

# Highlands' Newspaper

**FREE**

Volume 8, Number 33

PDF Version - [www.HighlandsInfo.com](http://www.HighlandsInfo.com)

Thursday, Aug. 19, 2010

FRI	SAT	SUN
78 \ 65F	71 \ 63F	70 \ 60F

**Friday & Saturday**  
 • Live Music at The Downhill Grill at Scaly Mountain Outdoor Center 7-9 p.m. BYOB.  
**Sat., Aug. 21**  
 • The Highlands Memorial Post #370 of the American Legion meets at the Shortoff Baptist Church. Breakfast/Meeting at 9 am.  
 • At Paoletti's Restaurant, intimate Wine Tasting at the bar at 1 pm. \$20 per person.  
 • Greenway construction of a new trail in the Rec Park. Call Hillrie Quin at 526-2385  
 • Just for You "Cindy's Celebration of Life" at the Highlands Community Building. 5-9 p.m. Spaghetti dinner, music & auction.  
 • Benefit for Fred Munger at the Rec Park with BBQ, Auction and singing. 5-9 p.m.  
 • At Cyprus International Restaurant, live music beginning at 9 p.m.  
 • At Paoletti's Restaurant, "Not Even Brothers" playing acoustic at 10 p.m.  
**Through Sunday, Aug. 22**  
 • At Highlands Playhouse, "Lettice & Loveage," a comedic play. For tickets call 526-2695.  
**Thurs.-Sun., Aug. 19-22**  
 • HCP's "Dearly Departed" at PAC. For tickets call 526-8084.  
**Friday, Aug. 20**  
 • At Community Bible Church, "The relationship between nutrition and disease," 9:30-11:30am. FREE. Call 526-4297.  
**Monday, Aug. 23**  
 • HCP auditions for "Life with Father" at 5:30 p.m. at PAC. Call Ronnie Spilton at 526-0306 or Kirk Howard at 828-734-5756.  
 • Mirror Lake Association meeting is at 6 p.m. at the Civic Center.  
**Tues., Aug. 24**  
 • At Wolfgang's Restaurant a wine dinner featuring Reynolds Family Vineyards. Reservations required. \$95 plus tax & gratuity. Call 526-3807.  
 • HCP auditions for "Life with Father" at 5:30 p.m. at PAC. Call Ronnie Spilton at 526-0306 or Kirk Howard at 828-734-5756.  
**Wed., Aug. 25**  
 • At First Presbyterian Church, Balancing the Scales — A Study of the Middle East Conflict with Dr. Don Mullen, 5-6:30 pm.

## Bank wants to reduce Riverwalk density

Conditional use zoning has been requested for the Riverwalk subdivision by its current owner Macon Bank.

At the Wednesday, Aug. 18 Town Board meeting, Town Planner Joe Cooley, said the purpose of the rezoning request is to "re-plate the subdivision to allow adequate sized cottage lots for carports and garages which will reduce the number of

lots in the 30-acre subdivision to 58 from the original 70. Basically to reduce density."

The 70-lot subdivision was approved by the Town Board on Nov. 5, 2005 for 59 cottage lots and 11 river lots. The cottage lots were to house homes built by the developer and the river lots were to be sold to individuals who would build their own homes.

On May 15, 2009, Macon Bank foreclosed on the property and now wants to re-plate it for 47 cottage lots and 11 river lots.

In addition, two shared drives have been requested for cottage lots 29, 30 and 31 and another for river lots J and K to reduce the environmental impact of building the roads. In addition, the bank

• See RIVER WALK page 11



This is just a rendition of the possible look of the proposed 5,000 sq. ft. Post Office building at the corner of NC 28 and US 64 currently occupied by Furniture South and the Wachovia satellite bank. The building including parking and driveway would take up about 1.3 acres of the site.

## Town support needed for new Post Office

An urgent request for support for a proposed post office at the corner of US 64 and NC 106 has gone out to the community.

Jane Woodruff, who recently purchased the five-acre tract for a little over \$5 million, is offering to build a 5,000 sq. ft. mountain-style post office building on the site and plans to donate the building and the property it will sit on to the

United States Postal Service.

However, the USPS doesn't seem interested even though it would be a win-win – no rent, a free building and free land.

"She's doing this," said Jack Calloway, spokesman for the project, "so the citizens of Highlands no longer have to deal with dangerous and inadequate parking at the current site on NC 28."

In a recent letter Woodruff is asking the community to back the project. "Wouldn't you like to see an improved post office in a greatly improved location?" she asks.

In the letter, she says for a number of years, the people of Highlands have been concerned about the dangerous parking situation at the Highlands Post Office

• See POST OFFICE page 11

### • Inside •

Letters .....	2
Wooldridge .....	4
Salzarulo .....	5
Coach's Corner .....	6
His & Hers .....	7
Conservative POV .....	9
Events .....	13
Spiritually Speaking .....	17
Health Matters .....	18
Classifieds .....	22
Police & Fire .....	25
Town Map .....	27

## Candidates turn out for Q&A Forum

Only about 20 concerned citizens showed up at the Rec Park for the second candidate forum sponsored by "We the People" Tuesday night, Aug. 10, where some interesting questions were asked and answered.

Five candidates for District II were there – Charlie Leatherman (R), Ron Haven (R), incumbents Bob Simpson (D) and Ronnie Beale (D) and independent Vic Drummond. Two seats are open in District II.

Two candidates running for District I were there – incumbent Brian McClellan (R) and Allan "Ricky" Bryson (D). One seat is open in District I.

Sheriff Robert Holland has come to both forums — his opponent George Lynch wasn't present at either affair in Highlands.

After each candidate gave a brief biography of their lives and explained why they wanted to run for public office questions were taken from the public.

"What industries best fit for Macon County and would you sup-

• See FORUM page 6



Hiking  
Waterfalls  
Fly Fishing



Highlands  
Cashiers  
Glennville



Nature's  
Website  
HighlandsInfo.com

# • THE PLATEAU'S POSITION •

## • LETTERS •

### Hard to tell about a satirist's real agenda sometime

Dear Editor,

With Fred Wooldridge's August 12 "Laughing at Life" column, the reader is torn between telling the writer to put his left hand on his right ear, right hand on his right ear and pull and/or laughing at the lunacy of the solution you say the electorate put in office.

One thing is clear. "W" was an honest and honorable man. Obama bin Biden is a narcissistic nincompoo who has put our beloved country into a steep economic, social and cultural decline. You must also credit his totally incompetent collaborators in the US Congress. I think you said some of this which as a Democrat must have pained you enormously.

Have you seen the picture of George W. Bush with the "silly smirk" on his face asking "miss me yet"?

Jack Price  
Highlands

### Will the real clown please stand up

Dear Editor,

This letter is in reference to Fred Wooldridge's column in the Aug. 12 edition.

Fred, You are truly a "clown." Anybody claiming that "The Chosen One" from the streets of Chicago is the answer belongs with Robert Gibbs, Steny Hoyer, Maxine Waters, Charles Rangel, Reverend Wright in their "QUEST" for the truth.

The never ending Obama excuses from the "failed" community organizer who seems to only want to blame Bush — as does the clown named, Fred.

Perhaps another "token" vacation to the Gulf for 27 hours might be the answer for "The Messiah" or send Foxy Michelle back to Spain to squander more taxpayer dollars.

"The Chosen One" after four years will make Jimmy Carter look like Thomas Jefferson! Fred, only a clown can defend this Obamnation!

Jim King  
Highlands

### Letters not fair to cyclists

Dear Editor,

I am writing in reply to the two letters about noisy motorcyclists visiting Highlands. The first thing I want to say is

that I was born and raised here in this lovely town. I was also raised around motorcycles and all in my family rode. We have always been respectful to others and DO contribute to the economy of this town, more so than someone on a weekend visit. My bike is louder than stock and if you have ever ridden much, you know there is a reason for that — it saves lives. No, I do not have the facts on this statistically but have experienced it firsthand as cars have started to turn in on me.

I know that no group of anything is perfect and will not always represent their genre to the best of their ability. I don't know of nor do I ride with anyone who would fall into this category. Most of the people I ride with belong to a Fireman's Macon County club and if for some reason you have trouble on the road you would be glad we rode by because we would stop to assist in any way we could.

It's kind of like music, a lot don't like my music and vice versa, but we have to tolerate sometimes what may bug us. But I do take offense to the letter from the lady in Georgia who was just visiting and her comments about motorcyclists' contribution to the economy of this town. I am sure that if she did have the facts, it may surprise her.

If I had the same attitude, I would have written about people driving slower than locals on the roads and not pulling over, people stopping suddenly when a view pops in sight, the way some park in the middle of the road on Main Street. But I don't nor will I because I understand why it

is that way and I am a tolerant person to our visitors and understand why they come here — the same reason we love to ride our motorcycles around this beautiful area.

Tim Hunter  
Highlands

### Candidates need to be more specific

Dear Editor:

The League of Women Voters is to be commended for conducting a forum in Franklin on August 12<sup>th</sup>, for NC State Senate and House of Representatives candidates for the 2010 election. This allowed constituents to listen to the candidates in person. Although written questions were collected from the voters, time constraints prevented candidates from responding.

After the forum, I spoke with Representative Phil Haire and Senator John Snow, asking each how they proposed to bridge the budget gap of roughly \$3.5 billion in the 2010-11 state budget.

Their only "solution" to the budget deficit was to blame Bush, rather than addressing out-of-control spending and unsustainable financial commitments.

We need better answers.

Gail Chapman  
Otto, NC

### Relay For Life of Highlands is success! \$94,000 helps create a world with more birthdays

#### 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.

## Highlands' Newspaper

"Our Community Service - A Free Local Newspaper"

Member N.C. Press Association

FREE every Thursday; circulation over 7,500

Toll Free FAX: 866-212-8913 • (828) 526-0782



Email: HighlandsEditor@aol.com

Publisher/Editor - Kim Lewicki; Copy Editor - Tom Merchant

Cartoonist - Karen Hawk; Digital Media - Jim Lewicki

Locally owned and operated Kim & Jim Lewicki

Adobe PDF version at [www.HighlandsInfo.com](http://www.HighlandsInfo.com)

265 Oak St.; P.O. Box 2703, Highlands, N.C., 28741

All Rights Reserved. No articles, photos, illustrations, advertisements or design elements may be used without permission from the publisher.

Dear Editor,

The past weekend's 10th annual American Cancer Society Relay For Life raised almost \$100,000 to support the Society's mission of saving lives from cancer, leaving countless volunteers exhausted, but happy after walking many miles around the track at The Highlands Recreation Park. Donations can still be accepted until August 26th. Please visit [www.relayforlife.org/highlands](http://www.relayforlife.org/highlands).

"Through their hard work in preparing for the event, and by spending hours walking for the cause, Highlands' residents certainly did their part to help the American Cancer Society create a world with less cancer and more birthdays," said Debbie Grossman, Event Chair for the 2010 Relay For Life.

Highlands was represented by 21 Relay Teams comprised of over 279 people. The teams represented area families, faith-based groups, businesses, schools, clubs and other community organizations. Over 400 people came and participated in this year's Relay For Life of Highlands!

The top individual fundraiser was Debbie Grossman, who collected \$3,225 in donations. The top fund raising team was "Just For You," led by team captain Betty Fisher, which raised \$25,635. Luminary chair, Christine Murphy reported that 600 luminary bags and 30 tiki torches were purchased to honor cancer survivors and remember those lost to cancer. Dave Landis playing the bagpipes honored our luminary ceremony.

This year each luminary bag was anchored by a canned good. The food was then donated to Highlands food banks on Saturday, August 14. Serving two good causes in one night is a very good reason for residents of Highlands to celebrate what a generous community we live in.

"What a fantastic way to end our Relay season in North Carolina! Congratulations to Lisa Duff, Senior Community Manager for ACS, and her Highlands volunteers for closing out the weekend at \$94,000 on a goal of \$75,000. Way to go Lisa, Debbie and Betty. It was a beautiful event and we were fortunate enough to miss the rain during the opening. "Jimmy and I thoroughly enjoyed the Western NC barbecue and visiting with the volunteers" said Pamela S. Stallings, State Vice President, NC, ACS.

Knowing that more people in our community will face a cancer diagnosis this year, it is critical that we come together during Relay to help the American Cancer Society achieve its mission of saving lives by helping people stay well, by helping people get well, by finding cures and by fighting back. This year we registered 67 cancer survivors proving that Relay of Highlands is doing its share to create a world with more birthdays.

• See LETTERS page 3

## • IN MEMORY •

### Remembering Kevin Petrone

Dearest Jimmy and Vince,

I wanted to write a few words for you both in memory of your Dad. I hope it will help you to accept what has happened and make a path for you to move on with a lighter heart. The love and the memories you have of your Dad will always be with you. Always remember you will see him again. He is with Jesus and all our other loved ones in Glory, and one day we will be there too. And we will never be apart again.

Dear Kevin, God had a special plan for you before the foundation of the world. He would need a man with strong convictions of right and wrong, willing to make personal sacrifices, but remain humble. He would need an honest man. And he would need a man who would trust Him and not ask, "Why me?" God had a very special plan for you.

God gave you wonderful, loving parents and a supportive family. They love you so much! He gave you four sisters so you would learn to be tough and stand your ground. (Admit it- you liked being the only boy!) The bond you shared with your family was beautiful. God smiles when families love one another and don't judge. That's what Jesus has been trying to tell us for 2000 years!!! You were listening. God had a wonderful plan for you.

You were called to serve your country and went to Viet Nam. Just a boy without a clue what would happen to you there, I'm sure you were scared. Your faith in God and love for your family brought you safely home. The tragedies you saw made you harder on the outside but softer on the inside, forever changed by the rawness of war. War made you strong. God was always with you. God was working on His plan.

Naturally, being the only son you felt it your duty to carry on the family name. God

honored your faith and love by giving you two amazing sons, Jimmy and Vince. You took the role of "Dad" to heart. There was never one day in 33 years that you didn't have your boys in your thoughts. You were always there for them, guiding, teaching, listening, helping, advising, visiting, and loving. What did they learn? God always has a wonderful plan.

Then Satan attacked your health. You pressed on. You fought back. You took good care of yourself. You lived a simple life. You worked hard and you did what needed to be done – never looking for the easy way out. You never complained and you never asked for sympathy. You knew that others had problems of their own and you never asked or expected anything from anyone. But you were always friendly. You were always ready to lend a helping hand to anyone in need, always had a kind word, always with a nod and a smile. Surely you prayed that God would strengthen you. And God was...every step of the way. God's ways are not our ways. God, in His wisdom allowed the pain because....God had a marvelous plan.

God blessed you with three loving grandchildren. They loved their Papa Kevin. Your hugs and kisses were named Logan, Tristan and Brooklynn. No doubt they filled you with all the hugs and kisses you could possibly stand. God never leaves us empty. He will supply all our needs when we let Him. God had an awesome plan.

Then the day came for you to go to your Heavenly Home. We cried, "Oh God! No! No! No!" but God didn't listen. God always knows what is best for us. It was time for you to go. Your work on earth was done. You fought a good fight. You finished the course. You kept the faith. (2 Timothy

4:7) God had fulfilled his plan for your life here on earth. He molded and shaped and worked on you until He was more than satisfied with His finished product. The time had come for Him to welcome you home. And how were you welcomed? "For so an entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Savior Jesus Christ." (2 Peter 1:11) ABUNDANTLY!!!! God doesn't do anything lukewarm! GOD HAS BIG PLANS FOR YOU.

We miss you Kevin. Those of us, who knew you, knew we could always count on you no matter what. Thank you for always being there when we needed you. Thank

you for taking care of yourself so you could continue to be with us as long as you could. Thank you for being the best Dad in the world for Jimmy and Vince. We love you Kevin. See you later.

Jimmy and Vince, I am so proud of the men you have become! Your Dad loved you both with all his heart. I'm so sorry he had to leave you. We can't understand everything. Be thankful for the time you had together and the love you shared. Not everyone can say that about their Dad. Remember, you will see him again.

I love you with all my heart, too, and I'm always here if you need me.

**Love always, Mom**

526-5208

high country photo  
In Highlands Plaza

Hours:  
Mon-Fri 9-5  
Sat. 10-2

Open Saturdays 10 a.m. to 2 p.m.

Custom Photo Calendars and Greeting Cards • Photo Restoration  
Poster Prints & Enlargements • Film Development & Digital prints  
Video Transfer to DVD (we do this inhouse)  
Frames and Albums, too!

### ... LETTERS continued from page 2

Curt Crowhurst, NC, ACS, said "How awesome is this for the close of the year, Highlands finishing crazy strong: Current Net: \$94,000 on a goal of \$ 75,000. Congrats to Lisa Duff and the community in Highlands for the entire fundraising — dine outs, musical Fridays, live auction, Bark For Life, on-site-food, lots of kids games, Relay coffee sales, raffle baskets and raffle items.

Highlands created a varied fund raising portfolio to exceed their goal, including over \$22,000 in sponsorships. Lisa Duff deserves a great round of applause for helping steer the Highlands Community to go over their goal."

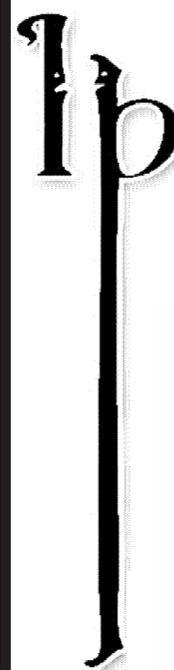
Thank you to Pastor Paul Christy for the opening prayer, Highlands Boy Scout

Troop 207 for Presentation of Colors, Pledge of Allegiance by Highlands Girl Scout Troop 219, The Star Spangled Banner, Mary Ann Worley, Country Cloggers, Cashiers Music Company, Singer/Guitar Players Chris & Tommy from Atlanta GA, Zumba Fitness by Mary K. Barbour, Fiddlin' Mitch, Country Bluegrass, and Lee Knight, balladeer.

Thank you Highlands community, our fantastic planning committee and our many, many sponsors!

Join the movement for more birthdays! Visit [www.relayforlife.org/highlands](http://www.relayforlife.org/highlands) and declare The American Cancer Society the official sponsor of your birthday!

Ellen Bauman  
Highlands



## Highlands Playhouse

Now on Stage  
through Aug. 22



LETTICE & LOVAGE  
A COMEDY BY  
PETER SHAFFER

*Lettice &  
Lovage*

This season's shows  
sponsored by:



Performances are Tuesday-Saturday at 8 p.m. and Sunday  
Matinees at 2 p.m.

362 Oak St., Highlands, NC 828-526-2695

[www.highlandsplayhouse.org](http://www.highlandsplayhouse.org)

• Highlands Fine Dining •

# Cyprus

International Cuisine

Dinner: 5-9 nightly  
 (Open late weekends • Music Saturdays)  
 Winner of 2010  
 "King of the Mountain"  
 Chef Challenge  
 Featuring GREAT STEAKS  
 World Chophouse Menu  
 N.C. 106 in Dillard Road Shopping Center • 526-4429



## WILD THYME GOURMET

Serving Lunch and Dinner Year-Round!  
 Gourmet Foods, Fine Wine and Beer  
 Wed-Mon: Lunch 11-4 & Dinner from 5:30 until..  
 Closed Tuesday  
 Outdoor Dining Available!  
 526-4035 • 490 Carolina Way • Highlands

www.wildthymegourmet.com



...on the Verandah Restaurant on Lake Sequoyah

**Open for Dinner from 6 p.m.  
 Everyday & Brunch  
 on Sunday**

"Offering lite fare in the Dugout Bar  
 starting at 4 p.m."

