

Highlands' Newspaper

FREE

Volume 8, Number 2

PDF Version - www.HighlandsInfo.com

Thursday, Jan. 14, 2010

FRI	SAT	SUN
49 / 29F	39 / 26F	35 / 30F

This Week in Highlands

Sign-ups through Feb. 2.

• Beginning Tuesday, Jan. 19, Western style mainstream square dance classes in First Presbyterian Church's Coleman Hall. Professional caller Jim Duncan from Otto will teach as many couples as will commit to the approximately 20-week series of lessons. Tentative class time is 6-8 p.m. Call FPC at 526-3175 to reserve your place in a square.

Through January

• Buy your 2010 full color Highlands School yearbook. Call 1-866-282-1516 or go to www.jostensyearbooks.com. Questions? Call Highlands School at 526-2147.

Monday, Jan. 18

• Town Hall will be closed in observance of MLK Holiday.

Saturday, Jan. 16

• Mirror Lake Improvement Assoc. litter pick up from Thorn Park at 9 a.m. Weather permitting.

• The Nantahala Hiking Club will take a strenuous 12.5 mile hike from Deep Creek to Sunkota Ridge in the Great Smokies Park. Meet at the Huddle House in Sylva at 8 a.m. Drive 100 miles round trip from Franklin. Bring water and lunch. Call leader Don O'Neal, 828-586-5723, for reservations. Visitors are welcome, but no pets please.

Sunday, Jan. 17

• The Nantahala Hiking Club will take an easy 2.5 mile hike on old Forest Service roads in the Jones Creek area. Meet at Westgate Plaza in Franklin, opposite Burger King, at 2:00 p.m. Drive 12 miles round trip. Call leader Kay Coriell, 369-6820, for reservations. Visitors are welcome but no pets please.

Beginning Tuesday, Jan. 19

• The 8-week Community Youth Art Program begins at The Bascom: Tuesday After School Classes from 3:15-4:30 pm. \$40; Wednesday Preschool Creativity Classes for Parent and Child - (Ages 2 1/2-5) 11-11:45 am, \$40. Saturday Art School - 10 a.m. to noon for fun, hands-on, age-appropriate "art school." Cost is \$64. To register, visit www.thebascom.org or call (828) 526-4949 ext. 100.

Wednesday, Jan. 20

• The Highlands Town Board meets at 7 p.m. in the Community Building on U.S. 64 east next to the ballfield.

The state of Highlands drinking water

No matter how good a water plant is watchdogs say the laws regulating drinking water standards are outdated which means drinking water isn't being monitored as closely as it should be, nor is it being tested for contaminants common in today's world.

The Safe Drinking Water Act - which is 35 years old - regulates

only 91 of the 60,000 chemicals now used in the United States, says the Environmental Protection Agency - many which are associated with a risk of cancer and other diseases.

Data collected across the nation since 2004 by the advocacy organization Environmental Working Group (EWG), shows the qual-

ity of Highlands' drinking water steadily improving.

However, EWG has analyzed almost 20 million drinking water records from state water officials and found 315 pollutants in the tap water Americans drink.

More than half of the chemicals detected are not subject to

• See WATER page 13

Repairing of Cullasaja River coming

With the Macon County Commission backing the project, the funds may be available to begin restoring the Cullasaja River at its headwaters at the Cullasaja Country Club.

At the Monday, Jan. 11, commission meeting, County Manager Jack Horton said the Upper Cullasaja Watershed Association (UCWA) needed the county commission to approve and pass a resolution in support of a significant water quality improvement project on the Cullasaja River in the Highlands public water supply watershed.

"There is no local money required, but grant funding is more likely to be awarded if the Town of Highlands and Macon County are behind the project," he said.

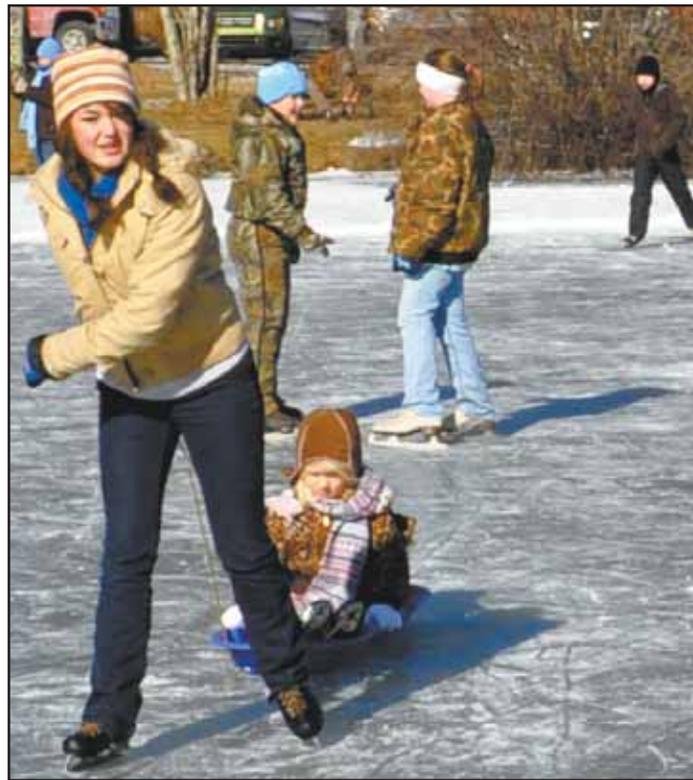
The first leg of the river-wide project will start with 4,300 feet of the Cullasaja River within the boundaries of the Cullasaja Country Club property.

"We are hoping that by beginning at the headwaters within the club, the next country club down river will restore their part and this will follow all the way down river," said Mayor David Wilkes who attended the commission meeting.

