Parents and interested community members can learn more about the District Accreditation Process at: www.advanc-ed.org. AdvancED is the parent organization for the North Central Association Commission on Accreditation and School Improvement (NCA CASI), the Southern Association of Colleges and Schools Council on Accreditation and School Improvement (SACS CASI), and the National Study of School Evaluation (NSSE). NCA CASI and SACS CASI are accreditation divisions of AdvancED. Dedicated to advancing excellence in education worldwide, AdvancED provides accreditation, research, and professional services to 23,000 public and private schools and 4,500 school districts worldwide.
What every teenager needs to know to have an incredibly cool life

Pastor Gary Hewins
Community Bible Church

I loved my teen years. Not everybody does. These are the years when we start to figure ourselves and the world out. It’s good to discover who we are in relation to our friends, teachers and our parents. The teen years are vital. We can develop a strong identity or a not so strong identity as teenagers. If I were a teenager in Highlands I think I would be looking for something to do, something cool. I would want to have fun. Who doesn’t? Sometimes fun is great; sometimes “fun” is devastating.

We can live as teenagers from the “outside-in.” That is to say that our own identity is primarily formed by the influences around us. This can be good and this can be bad. Labels are important. Teens like to “classify” one another. We get placed in categories that help us form our identities. *Popular, athletic, smart, not so smart, not so popular: these are but a few labels. Some teens are at the mercy of outsiders who decide who they are and who they aren’t. After all, everyone of every age needs three things. We all need to feel loved, valued, and like we belong, sometimes at any price.

If I am taught that I am some sort of cosmic accident then I have to really question my reason for being here. If I am taught that there is no God, then what I do has to ultimately lack meaning. If there is no God then there is no God to love me, care for me, protect me, cleanse me, listen to me. If I am taught that I am an accident then I have to conclude there must be a purpose for my life. If my identity is rooted in who God says I am then I have been given a cool way of hiding at times.

But there is another way. We can live from the “inside out.” We can actually form an identity in the context of a relationship with God that compels us to preserve that identity regardless of negative influences around us. As soon as I come to an understanding that God created me, I have to conclude there must be a purpose for my life. If my identity is rooted in who God says I am then I have been given a cool way of drawing a conclusion about what my response to Him can be. In the spirit of helping teens discover who God says they are, here are the ten ways to understand yourself based on who God says you are, not what the kid in your language arts class says.

1. God knew you before you were ever born. He actually knitted you together. (Ps. 139:13-16)
2. God is the same today and forevermore. He knows you and loves you. You are cool just the way you are. (Ps. 103:17, Heb. 13:8)
3. God is so interested in you that He has even numbered the very hairs of your head. He actually knows what you need before you even ask Him. (Matt 10:30, Matt 6:28)
4. There is nothing you can do to keep Him from loving you and there is nothing you can do to cause Him to love you any less. (1 Jn. 4:16)
5. God wants a friendship with you. A real good friendship. The best. (Jn.15:15)
6. God has already given you the ability to make personal decisions. (Gen 2:15)
7. God decided to remove the obstacle between you and Him once and for all. He provided a way to take “unforgiven sin” from between you.

See SPIRITUALLY page 39

Places of Worship

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 service - 7 p.m.

BUCK CREEK BAPTIST CHURCH
Sundays: School - 10 a.m.; Worship - 11
Chapel of Sky Valley
Sky Valley, GA
Church: 706-746-2999
Pastor/Residence: 706-746-5770
Sundays: 10 a.m. - Worship
Holy Communion 1st Sunday of the month
Wednesdays: 9 a.m. Healing and Prayer with Holy Communion each service

CHRISTIAN SCIENCE CHURCH
Third and Spring Streets, Highlands
Sunday Service - 11 a.m.; Sunday School - 11 a.m.
Wednesday Testimony Meeting - 11 a.m.
3rd Wednesday of the Month
CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS
NC 28 N. and Pine Ridge Rd., (828) 369-8329
Rai Cammack, Branch President, (828) 369-1627

CHRISTIAN ANGLICAN CHURCH
Father Jim Murphy: Office - 526-2320
Sunday: Holy Communion – 11 a.m.
Highlands Community Center
Monday: Evening Bible Study at 6 p.m.
Wednesday: Men’s Bible study at 8 a.m.
at First Baptist Church
Pot Luck Lunch last Sunday of each month.