828-526-2338 • www.ontheverandah.com



Wine Spectator Award

## Nick's Fine Foods

Fine Food For Particular People

Lunch Tues. - Sat. 11 a.m to 2:30 p.m.  
 Dinner Tues- Sat. from 5:30 p.m.  
 Sunday Brunch: 11 a.m. to 2:30 p.m.  
**Now offering beer, wine and cocktails!**



108 Main Street • 526-2706

# Ristorante Paoletti

Uptown Italian Dining Since 1953  
 Downtown Highlands Since 1984

**Exceptional Wines and Robust Cocktails**

Dinner/Bar from 5:30, Fri.-Mon. • Reservations: 828.526.4906

Full Bar, Beer  
 and Wine



Open 7 days a week  
 Dinner at 5:30  
 Reservations suggested

### The Bistro

Open 4 p.m. - Small Plates  
 Outside Dining Available!

WOLFGANG'S RESTAURANT & WINE BISTRO

CHEF WOLFGANG

Former Executive Chef for

The Brennan's Family of Commander's Palace

Air-conditioned!

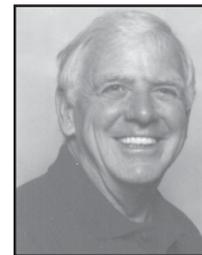
"Our State" magazine named Wolfgang's Restaurant &  
 Wine Bistro the place you must eat in Macon County.

**Wine Spectator Best of Award of Excellence**  
 474 Main Street • 526.3807

• LAUGHING AT LIFE •

## Going to the new dog park? Take a Shitzu

**D**arn, I missed the grand opening and official gala celebration at Highlands' new Dog Poop Park. I think the town fathers kept it from me. I wonder why? They know I do poop reports. I would have even rented a dog for the event.



Fred Wooldridge

But a good reporter such as li'l ole me never allows a setback like this to slow him down. I grabbed my steno pad and headed for the park in hopes of getting a few interviews. As fate would have it, I found a dog owner and her pet in the park.

"Excuse me, Madam, I'm a star reporter for Highlands' Newspaper doing a feature story titled 'Pooping in the Park.' Could you tell me where your dog is?"

"Oh my, a star reporter for Highlands' Newspaper; I'm so impressed. Are you married? If not, how about dinner? Do you love dogs?"

"Maybe you're a little confused," I responded. "I'm the reporter and I'm supposed to ask the questions. You just give me the answers."

"Fine...be that way, but you look young enough to drive at night," she snapped back. "Would you take my Shitzu to the park at night?"

"Huh! Excuse me...you want me to do what?"

"My Shitzu. My li'l poopka baby cakes sweetie pie; over there in the corner....next to the fence."

"Yes, I think I see it. The slow moving hairball with the limp. Is that it?"

"I can explain the limp. At the gala opening, my li'l poopka got stepped on by the Mayor while cutting the ribbon. I think I'm suing."

"You'll have to wait your turn to sue," I responded. "Do you mind if I interview your...li'l poopka? By the way, does poopka have a real name?"

"Well, you can try but I must warn you, sometimes she's not that friendly. I think she hates men. And to answer your question, her official name is Shih-tzu Kou Von Shisha. When you approach her, just call her Shisha....ya know, like the hookah pipe."

I nodded my head as if I understood, "I see. She is Shitzu, the Shisha.... I mean Shisha the Shitzu. I think I have it"

"Hi, Shisha; come on girl, over here, (whistle, whistle), can I ask you a few questions? Your owner said it was OK."

Shisha turned to face me. "Ha, if she said it was alright you must not be married and drive at night. Did she invite you for dinner yet? That's her M.O."

"Actually I'm a star reporter for the paper doing a feature story on the new Dog Poop Park. Do you like coming here?"

"Do I like, you ask? Ha, I don't just like....I

love. Best thing Highlands ever did....except for when the Mayor made me a cripple for life. My owner used to take me into the woods so I could 'do my duty'....that's what she calls it....'doing my duty.' Is that stupid, or what?"

"She comes here looking for men and I like coming because she has to bend over with a plastic bag in her hand and pick up my runny mess. For me, it's a power thing; a dog over human kinda thing. Also, she has a bad back and sometimes it takes her a while to straighten up. Last week she had to crawl to the picnic bench carrying that runny mess. Take my advice and run from here as fast as you can."

As I trotted from the park, I spotted a Schnauzer coming in. The dog was making a weird sound.

"Mark, mark, mark, mark," the dog growled, showing his teeth and straining on his leash to attack me. "Mark, mark, mark, mark," he continued.

"Excuse me, sir, I can't help but noticing that strange noise your dog makes." I asked, "What's that about?"

The man smiled, "He was born with a hairlip. I think he knows he's different and that's why he's so mean. I just let him "mark" away. If I take him off the leash, you'e toast."

I asked the man, "Why do you come here?"

He responded, "it's a great place to pick up women and maybe snag a free dinner."

"You are soooo in luck," I said. "See that woman over there grimacing in pain. I think she might be just what you need....if you drive at night."

I left the park feeling so gratified. Thank you, Highlands, for Dog Poop Park.

Have you read Fred's book, *I'm Moving Back to Mars?*

**Feedback is encouraged!**  
 email:

askfredanything@aol.com

• THE VIEW FROM HERE •

### What this country needs is a bigger stove and fewer distractions

Governing America is like trying to cook Thanksgiving dinner on a one-burner Coleman camp stove while the kids from the next tent are trying to douse you flame with water balloons.

President Obama is embroiled with defense of his position on a mosque at Ground Zero and his wife's hotel bill in Spain while the country remains adrift in a deep and lengthy recession.

Health care legislation is seen as a victory for the President, even if the measure was half baked. He was ultimately forced to take what he could get, like removing the partially cooked turkey to make room for the dressing. No one likes his turkey rare and citizens will have to choke down the added health care costs in the absence of real reform in the health care system.

It is an administration reminiscent of a Chinese performer with too many plates in the air and too many distractions from hecklers. There is important work to be done in this country, but for many the ultimate goal is to watch President Obama standing amid a sea of porcelain shards.

Republicans are no worse than the Democrats. This president, the target until at least 2012, happens to be a Democrat. The ultimate objective is the failure of the incumbent so that the other guys can reclaim the Oval Office. The country is an even greater loser than the President. He merely slides further down the list of the Nation's leaders.

The country loses power, prestige, and position in the world, while our citizens grapple with a shrinking middle class, loss of jobs, and an unresolved immigration problem. We are waging an unsuccessful war in Afghanistan and withdrawing from Iraq with neither a stable government nor control of the country's oil reserves. Instead of meaningful debate about what to do in Afghanistan, Republicans are eager to tag the war as Obama's, while the Obama administration is still trying to blame President Bush.

Imagine thoughtful leaders discussing the situation, weighing the cost of remaining against the risk of departing, reaching a decision that is best for America, presenting it the American people, and taking action without regard for political gain. We could move forward into the future and leave to historians the task of assigning blame and awarding credit for decisions of the past.

There is so much to be done. There is

an immigration crisis. There are rusting factories and failing schools. In the land of plenty, there is an epidemic of obesity and its health related consequences. We must face the reality of poverty and illiteracy, and find a solution that demands that the poor help lift themselves from poverty even while society lends a helping hand. Let's recognize the definition of marriage, for all its political theater, is far less important than the rights of individuals to pursue happiness with the mate of their choice. The religious right and their political allies are more concerned with the rights of an embryo than the suffering of unwanted



Feedback is encouraged.  
email:  
hsalzarulo@aol.com

children.

There is so much to be done, such a feast to prepare, even in these trying times. Governing a nation of 300 million is hard work at best. Trying to do so in the present climate is as impossible as cooking turkey, yams, mashed potatoes, green bean casserole, cranberry salad, and pumpkin pie on a camp stove.

Only when our politicians become our leaders and cease to distract for the sake of distraction, only when progress rather than obstruction becomes their goal, only when we seek solutions to our problems than assigning blame for them, only then will the dinner bell ring for all of us.

**Class of 2011 Senior ~Portrait~**  
 Call  
**Valentine's Photo Studio**  
 Located on the "Hill"  
**828.342.1995**  
 ~  
**To Make Your Appointment Today!**  
[sValentinePhotos.com](http://sValentinePhotos.com)

## DUTCHMANS

*"Transforming Your House into a Home"*

Rowe Sleeper Sofas

Robin Bruce

Upholstery

Mattresses

Pinecone Hill

Bedding

Dash & Albert Rugs

Bramble Wood

Furniture

Lamps

Great Gifts

Open  
Year Round  
342 Main Street  
Highlands, NC  
828-526-8864



**DUTCHMANS CASUAL LIVING**  
Become a Fan Today!

[www.DutchmansDesigns.com](http://www.DutchmansDesigns.com)

7,500 readers see your ad every week - on the street and on the web at [www.highlandsinfo.com](http://www.highlandsinfo.com).  
click: LOCAL NEWS.  
Don't miss out.  
Call 526-0782 or email: [highlandseditor@aol.com](mailto:highlandseditor@aol.com)

... FORUM continued from page 1

port a Super WalMart or another Ingles?" was the first one.

This spawned responses from all candidates with incumbents with Beale saying though the number of jobs WalMart will bring is good, but high paying jobs would be preferred because those lead to home buying. All candidates sang the praises of the reorganized Economic Development Commission whose job it is to entice new business to the county.

Everyone agreed that though important, the county had to look beyond tourism, construction and real estate to prevent the economy from being crippled again due to hard economic times.

Entertainment, technology and alternative energy industries were suggested, but

without the ability to offer tax incentives like in Georgia, Tennessee and South Carolina, Macon County's hands are somewhat tied.

Beale said the state's Machinery Act prohibits tax incentives and everyone agreed that needed to change but would have to be done at the state level.

He and others said the days of smoke stack industries in Macon County are over and everyone wants clean industry to preserve the environment that draws people to the county in the first place.

Candidates were also asked about term limits, and though everyone said they aren't for them, Sheriff Holland said the only way to end term limits is to vote people out of office, because the ones in office, particularly

•See FORUM page 8

• COACH'S CORNER •

Public Service Announcement

This is a public service announcement. Did you know that millions of people in the United States suffer from an affliction known as Seasonal Football Addiction? SFA is a serious illness that has been known to cause serious problems in families and relationships. While the causes of SFA are known, at this time there is no known cure for this particular affliction. Do you or someone you love possibly suffer from this terrible disease? If the answer to this question is yes, here is some valuable information.



Ryan Potts  
tryanpotts@hotmail.com

Seasonal Football Addiction normally develops during the month of August and lasts through the second week in February. This coincides with professional and college football seasons here in the United States. While the typical case of SFA only occurs during these months, there are some cases where the affliction is year-round. In these more serious cases, Arena Football, Canadian Football, College Spring Practice, Signing Day and the NFL Draft are usually the major causes.

While the signs and symptoms of Seasonal Football Addiction vary with the level of exposure, there are some symptoms that occur throughout the many diagnoses. Whether the addiction lies with a particular school or professional team or applies throughout the various leagues, people afflicted SFA will always exhibit the following symptoms when exposed to football.

- Tunnel Vision
- Craving for junk food such as beer and/or pizza, nachos, hot dogs, bratwurst, pretzels, hamburgers and barbeque.
- Selective hearing loss
- Temporary memory loss
- Loud screaming and or fist pumping
- Sweating, nervous ticks and pacing
- Increased levels of testosterone
- Desire to paint face and/or body

While these symptoms usually occur during direct exposure to football through television, they can also develop with secondhand exposure to football through radio, internet or the newest form of SFA exposure, the cell phone. To fully understand SFA, it is most important to understand the signs and symptoms of the disorder.

If you or someone you love is afflicted with SFA, there are some basic steps that you can perform to control the addiction and maintain a proper balance.

First and foremost, never attempt to interrupt someone suffering from SFA when they are being directly exposed to football, as this can be very dangerous. Instead, wait for a natural break in the direct exposure -- this can be found during commercials and halftime. People who have suffered from SFA for a long time sometimes watch several games at once, so be sure to plan ahead when attempting to communicate.

Secondly, when attempting to negotiate an alternative activity to football, be sure to offer positive alternate choices. Additionally, purchasing a TIVO or DVR device can greatly enhance your success when offering an alternate activity. (WARNING: deciding to leave football can be very difficult for people with SFA... this is a very common symptom referred to clinically as *Favreitis*)

As someone who has struggled with SFA for many years, I hope that this tutorial has been informative and can possibly help you or the one you love. As for myself, I know the next few months will be difficult, but I look forward to tackling SFA head on ... tackling ... the Saints did a terrible job of tackling against New England last week. (Sigh ... here we go again.)

• HIGHLANDS FINE DINING •

**Altitudes at Skyline** NOW with Chef Lars "Chef to the Stars" and a New Menu ... Mediterranean Rim Cuisine.

Built in the Frank Lloyd Wright tradition • circa 1929

Atop Flat Mountain.  
Patio-side dining with a view!

Open Wed.-Sat for Dinner 5-10  
Breakfast Sat 8-11; Sun. 10-12  
Sunday Champagne Brunch noon-2  
Hal Phillips at the piano Fri & Sat. 7-9 & during Sunday's Brunch noon-2

Call 526-2121

**Bistro ON MAIN** - a restaurant

The Main Street Inn  
270 Main Street • (828) 526 - 2590  
www.mainstreet-inn.com

FULL BAR - Beer, wine, cocktails  
Tues. & Wed. LUNCH 11:30 until...  
Thurs. - Sat. LUNCH & DINNER 11:30 until...  
Sat & Sun. BREAKFAST 8:30 until ...

Some of the featured items include:

SOUPS, SALADS & APPETIZERS	SANDWICHES & ENTREES
Lobster Bisque Soup in a Bread Bowl \$12	French Dip \$9.50
Goat Cheese & Baby Spinach Salad \$9.50	Chicken Pot Pie \$12.50
Hickory Grilled Salmon Salad \$13	Hickory Grilled Salmon \$16
Ka-Boom Shrimp \$9	Turkey Apple Brie Sandwich \$9.50
Ahai Tuna Martini \$12	Sunburst Rainbow Trout \$19.50
	Bistro Beef Filet \$19.50

(Full menu at www.mainstreet-inn.com)

526-4188 **Lunch, Dinner and Sunday Brunch**

**Fressers eatery** "Wing it on Wednesdays!"  
at lunch and dinner

151 Helen's Barn Avenue, Highlands

50% off on wings and \$1 beer specials  
(Not good on any other offer)

**El Azteca Mexican Restaurant**  
Serving fine Mexican fare

7 days a week for lunch and dinner  
Clip and Save \$1 on your next meal!  
70 Highlands Plaza • 526-2244

...on this day  
**Aug 19, 1902**

**Frederic Ogden Nash** (Aug. 19, 1902 - May 19, 1971) was born, ironically, in Rye, New York. At the time of his death in 1971, the *New York Times* said his "droll verse with its unconventional rhymes made him the country's best-known producer of humorous poetry."

The very moment I logged in  
I wanted to tell you about my hero,  
Ogden.  
There was this rather clever guy,  
who had a perspective something  
Rye,  
one of New York's best known  
poets,  
so prolific it was hard to stow it.  
In the town or in the city,  
was quick to compose something  
clever and witty,  
and I have always been quite  
passionate  
about any work with a bit of Nash  
in it

• HIS & HERS •

**The End of My Cancer**

On April 23, I had a routine colonoscopy, and found out that I had cancer. I knew then I'd have to write this column once I knew the outcome. I had 25 days of chemotherapy, simultaneous with radiation therapy, followed by surgery on August 11.



**Michelle Mead-Armor & John Armor**  
 michiamead@aol.com  
 John\_Armor@aya.yale.edu

The pathology reports came back yesterday. They were, as my surgeon said, "the best possible, given the circumstances." They were clean margins and clean lymph nodes. The margins are the areas all around the site of the surgery. The lymph nodes are where cancer usually spreads first, from its original site.

In laymen's terms, I am cancer-free. Going into my purpose for this column was, and still is, to save some lives. Three of the most common cancers in America today are colon and prostate cancer for men and breast cancer for women. All three have a common characteristic. They can be often and easily cured if they are detected early.

Let me repeat that, and pardon me for shouting, but THESE CANCERS CAN BE EASILY CURED IF THEY ARE DETECTED EARLY.

What stands in the way of early detection? The tests for these cancers, especially colon and breast, are obnoxious. Everyone winces and shudders when the tests are mentioned. I know.

I felt the same way when a routine examination with no symptoms showing, saved me from colon cancer once before. That one was only pre-cancerous. But it would have developed to the point of killing me years ago, if I had let it go.

After one time at the rodeo, you get cautious. I got routine exams on a routine basis. The readers of my columns are, I know, older and better educated than most. Many of you are woman or men "of a certain age." Or, you may have risk factors for cancer in your personal or family history.

If there is any reason in your age or risk factors why you should have a routine exam for any of these cancers, set this column aside and make the call. A day or two's worth of discomfort, yes, and embarrassment, is a small price to pay for a couple decades of not being dead.

I've written about my situation as if it was, or had become, a day at the beach. It

isn't and it hasn't. Chemotherapy and radiation both tear up your systems. When my father died of cancer, 40 years ago, both of those treatments were crude, in their infancy, and nearly as harmful as the cancer itself. Today, the reverse is true. Both treatments have been refined, and are used together to shrink the cancer in advance of surgery. That's

exactly what happened in my case.

With the good news I got yesterday, I ought to be in a good mood. Well, there is this gastric tube down my nose that is continuously draining my stomach. That is to compensate for the fact that my colon has not fully awakened from its slumber. And, did I mention that I've given up all pain killers to aid in that process?

Try being stitched up down your front like a baseball. Add to that your must cough to clear your lungs, to avoid pneumonia. Then add that I have refused any pain shots. Since August 11, I have eaten nothing but ice, and two cups of apple juice. Life ain't easy for a boy named Sue.

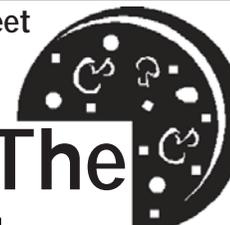
I am not, however, complaining. As

• See HIS & HERS page 11

• Highlands Eateries •

365 Main Street  
526-5660

Now serving pizza by the slice for lunch everyday.



**The Pizza Place**

Your family friendly pizzeria & sub shop  
Open 7 days a week for your convenience • 11-10



**Pescado's**  
Quesadillas - Tacos - Burritos  
Homemade soups & freshly baked cookies

---

Monday-Saturday 11-8  
Closed on Sundays

---

226 S. 4<sup>th</sup> St., Highlands  
838-526-9313  
Eat right, Live long!

**GOLDEN CHINA & SUSHI BAR & DON LEON'S AMERICAN FOOD**

Lunch Buffet: Monday-Friday  
11:30 a.m. - 9 p.m.



Open 7 days a week  
526-5525  
Highlands Plaza  
Delivery in town w/\$15 order

**Sports Page**



**Sandwich Shoppe**  
Soups • Salads • Sandwiches  
Desserts • Loaded Baked Potatoes

**Hours:**  
Mon-Sat: 11 a.m. to 3 p.m.  
314 Main Street • 526-3555



**Made to Order**

Our grill serves fresh angus burgers made to order with hand cut french fries, grilled chicken and slow roasted wood smoked bbq. Grill open from 11 am until 3 pm every day.