"The 4,300 feet of river identified in the project has been categorized as impaired for years and is listed on the EPA 303d list of prior-

• See CULLASAJA page 13

Old Man Winter revives old passtime



Though weeks of single-digit weather have been hard to bare, Highlanders were rewarded with a frozen Harris Lake this year which is thick enough to skate on. Over the years, Harris Lake and other lakes in the area have frozen, but most agree the last time it was safe to skate on Harris Lake for an extended period was the winter of 1994. Sadly, with an iced-over Mirror Lake, one of the swans and two geese harboring there, drown in a hole in the ice.

Photo by Jim Lewicki

Report reveals citizens' health

Submitted by ther MC Health Dept.

The Macon County Public Health Center and the Macon County Healthy Carolinians Partnership have issued the "State of

Macon County's Health Report for 2009."

This report informs community members, leaders, organiza-

• See HEALTH page 18

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Highlands Town Board wrap-up

At the end of the Jan. 11 Town Board meeting, commissioners and Town Attorney Bill Coward went into closed session to discuss easements for the Big Creek dredging project, road improvements on Azalea Circle and a lawsuit filed by John Shearl over the zoning violation he received for concerning the use of his property on N.C. 28.

In November the Zoning Board of Adjustment upheld Zoning Administrator Joe Cooley's violation order against Shearl concerning the use of the residential portion of his property on N.C. 28 for commercial purposes.

In an interview last week, Shearl said by law he had 30 days to petition the court over the Zoning Administrator's and Town Board's final decisions and "that's the only reason it looks like I'm entering into a lawsuit against the town," he said. "We couldn't let that 30 days expire, but I hope to have a rezoning hearing with the town before this goes to court."

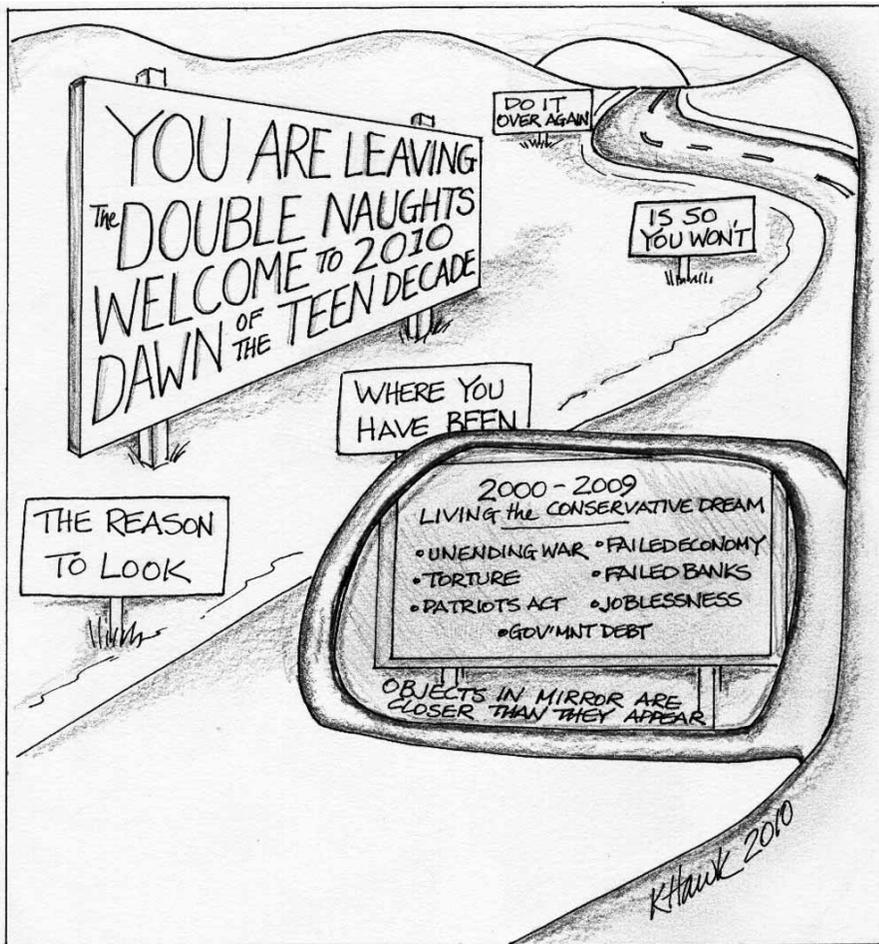
He said a court date hasn't been set and he hopes to have his rezoning request on the Jan. 20 Town Board agenda when he will be petitioning the town to rezone all his property B3 commercial rather than the split zone it now carries.

Typically, the Town Board hears rezoning requests, sends the request to the Planning Board and based on

• See TOWN BOARD page 16

• THE PLATEAU'S POSITION •

• HAWK'S EYE VIEW •



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

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• HIGHLANDS SCHOOL BASKET BALL •

Highlanders throttle Bobcats to open conference play

By Ryan Potts

The Highlands Highlanders opened conference play last Tuesday by making the short trip over to Cashiers to face the Blue Ridge Bobcats.

Blue Ridge has been in the midst of a down season, and it became apparent early in the night as the Lady Highlanders used pressure defense to build an early 20-2 lead. From that point on, the Lady Highlanders cruised, finishing up with a 63-16 victory over the Lady Bobcats. Sarah Power led Highlands with 11 and Kate-Marie Parks added 10.

The boys game saw the Highlanders struggle early, trailing 3-2 after a Blue Ridge three pointer before exploding on a 24-2 run to break the game open. The Highlander frontcourt of Josh Delacruz and Robbie Vanderbilt dominated the smaller Bobcats, with Delacruz scoring 21 and Vanderbilt scoring 11 in the 70-21 victory. Delacruz also added 17 rebounds for the Highlanders.

Highlands will host Nantahala on Friday night in what is bound to be a crucial Smoky Mountain conference matchup.

The Lady Highlanders and Highlanders will need plenty of fan support as they bid for conference championships in the 2010 season, so come out and watch some great basket-



Both the Girls and Boys teams won against Blue Ridge Tuesday, Jan. 5. Above, Robbie Vanderbilt controls the court. Below, Marlee McCall nets a foul shot. Photo by Noel Atherton



Photo by Stephanie McCall

ball Friday night and support your hometown Highlanders.