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

COMMUNITY BIBLE CHURCH
www.cbchighlands.com • 526-4685
Pastor Gary Hewins
3645 U.S. 64 east, Highlands
Sundays: 9:30am Sunday School; 10:45am
Children’s/ Family Program; 10:45 Worship
Tuesdays: 9:30am Women’s Bible Study
Wednesdays: 5pm Dinner; 6pm Pastor’s Bible Study
Fridays: 6:30pm Re:Act Middle & High School Gathering

EPISCOPAL CHURCH OF THE INCARNATION
Sunday: Breakfast: 9 a.m. - Sunday School 10:30 a.m. Holy Eucharist (Rite II)
Sunday Service on Channel 14 at 10:30 A.M.
Monday: 4 p.m. Women’s Cursillo Group
Tuesday: 8 a.m. Men’s Cursillo Group
4:30 PM. Education for Ministry
Wednesday: 6:30 PM. Choir Practice
Thursday: 10:00 a.m. Holy Eucharist (Chapel
10:30 a.m. Daughters of the King
• Sunday Service on Channel 14 Sun. at 10:30 a.m.
FIRST ALLIANCE CHURCH OF FRANKLIN
Rev. Mitch Schultz, Pastor • 828-369-7977
Sun. Worship: 8:30 & 10:45 a.m; 6 p.m.
Sun. school for all ages 9:45 a.m.
Wed: dinner 5 p.m. followed by children’s
Pioneer Club 6 p.m.; Jr & Sr Youth Group 6:30 p.m.;
Adult Bible Study & Prayer Meeting 7 p.m.
Small groups available throughout the week.

FIRST BAPTIST CHURCH
Dr. Daniel D. Robinson, 526-4153
The following are the Highlands Police Dept. log entries from Sept. 17. Only the names of persons arrested, issued a Class-3 misdemeanor, or public officials have been used.

Sept. 17
• At 8:55 p.m., officers were called concerning a intoxicated woman who was being disorderly on Main Street.

Sept. 18
• At 8:45 p.m., officers were called to assist another agency concerning suicide threats by a resident on Dupont Road. The claims were unfounded.

Sept. 19
• At 3 p.m., officers responded to a two-vehicle accident at Pine and N. 5th Street. There were no injuries.

Sept. 20
• At 6:30 a.m., officers assisted another agency on Turtle Pond Road where a tree was blocking the road.
• At 8:25 p.m., a resident on Worley Road called police when she came home and found a bear on her front porch. The bear left and police helped her take her bird feeders down.

Sept. 21
• At 1 a.m., officers responded to a 9-1-1 hang up from a residence on Hickory Hill Road. It was unfounded.
• At 3 p.m., officers assisted EMS with a patient at a residence on Webbmont Road.
• A little past midnight, officers assisted a woman whose power had gone out at her home. She wanted the to check to see if it was safe. During the week, police officers responded to 13 alarms and issued 9 citations.

The following are the Highlands Fire & Rescue Dept. log entries from Sept. 16:

Sept. 16
• At 2:46 p.m., the dept. was first-responders to assist EMS with a person who had fallen on Main Street. He was taken to the hospital.

Sept. 18
• At 10:14 p.m., a resident on Worley Road called police when she was notified the dept.

Sept. 19
• At 12:23 p.m., the dept. responded to an alarm at a residence on Country Club Drive. It was false.

Sept. 20
• At 9:54 p.m., the dept. responded to a one-vehicle accident on U.S. 64 east.

Sept. 21
• At 2:26 a.m., the dept. was first-responders to assist EMS with a medical call at a residence on Hickory Hill Road where someone had fallen. The victim was taken to the hospital.
• At 5:28 a.m., and 8:41 a.m., the dept. responded to alarms at Chestnut Hill. They were due to a faulty system.

The stormwater bypass aspect of the town’s overall stormwater remediation program for Laurel Street and at Fifth and Laurel streets. That grant would be 100% funded. (See photos on pages 12 to 13 of affected areas.) With a unanimous vote, the board also adopted a resolution authorizing a grant to fund a sewer master plan study. The application is with the NC Rural Center for the Master Sewer Plan whose deadline is Sept. 30.

Nix said the resolution was the first step toward defining policies and figuring out a financial plan for the Mirror Lake Sewer Project, the next area to be sewered by the town. The $64,000 grant, which is a 50/50 split between the town and state, will fund the master plan study.

The next Town Board meeting is Wednesday, Oct. 14 at the Community Building.

– Kim Lewicki
Highlands School Middle School Soccer


Photo courtesy of The Highlander newspaper

Highlands School Middle School Volleyball


Photo by Stephanie Brassard
Whole Life Market is part of the national Grow Bone campaign

On Oct. 10, 30,000 people will start building stronger, healthier bones for free!