Corner of 5th & Main, Highlands NC 526-2400

# SPECIALTY FOODS & MORE



## Rosewood Market

Gourmet to Go & Catering  
526-0383

Tuesday-Saturday • 11-6  
Next to D&J Express Mart at Main & 3st streets  
Also home to Wedding Designs<sup>3</sup>

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  
Saturdays 11 am - 4 pm  
Call 526-5999

### Gourmet Sauces & Spices

**THE DRY SINK**  
HIGHLANDS, NC

• Accessories  
• Gourmet  
Kitchenware  
• Dinner Settings

Open Mon - Saturday • 10am to 5pm  
450 Main Street Highlands, NC 828-526-5226

# Dusty's

Your new one stop shopping store!

Wonderful Steaks to Order  
Frozen ready-to-bake Entrees & Appetizers  
Our very own Smoked Trout & Salmon Dip  
New Gourmet Salads!  
As for your salad card "Buy 6 Get One Free"  
Don't forget we now have Wine & Beer  
We can't wait to see you!  
Monday-Saturday  
8 a.m. to 5:30 p.m.

**Rhodes Superette**  
493 Dillard Road (NC 106) Highlands  
(828) 526-2762

# Espresso Bar now open

Experience our **organic** beans roasted in house, then crafted into your favorite **coffee** drinks. Espresso, Latte, Cappuccino, Coffee Shakes, or just a **great** cup of coffee.  
Mon - Sat open at 7 am and Sundays at 8 am.

Corner of 5th & Main, Highlands NC 526-2400

## ... FORUM continued from page 6

at the State and Federal level, aren't about to vote themselves out.

Another question was "Will you keep property taxes equal for everyone in the county?" which of course was "yes."

Simpson said equal taxation is state law and the county commission sets a tax neutral rate to reflect the financial needs of the county.

McClellan said the county is committed to a revenue neutral budget. "The purpose of a revenue neutral rate is to bring in the same amount of money as the year before to sustain services in Macon County," he said.

Simpson said though sales tax proceeds are on the rise, the next segment to be cut from the county's budget will be jobs and services, particularly if taxes don't bring in the money needed to maintain services and jobs at the current level.

Another question was "How would you make county government more efficient?" - meaning would you cut unneeded expenses?

Drummond said he would visit with every department to see what could be cut.

Members of the sitting board explained that last year's budget was trimmed by \$5 million - line by line and department by department - and cut further during the year and this year's budget is 10% less than last year's.

They said cutting teachers, deputies, and EMS people is the last thing the county wants to do especially since the population doubles six months of the year.

"Those services are still required by the

people even though they are only here six months," said Beale.

McClellan said cross-training is a big part of the county's plan to cut costs and promote efficiency.

Participants also asked how much of the county budget is spent on state mandated expenses and the answer was 18%.

Finally, "How would you encourage the citizens to be vigilant concerning county government?"

The answer was simple - come to meetings, sit on boards and committees, participate.

"We need your input so get involved with your government," candidates said.

Leatherman said small groups evaporate at the state level but at the county level they can make a difference.

The group "We the People" decided to take a proactive stance toward politics beginning with the Q&As to encourage a more informed electorate this November.

They are also crafting a letter to politicians outlining four areas of concern for which they want answers from candidates and sitting politicians: term limits, a balanced budget, the elimination of earmarks (pork) and the assurance that Congress and their staff or anyone in Federal government will not be exempt from the laws and statutes imposed on the people - health care, social security, retirement, etc. - were specifically noted.

The next Candidate Forums are September 14 and October 12, 7 p.m., at the Rec Park.

- Kim Lewicki

## • CONSERVATIVE POV •

### Get a job!

In 1957, the Silhouettes recorded a song about a guy whose woman constantly nagged him about getting a job. He tried and tried to no avail, but his woman didn't believe him, and misery prevailed. I am in no way finding humor in today's unemployment situation, but rather I'm trying to assess the administration's effort to right the ship.

As I mentioned last week, the Chair of Obama's Council of Economic Advisers assured the world that if Congress would only authorize a spending frenzy of \$872 Billion of your dollars, unemployment would be held to eight per cent or below, the then current level. It was billed as a jobs creation bill and that shovels were ready and waiting to start digging. So, in February 2009, the funding was approved and the superfluous spending ensued.

By May 2009, the unemployment rate was 9.4%. The administration and Congress were so busy constructing the health care monstrosity, they hardly noticed. When it was called to their attention, they cried "jobs, jobs, jobs, we're devoted to creating jobs." And they authorized extended unemployment benefits and went back to their nefarious enterprise while the unemployment rose ever upward. By October 2009, the unemployment rate stood at 10.1%.

In the spring of 2010, with their health care ambitions satisfied, and the people continue to be jobless, our leaders cried "jobs, jobs, we're all about jobs," provided more unemployment benefits and dove into Financial Regulation arena. Meanwhile, the unemployment rate hovered in the mid to high nines. With all guns aimed at Wall Street, the people remained without gainful employment.

Let's take a brief trip down memory lane, shall we? Quoting from the Hot Air website: What a difference a (D) makes! In 2003-2004, George Bush got derided for talking about economic recovery during the 2004 election campaign while unemployment declines from 6.2% to 5.6%. Critics derided it as a "jobless recovery." Now, however, an increase in unemployment has become a measure of *improvement* in the economy as it goes up to 9.5%." Any of us who were paying attention at the time remember the incessant mantra of the leftist media screaming "jobless recovery." Now that the rate is 50+% higher, unless you watch Fox News, you just don't hear it at all.

Meanwhile, Nancy (Madam Speaker)



**Don Swanson**  
Feedback is encouraged. Email  
swansonson@dnet.net

is trying to put the best possible spin on the health care disaster, which is meeting with stiff opposition (too little, too late). She, who had maintained all along that the health care legislation was actually a jobs bill, said that, "thanks to the new health care reform law, musicians and other creative types could quit their jobs and focus on developing their talents because taxpayers could fund their health care coverage. We

see it as an entrepreneurial bill, a bill that says to someone, if you want to be creative and be a musician or whatever, you can leave your work, focus on your talent, your skill, your passion, your aspirations because you will have health care. "WHAT? Oh, my, what planet do you hail from?"

On July 1<sup>st</sup>, Nancy was quoted as saying, "Unemployment benefits are creating jobs faster than practically any other program." She was defending a jobless benefits extension against those who say it gives recipients little incentive to work. Nancy, listen up. If unemployment benefits are creating jobs faster than practically any other program, PERHAPS THE OTHER PROGRAMS AREN'T WORKING. A certain sign of desperation is when your statements start bumping into each other with increasing frequency. And they are.

To bring the subject up to date, about two weeks ago, Obama used his daily television appearance to tell us morons that the recovery is coming right along and that his policies are working (a cruel use of the word). A couple of days later, the unemployment figures were released showing an increase in the number of first-time filings for unemployment (a decline was expected). The decline actually occurred in the Dow Jones average, which tanked dramatically.

Congress was called back into session from their two-month recess to vote a \$26 billion bailout bill into law. Dave Camp, Michigan Congressman, puts it this way. "Democrats suggest the State and local bill to be considered in the House will temporarily "save" certain government jobs. But what they won't tell you is that the \$9.6 Billion in permanent tax hikes that they would impose to 'pay for' that extension of stimulus would destroy 141,000 private sector jobs. That would be on top of the 2.5 million private sector jobs already eliminated in the wake of their 2009 stimulus plan."

I think we're being jobbed.

# Mountain Findings

"Your non-profit resale store"

Open daily 10 a.m. to 4 p.m. Closed Sundays

Furniture, home accessories, lamps, tools, linens, pictures, tableware and more ... at reasonable prices!

432 Spruce Street (behind Bryant Funeral Home on N. 4th St.) 526-9929

Bring us your unwanted treasures (call for pickup of larger items)  
Proceeds support non-profit entities in the Highlands-Cashiers-Franklin areas

## • Salons & Spas •

### Rita's Cottage

Specializing in Healthy Hair  
Jane Iredale Makeup in  
loose, pressed or liquid

435 N Fifth St

526 3742



Creative Concepts Salon, Inc.

549 East Main Street "Falls on Main"  
Highlands, NC (828) 526-3939

Walk-Ins Welcome!

Opening at 9 am, Tuesday - Saturday

Owner/Stylist: Lacy Jane Vilardo,

Stylist: Heather D. Escandon,

Stylist: Christa Hooper,

Massage Therapist: Betsy Phillips



Color, Cuts, Up Do's, Highlights, Massage, Facials, Pedicures,  
Reflexology, Personal Training

OPEN: Tues. - Sat. • Monday by appt.

Located behind Highlands Decorating Center  
on Highway 106 (The Dillard Rd)

NC LMBT #1429

(828) 526-4192

## All Seasons Salon

Signature Hair Designs for Men & Women

Razor Cuts • Color • Perms

Off the Alley Behind Wolfgang's

Oak & Fifth Streets

Barbara & Van • 526-0349 • Open Mon - Sat



## Images Unlimited Salon

225 Spring Street • Highlands

Highlights, Color, Cuts & Perms

~ Yonka Facials ~

Microdermabrasion ~

~ Manicures & Pedicures ~

~ Acrylics & Gel Enhancements ~

Gift Certificates

828-526-9477

## VZ Top

**50-mile mountaintop views • Gated community • Close to town  
Full-time maintenance staff**



**3 units available from:  
\$295,000-\$387,000**

**Unit 601:** 3 bedroom, 3 bath on one level with fully furnished “Pottery Barn” style décor – tasteful and beautiful! Including spectacular Blue Valley views. All for \$295,000.

**Unit 603:** Penthouse: Among the best 180-degree views available in Highlands. Granite countertops and stainless kitchen. New AC and heat. Perfect condition. 3 bed, two bath all on one level \$387,000.

**Unit 106:** Penthouse Country Club and Blue Valley views. Updated Estate Sale. \$295,000.

125 Main Street (Wright Square)  
Steve Hunt, Broker  
786-473-2926 • 828-526-9999 • sdhunt4homes.com

## Exotic peacocks take up residence



Last Friday two white peacocks showed up at the Connor bird feeder on Wyanoak Drive. The Connors say they wander around nibbling bird food and eating bugs. At night they fly up into the trees and sleep 40ft. to 50ft off the ground. If you know to whom these birds belong, or where they've come from, call Steve Connor at 342-2884.

# Dearly Departed



Written by David Brottrel and Jessie Jones  
Directed by Virginia Talbot

*Sponsored in Part by Building Technology Services of Cashiers & Highlands*

**Thursday, Aug. 19 thru Sunday, Aug. 22**  
**Friday, Aug. 27 thru Sunday, Aug. 29**  
**Evenings 7:30 p.m. Sunday Matinees 2:30 p.m.**  
Additional Performance: Sunday, Aug. 29 7:30 p.m.

Martin Lipscomb Performing Arts Center  
507 Chestnut Street, Highlands NC

**For Tickets: 828-526-8084**



Every detail of this fabulous home was carefully thought out by the owners and meticulously crafted by John Lupoli Construction. Now you have the opportunity to own this custom dream home without going through the building process. Tucked behind lush landscaping on Whiteside Mountain Road, this home is everything you would want in a mountain home and is in pristine condition. Relax on the private screened deck and listen to the sounds of the waterfall below while enjoying the extensive views of the Cashiers Valley and beyond.

- 3 Bedrooms
- 4.5 Baths
- “His/Her” Bath Concept
- 3 Fireplaces
- 5 Private Decks
- 2 Car Carport
- HUGE Mtn Views
- 1.35 Acres w/ Privacy
- Lupoli Built in 2002
- Vaulted Ceilings
- Modern Finishes
- Old Edwards Club Membership

**Priced to sell at  
\$1,595,000**



450 North 4th Street Highlands, NC 28741  
828.526.1717  
www.MeadowsMtnRealty.com

## ... POST OFFICE continued from page 1

when entering and exiting off Hwy 28.

The 12 parking spaces bordering NC 28 provide convenient access to patrons' post boxes but it creates a very dangerous safety hazard when attempting to drive in to or out of the parking area, she said.

"According to published postal regulations, this imposes a liability to the Postal Services and a threat to the town's people," she said. "However, at the present time, the US Postal Service doesn't agree that the situation presents a threat to the community but all of those who have had accidents or near misses there would strongly disagree."

According to Police Chief Bill Harrell every year between three and four accidents occur at that location.

After several failed attempts of communicating not only the need but the benefit to the USPS, Calloway said Woodruff has decided to take the issue to the people and to the Town Board.

At Wednesday night's Town Board meeting, the board signed a resolution in favor of the new location and Woodruff is asking citizens who believe a new post office building in the new location would benefit Highlands to write her at P.O. Box 1657, Highlands, NC

## ... HIS & HERS continued from page 7

Maurice Chevalier said of old age. "It is fine, considering the alternative." The alternative is what I came to talk with you about, today. There are people reading this right now, whose lives can be saved, if you get an exam right now.

Let me repeat that, YOUR LIFE MIGHT BE SAVED IF YOU GET A CANCER TEST TODAY.

I expect and hope that about five people will have their lives saved by my relating my experiences in this column. And, yes, the title of this column was a deliberate pun. If this works for you, please let me know.

Note that I haven't mentioned my

## ... RIVERWALK from 1

wants a 15-ft setback from the right-of-way so all the homes can be moved closer to the road to reduce the construction impact on the lots.

Commissioner Amy Patterson said these kinds of requests are what we need to do to minimize asphalt and stormwater runoff. "I hope the Planning Board will look favorably on this."

Since the Town Board OK'd the request, it now goes before the Planning Board which has 30-days to submit its recommendation to the Town Board. After the Town Board gets the Planning Board's recommendation, it schedules a public hearing and owners of all parcels of land abutting Riverwalk must be mailed a notice of the proposed zoning designation, as well.

After the public hearing, the Town Board must make a decision on the conditional zoning request at its next regular meeting.

- Kim Lewicki

28741.

"If you remember, the Town Board didn't want the post office built where it is now, so if we can move it somewhere else we would like it. But we couldn't convince them then," said Commissioner Amy Patterson.

The proposed facility would be situated on 1.3 acres on the southwest corner of US 64 and NC 106 and would offer enlarged and updated functional requirements, a safe traffic pattern and convenient parking, with no cost to the USFS and without the need for the USPS to hire more people.

The post office could serve as an anchor at the far west end of town and may play a part in revitalizing an area of town that has fallen off the grid.

Mayor David Wilkes said having the post office at the corner of US 64 and NC 106 will make it clear that Main Street starts there, as long as it doesn't "look" like a typical post office, he said.

Furniture South's lease expires Oct. 31, 2010.

Calloway said definite plans have not been formulated for the remaining acres on the tract but said it won't include a performing arts center or an Ingles as purported.

doctors or nurses. There were nine doctors, and many more nurses. I am grateful for the excellence of their medical care.

Changing subjects abruptly, part of the goal of my surgery was to be ready on September 12 to march down Constitution Avenue with 38 of my fellow citizens, dressed as the signers of the Constitution. I get to be Ben Franklin. There should be about a million Americans there. I hope the American press might even notice and cover that event.

• About the Author: John Armor practiced before the Supreme Court for 33 years. John\_Armor@aya.yale.edu His latest book, now in print, is on Thomas Paine. www.TheseAreTheTimes.us

## Officers join the force



At Wednesday night's Town Board meeting, Highlands Police Chief Bill Harrell swore in two new officers who came from the Macon County Sheriff's Department. Sworn in were Officer Andrea Holland and Auxiliary Officer Jonathan Phillips.

## Bear's Den in Whiteside Cove



Repriced at \$1.1 million

This large, rustic home is on 8.86 acres and has 7 bedrooms and 7 baths, a new roof, a tennis court and beautiful mountain views.

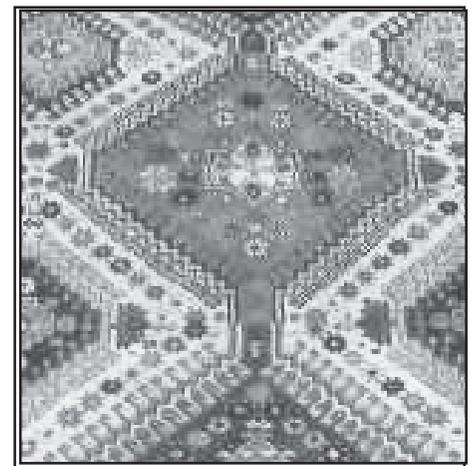
Formerly a bed & breakfast, it's the perfect family retreat! To visit this property, call Pam Taylor at Country Club Properties. 526-9027, 526-2025 or cell: 342-6988

**August SALE! 40%-65% Off**  
**Plus ... Buy any rug 8'x10' & up**  
**and get a 3x5 or 4x6 rug FREE!**



**WE GUARANTEE OUR QUALITY AND YOUR SATISFACTION.**

**(828)**  
**526-5759**



For the past 25 years, Shiraz has had prominence in the Highlands, N.C. area as the ultimate resource for genuine, hand-knotted Oriental rugs. Shiraz has built a reputation that is second to none. **Hand Cleaning, repairing and appraisals, too.**

◆ MAIN STREET ◆ OAK SQUARE ◆ HIGHLANDS  
 Naples, FL ~ Tampa, FL ~ Sarasota, FL ~ Orlando, FL

## Artist-in-Residence Workshops

Interact and learn from nationally and internationally recognized artists - masters in their fields

**Mira Lehr, Paint & Mixed Media, Aug. 24-28**

**Tom Turner, Ceramics, Aug. 27-28**

**Phillip Garrett, Acrylic Painting, Aug. 31-Sept. 3**

**Harriet Shorr, Oil Painting, Sept. 21-24**

**Matt Kelleher and Shoko Teruyama, Sept. 21-25**

Or come to their free-to-the-public presentations, demonstrations or lectures  
All artist talks begin at 5 pm with a reception at 4:30 pm



**THE BASCOM**  
A CENTER FOR THE VISUAL ARTS

Tuesday-Saturday, 10 am-5 pm through December 18

Sunday, 12-5 pm through October 10

Plus holiday Monday, September 6, 10 am-5 pm

Box 766 | 323 Franklin Road | Highlands, NC 28741  
828.526.4949 www.thebascom.org



Matt Kelleher

## Fast food in Highlands?

You bet ... the Deli at Bryson's Food Store has  
Delicious Fried Chicken

BBQ Ribs

Roasted Chicken, Pork Tenderloin & Hams

Add fresh made garden salads, coleslaw, potato salad

Deviled eggs, fresh baked breads, pies and cookies

Or try one of our wonderful Boar's Head sandwiches

or

Entrée specials made fresh everyday.

Fresh, delicious, fast food at ...

# Bryson's Food Store

103 Highlands Plaza

Open Mon.-Sat. 7:30 - 7:30 Sun. 8-6

(828) 526-3775

## Call goes out to be 'bear smart'

Last week at the Sapphire Valley Community Center, noted bear photographer Bill Lea presented a slide show of his work, annotated by bear lore, bear safety advice, and bear facts. The presentation was followed by a question and answer period led by Lea and Greg Daniels, a law enforcement agent for the North Carolina Wildlife Resources Commission. A mama bear residents of the Whisper Lake community have named Tripod has

made a home for herself and her cubs at Whisper Lake this summer. "So it's necessary to co-exist peacefully with these native animals," said Pat Tracy, president of Whisper Lake Board of Directors.

Tracy shared information she has learned about bears in an effort to become "bear smart" and to co-exist.