• THANK YOU •

Christmas Dinner raises \$11,000

The Christmas Dinner gang would like to thank all that came to enjoy our fabulous fare and good cheer on Christmas Day. The dinner was a huge success, serving over 260 people and raising over \$11,000 for Highlands- Cashiers Hospice and Big Brothers/Big Sisters of Highlands.

The success of the Annual Highlands Christmas Dinner is a reflection of the many volunteers and sponsors who unselfishly contributed their time and/or resources for the sole benefit of the participating non-profits and the many Highlanders who have made this event their Christmas Tradition.

For brevity, we would like to thank all our volunteers collectively: We greatly appreciate each and every one of you. Thank you for your time and spirit of good will!

We would also like to acknowledge and thank our chefs: Debbie Grossman of Fressers Eatery; Marty Rosenfield of Lakeside Restaurant; Martha Porter of Morningside B&B; Donna Woods; and Jan Zehr. We thank our donors: Travis & Carol Goodloe; John and Jan Campbell of Kids, Inc.; 4 1/2 Street Inn; Old Edwards Inn; The Laurel Magazine; Sam Green & Giny Shuler; Cy & Carolyn Timmons; and Oxford Properties, LLC. For food contributions, we thank Mountain Fresh Grocery, US Foods; Southern Foods; PFG Milton Foods; Sysco Food Service; and August Produce. We thank Mutual Wine Distributing and Mindy and Wolfgang Green of Wolfgang's Restaurant & Wine Bistro for wine. For cokes, we thank the Coca Cola Bottling Company. We also thank Grove Park Laundry for linens; Holly Roberts for our use of "The Kitchen" and Laura Huerta for decorations. Thank you all for your generosity!

We especially thank Highlands' Newspaper; The Highlander newspaper; WHLC Radio; and Macon News & Shopper for the generous publicity they offer all of Highlands as a community service. Without their support our community would not know about the Annual Christmas Dinner, or any of the many activities we all put on. Thank you for your ongoing participation in our endeavors! It is now, and always, appreciated!

To all who came, thank you for making our Annual Christmas Dinner the warm, wonderful Christmas tradition it has become. To the Highlands community as a whole: Thank you!

- Helene Siegel

• OBITUARIES •

John (Nino) Matassi

John (Nino) Matassi of Hilton Head Island, SC and Highlands, NC, formerly of Pocantico Hills, NY, died January 3, 2010 at Hilton Head Hospital. John was born in 1927 in the small village of Buje in Istria, Italy. During his youth he survived Nazi capture and fled to Trieste, Italy where he served as a police officer. In 1957, he married his wife, Mirella in Trieste and they immigrated to the United States. John and Mirella lived in Pocantico Hills, NY where John was the head groundskeeper at Kykuit, the estate of Nelson A. Rockefeller. John will always be remembered for the love he had tending the Rose Garden at Kykuit. John and Mirella retired to Hilton Head Island and Highlands, NC. In Highlands, John will be fondly remembered as a devoted volunteer at the Mountain Findings thrift shop.

John is survived by his loving wife Mirella, two daughters Christine (Ted) of Millbrook, NY and Patricia (Kurt) of Pocantico Hills, NY, and three granddaughters Avery, Nicole and Kimberly. Also survived is one brother Andrea, two nieces Licia and Anna and one nephew Andrea all of Trieste, Italy. His parents, Andrea and Elizabetta and brother Aldo preceded him in death.

A Mass of Christian Burial will be celebrated on Saturday, February 6, 2010 at 10 am at Holy Family Catholic Church, 24 Pope Avenue, Hilton Head Island, SC. Interment will be at the Six Oaks Cemetery, 24 Greenwood Drive, Sea Pines Plantation on Hilton Head Island.

In John's own words, he always said good bye to his family and friends with an "I love you."

In lieu of flowers, the family requests memorial contributions be made to the "Our Heritage, Our Hope" Capital Campaign Fund at the Holy Family Catholic Church, 24 Pope Avenue, Hilton Head Island, SC 29928.

The Island Funeral Home and Crematory of Hilton Head Island is assisting the family with their arrangements.

Johnny Delano Henry

Johnny Delano Henry, age 70, of Highlands, NC, died Saturday, January 9, 2010 at his residence. He was a native of Macon County, the son of the late Spear and Dessie Ramey Henry. Mr. Henry retired as Street Supervisor for the Town of Highlands with 35 years service. He was of the Baptist Faith. He was a loving husband and father and the best Paw Paw in the world.

He is survived by his wife of 51 years, Anna Lee Webb Henry, five daughters, Teresa Dalton and husband Jerry of Highlands, Brenda Owens and husband Tommy of Clayton, GA, Linda Rollins and husband Robby of Franklin, Lee Ann Hall and husband Tudor of Highlands, Kristy Brewer and husband Justin of Highlands, two sons, Billy Joe Henry and wife Sharon of St. Cloud, FL and Terry Henry and wife Linda of Highlands, one brother Kibby Henry Sr. of Franklin. 15 grandchildren and four great-grandchildren also survive.

Funeral services were held at 2 p.m., Tuesday January 12, 2010 in the chapel of Bryant-Grant Funeral Home in Highlands with the Rev Junior Jenkins officiating. Burial will be in Highlands Memorial Park. Pallbearers will be Adam Henry, Ryan Perkins, Matthew Perkins, Nick Henry, Christopher Hall and Kibby Henry Jr. Honorary pallbearers were the Cullasaja Gorge Fire and Rescue Squad, Clay County Fire and Rescue Squad and Highlands Fire and Rescue Squad. Online condolences may be made at www.bryantgrantfuneralhome.com

Audrey Deal Baty

Audrey Deal Baty, age 74, of Albany, GA, formerly of Macon County, NC died Thursday, January 7, 2010 at Albany, GA. Mrs. Baty was married to Earl Baty who died in 2008. She was a native of Oconee County, SC and a daughter of the late Herschel and Grace Crowe Deal. She was a retired School secretary and a member of Mercedes Baptist Church.