Whole Life Market will participate in one of the largest giveaways in the history of the natural products industry on Saturday, October 10 at 10 a.m. when Garden of Life is offering consumers nationwide a chance to obtain a FREE Vitamin Code® Grow Bone System valued at $61.55 each. Garden of Life is giving away more than $1.5 MILLION dollars in free product to more than 30,000 lucky people. Whole Life Market is pleased to participate by offering 25 free Grow Bone Systems at 10 a.m. on October 10.

“We’re truly excited to be a part of this historic, exciting event and many of our customers are anxiously looking forward to getting a Grow Bone System so they can increase bone density, and stimulate bone growth,” said store owner Robin M. Armstrong-Neil. “Judging from the buzz around this product, we expect people will be knocking on our doors on October 10!”

Garden of Life’s Grow Bone System contains Vitamin Code RAW Calcium and Growth Factor S, featuring a raw, vegan, whole food patented organic calcium. Customers also can take advantage of the product’s DOUBLE YOUR MONEY BACK OFFER, which states that if bones are not healthier, stronger, and more dense after 180 days as evidenced by a full-body DEXA scan, Garden of Life will refund DOUBBLE all six months of a customer’s Grow Bone System purchase AND the out-of-pocket cost of two full-body DEXA scans up to $1000. Certain exceptions and restrictions apply and consumers are advised to review the full details and rules at www.growbone.com.

“Anyone over 40 as well as vegetarians who have lower bone density due to normal age-related bone loss should be thrilled about this product because there is nothing else like it,” said Robin M. Armstrong-Neil, Garden of Life founder and CEO Jordan Rubin said this historic giveaway marks the first time a natural health product has been offered free to so many eager consumers. “There have been several free campaigns by chains such as Denny’s, Dunkin’ Donuts, IHOP and KFC,” he noted. “But nothing we know of like the Grow Bone System, which can help millions of people concerned with bone health.”

For more information on Garden of Life’s “Grow Bone System Give Away,” contact Whole Life Market at 828-526-5999.

WHO: More than 30,000 consumers nationwide and at Whole Life Market
WHAT: Garden of Life’s MILLION DOLLAR GIVEAWAY “Take the Grow Bone Challenge”
WHEN: Saturday, OCTOBER 10 AT 10 A.M.
WHERE: Whole Life Market, 10 Foreman Rd. on the corner of Highway 64E and Foreman Road, next to Elephant’s Foot Antiques
WHY: To help consumers increase bone density, increase bone strength and reduce osteoporosis risk

CONTACT: Whole Life Market, 828-526-5999

Mountain Garden Club gets ‘Biltmore Stick’

Some of you may think Garden Clubbers are just tea-sipping little ladies, well, I have news for you.

Our Club recently sponsored a day-long seminar presented by The Learning Tree Program. This Program, funded by The Forestry Foundation, gives teachers from grades K-8 information and tools for teaching students about ecology, conservation, plants, trees, and related subjects.

This seminar was held at the Mountain Retreat, off Rt. 106, and the lecture we attended focused on trees and forestry. Did you know that right in our area, on The Mountain Retreat property, is a stand of Dwarf White Oaks, possibly the last of these in the world? Following the lecture our class adjourned to the woods and each of us, teachers and clubbers, was taught how to use the “Biltmore Stick.”

Now, how many of you have heard of a “Biltmore Stick”? This is the ingenious instrument devised by Gifford Pinchot who was hired by Commodore Biltmore to revitalize the forest on the original Biltmore Estate. Using the lines and numbers on this 25-inch ruler, and standing 66 feet from the base of a tree, one can figure the height, diameter, and the approximate age of the tree. Also, one can determine the number of, say 16 feet, logs and the number of board feet obtainable from each log.

So, don’t be surprised if you see some of us around town measuring the height of buildings, power poles, or trees. Why not stop and take a look at this amazing “stick”?

...SPIRITUALLY from 36

(Jn. 3:16, Jn. 14:6)
9. God wants you to exercise your free will to invite Him into your life and forgive you of any and every sin you have ever committed. (Acts 16:31)
10. God actually provides you with the desire, the ability, and the curiosity to know Him, love Him and live out of His power, wisdom and love. (Eph. 5:18)
I wish someone would have told me that I could understand myself, the world and God through a relationship. I needed to live from the “inside-out”.
Following Christ is the coolest thing that anyone could ever decide to do.