- Bears are by nature shy and easily frightened. It is important not to startle or provoke them, especially if they are with cubs.

- Treat them with caution and respect, and enjoy them.

- The bears are hungry and looking for food and that's why they come into people's yards. It's that simple. It is ultimately harmful for people to feed bears which is what happens when people leave bird feeders out after dusk, don't clean outdoor grills, or make trash accessible to them. "This is harmful because they will become nuisance bears, and nuisance bears are often shot," said Tracy. "You are not doing them any favors by leaving bird feeder out late so you can photograph them."

- When a bear stands on his hind legs, he is not being aggressive he is merely getting a better view.

- The USFS and NC Forest Service have long said relocating nuisance bears is not an option. "They have a strong homing instinct and will find their way back," said Tracy. "Because their trip back can be ended by speeding cars, North Carolina will not relocate them."

- If people really feel threatened, bear mace, which is basically pepper spray, does work.

- Bear resistant trash cans are available. One of the least expensive 30-gallon cans is the Bearicuda Basic found at www.bearicuda.com. It is made of a poly plastic, has a screw-on lid, and costs \$58. Google "bear resistant trash cans," for more options.

Wildlife management officials continue to stress that people have moved into the bears' habitat, and that it is up to people to take steps to save their property from damage, "And perhaps save a bear's life in the process," said Tracy.



A resident of The Cotswolds subdivision off Webbmont in Highlands, snapped this shot of a mama bear right after she brought down this feeder 10:30 a.m. June 3. Unabashed she returned two days later with three cubs in tow.

## The Summer house

Antiques ~ Accessories  
Gifts ~ Upholstery

Home of

### Tiger mountain WoodWorks

Custom Handcrafted Furniture

### The PanTry

Decorative Accessories for Kitchens  
and Keeping Rooms

### PaTio & PorCh

A Designated

SUMMER & CLASSICS  
Store

Visit Our Sale Room  
for  
Irresistible Savings!

Open Year Round  
Monday - Saturday 10 - 5  
Sundays 12-5

828-526-5577

2089 Dillard Road Highlands, NC  
(2 miles from Main Street)  
www.summerhousehighlands.com

# Ongoing and Upcoming Events



## Outdoor Activities

**Ongoing**  
 • At Scaly Outdoor Center, Summer Dry Tubing. Call 526-3737.  
 • At Scaly Outdoor Center, Trout Fishing. Call 526-3737.  
 • Hospital Tours: "Grand Rounds" at Highlands-Cashiers Hospital will be providing small group tours to interested area residents. Tours will be held periodically each month, through October. Tours begin at 7:30 a.m. and will include breakfast with HCH's doctors and a meet and greet with the new CEO, Craig James. Call the Foundation Office at 526-1435 as space is limited. Or RVSP by email at info@hchospital.org.  
 • Join us for lunch at Highlands-Cashiers Hospital, where from May through October, you can enjoy an hour long *Lunch and Learn* educational seminar,

on a variety of health topics, followed by Q&A session. Lunch provided; seating limited. Call 526-1313 or (828) 526-1250 today to make your reservation.  
 • At Health Tracks at Highlands-Cashiers Hospital, various exercise classes all week long. Call 828-526-1FIT.  
 • Nantahala Tennis Club meets everyday at 9 a.m. at Highlands Recreation Park. \$2 per person; all visitors welcome. Call 526-3556.  
 • YOGA - Moonrise Yoga -- The Dedicated Stu-

dio, 464 Carolina Way. Mon., 10 a.m. & 5 p.m.; Wed., 8 a.m. & 10 a.m.; Sat., 9:30 a.m. All Levels. Mats provided. 526-8880. More info at www.yogahighlands.com (10/28)  
**Sundays**  
 • Aftershock Youth meets every Sunday Night at 6:30 p.m. downstairs at Cullasaja Assembly of God at 6201 Highlands Road, Franklin, NC. Contact youth ministers Seth & Sarha Henegar at 828 369-7540 ext  
 • See EVENTS page 14

**DILLSBORO RIVER COMPANY, LLC**  
**Mom Approved Rafting!**  
 4-years-old or 40 lbs.  
 Rental & Guided Trips.  
 Across from downtown Dillsboro

**Kids tube free on Tuesdays**  
 Highway 441 Dillsboro, NC  
 (Toll Free) 1-866-586-3797  
 www.northcarolinarafting.com

**Family Float Trip Adventures**

**KID'S GO FOR \$10**  
 Great Smoky Mt. River Fun  
**Tuckaseegee Outfitters**  
 1-888-593-5050  
 Hwy. 74W • Whittier, N.C., 28789  
 www.raftnc.com

**I Canoeed**  
**Highlands Canoe Rentals**  
 on beautiful Lake Sequoyah!

Next to ...on the Verandah Restaurant  
 1536 Franklin Road.  
 Cell: 407-421-1818 Call: 526-3126  
 Lake Sequoyah

### 'Dearly Departed' opens at PAC Thurs., Aug. 19 at 7:30 p.m.



Ladies of the Turpin family ready to host the after funeral repast. Actors left to right: Stephanie Dalton, Judy Maner, Paige McMillan, Shirley Williams, and Jennifer Royce.

On with the show, this is it! And how the actors in the Highlands Cashiers production of "Dearly Departed" have looked forward to this day! They look forward to acting on stage instead of in a rehearsal room. They look forward to hearing the laughter of the audience. They look forward to presenting their characterizations of the Turpin family and friends that they have worked so long and hard to develop

Those characters, with their all-too-human foibles and peccadilloes, fill this Southern comedy with hilarious situations. As the Turpin family makes plans for the funeral of Daddy Bud, played briefly by Ken Knight, Mama Ray (Jenny King) shocks the preacher (Dean Zuch) with her unflattering description of her late husband, elder son Ray-Bud (Derek Taylor) tries his best to keep costs down, wife Lucille (Paige McMillan) tries to keep peace, younger son Junior (Owen Leslie) attempts to appease his suspicious wife, Suzanne (Jennifer Royce), younger sister Delightful (Stephanie Dalton) smiles and snacks, and Aunt Marguerite (Shirley Williams) contends with her laid back son Royce (Stuart Armor). A colorful assortment of friends and neighbors add to the humor: Veda (Jody Read) with her invalid husband Norval (Jim Schulte),

Nadine (Faye Siegel) with her passel of kids, former yam queen Cousin Juanita (Judy Maner), good-ole-boy Clyde (Ron Leslie), and Merline (Tom Wise), irascible pianist of the funeral home.

Some good old gospel music is provided by The Joy of Life Singers, who perform for the preacher's radio broadcast and entertain the audience prior to curtain. Singers include Jeanette Brand, Donna Cochran, Wayne and Annette Coleman, Michelle Hott, Diane Rosazza, and Farrel Zehr.  
*Dearly Departed* runs Thursday, August 19, thru Sunday, August 22, Friday, August 27 thru Sunday, August 29. Evening performances start at 7:30, Sunday matinees at 2:30, with an additional performance the final Sunday at 7:30 p.m.

The box office at the Performing Arts Center is open on week days 10 a.m. till 4:00, on Saturdays, 10 till 2, and before the two 2:30 Sunday matinees, at 1:00 p.m. On performance days the box office will be open all day till curtain time.

The play is directed by Virginia Talbot and Tanji Armor, assisted by Ruby Sanders and Ken Knight. It is sponsored in part by Building Technology Services of Highlands and Cashiers.

Passionate Hearts for All, Because of Jesus' Passion for Us!

**Christ Anglican Church**

Every Sunday at 9 a.m.  
 Communion Service  
 Come and join us!  
 Worshipping at the facilities of Whiteside Presbyterian Church  
 621 US 64 Hwy, Cashiers

The Reverend Jim Muphy, Rector  
 (252) 671-4011 or (828) 743-1701  
 www.christanglicanchurch.com

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

**Aug. 20-26**

**PIRANHA 3D**  
 rated R  
 Daily: 2:05, 4:25, 7:05, 9:25

**NANNY MCPHEE RETURNS**  
 rated PG  
 Daily: 2, 4:15, 7, 9:15

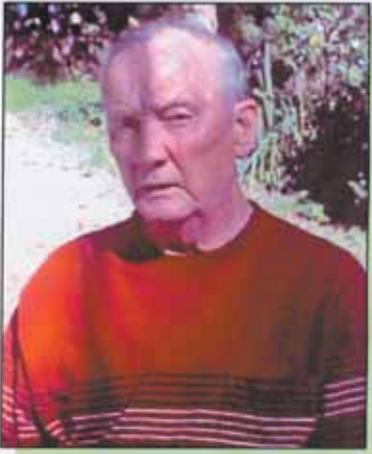
**THE EXPENDABLES**  
 rated R  
 Daily: 2:15, 4:30, 7:15, 9:30

**THE OTHER GUYS**  
 rated PG-13  
 Daily: 2:10, 4:20, 7:10, 9:20



# Ongoing and Upcoming Events

**Benefit for Fred Munger**  
**August 21**  
**Highlands Rec Park**



**BBQ** Starting at 5:00  
 Serving BBQ pork & chicken by John & Joe Munger with cole slaw & baked beans

**Auction** Starting at 6:15

**Singing** Starting at 7:00 with Mountain Top Blue Grass & Gospel Mark & Jody Visage

## 'Wild Gardener' to highlight Highlands native plant conference

Get set for a particularly wild time at the 2010 Native Plant Conference, when Asheville's self-styled Wild Gardener, Peter Loewer, delivers a talk to the hundreds of guests in attendance. Loewer is a botanical artist and author of numerous books about gardening and native plants, including the very popular, Native Perennials for the Southeast, Growing and Decorating with Ornamental Grasses, Thoreau's Garden and Jefferson's Garden.



**Peter Loewer**

His address is set for 1-2 p.m., Saturday, September 11 and the Highlands Performing Art Center.

Another of his books, The Wild Gardener, was named one of the best 75 garden books of the 20th Century by the American Horticultural Society. He has a lively, monthly call-in garden show on Public Radio in Asheville and is the Contributing Editor for Carolina Gardener magazine. He also teaches art at several

schools, practices printmaking, and works on pen and colored-pencil renderings of native plants and their pollinating insects. For more info, click:<http://www.thewildgardener.com/index.html>

Loewer's talk, "A Gardener's Guide to Southeastern Native Plants," also will delve into the history of wildflowers in the gardens of Thomas Jefferson and Henry David Thoreau. Those who have heard him speak previously

know that he is not shy about providing opinion on matters relating to native plants and perennials — so, get set for a lively discussion.

The registration fee for the entire event is \$100 for HBF members and \$135 for non-members. Register early to ensure your first pick for the fieldtrips. Please call the Highlands Biological Station for more information on the conference or to register for the event 526-2602.

203.

• Old Fashioned Hymn-Sing at the Little Church of the Wildwood in Horse Cove. 7-9 p.m. Sundays through Labor Day. Kay Ward – 743-5009

**Mon. & Wed.**

• Pilates Classes at the Jane Woodruff Clinic, 1st floor, at H-C Hospital taught by Sandie Trevathan at 4 p.m. A mat class for all levels. For info call 526-5852. (7/29)

**Mon., Wed., & Thurs.**

• On the Mat Yoga at the Episcopal Church of the Incarnation on Main Street. Enter through single door facing Mountain Fresh. Upper Level Jones Hall. Mon. & Wed/ at 7:30 a.m. and Thurs. at 10:4. Bring your mat. 828-482-2128. \$10/hour. (7/30)

**Mon., Wed., Fri.**

• Heart Healthy Exercise Class at the Rec Park. 8:30-9:30 a.m. \$20/month.

• Step Aerobics with Tina Rogers at the Rec Park, 8-9 a.m. \$10 per class or \$50 a month.

**First Mondays**

• Participate in your hospital by joining the Auxiliary of the Highlands-Cashiers Hospital first Monday of each month at 10 a.m. at the hospital.

**Mondays**

• Closed AA meeting, 5:30 p.m. at the Episcopal Church at Fifth and Main streets.

**Tuesdays**

• Highlands Rotary Club meets at noon at the Highlands Conference Center at noon.

• Closed AA Women's meeting, 5:30 p.m. at the Episcopal Church at Fifth and Main streets.

**Tuesdays & Thursdays**

• Kettlebell Class at the Rec Park with Ginger Baldwin at 5:15 p.m. Fast moving free weight kinetic

chain movement for 30-40 minutes. \$8 per class. Call 526-3556 or 526-4959 to reserve a spot.

**Wednesdays**

• \$2 off bar drinks at El Azteca. 70 Highlands Plaza across from Bryson's Food Store.

• The Highlands Mountaintop Rotary meets at 7:30 a.m. in the dining room at the Highlands-Cashiers Hospital. Enter the hospital in the main or emergency entrance and follow the signs downstairs. Visitors are welcome. Meetings end at 8:30 a.m.

• Men's interdenominational Bible Study at 8:30 a.m. at First Baptist Church.

• The Homegrown Buds, a homeschool 4-H club, meets at noon at the Macon County Library on Siler Road in Franklin at 1 p.m.

**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. Call 828-524-6777 or 706-746-9964.

**Thursdays**

• Al-Anon meeting, noon at the Episcopal Church on Main and Fifth streets.

• Zahner Conservation Lecture Series every Thursday at 7 pm at the Highlands Nature Center May 13 through Aug. 5 It's free.

**Friday & Saturdays**

• Live Music at The Downhill Grill at Scaly Mountain Outdoor Center 7-9 p.m.. BYOB.

**Every Third Saturday**

• The Highlands Memorial Post #370 of the American Legion meets at the Shortoff Baptist Church. Break-

## 'Lettice and Lovage' on stage through Sunday at Highlands Playhouse



Cheryl Chalmers (L) and Regina Riss are all smiles after a very successful opening night of "Lettice and Lovage" at the Highlands Playhouse. Ms. Chalmers plays Miss Schoen and Ms. Riss is "Lettice Douffet" in the Peter Shaffer play which runs through Sunday, Aug. 22. For tickets call 526-2695. Shows are Tuesday-Saturday at 8 p.m. and Sunday at 2 p.m.

# Ongoing and Upcoming Events



fast is at 9 am. 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 526-9938 (ext 258).

- The Scaly Mountain Women's Club monthly Pancake Breakfast. Breakfast is served in the remodeled historical school house from 7:30-10:30 pm. \$5.50 for adults and \$3.50 for children. Call Susan Bankston 526-9952 or email [sfbankston@gmail.com](mailto:sfbankston@gmail.com)

## Saturdays

- At Paoletti's Restaurant, intimate Wine Tasting at the bar at 1 pm. Great values in wines from around the world, available for retail sales daily. A variety of wines for every palate. Wines change weekly. Cheese and Crackers are served. Cost: \$20 per person.

- At Cyprus International Restaurant, live music beginning at 9 p.m. No cover.

- Highlands Knitting & Needlepoint Guild meets to knit, crochet and needlepoint on the terrace at the Bascom. Questions? 526-1741.

## Through Sunday, Aug. 22

- At Highlands Playhouse, "Lettice & Loveage," a comedic play. For tickets call 828-526-2695 or go to [www.highlandspkayhouse.org](http://www.highlandspkayhouse.org).

## Thurs.-Sun., Aug. 19-22

- HCP's production of "Dearly Departed" at PAC. For ticket information call 526-8084.

## Thursday, Aug. 19

- Taize is Thursday at 5:30 PM at Our Lady of the Mountain Catholic Church. Taize is a nondenominational service of prayer, meditation, scripture and simple, beautiful music. No offerings are taken—these services are a free gift to the community.

- The Jackson County GOP is sponsoring a Meet Conservative Candidates Event on Thursday, August, 19th, 5:30 PM to 7:00 PM at the Village Green in Cashiers. Conservative candidates expected are those running for the Jackson County Commission, State Legislative Offices and Judgeships. Refreshments including hot dogs and beverages will be served. All affiliated and unaffiliated voters interested in hearing candidate's platforms are urged to attend. Additional candidate events are scheduled for Webster, September 2nd, Qualla, September 16th and Sylva on September 30th. Locations for the September and October events are to be announced. For additional information call Ralph Slaughter, Jackson County GOP Chair at Republican Headquarters, 828 586-9895 and 828 743-6491 or visit the website [www.jacksoncountygop.com](http://www.jacksoncountygop.com)

## Friday, Aug. 20

- At Community Bible Church, "THE RELATIONSHIP BETWEEN NUTRITION AND DISEASE." Are you concerned that children are getting diseases that just 30 years ago were reserved for the elderly? We want to share with you some simple ways to prevent disease and **improve the quality of your life.** Led by Carol Johnson, a nutrition counselor, and Rebecca Cothran, a whole grains supplier from 9:30-11:30am. Class is FREE but reservations are required for planning purposes: 526-4297.

## Sat., Aug. 21

- 3rd Annual American Legion Post 104 "Veterans Still Serving America" Tournament, Smoky Moun-

tain CC, Whittier. Proceeds support community service and veterans programs. Fee \$60 per player, 2-person teams, captain's choice, 9 am shotgun. Goody bag, beverages, and post-tourney meal. \$200, \$150, and \$100 to top three teams in each flight. New Ford, other hole-in-one prizes. Raffle, door prizes, silent auction. Hole (\$100) and other sponsorships available. Pre-registration required, limited to first 92 golfers registered and paid. Contact Jim Nicholl at 293-5835 or [jknicholl@verizon.net](mailto:jknicholl@verizon.net).

- At Paoletti's Restaurant, "Not Even Brothers" playing acoustic at 9:15 p.m.

- Greenway construction of a new trail in the Rec Park. The new trail will connect the Highlands Historical Society entrance to the existing trail system in the Rec Park. We lost our old route due to the great new dog park and have found a much better route that avoids walking through two parking lots at the Rec Park. We really need a lot of people this month so please sign-up if you can help. Please register with Hillrie Quin at 526-2385 or [hmquin@verizon.net](mailto:hmquin@verizon.net). We will meet in the upper parking lot (near the pool entrance) at 9 AM for a brief orientation session and then walk to the trail section for construction. Participants will be furnished the necessary tools and safety equipment. Participants should bring water, rain gear, and a day pack to hold them. Wearing clothes that can get dirty is advised. Lunch will be provided for the group based on the famous JIM AND MARY JO ASKEW'S FRESH TOMATOES!

- Just for You "Cindy's Celebration of Life" at the Highlands Community Building. 5-9 p.m. spaghetti Dinner, Music, Auction & Dancing. Featuring the Johnny Webb Band. In memory of Cyndi McCall.

- Benefit for Fred Munger at the Rec Park featuring BBQ, Auction and singing with the Mountain Top Blue Grass & Gospel and Mark & Jody Visage. BBQ begins at 5 p.m., auction at 6:15 p.m., and singing at 7 p.m. Fred is fighting bladder cancer.

## Sun., Aug. 22

- A wine and cheese fundraiser for Jeff Miller, candidate for the U.S. House of Representatives opposing Heath Shuler, will be held at The Metz home in Pinchot on Sunday from 5:30-7:30 pm. The event is organized by the Mountain High Republican Women's Club and the chief sponsor is prominent golf architect Tom Fazio. The attendee donation is \$50 per person. For reservations, information or to become a sponsor/host, please call MHRWC President Melisa McKim at 828 200-0437.

## Monday, Aug. 23

- Mirror Lake Association meeting is at 6 p.m. at the Civic Center.

- The Jackson County GOP's Orville Coward Forum on Public Issues program featuring speaker Retired U.S. Marine Corp General Geoff Higginbotham is Monday at 7 PM at the Sapphire Community Center in Sapphire. For additional information call Ralph Slaughter, Jackson County GOP Chair at Republican Headquarters, 828 586-9895 and 828 743-6491.