Surviving is one daughter, Donna Cleveland and her husband James of Dawson, GA, two sons, David Baty and his wife Missy of Sylvester, GA and Richard Baty and his wife Sondra of Santa Rosa Beach, FL. Also surviving are two sisters, Ollie Waller of Tampa, FL and Dorothy Daniel of Tallahassee, FL, one brother, Derrill Deal of Martinez, GA. Eight grandchildren, Melanie, Josh, Erin, Caleb, Haven, Brett, Chris and Matt Boe also survive.

Funeral services were held Monday, January 11 at 1 p.m., Monday in the Chapel of Bryant-Grant Funeral Home in Highlands with the Rev. Walter Wilson officiating. Burial was at Highlands Memorial Park. Bryant-Grant Funeral Home is in charge of arrangements. Online condolences may be made at www.bryantgrantfuneralhome.com

Veteran Litten commended for vision and work by county commission



At the Monday, Jan. 11 Macon County Commission meeting, Chairman Ronnie Beale presented WWII veteran Bob Litten with a plaque of appreciation for his work over the last three years making a Veterans Memorial a reality in Macon County. Litten is stepping down but work continues on the monument at the county park off U.S. 441 where a bronze statute and granite signage is planned. Litten thanked everyone involved and all the people, organizations and municipalities who made financial donations to the project -- including the Town of Highlands. Neal Riendeau is taking Litten's place as chairman of the Veterans' Memorial Committee.

Photo by Kim Lewicki

The reason behind a 'lower' Lake Sequoyah



You may have noticed that Lake Sequoyah is lower than the dam these days. According to Town Engineer Lamar Nix, crews tried to lower the level of the lake about a month ago so repairs could be made to the dam. However, there was so much water in the streams that the lake level would not get below the top of the dam. Now that it is too cold to work, the level has finally gone down. "We are going to have to wait for warmer weather and will let the lake fill back up in the meantime," he said.

Photo by Jim Lewicki



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• LAUGHING AT LIFE •

**I'm not speaking to those bloody
Cleavelands**

Dateline: Heading for the Mediterranean Sea on the QM 2.

Well, here's some more boring news you won't find interesting about our cruise on the Queen Mary 2. This is our sixth day at sea without seeing land. I walk around muttering, "Water, water everywhere nor any drop to drink," a quote from the Ancient Mariner.

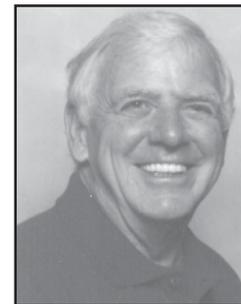
This is also our sixth day without seeing the sun and I'm sure we won't see it tomorrow because the sun practically never shines in Southampton, England in January. Even worse, it's also our sixth day without going outside. That's because it's colder than a well digger's tuchis out there and I'm a winter wimp. The sea is dark and scary. The good news is it will soon warm up.

Southampton is on a parallel with Newfoundland so I'm not expecting warm, sunny weather until Dubai. Maybe we'll just stay on the ship. I remember the last time we were in London, there was a sign outside our hotel that read and I'm not making this up, "Discount Special - Lobster Dinner, only \$96 per person." I'd rather stay in my cabin and order free lobster cocktails, cucumber sandwiches and British hot tea. Yummy for my tummy.

In spite of the freezing weather, we're having a blast, living the life of royalty. Life inside the Queen Mary 2 is decadent and it's warm and toasty on our ship. But the stress can be unbearable. Racing from duplicate bridge to make four o'clock high tea is a daily challenge. No, no, the ship doesn't have duplicate bridges, it's a card game. And, my, oh my, British high tea is something else. I know the Brits have a reputation for serving bad food but those critics have never traveled on the QM 2. The Brits know how to bake a scone. Ya gotta go to London for bad food.

Yesterday we had high tea with a couple who appeared to be British so I asked, "Are you British?" The gentleman looked down his nose at me and responded most eloquently, "If I were any more British, I wouldn't be able to talk. Come home, Yank, we forgive you."

If you're wondering, this trip is costing us a small fortune. Our goal is to get rid of our children's inheritance



Fred Wooldridge

•
Feedback is encouraged!
email:
askfredanything@aol.com

before the government redistributes what we have to a bunch of freeloaders who never worked and live off the government.

Currently, 50% of Americans pay absolutely no income tax and it's growing. Quick, spend it before it has the value of Monopoly money.

Did you know John and Wynn Cleaveland are on this ship with us? I'm not speaking to them anymore because...well, don't laugh; they won't let

me win at bridge. Just once, I'd like a higher score than them. For those who don't know John and Wynn, they're "Old Highlands" extraordinaire. Wynn's mom founded "The Highlander Newspaper" (that other paper!) and after school, Wynn remembers helping her mom hand-crank copies of the next edition. This sweet, loving woman has history but unless you know her, you'd never realize it because she's not a braggart. She's also having a hard time acting snooty. I have her in training.

And John, her scoundrel hubby, was born and raised in Highlands. He's the longest running mayor Highlands has ever had. Now that man can tell some stories about old Highlands. Back in the day, I've eaten steak in his restaurant and washed it down with whiskey from a paper bag. Life was good. We listen to his stories for hours until our sides are hurting from laughter. When John laughs, everyone within ear shot laughs also.

Maybe they'll let us win at bridge tomorrow.

Most folks on this ship are into marathon eating. Why not? Food is served 24/7 and it's very tasty. The li'l missus and I try to do what we do when we're at home; eat only when we're hungry. That's hard to do when everyone is shoving sumptuous food under your nose all day.

After our brisk 40-minute early morning walk inside the ship, we settle in for breakfast. The li'l missus has her usual twigs and berry cereal while I wolf down five or six fried eggs, 12 pieces of bacon, a large glass of OJ and a sweet roll. Hey, like I said, I only eat when I'm hungry.

Next week, more boring news about our trip you really don't want to read but probably will anyway.

PS - It's a toasty 47 degrees on our cabin's balcony but we're still havin' fun.

• THE VIEW FROM HERE •

There's nothing like winter

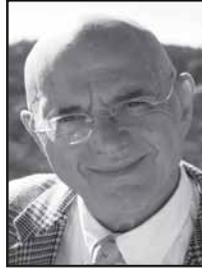
I like winter. I'd forgotten that a walk in near zero temperature isn't life threatening and I'd forgotten the radiance of snow crystals born of single digit temperature, and the moan of untracked snow under my hiking boot. I didn't remember the beauty of an untracked field, a sea of clouds, perfect in its uniformity and its undulations. Something happens to a snowflake when it's formed in a crucible of exquisite cold. It becomes a diamond, among a billion snowflakes. A handful of diamonds randomly tossed, put to reflect the light of a full moon or a solitary street light.

I'd endured too many sodden Southern winters, seasons characterized by the promise of snow and the reality of drenching rain and treacherous ice. I'd learned to bundle myself against the threat cold, the pain of a bone-chilling wind, even when the wind was gentle and the temperature 40 degrees.

It's been cold since before Christmas, relentless cold and mostly dry here in Highlands, but cold with snow along the Tennessee border. A 40-year resident of Banner Elk told me that he has never seen a winter like this one. A weathered ski patroller can't remember snow so sweet in decades.

I've been told, and now believe, that at one time a Highlands Main Street shop rented ice skates to tourists to glide over Harris Lake. Daring locals challenged Mirror Lake. And now this year – with the prolonged cold, Harris Lake is frozen solid the first time since 1994, some say 1996.

Which, of course, demands a defense, or a reevaluation of global warming. Advocates of the theory insist that this winter is merely a blip on a graph to global disaster. Which may be true, or may suggest that we were wrong. Republican friends have been enjoying this winter even more than I, buoyed by the belief that the liberal scientists, and liberal politicians were wrong. I hope they're right. I hope we were wrong. We might turn to statisticians for a cool appraisal, but they're liberal, too. I didn't know early on, and I still have figured out how global warming became a partisan issue, but it is and I am on the defensive.



Dr. Henry Salzarulo

**Feedback is encouraged.
email:**

hsalzarulo@aol.com

My defense is a weak one, "I hope you're right." It is disingenuous to offer as evidence a two week cold span to refute a century of gradually rising temperatures, but this isn't a quest for knowledge, a search for truth. It is a partisan slugfest. And that's a shame, with the health of the planet at stake. A few years ago, advocates of global warming offered the record number of hurricanes as evidence of the urgency to act. Now they explain record cold weather as a statistical blip. The other side is no less duplicitous.

My wish to be wrong stems from a lack of confidence in my fellow man. If, as I suspect, global warming is real and is the result of human activity, we are in real trouble, because I don't believe our race has the will and foresight to take the painful steps to avoid unalterable changes. If, on the other hand, global climate change is real, but a natural event, then things will turn out OK in the end. Mother Nature will eliminate a few thousand weak species that lack the ability to adapt, create many more to replace them, and when the earth wobbles a bit on its axis, will create yet another ice age, and eliminate all but the hardiest species. If the idea of global warming is a myth, a statistical blunder, then let's all go out and buy Hummers.

If global warming is real, I hope it's a natural event. No fewer impoverished coastal people would perish, no fewer species cease to exist. The global political and socioeconomic reactions would be no less cataclysmic, but at least, it wouldn't be my fault. Mass extinction and malnutrition seem less tragic if I didn't cause them by overheating my house.

I'm going to enjoy winter while it lasts, and rejoice in my ability to survive it, to prosper in it. All too soon, typical weather will return. The lakes will thaw before the first of February. Snowy diamonds will melt and run downstream. The squeak of powder snow under boot will be replaced by the chill of icy water oozing through the shoe. My dream is that we remain locked in winter until just before the red bud blooms, but then, it's just a dream.

from the history guy ...

Jan. 14, 1943

World War II: Franklin D. Roosevelt becomes the first President of the United States to travel via airplane while in office when he travels from Miami, Florida to Morocco to meet with Winston Churchill.

Franklin Delano Roosevelt, with his counterpart had often dealt who was Mr Winston Churchill, and there was much Trans Atlantic goodwill. They'd met before, and would again, this time just south of Spain, and to travel for this conversation came by means of aviation. Yes indeed, for that, they flew, a means of transport still somewhat new. So these two leaders agreed to go to the Mediterranean, in Morocco. I guess you could say the reign near Spain came mainly on the planes.

• HIGHLANDS YEAR-ROUND EATERIES •



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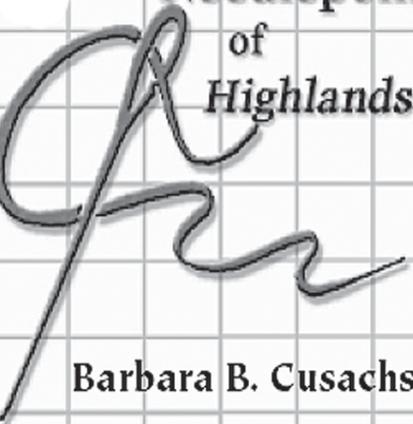
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Saturday • 9-2
526-3939



• HIS & HERS •

Little house on the tundra

By Michelle A. Mead-Armor

My father would have loved this weather. Or rather, he would have hated this weather, but loved to comment on it. Having grown up in up-state New York, and later been transferred by General Electric to Erie, PA, Daddy had no shortage of colorful expressions for cold weather. Unfortunately, most of them are not printable. His all-time favorite comment used to make Maman and me cringe. We could even see it coming. "You know how cold it is?" he would boom, with that sly smile creeping onto his lips. "It's as cold as a witch's t.....!" "Daddy!" I would shriek, covering my ears, and running from the room. Being the logical child that I was, I always wondered how he knew. About that witch, I mean.