- HCP is conducting auditions for "Life with Father" at 5:30 p.m. at PAC. Needed are 4 adult males; 2 adult females; 4 boys ranging in age from 6 - 17; 1 teenage girl; 5 females of varying ages to play maids; 1 red haired small dog. Scripts/synopses are avail-

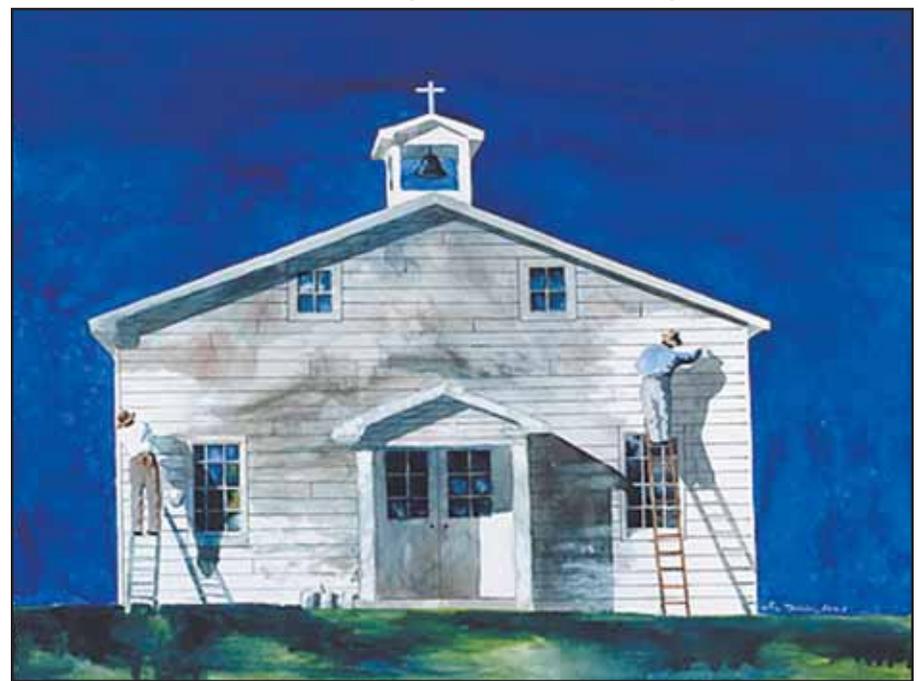
• See EVENTS page 16

## Good food, good music, and an auction for a good cause Sat., Aug. 21 at the Community Building



On Saturday, Aug. 21, the Just For You Relay for Life Team and June's Place will present a spaghetti dinner, auction and live music by the Johnny Webb Band at the Highlands Community Building. In addition to raising funds for the American Cancer Society, the event will be in memory of Cyndi McCall. 5-9 p.m.

## Artist Larry Mauldin to be featured at Art League meeting



On Monday, Aug. 30, the Highlands Art League meeting is from 5-7 p.m. at the Highlands Civic Center. After a social half hour, artist Larry Mauldin, former president of the South Carolina Watercolor Society, will be doing a demonstration of his dynamic watercolor painting techniques for the Art League of Highlands. Guests are always welcome. For further information contact Dottie Bruce, President 828-743-7673.



# Ongoing and Upcoming Events

able at both the Highlands and Cashiers libraries. No formal audition preparation is needed. Performance Dates: October 28-31; November 4-7. For additional information or audition date conflict, contact director

Ronnie Spilton at 828-526-0306; rspilton@verizon.net or assistant director Kirk Howard at 828-734-5756; kirk@bearap.com.  
Aug. 24-28

## 'Care and Feeding of the Human Brain' A CLE Lecture

**By Bette S. Banks**

The Center for Life Enrichment (CLE) will present psychologist, Ed Hamlin, Ph.D., on Thursday, August 26, 1:00 until 3:00 downstairs at the Martin-Lipscomb Performing Arts Center.

Dr. Hamlin will discuss some of the findings from the rich stores of research on the brain that have been done in the past ten to fifteen years. This research has given us information that not only can influence how we live our lives but also how we can enhance those lives through putting our information into action. While proper nutrition, exercise, relationships, and most importantly attitude are not new concepts to any of us, just what role these concepts play in our everyday lives, as supported by neuroscience, may help us tune our antennas into the advice proffered with

more sensitivity. Dr. Hamlin will talk to us about the structure and operation of the brain, how it changes as we age, and active responses we can make to maintain our brains functioning optimally.

Currently Clinical Director of the Pisgah Institute's Center for the Advancement of Human Potential, Dr. Hamlin has taught at UNC Chapel Hill and at Duke University. He is a psychologist who does both clinical work and research. His workshops are focused on the topic of the relationship between the brain and the mind.

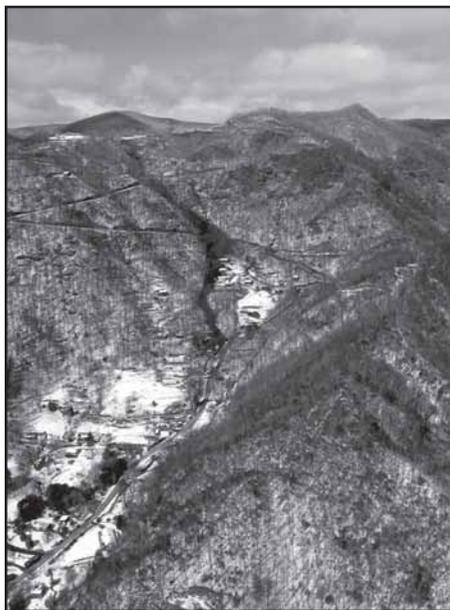
Tickets for this event may be obtained from the CLE office or at the door. The cost is \$20 for members and \$30 for non-members. For registration and or information, call CLE at 526-8811 or go online at [www.clehighlands.org](http://www.clehighlands.org).

## 'Landslides of Western North Carolina'

Landslides are one of the most common geological hazards in North Carolina. On Wednesday, August 25<sup>th</sup>, Rick Wooten will present "An Update on Landslide Hazard Mapping and Recent Landslides in the Region" as part of the 4<sup>th</sup> Annual Village Nature Series at the Cashiers Library beginning at 6 pm.

Rick Wooten is the Senior Geologist for Geohazards and Engineering Geology with the North Carolina Geological Survey. His presentation will include information on rainfall amounts related to landslide occurrence and details about the Peeks Creek debris flow of Sept. 16, 2004 which took the lives of 5 people and destroyed several homes in the once idyllic Peeks Creek community.

Everyone is welcome to this free program. This presentation will provide a good introduction to a HCLT Eco Tour to Peeks Creek that will take place the following Friday, August 27<sup>th</sup> led by Wooten and Ken Gillon, also of the NC Geological Survey. Eco Tours are only \$5 for HCLT members and \$35 for new friends and they all include a guided hike, lunch and a membership to Highlands-Cashiers Land Trust. Space is limited on Eco Tours. To



An aerial view of the February 5, 2010 debris flow in Rich Cove, Maggie Valley."

reserve your spot, contact HCLT at 526.1111 or email them at [julie.hitrust@earthlink.net](mailto:julie.hitrust@earthlink.net).

No reservations are required for the Village Nature Series program on August 25<sup>th</sup>. The Village Nature Series, now in its fourth year, is a free educational community event co-hosted by Highlands-Cashiers Land Trust and The Village Green. To learn more visit: [www.hicashlt.org](http://www.hicashlt.org) and [www.villagegreencashiersnc.com](http://www.villagegreencashiersnc.com).

• At the Bascom, Mira Lehr, "Painting and Layering." While combining Japanese paper and collage with painting, take risks and experience new levels of creativity and expression with this workshop. Described as a visual poet, Lehr teaches students to search, analyze and develop their own vision. Tuition is \$500 Bascom members/\$525 non-members.

**Tues., Aug. 24**

• At Wolfgang's Restaurant a wine dinner featuring Reynolds Family Vineyards. Limited seating, reservations required. \$95 plus tax & gratuity. Call 526-3807.

• HCP is conducting auditions for "Life with Father" at 5:30 p.m. at PAC. Needed are 4 adult males; 2 adult females; 4 boys ranging in age from 6 - 17; 1 teenage girl; 5 females of varying ages to play maids; 1 red haired small dog. Scripts/synopses are available at both the Highlands and Cashiers libraries. No formal audition preparation is needed. Performance Dates: October 28-31; November 4-7. For additional information or audition date conflict, contact director Ronnie Spilton at 828-526-0306; rspilton@verizon.net or assistant director Kirk Howard at 828-734-5756; kirk@bearap.com.

**Wed., Aug. 25**

• The Village Nature Series features "Landslides of Western NC" with NC DENR Senior Geologist for Geohazards and Engineering Geology, Rick Wooten. The program will be followed by an ice cream social and is free to everyone in the community. No reservations are required. For more information contact HCLT at 828.526.1111. To learn more about Highlands-Cashiers Land Trust visit [www.hicashlt.org](http://www.hicashlt.org) and to learn about Village Green visit [www.villagegreencashiersnc.com](http://www.villagegreencashiersnc.com).

• The High Mountain Squares will dance this Wednesday night, August 25<sup>th</sup> at the Macon County Community Building on Route 441 South, from 6:30 to 9 PM. Bob Morrison from Winder, GA will be the caller. We dance Western Style Square Dancing, main/stream and plus levels. There will be a plus workshop from 6:30 to 7. For information call 828-349-0905, 828-369-8344, 706-782-0943.

• At First Presbyterian Church, Balancing the

Scales — A Study of the Middle East Conflict. Dr. Don Mullen, Parish Associate at First Presbyterian Church of Highlands, has lived in this region and will share his first-hand knowledge of the people who live there, the faiths that they hold dear, and what is at stake for them in this continuing conflict. The public is invited to attend this Study of the Middle East Conflict with Dr. Donald Mullen at First Presbyterian Church. This free class is from 5 - 6:30 pm. Dinner will follow in Coleman Hall. Dinner is \$7 per person. Please call the church office at 828-526-3175 if you plan to attend.

**Thurs., Aug. 26**

• Taize is Thursday at 5:30 PM at the Episcopal Church of the Incarnation.. Taize is a nondenominational service of prayer, meditation, scripture and simple, beautiful music. No offerings are taken—these services are a free gift to the community.

**Fri.-Sun, Aug. 27-29**

• HCP's production of "Dearly Departed" at PAC. For ticket information call 526-8084.

**Fri.-Sat., Aug. 27-28**

• At The Bascom, Tom Turner, "Attention to Detail." This workshop is an exposé of Turner's approach to throwing, decorating and finishing porcelain pottery. Students will delight as he demonstrates and shares his thoughts on technique, concept, design, philosophy, style, method and purpose His approach is graceful and inviting, alluring and complex. Tuition is \$200 Bascom members/ \$225 non-members.

**Friday, Aug. 27**

• A dance at the MC Community Center on Hwy, 441 S. in Franklin, NC, (across from Whistle Stop Mall) from 6:30 to 9 pm with music by "Swingtime Band" for more information call (828) 369-9155.

**Sat. Aug., 28**

• At Paoletti's Restaurant, "Not Even Brothers" playing driving acoustics at 9:15 p.m.

**Sun., Aug. 29**

• Shape Note Singing, old time hymn sing 2-5 p.m. at the Albert Carlton-Cashiers Library in Cashiers. Instructions and loaner song books available. All welcome. Information: contact Carl or Kathie Blozan 828-743-1765.

• A benefit auction by Scudder's at the Play-

## Choir to 'Salute America' on Aug. 31



On Tuesday, August 31, The Highlands/Sapphire Mens Chorus in concert at the Sapphire Valley Community Center at 7 p.m. Directed by Orville Wike, accompanied by Angie Jenkins, the men will perform an inspiring "Patriotic Salute to America." SVCC located 3 miles east of Cashiers on Hwy. 64. 743-7663.

## • SPIRITUALLY SPEAKING •

### Disappointment with God?

Rev'd Jim Murphy,  
Christ Anglican  
Church



When someone disappoints you, it can be a natural consequence to lose some degree of trust in that person. For instance, if an employee is consistently late or becomes predictably unreliable in terms of meeting expectations, it is difficult to maintain confidence in that person. In human terms, trust must be earned. Faith unfounded will ultimately disappoint.

Just as that is so in human relationships, so it may be the case with the Lord God himself. If in our prayer life or even through our experiences God is late in answering, or worse, underperforms in terms of our expectations, we might have the tendency to reduce our faith or withhold our trust in him. In human terms, that is understandable. In godly spiritual terms, that can be costly.

There is one former Episcopal bishop who has lost faith and trust in God. This is the same one that visits Highlands regularly. He proudly fashions himself as "post-Christian" as he vehemently denigrates the historic faith that he was called to -- and agreed to -- uphold, all the while parading himself around hypocritically in clerical garb within the confines of a local church. As it can easily be discerned from his lectures, he is angry at the God who was consistently late and underperforming in terms of his prayerful expectations. That is a shame, he is worthy of our prayers.

Jesus, the King of all creation knew that this would be the case. The Lord spoke repeatedly about faith and trust in his Father as an act of the will. Faith that is not predicated upon performance or timeliness. Jesus knew that faith would not be easy, so he encouraged us to stay the fine line in spite of circumstances or appearances. The Son of God said at one point, "Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it. Watch out for false prophets. They come to you in sheep's (bishop's) clothing, but inwardly they are ferocious wolves." (Matthew 7:13-15, NIV, italic interpolation, mine.)

Faith in God is not the same as faith in human beings or institutions. It is not for the faint of heart or for those who rely upon the human intellect or godly performance for answers. It requires abandonment of the human-finite and trust in the divine-infinite. When we stoop to the level of giving God a poor "performance review" we belie our trust in the finite. When that happens, faith in God, the only One who is worthy of complete trust, becomes increasingly more difficult and distant. So much so that the formerly faithful can become the very ferocious wolves that our Savior spoke of as they embark upon the destructive, wide way.

Jesus said, "I am the way, and the truth, and the life, no one come to the Father except through me." (John 14:6, NIV) He is the narrow gate, yes. However, it is a narrow gate that opens wide once it has been passed through, to abundant, eternal life with the only One who is infinite, almighty God himself.

## • PLACES TO 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 meeting - 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's 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

### 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

### CHRIST ANGLICAN CHURCH

Rector: Jim Murphy, 252-671-4011  
Worshipping at the facilities of  
Whiteside Presbyterian Church, Cashiers  
Sunday: Holy Communion - 9:00 a.m.  
Sunday: Adult Forum - 10:30, Bucks Coffee Cafe,  
Cashiers

Monday: Evening Bible Study at Whiteside  
Presbyterian - 5 p.m.; Bible Study & Supper at  
members' homes - 6 p.m.

Wednesday: Men's Bible Study - 8:30 a.m., First Baptist  
Church

Thursday: Women's Prayer Group - 10 a.m., Whiteside  
Presbyterian Church

### CHRISTIAN SCIENCE CHURCH

283 Spring Street  
Sunday: Service - 11 a.m.; School - 11 a.m.  
3<sup>rd</sup> Wed. of month: Testimonial Service - 5 p.m.  
Reading Room: Wednesday - 3-5 p.m.

### 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  
Sun.: 8:45 a.m. worship service; 9:30 am: Adult  
Sunday School, Prayer Group. 10:30 am: Children's  
Program (Pre-K - 5th Grade), Merge for 6th  
Graders. 10:45 am: Worship Service. 5 pm Student Arts  
Group, The River Middle & High School Student  
Ministries.

Tues.: 9:30 am: Women's Bible Study.  
Wed.: 5 pm: Dinner. 6pm: Children's Program

### EPISCOPAL CHURCH OF THE INCARNATION

The Rev. Brian Sullivan - Rector: 526-2968  
Sunday: Breakfast; 9 A.M. - Sunday School  
10:30 a.m. Holy Eucharist (Rite II)

Monday: 4 p.m. Women's Cursillo Group

Tuesday: 8 a.m. Men's Cursillo Group

4:30 P.M. Education for Ministry

Wednesday: 6:30 P.M. Choir Practice

Thursday: 10 a.m. Holy Eucharist (Chapel)

10:30 a.m. Daughters of the King

### 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.

### FIRST BAPTIST CHURCH

526-4153  
Sun.: Worship 10:45 a.m., 6:30 p.m.; School - 9:30  
a.m.; Youth - 6:30 p.m.; Choir - 7:15

Wednesdays: Dinner - 5:30 p.m.; Team Kids - 6 p.m.;

Prayer - 6:15 p.m., Choir - 7:30 p.m.

### FIRST PRESBYTERIAN CHURCH

Dr. Lee Bowman, Pastor  
Dr. Don Mullen, Parish Associate 526-3175  
Sun.: Worship - 8:30 a.m., 11 a.m.; Sun. School -  
9:30 & 9:45.

Mondays: 8 a.m. - Men's Bible Discussion & Breakfast  
Tuesdays: Bible Study - 5 p.m.

Wednesdays - Dinner 6:30 p.m.; Choir - 7

### HIGHLANDS ASSEMBLY OF GOD

Sixth Street

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

Wednesdays: Prayer & Bible Study - 7

### HIGHLANDS UNITED METHODIST CHURCH

Pastor Paul Christy 526-3376  
Sun.: school 9:45 a.m.; Worship 8:30 & 11 a.m.; 5  
p.m. Youth

Wed: Supper; 6; 7:15 - children, youth, & adults  
studies; 6:15 - Adult choir

(nursery provided for Wed. p.m. activities)

Thurs: 12:30 - Women's Bible Study (nursery)

### HOLY FAMILY LUTHERAN CHURCH - ELCA

Chaplain Margaret Howell  
2152 Dillard Road - 526-9741

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

HEALING SERVICE on the 5th Sunday of the month.

### LITTLE CHURCH OF THE WILDWOOD

Kay Ward - 743-5009

Sundays: 7-8 p.m. Memorial Day - Labor Day

Old Fashioned Hymn-Sing

### MACEDONIA BAPTIST CHURCH

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

Pastor Matt Shuler, (828) 526-8425

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

Choir - 6 p.m.

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

### MOUNTAIN SYNAGOGUE

St. Cyprian's Episcopal Church, Franklin

828-369-9270 or 828-293-5197

### MOUNTAIN BIBLE CHURCH

Pastor: Clayton Lopez • 828-743-9704

Independent Bible Church

Sundays: 10:30 a.m. at Blue Ridge School

Weds: Bible Study 6:30 p.m.; Youth Group 6 p.m.

### OUR LADY OF THE MOUNTAINS CATHOLIC CHURCH

Rev. Dean Cesa, pastor

Parish office: 526-2418

Mass: - 9 a.m.: Sun., Thurs. & Fri

Saturday Mass - Mem Day through Oct. at 4 p.m.

### SCALY MOUNTAIN BAPTIST CHURCH

Rev. Clifford Willis

Sundays: School - 10 a.m.; Worship - 11 a.m. & 7

Wednesdays: Prayer Mtg. - 7 p.m.

### SCALY MOUNTAIN CHURCH OF GOD

290 Buck Knob Road; Pastor Alfred Sizemore

Sundays: School - 10 a.m.; Worship - 10:45 a.m.;

Evening Worship - 6 p.m.

Wed: Adult Bible Study & Youth - 7 p.m.

For more information call 526-3212.

### SHORTOFF BAPTIST CHURCH

Pastor Rev. Andy Cloer.

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

Wednesdays: Prayer & Bible Study - 7

### UNITARIAN UNIVERSALIST FELLOWSHIP

85 Sierra Drive • 828-524-6777

Sunday Worship - 11 a.m.

Child Care - 10:30 a.m. - 12:30 p.m.

Religious Education - 11 a.m. - 12:15 p.m.

Youth from 8th - 12th grades meet the second Sunday  
of each month from 5 - 7:30 p.m

### WHITESIDE PRESBYTERIAN CHURCH

Cashiers, Rev. Sam Forrester, 743-2122

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



# HEALTHline

"The Real Value of Teamwork"  
 Director of Nursing, Linda R. Suther, RN, BSN

The exceptional care experienced by patients at Highlands-Cashiers Hospital is the culmination of all staff members working as a team towards a common goal. On a daily basis HCH team members; from our nurses, physicians, radiology technologists, pharmacists and lab techs, to unit clerks, food service providers, housekeeping personnel, building maintenance and administrative support, all work behind the scenes to provide our patients with the highest standard of hospital care.

The patient experience starts with the board certified admitting physician. It continues with our dedicated and compassionate nurse caregivers, many of whom have gone beyond RN and LPN status achieving advanced certification in such specialties as wound care and emergency care. For the patient needing extended nursing care we provide Skilled Rehabilitation. For others, we assist in their recovery with Cardiac Rehabilitation or one of our series of wellness programs, featuring nutrition counseling and supervised exercise classes.

At HCH our outstanding patient environment is a result of a culture of collaboration and coordination between many departments. From the time a patient comes under our care, to when they leave, they can be sure that 24/7 there will always be someone within the hospital contributing to their care and recovery.



**Highlands-Cashiers**  
 HOSPITAL

"The healthcare partner to whom you can entrust your life."  
[www.highlandscashiershospital.org](http://www.highlandscashiershospital.org)

## • HEALTH MATTERS •

### Your medications are killing you, part II

Our mentor, Dr. Nguyen Van Nghi, was a Vietnamese-French medical doctor who practiced and taught acupuncture more than 60 years. He was a young doctor during World War II, and when many doctors were off at the war, he was the only doctor left in the city of Marseilles. It was difficult to get medications, so he used acupuncture for everything. It worked so well, he seldom practiced chemical medicine again. Speaking about acupuncture's growth in the West, he often said, "We do not wish to compete with Western medicine; we wish to complete Western medicine."



Kim Bonsteel, L.Ac.  
[goinghomeagain@yahoo.com](mailto:goinghomeagain@yahoo.com)

unwanted side effects of modern pharmaceuticals are worse than the symptoms they are meant to treat. That earlier discussion was meant to get readers questioning the status quo; for shock value, we quoted the distinguished and respected medical doctor Robert S. Mendelsohn saying members of his profession deserved about as much trust as used car salesmen. But I have a great respect for doctors as human beings who by and large have genuine compassion. The problem is the philosophy of medicine has been too much influenced by the pharmaceutical industry, a long history of choosing poisonous substances to fight disease, and viewing the body as the enemy. Standard medical philosophy has little faith in the body's own natural ability to heal, prevent disease, or maintain vitality into old age and a relatively healthy death. The mechanistic world

• See Health Matters page 21

## • AREA HEALTH SPECIALISTS •

### Joseph H. Wilbanks, D.D.S

Offering Advanced Technology in

- Cosmetic Dentistry
- Orthodontics
- Dental Implants
- Tooth Whitening
- Gum Disease



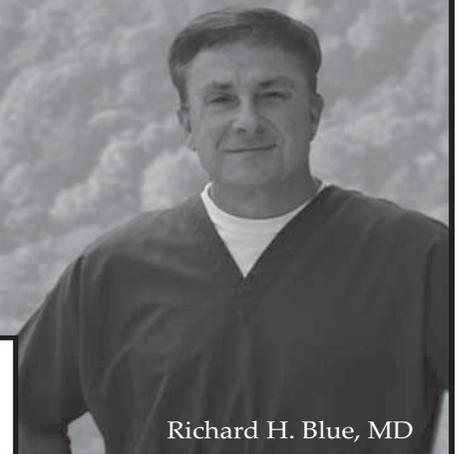
278 East Doyle St. • Toccoa, GA

706-886-9439 • 800-884-9439

### Blurry vision?

Dr. Richard Blue brings over 25 years of experience and truly remarkable technology to his Highlands practice to provide innovative solutions to his patients' eye care needs.

- Routine eye exams
- Contact Lens Fitting
- Dry eye treatments
- Laser glaucoma treatments
- Laser diabetic treatments
- ALL-laser LASIK



Richard H. Blue, MD



295 Dillard Road Highlands, NC  
 ( 8 8 8 ) 2 3 7 - 2 5 8 3  
[www.bluelasergroup.com](http://www.bluelasergroup.com)



" So acupuncture can help restore my health without drugs or surgery? "

— Naturally!

Center for  
**Acupuncture**  
 & Healing Arts

Kim Bonsteel, L.Ac., Dipl. Ac.  
 — classical Chinese medicine —  
 in the Crosby Center, 348 S. 5th Street, #224  
 Highlands, NC (828) 526-0743

**Wishing you looked as good on the outside as you feel on the inside?**



**I am an Exterior Decorator!**  
 Call for a complimentary consultation.  
**The Center for Plastic Surgery**  
 209 Hospital Drive Suite 202,  
 Highlands  
 828-526-3781 toll free 877-526-3784  
[www.PlasticSurgeryToday.com](http://www.PlasticSurgeryToday.com)

• HOSPITAL NEWS •

**Snakebites increase in ER**

While visits to the emergency room at Highlands-Cashiers Hospital have increased virtually every year in the busy season, this summer has seen a major jump in the number of patients seeking treatment for everything from snake bites to cardiac arrest.

“As the population increases in the surrounding communities, the hospital reaps additional patient visits,” said Board Certified Physician, Dr. Baumrucker. “During the summer months, from late March to about October, our emergency room will sometimes see over 35 patients per day, about a 25% increase. But despite the increased utilization, patients have still experienced minimal waiting times.”

Unusual to this summer, the hospital has seen an increase in the amount of snakebites compared to other years. “Hot, dry weather and an influx in economically savvy vacationers could be major cause for recent snake bites,” said Dr. Baumrucker. The Highlands and Cashiers’ area is full of hiking trails and outdoor entertainment, and sometimes we forget it’s also home to many different snake species. Dr. Baumrucker said he’s seen about 5 snakebite victims in his last forty years practicing medicine, but recently he has treated 3 patients with snake bites within one week.

“Until now, every snakebite patient I treated was bitten by a copperhead; oddly this year, all three bites were from rattlesnakes.” Copperheads are usually spotted during the rainy seasons and thrive in wet climates and Dr. Baumrucker believes it’s the lack of precipitation and increased extreme heat that is responsible for the boost in rattlesnake activity.

“Snakebites require different methods of treatment some not requiring antivenoms at all,” said staff ER Registered Nurse, Sonya Black. “Identifying the type of snake which inflicted the bite is extremely



important. Minor snakebites, in which the victim receives a low dosage of venom, typically require around two vials of antivenom; severe snakebites can receive up to ten vials.”

Black explained that when a patient arrives at our door, complaining of snakebite, treatment begins immediately. “Diagnosing the type of snake, the severity of the bite and giving the antivenom is standard protocol for initial treatment. The patient will be monitored for cardiac arrhythmias and blood pressure levels every 15 minutes until symptoms of the bite subside. Depending on the severity of the bite, most patients will be back on their feet fairly quickly.

Snakes bites have just not increased in the Highlands-Cashiers area, places such as Franklin and Clayton have also experienced raised numbers of snakebites. “Dr. Baumrucker stressed that community residents need to be aware that there are potential dangers when enjoying the outdoors, and if events arise, seek medical treatment as soon as possible.”

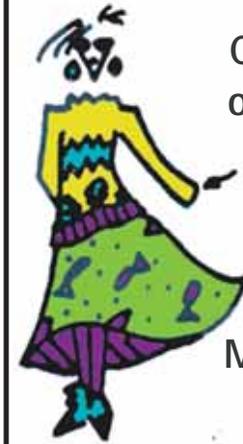
About Highlands-Cashiers Hospital

“HCH is a community hospital that provides diagnostic, surgical and acute patient care to the public through on-site professional services, or as a referral to regional support providers. Our emergency care facility is Physician staffed 24/7 and treats patients promptly, monitoring their visit with personal care and attention. We make the extra effort to assure that you get “best of class care”, and feel “special” every time you pass through our doors. HCH also provides Physician Clinics, a skilled Nursing Facility, Hospice Care, Skilled Rehabilitation, and Medically-Based Wellness Programs allowing individuals and families nearby access to professional care in these critical areas. The hospital continues to expand its programs to provide the public a broad range of quality healthcare. Our *Board-Certified Physician Staff* continues to grow to better serve you, as do our medical specialties now covering 14 areas of healthcare, specialties usually only found in much larger facilities. We continually update our range of diagnostic procedures by adding new state-of-the-art equipment.”

*Our goal is to be the healthcare partner to whom you can entrust your life.*

**APPAREL**

Now Open for our 23rd Season!



Come in for our Summer Sale & See Our New Fall Merchandise

Also featuring:  
Free People • Hudson • Joes  
Citizens 7 for All Mankind  
Tulle • Michael Stars  
Shoe Boutique

355 Main Street  
in The Galax Theatre  
526-4660

**Mountain Rarities**



326A Main Street Highlands  
828-526-8244

**Big SALE**  
in  
**Progress!**

**Just arrived!**

Lilly Pulitzer sandals, bags and scarves in addition to the stationery line. Also arrived, Kabana opals with diamonds and emeralds set in 14kt gold.

Come and enjoy our flights of butterflies and bugs, and explore our unique treasures.



**ahealthy**  
crawspace solutions  
**home**

Smell a musty odor? It's MOLD!  
Be Healthy and Protect Your Family

Call Kip @ (828) 505-6780

## • HOSPITAL NEWS •

### Local Board Certified Plastic Surgeon Robert Buchanan gives lecture on "Nip, Tuck and Fill"

"Tell me what you don't like about yourself" - it's the catch phrase uttered by plastic surgeons on a popular medical television series. Real life Board Certified Plastic Surgeon, Dr. Robert Buchanan has built his career helping patients fix their perceived imperfections. His skill, expertise and services vary from cosmetic Plastic Surgery, wellness, skin care, and Medi-Spa to reconstructive surgery.

Last Monday August 9<sup>th</sup>, Dr. Buchanan

presented "Nip, Tuck and Fill" on the campus of Highlands-Cashiers Hospital to over 40 community residents, educating the audience on the latest advances in plastic surgery.

"Plastic surgery has changed drastically over the years," said Dr. Buchanan. "With the newest procedures and techniques, patients are now achieving more natural results with faster recovery times." He explained with the use of endoscopic instruments and other techniques, patients are experiencing better outcomes with less scarring due to shorter incisions. Before and after surgery, Dr. Buchanan includes a mix of vitamins designed to improve the healing process and reduce bruising. "Patients who underwent a face lift procedure years ago, did not return to public for a month or more. Nowadays patients do so in less than two weeks."

Many of the attendees wanted to know how the new advances have improved trendy procedures like face and brow lifts. Dr. Buchanan answered by saying the earlier techniques pulled thinned tissues unnaturally causing tell tale signs of other procedures. He explained that he learned this since about 60 percent of his patients that undergo face lifts have had previous facial surgery.

To prevent these problems, he adapted



Dr. Buchanan address the crowd at the recent "Nip, Tuck and Fill" seminar.

new methods and uses smaller incisions, which retain and moves fat, support tissues and skin back to where they were originally in turn suspending them from the underlying skeleton. "This gives a more natural result that has faster recovery and longer lasting results." He said that the newer anesthetic methods available at HCH have also contributed to the speedier recovery.

Another attendee posed the question, "What are some non-surgical and less invasive procedures performed that receive positive results." Dr. Buchanan said that many of the procedures he performs do not require the patients to go under the knife and can be completed right at his office. "Better injectables such as

Juvéderm® Injectable Gel, Restylane® and others, offer excellent immediate lip enhancement or reduction of lines, wrinkles or other deformities." He said that these are now administered with less discomfort. He also spoke of a recent product called Latisse, which applied topically, will grow thicker and longer eye lashes.

Lastly, Dr. Buchanan discussed the latest treatment in fat reduction and body contouring. ZERONA™ is a non-invasive body slimming FDA approved device in which patients undergo six painless treatments over a period of two weeks. He said ZERONA™ has zero down time and works by creating a small hole in the fat cell membrane, allowing the fat to seep out where it is absorbed and eliminated. Patients frequently lose several inches off their waist, hips or thighs.

"We were delighted with the large attendance and especially with the positive feedback we received," said Robin T. Taylor, Executive Director of the Foundation and Forum Coordinator. "Physician Forums like these allow us to educate the community and its members on popular healthcare topics.

Highlands-Cashiers Hospital will be hosting two more additional Physician Forums with their own board certified physicians. Dr. Herbert K. Plauché, Orthopedic Surgeon, is next on the schedule focusing on "Arthroscopic Surgery" September 13<sup>th</sup> from 12 noon to 1pm at the Jane Woodruff Medical Clinic. Anyone interested in attending must RSVP to (828) 526-1313 while seating is limited.

It's our lakeside, mountainside, sunnyside and everything in between Summer Sale!

*Wit's End*

Open Monday-Saturday 10 a.m. to 5 p.m. 828-526-3160

382 Main St. in Highlands!

## • Art Galleries •

### Corey James Gallery



Fine Art and Collectables, Bronzes, Water Fountains, Furniture and Accessories, Hand-made Signs & Custom Artwork

Corner of Spring & 3rd. • 526-4818

### John Collette Fine Art



381 Main St. • 526-0339 email: jcfa@verizon.net

### Now open Sundays!

Dozens of free art activities: exhibitions, lectures, demos, trail, more!

THE BASCOM  
A CENTER FOR THE VISUAL ARTS

P.O. Box 766 | 323 Franklin Road  
Highlands, NC 28741  
828.526.4949

www.thebascom.org

Tuesday through Saturday, 10 am-5 pm through December 18  
Sunday 12-5 pm through October 10  
Plus three holiday Mondays: May 31, July 5, September 6, 10 am-5 pm

Exhibitions | Classes | Nature Trail | Shop and Café

... HEALTH MATTERS continued from page 18

view has reduced us to a collection of chemicals; there is a chemical solution for everything. Because the "life force," *pneuma* or *Qi*, cannot be seen or measured, it is ignored as outside the scope of science, and so the natural processes of the body are not properly understood.

Ever notice how many categories of drugs start with "anti-"? Antibiotics, antivirals, anthelmintics — you can at least understand fighting external invaders. But all too often, drugs are anti-your-body's-own-natural-processes. Anticholinergics and antiadrenergics, for example, fight your own neurotransmitters which are necessary for normal nervous system function. Anti-inflammatories sound good, but intelligent inflammation is vital for healing tissue damage. Antacids fight stomach acid, while all the latest and best research shows "acid reflux" is caused by not enough stomach acid. The little purple pill does not give you relief by stopping the reflux; what you are still refluxing has no more acid, so it doesn't erode your esophagus or cause pain. The little purple pill won't let you digest your food properly, and is making your bones more brittle all the time, while you spend \$28 billion on it every year.

This is typical when treatment is symptomatic instead of understanding the root cause of the problem. If you know the real reason for your reflux — the stomach is too hot, doesn't have enough acid, may have an overgrowth of bacteria — then instead of the little purple pill, all you really

need is a tablespoon of apple cider vinegar before each meal, stop drinking ice cold beverages with your meals (cold damages your stomach's ability to produce acid), tame your hot liver so it doesn't overheat your stomach, which causes reflux and makes you crave those ice cold beverages and foods that hurt you. Acupuncture cools off the liver, restoring balance.

Antihypertensive drugs lower your blood pressure, but why is your blood pressure high to begin with? Your body is merely trying to maintain balance, which is called homeostasis. Your body has not lost its intelligence; your blood pressure is not rising because your body is stupid. The high blood pressure is a reaction to something preventing your body's preferred homeostatic balance. Your body has found a new, less functional homeostasis where high blood pressure is necessary to correct another unacceptable condition. Remove the problem that made your body's intelligence raise your blood pressure, and it will normalize. Western doctors label it "idiopathic," meaning "of unknown origin," so they treat the symptom by manipulating biochemistry, not removing the root cause of the problem at all. That is why you have to keep taking those drugs forever.

The World Health Organization says that acupuncture has been proven, through controlled trials, to be an effective treatment for essential or primary hypertension. The same is true for acid reflux. Balance is restored, symptoms disappear, no need for a lifetime of treatment.

# FEDERATED FRANKLIN Women's Club

Federated Franklin Women's Club wishes to extend its real gratitude to the following donors for their continued and most generous support for its recent Annual Flea Market & Live Auction:

- |                              |                                    |
|------------------------------|------------------------------------|
| Acorns                       | Nick's Fine Foods                  |
| Ann Jacob Gallery            | North Carolina Mountain Made       |
| Annawear                     | Oak Leaf                           |
| Christmas Cottage            | The Pizza Place                    |
| Colonel Mustard              | Reeves Hardware                    |
| Desire                       | Rosenthal's                        |
| Dry Sink                     | Shear Maddness Salon               |
| Estate Jewelers of Highlands | Shoe Jewels                        |
| Fat Buddy's of Franklin      | Suzette's                          |
| The Franklin Press           | T.J. Bailey's Men's Store          |
| Gold-n-Clipper               | The Little Flower Shop             |
| Gondola's Restaurant         | Kilwin's                           |
| House of Wong                | KrisMart                           |
| Jackson Hole Mining          | The Toy Store                      |
| Jolies                       | Vivace                             |
| Bags on Main                 | Xtreme Threads                     |
| Main Street Pharmacy         | and radio stations, 1480 The Dove, |
| Mountain Heritage            | 1050 WFSC, 96.7 WNCC WRGC          |
| Mountain Physical Therapy    | & WHLC                             |

Federated Franklin Women's Club sincerely appreciates all other donors, volunteers and especially its loyal shopper! Your continued support ensures our ability to provide various programs and real help for children of Macon County throughout the year through various programs. *Humble Thanks!*  
— Ana Lamas & Peggy Clark, co-chairs

## • Renovate & Renew •

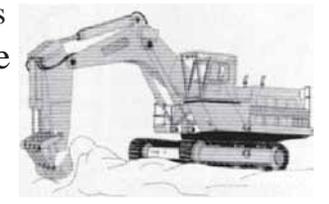
If you are looking for interesting furniture, accessories and lighting ...  
Don't Miss

### The Elephant's Foot Antiques

4th St. and Foreman Rd.  
526-5451 next to Whole Life Market Since 1983

### Larry Rogers Construction Company, Inc.

Serving Highlands and Cashiers from over 25 years  
Excavating • Grading • Trucking Trackhoe  
Backhoe • Blasting • Utilities  
(828) 526-2874  
776 Dillard Road • Highlands



## Sadlon & Associates

PLANNING • DESIGN • CONSTRUCTION

Visit our unique website at  
[SadlonandAssociates.com](http://SadlonandAssociates.com)

Current projects include new homes in  
Mountain Top Club and Old Edwards Club

**Timothy J. Sadlon**

828-349-0400

Building Fine Homes in Highlands & Cashiers Since 1992

### Eliminate Mold, Mildew, & Radon Immediately!

FREE Radon Testing • Call 828-743-0900  
[www.drycrawlspaces.com](http://www.drycrawlspaces.com)

## Dry Crawl Spaces

Crawl Space Encapsulation System®

### American Upholstery

Residential or Commercial  
Over 40 Years Experience • Fast & Dependable  
Free Estimates • Free Pick-up & Delivery  
Open: 8 a.m.-5 p.m. Monday-Thursday



(864) 638-9661

# • CLASSIFIEDS •

## Classifieds Policy

### Non-Commercial Classifieds:

\$5 for first 10 words;  
20 cents per word  
thereafter.