Highlands is showing another side these days. Harris Park Lake is alive with skaters, and sliders, and just plain folks who are having enormous fun walking on the ice. It seems a far cry from the lake we usually go to, bringing bread to feed the ducks and geese. Speaking of fowl play, I was dismayed to see the swans at the country club huddled together, looking miserable. Once church was over, John and I bought some bread to take to them. We've always had a soft spot for the swans, even putting a pair of swans on our wedding cake last year. We needn't have worried. I had just begun to throw a few pieces of bread onto the ice when a very nice security guard from the country club stopped me, and said that he had fed the swans just that morning. He appreciated our concern, but the swans were being very well taken care of, thank you very much. I felt a bit silly, but decided to take the rest of the bread on our trip into town tomorrow. I'm sure we can find some needy animals who are not so well connected, and who would appreciate our humble offerings.

Today is John's birthday, one of the ones over age 65, so he's doing his best to ignore it. I had planned to make his favorite breakfast, **croissants** and **pains au chocolat** from Williams-Sonoma.

This is out of the question, however, since our house has no central heating, and it is too cold for dough to rise. It's not great for our buns, either. The average temperature of our house has been between 50F-55F, not a comfortable thing by any means. To add to our woes, we have no running water, since the pipes between the spring



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and our house have frozen. Let's just say that living in a house with no flushing toilets can put a strain on even the happiest of relationships. Ditto to the lack of showers.

Fortunately, after our summer experiences with the spring drying up, we have become very resourceful about doing without water. It's not as hard as you think to slip into the routine of showers at the Rec. Center (or

at the homes of kindly friends), flushing toilets with water from our two 5-gallon water containers, and doing laundry at the laundromats (in Highlands, Franklin, or Dillard).

We're having a great time watching the cats. As most cat lovers know, cats are heat-seeking missiles, so they tend to migrate around the house to whichever room is currently the warmest. They usually sleep with us at night, too, finding a corner of the bed unoccupied by humans, and hunkering down. I put two duvets on our bed, and found that Weasel had actually crawled between the two for warmth. Thinking this was about the cutest thing ever, I reached down to give her a pat. She bit me.

Surprisingly enough, once you get into bed, it's really quite comfortable. As a child, I never understood why my parents insisted on leaving my bedroom window open, even in the dead of winter. I'd wait until they'd gone to bed, and then close the offending window. Now that we're sleeping **à deux** (not to be confused with **folie à deux**, which defines our current situation), it actually gets quite toasty until you get out of bed in the middle of the night for a trip to the loo. I think my race to the bathroom these days has broken the land speed record! Thank heavens for bathroom heaters, that's all I can say.

At first, I couldn't believe that this house could become so cold. Neither could other people, it seems. When folks asked how things were up on the mountain, I'd explain that it was pretty cold, given that we have no central heating. "No central heating? In this weather?" they exclaimed, in amazement. "Are you crazy?" "No," I replied sweetly, "But my husband is." For some reason unbeknownst to all but himself, my husband feels it necessary to heat with wood and keep the original mercury glass window panes that keep this house colder than most refrigerators. Maybe it's the Ben Franklin thing. As I haul my ump-

• COACH'S CORNER •

The pursuit of dreams

In Honor of Martin Luther King, I think I had more than a few dreams this weekend—maybe the three to five people that read this column (thanks mom) can help me make sense of it all.



Ryan Potts
tryanpotts@hotmail.com

I have a dream...
That one day Monte Kiffin will take his son over his knee for being a snake in the grass...

That Coach K will use the word "fiddlesticks" just before hurling Wojo across the court much in the same way that Bob Knight hurled a chair 35 years ago.

That a black athlete will be described as "heady" or "crafty" and a white athlete will be described as "explosive" or "springy."

That Clemson takes a 20 point lead against someone...and wins

That Conan O'Brien goes to FOX and destroys both Leno and Letterman, and we get to see staring contests again.

That Roy Williams and Bobby Bowden had a "dadgum" off to see who could be more down home and country. This event will be followed shortly by Coach Bowden actually taking out his false teeth and going to town on an apple at Terry and Jeff's birthday party to cheers of Go Dad...Gum It!! (ok, I know—that was possibly the worst thing I have ever put in this column. That's a nominee for the bad joke of 2010, and it's only January!)

That Joe Theismann never broadcasted another game again...ever. His voice makes me want to hurt myself.

That Hulk Hogan's skin actually turned inside out to prevent further tanning

That I turned on wrestling and Bret Hart, Ric Flair, Scott Hall, Kevin Nash,

Sting, Hulk Hogan, Eric Bischoff and X Pac were all there, and it was 2009 instead of 1999.

That Tiger Woods started embracing his inner pimp, wearing feather boas and lots of bling, then proceeded to dominate the golf course once again despite the chorus of boos. Admit it, it would be fun to hate Tiger

Woods.

That we moved some of these hockey teams back to Canada, so that true hockey fans could rejoice.

That Brittney Griner of Baylor dunked all over Dwight Howard

That someone referred to the "dribble drive motion offense" by its true name- The "This is not really anything but streetball but I have to call it something cool to get the kids to come play for me" offense

That Dan Shulman punched Dick Vitale in the face for drooling/sweating on him. And Vitale said it was "awesome baybee."

That ABC quick cut to a shot of Brent Musberger drinking scotch in the booth. You know he does, I know he does, but finally getting some visual evidence is priceless.

That Sidney Lowe (in the bright red sports coat) and the Kool-Aid man were separated at birth.

That there was no such thing as "American Idol."

And finally, I had a dream that the New Orleans Saints won a Super Bowl. That's when I awoke, and new that all of the wonderful things that I had imagined were simply imaginary. I could take an Ambien now, and then really have some wild dreams, or I could simply sit back, relax and reminisce ... a guy can dream, can't he?

... HIS & HERS continued from page 6

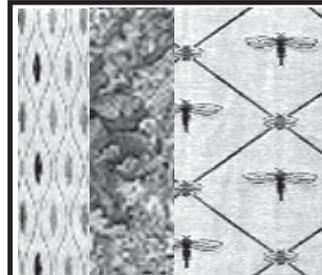
teenth load of firewood into the house, I begin to suspect that John didn't just marry me for my big brown eyes and my recipe for **boeuf bourguignon**. I recall how I was the girl guys used to date when they were hauling heavy furniture.

Still, there are worse things than living in a house that looks like the set for **Dr. Zhivago**. Wait! Do I hear balalaika music? Is someone playing "Lara's Song?" If I hang around long enough, maybe Omar Sharif will show up, with a bottle of vodka! Hey, Omar. I'm up here. The second lump under

the duvet, that's me.

• About the Author: Michelle A. Mead-Armor is a writer and translator who grew up in Waynesboro, Virginia, before wasting her youth and good looks in Baltimore, Sydney, Paris, and New York. She and her husband live on top of a mountain on the Continental divide near Highlands. They are members of the Highlands Writers Group. Michelle is currently sporting the babushka look, and waiting for the Big Thaw

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• CONSERVATIVE POV •

2010 – another 1994?



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

The year 2009 was hard enough to live through – reviewing it is not going to be fun.

However, it's got to be done to set the stage for what follows.

Some of us remember clearly the pain of the Carter years. We were humiliated on the national stage; the economy went nuts, inflation soared, interest rates skyrocketed, Carter's approval ratings plunged. Personally, I was not a happy American. Did we have to endure the pain of Carter's term in office to get to Ronald Reagan's election? It was a steep price to pay, but it was worth it.

Most of us remember the shame that Bill Clinton brought upon our country early in his first term. He locked Hillary in a conference room with a bunch of lawyers and super liberals to create their version of health care reform. He tried to advance the cause of gun control. Both efforts failed and raised the ire of the voters. In 1994, the Republicans swept the Congressional races and controlled the House for the first time in 40 years.

From Wikipedia, "The Democratic party had run the House for all but four of the past 72 years and had been plagued by a series of scandals. The Republican Party, united behind Newt Gingrich's Contract with America, which promised floor votes on various popular and institutional reforms, was able to capitalize on the perception that the House leadership was corrupt, as well as the dissatisfaction of conservative and many independent voters with President Clinton's actions."

I don't know what will solidify conservative and independent voters this time around, but the conditions are certainly favorable for a Congressional takeover.

Obama has tried to ram through much unpopular liberal legislation without a lot of success so far (let's hope that continues). No one can deny that the congressional Democrats are plagued by a plethora of scandals.

Pelosi is slipping legislation by with razor thin margins. A flip of three voters

would have changed the outcome of many votes. Three of 435. In the Senate, there is no wiggle-room whatsoever. 60-40 period.

In the past year, Obama has been slipping in popularity to a historic low at this point in an administration. The Congressional approval rating is at 27.4%. Republicans lead the generic polls (a majority of people would vote for the R rather than the D no matter the candidate). 57.4% of folks think the country is going in the wrong direction.

In the past year, the people have stood up like never before in my lifetime. First, the Tax Day Tea Parties were hugely successful. The great turnout in Franklin was duplicated all over the country. The Independence Day parties were equally well attended. Great multitudes of the Faithful turned out for town hall meetings, voicing their displeasure with their government's goings-on. The press and the left couldn't believe that people could disagree with their Marxist ideas and still wouldn't take the uprising seriously.

I'm pretty certain that the 9.12 March on Washington was the watershed event that threw cold water in the faces of the detractors and incumbents started being concerned with mid-term elections. Some of them actually might have started thinking about what they were voting on and the consequences of going against the will of the people.

When push comes to shove, votes are

the only things that count. The first chances the voters had to exercise their dissatisfaction were in Virginia and New Jersey. In each case, the Conservative Republican beat their liberal Democrat opponent in spite of a great deal of monetary support from the DNC and frequent visits from Obama.

Tuesday, January 19th Scott Brown (R) and Martha Coakley (D) face off in Massachusetts for Teddy Kennedy's Senate seat. As of January 9th, Brown leads in the polling 48% to 47%. If Brown succeeds in winning the election, Harry Reid's filibuster-proof majority in the Senate goes away and momentum really builds on the side of the Conservatives.

The outcome of the mid-term elections depends on a number of factors. First, will the Obama goon-squads (Acorn and the SEIU) be as active as they were in 2008? I doubt it. They have come under a great deal of scrutiny and no longer have the element of surprise on their side. Second, Obama isn't running. This should work to the advantage of the Republicans.

If Congress puts together an amnesty bill and passes significant legislation to allow millions of illegal aliens to vote, that would be a mountain that would be very difficult to overcome. The Massachusetts vote looms large in determining if such legislation will happen.

Finally, the effectiveness of the collective grassroots organizations in getting their message out will influence the outcome of the elections. Already, several incumbents on both sides have announced that they will not run. As the volume is turned up, I expect several more will choose to retire. The public distaste for Reid, Pelosi and Obama will make life difficult for Democrat candidates and the normal loss of seats in mid-year elections by the majority will certainly come in to play.

With everything else being said, this will be the most important election in our lifetime.

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Ongoing and Upcoming Events



Sign-ups through Feb. 2.

• "Dancing is good for your heart. So is fish oil," so the commercial goes. Forget it, start it, or continue the fish oil, but **DO START THE DANCING!** Beginning Tuesday, January 19, Western style mainstream square dance classes will begin in First Presbyterian Church's Coleman Hall. Professional caller Jim Duncan from Otto will teach as many couples as will commit to the approximately 20-week series of lessons. Tentative class time is 6-8 p.m. The spacious room in the new FPC building will allow for several squares of four couples. Men and women of all ages from Highlands and surrounding areas are invited to participate in this

fun-filled winter and early-spring dance. This non-profit activity will be provided at a minimal cost to each couple. The actual cost will be determined by the number who enroll in the class, not to exceed \$5 per couple weekly. Dress is casual; square wear is optional. Call FPC at 526-3175 to reserve your place in a square.

Ongoing

• At Health Tracks at Highlands-Cashiers Hospital, various exercise classes all week long. Call 828-526-1FIT.

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 203.