### Commercial Classifieds:

\$6 for first 10 words;  
25 cents per word thereafter.

### Email Copy To:

highlandseditor@aol.com  
or FAX to 1-866-212-8913

### No phone submissions.

### Send check to:

Highlands' Newspaper  
P.O. Box 2703  
Highlands, NC 28741  
828-526-0782

VISA/MASTERCARD Accepted

### DEADLINE:

Mondays at 5 p.m.

## HELP WANTED

**OUR LADY OF THE MOUNTAINS CATHOLIC CHURCH, HIGHLANDS, NC** — Seeks Part-time Choir Director/Director of Music Ministry for active SATB Choir. Responsibilities include: Liturgical music selection; Cantor/Song Leader/Administration of Music Ministry and coordination of all Liturgical Music activities. Choral Conducting background preferred. Full job description available at [www.ourladyofthemountains.net](http://www.ourladyofthemountains.net). Salary commensurate with experience. Call church office at 828-526-2418 or forward resume' with references to: 315 N. Fifth Street, Highlands, NC 28741 ; [office@ourladyofthemountains.net](mailto:office@ourladyofthemountains.net); fax 828-526-0249 (8/26)

**YOUTH AND OUTREACH EDUCATOR** — Highlands, NC art center is seeking a full-time experienced youth arts educator with track record of success: 1) creating mission-based programs, 2) conducting outreach to and engaging underserved audiences, and 3) working as a team player with staff, volunteers and donors. Requirements: BA in art, art education or similar (prefer candidates with MA in same). Minimum 3 years experience with youth education, community partnerships, and design and implementation of educational programs. Advanced skills in communications and organization, Microsoft office suite and publishing and photo programs. Bilingual skills desirable. Finalists must pass a security background check. By August 20, submit cover letter and resume: Norma Hendrix, Director of Education, The Bascom, P.O. Box 766, Highlands, N.C. 28741. Please no phone calls. (8/19)

**EXPERIENCED MANAGER FOR OUTDOOR CENTER.** Duties include managing and scheduling employees. Grounds maintenance, equipment repair and maintenance, and snow blowing. Must have reliable transportation (4 wheel drive in winter). Hours vary by season – P.D.O.E. Send Resume to Scaly

Mountain Outdoor Center. 7420 Dillard Road, Scaly Mountain, NC 28775 (st. 8/5)

**PART TIME MANAGER NEEDED IMMEDIATELY AT RETAIL APPAREL AND GIFT STORE.** Flexible hours and benefits. Please reply to PO Box 2366, Highlands NC 28741 or e-mail [mountainstar1@verizon.net](mailto:mountainstar1@verizon.net). (st. 8/5)

**PROGRAMS COORDINATOR,** Literacy Council of Highlands. 32 hrs/week. Work with children and community. Must be resourceful, patient, diligent, organized. Educational experience and bilingual skills preferred. Send resume to [highlandsliteracy@live.com](mailto:highlandsliteracy@live.com). (st. 7/22)

**WAITSTAFF/BUSSERS NEEDED FOR ALL SHIFTS AT THE BISTRO AT MAIN STREET INN** - Call 526-2590, or email resume to [info@mainstreetinn.com](mailto:info@mainstreetinn.com). Experience required. (st. 7/22)

**FULL TIME OR PART TIME** retail position available. Must be available weekends. Contact Trisha 828-526-3687.

**POSITION AVAILABLE AT MOUNTAIN FRESH** in the Deli. Contact Don at 526-2400. (st. 7/8)

**FULL TIME POSITION AVAILABLE AT MOUNTAIN FRESH** in the produce Department. Contact Kevin McConnell at 526-2400. (st. 7/1)

**ELAZTECA MEXICAN RESTAURANT** needs experienced servers. Call ricky at 828-371-7200. (st. 7/1)

**LINE COOK** Opening at Wolfgang's Restaurant and Wine Bistro. Call 526-8396. (st. 6/3)

**FULL TIME OR PART TIME JOB OPPORTUNITIES AT HIGH-END CLOTHING STORE.** Retail sales experience necessary. Call 828-482-2118. (St. 6/3)

**SCRUB TECH-** Must have have scrub tech certification and minimum of one year experience in the O.R. Pre-employment substance screening. Call Human Resources, 828-526-1376 or apply online at [www.hchospital.org](http://www.hchospital.org)

**SYSTEMS ADMINISTRATOR-** at Highlands-Cashiers Hospital. Requirement of A.S. degree in computer related field with 6+ years work experience or B.S. degree with 4 years experience. Previous IT experience in healthcare field a plus. Full-time. Pre-employment substance screening. Call Human Resources, 828-526-1376 or apply online at [www.hchospital.org](http://www.hchospital.org)

**GICENTRAL PROCESSING TECH AT HIGHLANDS-CASHIERS HOSPITAL.** Part-time. Current BCLS Certification required. Pre-employment substance screening. Call Human Resources, 828-526-1376 or apply online at [www.hchospital.org](http://www.hchospital.org)

**LAUNDRY ATTENDANT/HOUSEKEEPER AT HIGHLANDS-CASHIERS HOSPITAL.** Pre-employment substance screening. Call Human Resources, 828-526-1376 or apply online at [www.hchospital.org](http://www.hchospital.org)

**CNA AT HIGHLANDS-CASHIERS HOSPITAL.** Our wage scale is \$11.00 to \$14.40 per hour with shift and weekend differentials. Pre-employment substance screening. Call Human Resources, 828-526-1376 or apply online at [www.hchospital.org](http://www.hchospital.org)

**RN'S AT HIGHLANDS-CASHIERS HOSPITAL.** Experienced Med-Surg and ER Nurses needed. Strong leadership skills is a must. Pre-employment

screening required. Call Human Resources at 828-526-1376 or apply online at [www.hchospital.org](http://www.hchospital.org)

## YARD SALES

**SATURDAY, AUG. 21** – Clothes, house itmes and much more! 10-4. Hicks Road to Mirrormont to Bonnie to 174 Dolly Lane.

## WORK WANTED

**LOOKING FOR CARPENTRY WORK.** Have tools. Please call Alferdo: 524-9304 or 371-2976.

**LOOKING FOR LANDSCAPING,** yardwork. Call 828-200-1038 or 526-1025.

**LOOKING FOR HOUSECLEANING WORK.** Call 828-200-1038 or 526-1025.

## REAL ESTATE FOR SALE

**DESIRABLE 3BR/2BA HOME** in town. Beautiful level lot. Must See 352-494-1531 (9/3)

**HIGHLANDS FALLS COUNTRY CLUB** – 3 bed, 2 bath, new kitchen, new roof, all updates. Two fireplaces, large decks, large lot, flat circular drive. Membership in club optional. Furnished. Owner Financing. 828-526-4154 or 954-547-1547. \$595,000. (9/30)

**CLASSIC 40'S CABIN** in Webbmont area w/ 1+ ac. 2/2.5 w/ wormy chestnut walls. Completely renovated in 2000. Below REA at \$439K furnished. By appt ONLY. 526-0974

**TWO LOTS IN BLUE VALLEY** – Dead-end Road. Water & Septic included. Subfloor and foundation on one, 70-ft. single-wide on the other. .55 acre and .65 acre. Borders USFS and great view of Satulah Mountain. Call 828-482-2052. (St. 11/24)

**\$205,000 FOR BOTH. BY OWNER NO AC NEEDED. CLASSIC COUNTRY HOME,** 4.2 acres. Perennial landscaping. 4 bed 3 bath, garage and shed 2900 sq. ft living space. 1,523 sq. ft deck. \$338,500, 743-5788 (st. 10/15)

## RESIDENTIAL FOR RENT

**2 BED, ONE BATH HOUSE** – In Highlands. Harris Dive. \$900 a month. First month's and deposit required. Call 828-200-9002 or 941-623-3507. (8/26)

**3 BED, 2 BATH HOME** – Partly furnished, hardwood floors, screened porch, carport. Scaly Mountain. \$900/mth. First month's deposit. 706-982-9409. (8/19)

**2 BEDROOM/2BATH** fully furnished apartment on Cheney Lane; \$875 includes all utilities and heating; no pets, no smoking. Call Jim at 770-789-2489 (st. 8/19)

**APARTMENT FOR RENT** - 1 BR/ba partly furnished, NO smoking/pet, Whiteside Cove, \$100/wk includes power & water - single or couple 787-1515

**ROOMS AVAILABLE FOR RENT** - furnished, sm. frig/microwave, NO smoking/pet, Whiteside Cove, \$50/wk call 787-1515

**FOR LEASE LARGE 2 STORY 5 BEDROOM**

**HOME** with decks. Available for immediate occupancy Near downtown Highlands. 914-761-8880 x 19 Sandy. (st. 4/29)

**STUNNING MOUNTAIN VIEWS SECLUDED AND ONLY MINUTES FROM THE TOWN OF HIGHLANDS.** Fully furnished, large 1 bed, 1 bath apt. with large walkin closet, porch and yard. Updated with new carpet. Available seasonal through November. All utilities included AC and Heat. \$1,200 month. Call 526-3608 (Spoiled Rotten) or evening, 526-2694, (st.4/29)

**SMALL PRIVATE ONE BR FURNISHED COTTAGE ON CHESTNUT STREET** with screen porch. Additional sleeping loft. Three blocks to Main Street. Available immediately. \$650. monthly plus utilities for six months lease. e-mail: [chestnutcottages@yahoo.com](mailto:chestnutcottages@yahoo.com) or, contact Charlie @ (828)526-8645 (st. 4/22)

**SPACIOUS MAIN ST. APT,** full kitchen, fully furnished, covered balcony, small pets OK. \$675/mo. 526-0560. (St. 3/25)

## REAL ESTATE FOR RENT/SALE

**FOR SALE/RENT – BEST 'COMMERCIAL' BUY IN HIGHLANDS** – 535 4th Street. Zoned mixed-use, commercial and residential. Recent Remodel. Great retail/office and separate one-bedroom basement apartment. \$389,000. Call 770-827-0450. (St. 11/5)

**RESTAURANT FOR LEASE ON THE CASHIERS ROAD.** – Previously occupied by High Country Cafe. 6,300 sq. ft. Call Buddy or Sherry Kremser at 706-782-6252. (St. 11/5)

## ITEMS FOR SALE

**WE'RE MOVING!** – Couch and recliner, entertainment center, TVs, dressers & various furniture and household items. Call 526-2536. (st. 8/12)

**BABY PACK-N-PLAY** – Portable Crib \$45. Call 828-526-5464.

**DEERING 5-STRING BANJO** "Golden Era" with case. Perfect condition. \$2,000. 828-526-4340.

**CANOE,** 16ft. Fiberglass. Plus 2 new wicker seats. Paddles. \$300. Call 526-3048. (St. 7/1)

**PIANO** — Gorgeous Fully restored. Late 1800s upright owned by the Vanderbelts and was in the Biltmore Estates. Plays beautifully \$7,000 invested, worth way more. Must sell. Will sacrifice for \$2,800. OBO. 828-524-7233 or 828-371-2129 (st. 10/22)

**COLEMAN 5000 ER ELECTRONIC GARAGE DOOR.** \$500. Call 526-5025. (st. 8/13)

## VEHICLES FOR SALE

**2005 TOYOTA CAMRY LE** – Red, 18K miles, All power. Extra clean. One owner. Garaged. All service records. \$13,900. Call 828-526-2607. (8/19)

**CLASSIC CADILLAC** – 1973 Sedan DeVille. 44K miles. Pristine. Silver green with white top. Paperwork history. \$12,000. Call Roy at 828-332-0544. (8/19)

**96 JEEP CHEROKEE COUNTRY** – Loaded, black and champagne. one owner, good rubber. well maintained and mechanically very sound. \$2,300. Call 526-2694 or 813-541-9172. (st. 8/5)

• **CLASSIFIEDS** •

**2008 HONDA CIVIC**, white with tan cloth interior, one owner, automatic, A/C, 25/36 mpg, FWD, cruise, 26,900 miles, \$14,900, 704-681-0331. (st. 6/24)

**MERCEDES BENZ 1995, C220**, \$5,900. New tires, brakes, battery, hoses. Garaged. Perfect, dependable, exceptional, 32 mpg regular gas, 182,000 miles. 706/745-3993 or 404/520-0852. (st. 6/17)

**2003 NISSAN FRONTIER** - 4 Door, 60,000 miles, Excellent condition, \$9,000 OBO. 526-9180. (St. 5/20)

**CADILLAC DEVILLE 2002** - Silver, 85,300 miles. One owner, garaged. \$8,950. See at 150 Shelby Circle, Highlands. 787-2310. (8/5)

**SERVICES**

**PRESSURE WASHING AND DECK REPAIR.** Free estimates. References available. 526-2694. (8/5)

**WILL SIT FOR ELDERLY, HANDICAPPED OR CHILDREN.** Your home or mine. 13 years childcare experience. By the hour. Call 828-743-2672. References.

**THE HIGHLANDS HANDYMAN** - Anything and Everything. Local References. Call a neighbor. Call Mark at 526-0031.

**RESIDENTIAL CLEANING** - affordable rates.

Call 828-369-0589. (st. 7/8)

**QUALITY PAINTING, PRESSURE WASHING, LANDSCAPING, CARPENTRY.**

Steaming, shampooing, drycleaning floors any surface, Upholstering, rugs, curtains, whole houses. References 828-526-2536 or 828-332-7303.

**HANDYMAN SPECIAL** - Repairs and remodeling, electrical and plumbing, carpentry and more. Low prices. Free estimate. Call 828-342-7864. (7/1)

**DEBRIS AND TREE REMOVAL CLEAN UP.** Roof and gutter repair expert. Call 371-1103. (st. 2/25)

**24-HOUR CARE FOR YOUR LOVED ONE** - 16 years experience. Will travel to accommodate. \$2,800 monthly, negotiable. Call Clare Myers 828-349-3479 or 828-342-1603.

**TREE SERVICE** - Complete Tree Removal, Trimming, Stump Grinding, Lot Clearing, Under Brushing, and Hemlock treatment and fertilization for "Woolly Adelgid." 828-526-2251

**J&J LAWN AND LANDSCAPING SERVICES** - Complete Landscaping Company, Design, Installation and Maintenance. Also featuring Plants, Trees, Hardscapes, Water Features, Rockwork, Fencing, Drainage, Erosion Control and RR-Tie work. 20 years serving Highlands area. 828-526-2251.

All Highlands' best Realtors  
are on HighlandsInfo.com ...  
Shouldn't you be on too?

**HOMEOWNER SPECIAL!**

5 pictures of your home  
on HighlandsInfo.com  
**\$250.**

Your edge over the others.

Call or email today:

**828-526-0782 or**

**HighlandsInfo@aol.com**

7,500 readers see your ad every week -- on the street and on the web at [www.highlandsinfo.com](http://www.highlandsinfo.com).  
click: LOCAL NEWS.

• **SERVICE DIRECTORY** •



**Chastain Lawn Service**  
*He's A Cut Above The Rest*  
**Zeke Chastain**  
*For All Your Lawn Care Needs*

29 Rich Gap Rd.  
Highlands  
828-526-9716 or  
828-200-1299

**LW HOME IMPROVEMENTS**

Renovations and Additions  
Ceramic Tile • Decks • Finish Carpentry  
Custom Cabinets • Custom Furniture

Highway 28  
• 828-332-0553 •

**MASTER BUILDER FOR HIRE**  
Highlands Native w/35 years experience  
Great references. All workmanship guaranteed  
**ABSOLUTELY, NO JOB TOO SMALL!**

Call Neal Chastain for all of your remodeling, home improvement and repair needs. Full insured.  
**(H) 526-8883 (C) 342-2030**

**Deluxe, Indoor  
Climate Controlled  
Self Storage**  
With covered  
loading zone



• Units Available •  
**Highlands Storage Village • 828-526-4555**  
**Cashiers Road**

**Allan Dearth & Sons  
Generator  
Sales & Service, Inc.**

828-526-9325  
Cell: 828-200-1139  
email: [allandearth@msn.com](mailto:allandearth@msn.com)

**UNIFORM PAVING  
& Seal Coating**

"All work guaranteed"

Leonard Harrison, Owner  
828-361-5343




# • BIZ/ORGANIZATION NEWS •

## Old Edwards Club charities present check for local Hospice Care

On behalf of Old Edwards Club Charities, Angela and Art Williams presented a check for \$45,000 raised by club membership to Highlands-Cashiers Hospice volunteers Sally Caffery, Carolyn Chabora and Patrick O'Day to support local hospice care in Highlands-Cashiers communities. Club members held a dinner, auction, and raffle to raise the funds. On October 1, The Highlands-Cashiers Hospital Hospice Services will be transferred to Four Seasons, a non-profit hospice and palliative care agency whose satellite location



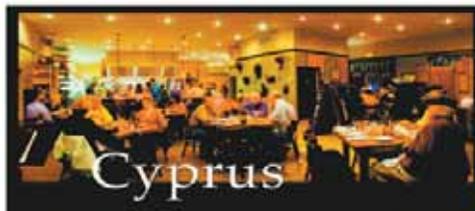
From left, Hospice volunteers, Patrick O'Day, Sally Caffery, and Carolyn Chabora. Old Edwards Club Charities, Angela and Art Williams.

will be on the hospital's campus. Both the hospital and Four Seasons assure donors that contributions will continue to be restricted for local hospice patients and that the donor's intent to support hospice care for our communities will be honored.

## Mountain Findings continues to dole out profits



Highlands Nature Center-Children's Programs: Larry Brannan (MFV) and Patrick Brannon, Director (donation will be applied toward the construction of a pavilion shelter that could accommodate 25-30 people in a dry outdoor space) \$2,000.



**CHEF NICOLAS FIGEL**  
**KING OF THE MOUNTAIN!**  
**WINNER OF THE 2010**  
**HIGHLANDS CHEF'S CHALLENGE**  
**CYPRUS INTERNATIONAL RESTAURANT**

# GREAT STEAKS!



**WORLD CHOPHOUSE MENU**  
 STEAKS AND CHOPS  
 INSPIRED BY THE GREAT  
 CHOPHOUSES OF THE WORLD.  
 PERFECTLY PREPARED!

Open  
**5pm-9pm**  
Until April 30  
**5pm-10pm**  
Starting May 1

Cyprus International Cuisine  
 470 Dillard Rd., Highlands  
 (828)526-4429  
 cyprushighlands.com

Live music every  
 Saturday night,  
 9:00pm  
STARTING ON SATURDAY, MAY 8

Cyprus introduces our World Chophouse Menu, six great cuts, perfectly seasoned, and cooked over smoldering hardwood. This menu reflects an absolute dedication to excellence: We have selected the best cuts, from the best cattlemen. If you settle for nothing less than superior quality, you will love our new Steaks and Chops. World-Class Chops in Highlands! Try One Tonight!



Hudson Library: John Wells (MFV), Brenda Manning (Trustee), Mary Lou Worley (not sure of her title at the library), Robert E. Smith (President of the Board of Trustees) and Don Rippe (MFV) \$ 7,000.



Highlands-Cashiers Hospital Foundation: Sue Sheehan (MFV) and Robin Tindall-Taylor, Executive Director of the Foundation . \$1,000.

# Police & Fire Report

Highlands PD log entries from Aug. 11. Only the names of persons arrested, issued a Class-3 misdemeanor, or public officials have been used.

**Aug. 11**

• At 4:05 p.m., officers assisted HCC security concerning an open roof exit. All was clear.

• At 4:24 p.m., a woman from Cashiers requested officers to escort her home because she was afraid her boyfriend might be there. He had hit her on the face earlier. Jackson County law enforcement was called to assist her.

• At 5:01 p.m., a man matching the description given by the Cashiers woman was seen in Highlands but since the woman hadn't pressed charges police didn't pick him up.

**Aug. 12**

• At 1 p.m., K-9 officers were asked to assist another agency find a man who fled from a scene. They found a

house he had been in on King Gap Trail in Scaly Mountain but not the man.

• At 9:02 p.m., officers were called to a one-vehicle accident on Horsecove Road where the driver had gone off the road. There were no injuries.

**Aug. 13**

• At 7:20 p.m., a man wanted in Jackson County for hitting his girlfriend was turned over to Jackson County.

**Aug. 14**

• A little after midnight, officers were called about two men arguing on Main Street.

**Aug. 15**

• At 8:35 a.m., officers were called to assist a motorist on Spring Street.

• At 2:27 a.m., officers had OEI security pick up an intoxicated man from the sidewalk of N. 5th Street and take

him back to the hotel.

• During the week, police officers responded to 6 alarms and issued 8 citations.

**Highlands F&R Dept. log entries from Aug. 11:**

**Aug. 11**

• At 1:40 p.m., the dept. responded to a mutual aid call from Cashiers. It was cancelled en route.

• At 8:32 p.m., the dept. responded to a fire alarm on Bowery Road. It was false.

**Aug. 12**

• At 4:26 a.m., the dept. was first-responders to Lake Court where a 50-year-old man fell down the stairs.

**Aug. 13**

• At 6:51 a.m., the dept. was first-responders to Butter-milk Lane. The victim was taken to the hospital.

• At 8:19 p.m., the dept. responded to an accident on

US 64 east. There were no injuries.

**Aug. 14**

• At 9:19 a.m., the dept. was first-responders to Falls Drive E. The victim was taken to the hospital and then Highlands School for MAMA transport to Asheville.

**Aug. 15**

• At 9:30 a.m., the dept. responded to a fire alarm at Club House Drive. It was false.

• At 6:20 p.m., the dept. responded to a fire alarm on NC 106. It was false.

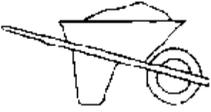
• At 11:57 p.m., the dept. was first-responders to View Point Road where a 55-year-old woman fell down the stairs.

**Aug. 17**

• At 1:45 p.m., the dept. was called to the Glen Falls trail where a woman fell and broke her ankle. She was taken to the hospital.

\$17 weekly

## • SERVICE DIRECTORY •



**LARRY HOUSTON  
ROCK WORK**  
Walls • Fireplaces • Patios  
Piers • All Rock Work •  
• Stucco •

(828) 526-4138      828-371-7451 Cell



Residential • Commercial  
Pressure Cleaning • Seamless Gutters, too  
Insured • Licensed • References

828-371-2277 or 828-526-3542

**New Leaf Interiors**

Let me help you showcase the treasures you already own by decorating, redesigning, staging and organizing!

20 Years Experience. References Available

Call Pamela Leousis at 706-201-9831 for a FREE consultation.

Kenneth M. Crowe  
Custom Homes • Remodels • Maintenance & Repairs

Cell: 828-332-8290      Office: 828-526-5943

Fax: 828-526-8421

1540 Blue Valley  
Highlands, NC 28741



**Don't Scream...** 

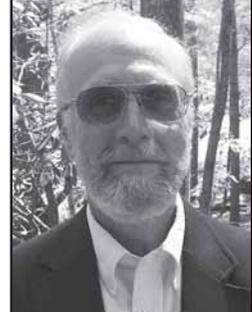
Get the help you need with **TempStaffers!**

Quality help for a day, a week, a season.

526-4946 • 342-9312

www.tempstaffers.net

**Richard Betz**  
Real Estate Broker  
Country Club Properties  
Wright Square  
828-526-2520 (Office)  
828-526-5213 (Home)  
828-200-9279 (Cell)  
rpbetz@gmail.com



**MANLEY'S AUTO AND TOWING**

Complete Auto Service  
Towing Available 24 Hours

James "Popcorn" Manley - Owner/Operator

P.O. Box 1263      Garage: (828) 526-9805  
1597 South 4th Street      Cell: (828) 342-0583  
Highlands, NC 28741      Towing: (828) 526-0374

TIRES • BRAKES • OIL CHANGES • TUNE UPS

J&J Lawn and Landscaping

 Serving Highlands & Cashiers for 20 years!

Phone: 526-2251  
Toll Free: 888-526-2251  
Fax: 828-526-8764  
Email: JJlawn1663@verizon.net

John Shearl, Owner • 1663 S. 4th St. Highlands

95Highlands Plaza  
526-3379  
FAX: 526-3309

*Highlands Office Supply*

- Complete line of office supplies
- Laminating • Fax Service
- Greeting Cards • Laser paper
- Ink Cartridges • UPS services

"It's good to do business in Highlands"

**FIREWOOD**  
Greenwood for SALE

Buy now for next year.

Call 526-4946 or 200-0268

**Michael David Rogers**

Native grown trees and plants  
Erosion Control Specialist  
Landscape Installation & Maintenance

515 Wyanoak Drive • Highlands  
828-526-4946 or 828-200-0268  
tinarogers@nctv.com



**UNDER NEW OWNERSHIP**  
Jeff Miller

**J&M Collision Center**

Collision Repair & Detailing  
65 Brooks Rd, Highlands. 828.526.1507



## We Believe Our RNs and LPNs are an Important Part of Your Comfort and Care. And so do you.



Many of you have written to tell us of your experiences at Highlands-Cashiers Hospital and a great number of these comments revolve around our staff, particularly our fine nursing professionals. You related how caring they are and you retold your experiences of the extra efforts demonstrated by our nurse caregivers. We understand why you took the time to do this because you know that a friendly face, a caring attitude and a love for their job goes a long way toward exemplifying an attitude that is an important part of your return to good health.

Once our certified Physicians get you back on the road to good health, there is no more important support you can receive than to be the beneficiary of your nurse caregiver's kindness and professional care.

It is important to know that a number of our nurses are also certified in their area of specialty and many have gone the extra mile to take additional classes to learn more about their profession.

So next time you visit us, take comfort in the fact that not only do we have the best of equipment to help diagnose your illness and assure the proper care, but we also have the Board Certified Physicians and the special care of a friendly and dedicated nursing staff to get you back on the road to good health. And hopefully, this will give you an opportunity to write us again. So keep in touch, we love hearing from you.

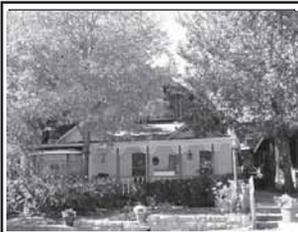


**Highlands-Cashiers**  
H O S P I T A L

**The Healthcare Partner  
to Whom You Can Entrust Your Life.**

**[www.highlandscashiershospital.org](http://www.highlandscashiershospital.org)**

© 2010 Highlands-Cashiers Hospital



The Chandler Inn  
1-888-378-6300

**Country Club Properties**  
"Your local hometown  
Real Estate professionals."

3 Offices 828-526-2520  
www.CCPHighlandsNC.com

**TWIGS**  
at Highlands' Edge

"Everything for your Nest"<sup>®</sup>  
... including  
furniture, accessories, art & gifts.  
526-5551  
Cashiers Road about 1 mile from town



Main Street Inn & Bistro on Main  
526-2590 • www.mainstreet-inn.com



MEADOWS  
MOUNTAIN REALTY  
526-1717  
866-526-3558  
450 N. 4th Street  
meadowsmtnrealty.com



**The Chambers Agency Realtors**

Homes and Land For Sale  
Vacation Homes for Rent  
526-3717 OR 888-526-3717  
401 N 5th St, Highlands  
www.chambersagency.net



**The Car Spa of Highlands**  
In Highlands Plaza

Mitchell's Lodge & Cottages  
www.mitchellslodge.com



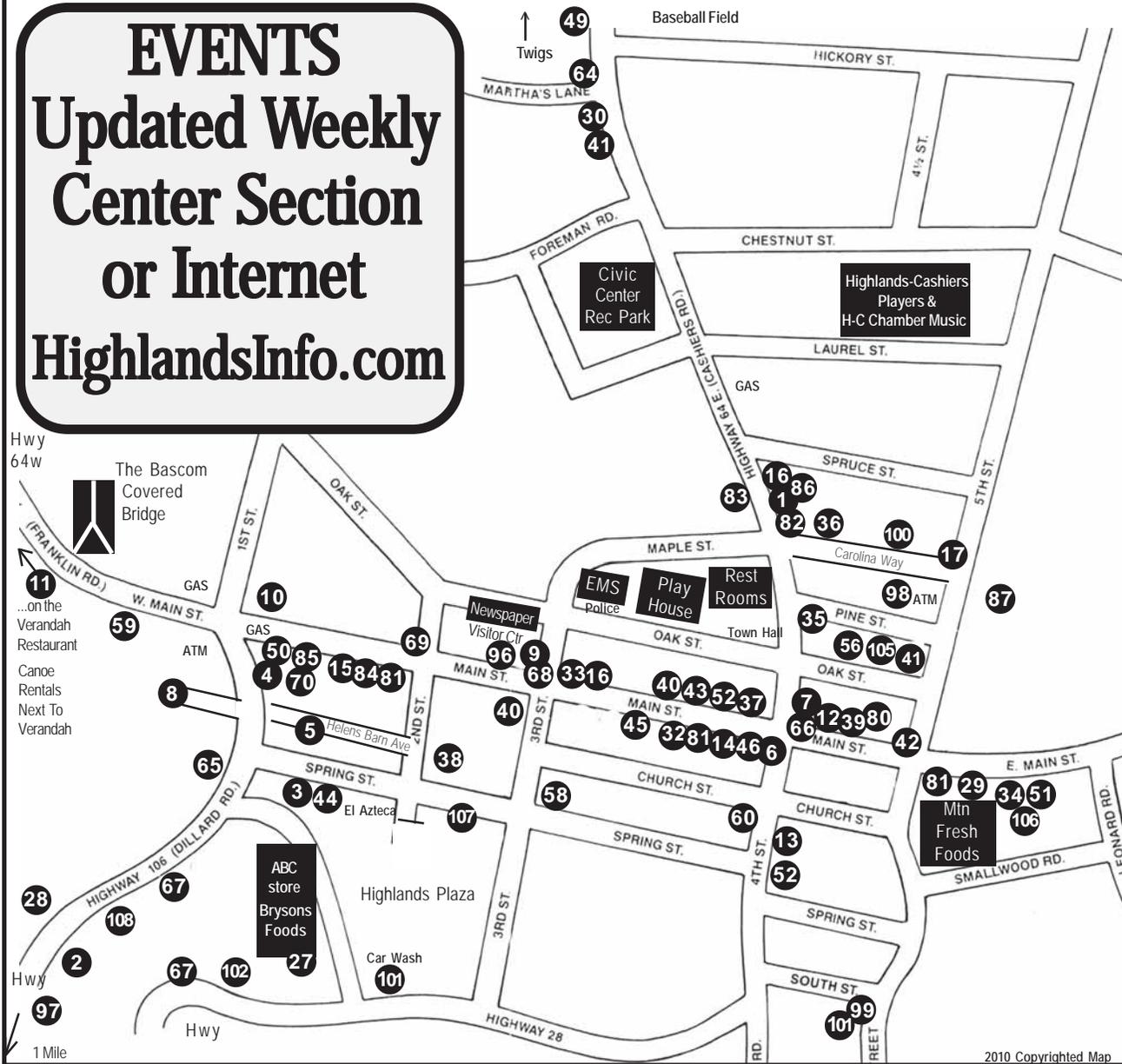
On Log Cabin Lane  
526-5899



"Ace is the Place!"  
**Reeves Hardware**

At Main & 3rd streets  
Highlands 526-2157

**EVENTS**  
Updated Weekly  
Center Section  
or Internet  
**HighlandsInfo.com**



**WAYAH Insurance Group**  
Auto~Business~Home~Life~Health  
526-3713  
800-333-5188  
www.wayah.com  
Professional • Local • Personal  
Service • Great Prices  
472 Carolina Way

**MACON BANK**  
THE PEOPLE YOU TURN TO.  
THE BANK YOU TRUST.  
800.438.2265  
WWW.MACONBANK.COM  
MEMBER FDIC  
EQUAL HOUSING LENDER

DINING		DINING		SHOPPING		SHOPPING		LODGING		REALTY		SERVICES	
1	Brick Oven	17	Wild Thyme Gourmet	32	AnnaWear	48		64	Chandler Inn	80	Century 21	96	Chamber of Commerce
2	Cyprus	18		33	Bear Mountain	49	Twigs	65	Hampton Inn	81	CCP	97	Larry Rogers
3	Golden China	19		34	Bird Barn	50	Wholesale Down	66	Highlands Inn	82	Harry Norman	98	Macon Bank
4	Flipside	20		35	C.K. Swan	51	Wine&Cheese	67	Mitchell's Lodge	83	Meadows Mtn.	99	Northland Cable
5	Fresser's	21		36	Custom House	52	McCulley'sCashmere	68	Main St. Inn	84	Preferred Prop.	100	Wayah Insurance
6	Highlands Hill Deli	22		37	Cyrano's	53		69		85	Prestige Realty	101	The Car Spa
7	Kelsey Place	23		38	Drakes Diamonds	54		70	Prestige/Rentals	86	Signature Prop.	102	Post Office
8	Log Cabin	24		39	Dry Sink	55		71		87	ChambersAgency	103	
9	Main St. Inn	25		40	Reeves Hdware	56		72		88		104	
10	Nick's	26		41	Needlepoint	57		73		89		105	All Seasons Salon
11	on the Verandah			42	Hen House	58	Corey James	74		90		106	CreativeConcepts
12	Paoletti's			43		59	Bryant Art Glass	75		91		107	Images Unlimited
13	Pescado's			44	Highlands Photo	60	Greenleaf	76		92		108	Taylor Barnes
14	Pizza Place			45	Kilwins	61		77		93		109	
15	Ruka's Table			46		62		78		94			
16	SweetTreats			47		63		79		95			

**Drake's Diamond Gallery**  
"For the luxury of fine custom jewelry"  
Open year round  
Tues. through Sat., 10-5  
152 South 2nd Street  
828-526-5858 or 404-668-4380  
drakesdiamonds@yahoo.com

**SweetTreats**  
Ice Cream and Coffee House  
Great Food,  
Ice Cream, Coffee  
Mountain Brook Center  
(1 block off Main Street)  
526-9822

**the bird barn**  
"We're All About Birds"  
Next door to  
Mountain Fresh Grocery  
at The Falls on Main  
828-526-3910

Enjoy Wine Tastings every Saturday afternoon  
**HIGHLANDS WINE & CHEESE SHOP**  
The Falls on Main • 526-5210  
highlandswine@nctv.com

**Needlepoint of Highlands**  
526-3901 • 800-526-3902  
Barbara B. Cusachs  
Village Square • Oak at 5th

**Mill Creek Gallery & Framing**  
Village Square • Oak Street at 5th  
Art and crafts by local artisans  
(828)787-2021 • cypicturelady@aol.com

Our passion for the mountains starts with you!



**HARRY NORMAN**

828-526-8300  
800-223-8259

**REALTORS**  
Since 1930

Hwy 64 &  
Carolina Way

www.HighlandsRealEstate.com

**THE GAMEKEEPER'S TAVERN**

Dinner: from 5:30  
Lounge: 4 until

(828)743-4263

3646 US 64 East  
Sapphire, NC

www.gamekeeperstavern.com



**NADINE PARADISE, BROKER**

828-526-8300 (OFFICE)  
828-371-2551 (CELL)

nadineparadise@gmail.com

www.NadineParadise.com

**MOUNTAIN BROOK CENTER**

**HWY 64 & CAROLINA WAY, HIGHLANDS**



Unique Home Furnishings

Lampshades & Lamps Galore!!!

**The Custom House**

442 Carolina Way • 828-526-2665  
Highlands

**Nature's Website HighlandsInfo.com**  
Waterfalls | Hiking | Fly Fishing

Map labels include: Cullasaja Falls, Lake Glenville, Sapphire Valley, Norton Rd, CASHIERS, Hwy64, Whiteside Mtn. Trail, Sliding Rock, Hospital, Chestnut Hill, Bridal Veil, Dry Falls, HIGHLANDS, Iron Bridge, Chattooga Trail, Silver Run Falls, Hwy 107s, Iron Bridge Chattooga, Horse Cove Rd, Glen Falls, Sky Valley Public Golf, Scaly Mtn., Dry Falls, Hwy 106, Cliffside Lake, Whiteside Mtn., Sliding Rock, Chattooga Trail, Whiteside Cove Rd, Hwy 64w & 28n To Franklin, Hwy 107n, To >>> White-water Falls & Brevard.

Dinner from 5:30  
Reservations: 526-4906

...on the Verandah Restaurant on Lake Sequoyah  
828-526-2338  
www.ontheverandah.com

**The Good Earth POTTERY**

Hours: Mon.-Sat. 10-5  
828-787-2473  
488 Main Street • Highlands

www.firemt.com • (800) 775-4446

**Scaly MOUNTAIN outdoor center**  
scaly mountain, nc

Home of the DownHill Grill!  
Food and Live Entertainment  
Friday & Saturday 7-9 p.m.  
828-526-3737  
www.scalymountain.com

**Cut n Patch Quilt Shop**

Custom Quilts  
Fabrics, Notions  
526-9743  
Hours by Appointment  
Highlands

**Building Green Building Value**

**CIMARRON BUILDERS**

828-526-2240  
www.cimbuild.com

**CHESTNUT HILL AT HIGHLANDS**

"The area's only Retirement Community and Assisted Living option."

64 Clubhouse Trail  
Contact us: 828.787.2114 - Marketing  
TimRobinson@ChestnutHillAtHighlands.com  
www.ChestnutHillAtHighlands.com

**The Animal Wellness Hospital OF HIGHLANDS**

**NOW OPEN**  
Brad Smith, DVM  
Stephen Arbitter, DVM  
Amanda Whitlock, DVM  
828-526-8700  
Large, Small, & Exotic  
Animal Medicine & Surgery  
Laser Surgery Available  
Next to Freeman Gas @ 19 Cabe Place, Highlands

**McCULLY'S CASHMERE**

Scotland's Best Knitwear  
Top of the Hill • 242 S. 4th St.  
526-4407 • Open 7 days a week

10-5: Mon.-Sat      12-5: Sunday

526-9415      364 Main Street

**Kilwin's**  
Chocolates Ice Cream Fudge

Open Late!  
Monday through Saturday  
10 am to 10 pm

Fudge & Ship Special!  
\$20 total  
3 Fudge slices  
Anywhere in USA  
Main Street, Highlands  
828-526-3788