• Christ Anglican Church, Highlands-Cashiers will be sharing facilities with Whiteside Presbyterian Church (PCA) of Cashiers, beginning with the first Sunday of the New Year, Jan. 3, 2010. Whiteside PCA is located at 621 US Highway 64(W), Cashiers, NC 28717. The service time for Christ Anglican will be 9 a.m. each Sunday morning, starting on January 3. Everyone is invited to come and be part of this historic symbiosis of two orthodox Christian churches. Watch these pages for new worship and teaching opportunities.

Mon., Wed., Thurs.

• Yoga On the Mat at the Episcopal Church of the Incarnation on Main Street. Enter through single door facing Mountain Fresh. Upper Level Jones Hall. Winter Hours: Monday at 8:30 a.m. and Thursday at 10:45 a.m. Bring your mat. 828-482-2128. \$10/hour.

Mon., Wed., Fri.

• 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. Auxiliary meetings are held the 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

• Clogging Lessons at the Rec Park. 5 p.m. Leather shoes recommended and tap shoes can

be ordered. For more information, call Joyce Doerter at 877-6618. \$30/mth.

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

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

Tuesdays & Wednesdays

• Zumba Classes at the Rec Park. Aerobic/dance/toning. No dance experience necessary. One-hour. \$5/class. Tuesdays, 11:30-12:30, Wednesdays Zumba Gold/Beginner, 9:30-10:15 a.m. Call Mary K. Barbour at 828-342-2498.

Wednesdays

• A FREE After School Program at Highlands United Methodist Church. Children are picked up at school, taken to the church, have a snack, helped with homework time and supervised playing on the playground and participate in a music program. Children are dismissed at 5:30 pm in time for dinner in the fellowship hall. For information, call 526-3376.

• The Highlands Mountaintop Rotary meets at Ruka's Table at 163 Main Street in Wright Square in Highlands at 7:30 a.m. Visitors are welcome. If you are new to the Highlands area we invite you to join us for breakfast and our meeting.

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

Wednesdays & Fridays

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

Every 3rd Wednesday

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

Thursdays

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

1st & 3rd Thursdays

• NAMI Appalachian South (National Alliance on Mental Illness) will have a support group meeting the first and third Thursday of each month. It is for people coping with serious mental illnesses (bipolar disorder, depression, schizophrenia, panic disorder, etc) and/or their family members. We also do advocacy and educational programs. 486 W. Palmer St., Franklin, NC, 7-8 p.m., with snacks afterwards. For information contact Carole Light, Ph.D. at 828-526-9769 or Ann Nandea at 828-369-7385

Fridays & Saturdays

• At Fressers Eatery, Cy Timmons live from 6 p.m.

• At Highlands Wine & Cheese, at Falls on Main, complimentary wine samplings during business hours.

Every Third Saturday

• The Highlands Memorial Post #370 of the American Legion meets at the Shortoff Baptist Church. Breakfast 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 828-526-9938 (ext 258).

Saturdays

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

• At Highlands Wine & Cheese, Falls on Main, Wine Flights from 4-6:30 p.m. Five wines, artisan cheeses and specialty foods. \$19 per person.

• NA open meeting every Saturday at 7:30 p.m. of the ACC Satellite Group at the Graves Community Church, 242 Hwy 107 N. in Cashiers. Call 888-764-0365.

Thursday, Jan. 14

• Creating neighborhoods for seniors will be the subject of the League of Women Voters program at 12:15 p.m. at Tartan Hall in the First Presbyterian Church in Franklin. Lunch will be served

• See EVENTS page 10

NEW POLICY

For-Profit Businesses and NonProfit Organizations requesting Promotional or Press Release space, must agree to an advertising arrangement.

Without an arrangement, only a listing in the upcoming events calendar will appear for NonProfits but no listing will be accepted for For-Profit Business events.

To request ad rates and a publication calendar, email highlandseditor@aol.com

SUBMISSION DEADLINE:
Mondays at 5 p.m.

ANGELFOOD for January

The January menu is now available. In addition to the regular menu this month AngelFood is offering a **SEAFOOD PACK** for \$35 which includes jumbo shrimp, oven baked stuffed flounder with crab stuffing, tilapia fillets, and oven ready crab cakes.

Orders may be placed and paid for at The Episcopal Church of the Incarnation, Main & 5th until **FRIDAY, JANUARY 15**. Cash or EBT cards only. Distribution day is **Saturday, January 23** from 9-10 am at the church.

Online ordering is available by going to www.angelfoodministries.com. Click on "order online" or "find a local site," type in your zip code, and select Episcopal Church of the Incarnation. You may pay by debit or credit card via this website.

ANGELFOOD Ministries is a non-profit, non-denominational organization. This food relief program is open to everyone. Call 526-9191 or 526-9889 for more information.

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January 15-21

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rated R
Friday: 4:20, 7, 9:20
Saturday: 2, 4:20, 7, 9:20
Sunday: 2, 4:20, 7
Mon + Wed: 4:20, 7
Tues + Thurs: 2, 4:20, 7

THE PRINCESS AND THE FROG

rated G
Friday: 4:10, 7:10, 9:10
Saturday: 2:10, 4:10, 7:10, 9:10
Sunday: 2:10, 4:10, 7:10
Mon + Wed: 4:10, 7:10
Tues + Thurs: 2:10, 4:10, 7:10

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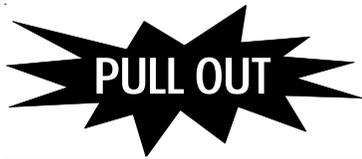
rated PG-13
Friday: 4:30, 7:30
Saturday: 1:30, 4:30, 7:30
Sunday: 1:30, 4:30, 7:30
Mon + Wed: 4:30, 7:30
Tues + Thurs: 1:30, 4:30, 7:30

ALVIN AND THE CHIPMUNKS: THE SQUEAKQUEL

rated PG
Friday: 7:15
Saturday: 2:15, 7:15
Sunday: 2:15, 7:15
Mon + Wed: 7:15
Tues + Thurs: 2:15, 7:15

IT'S COMPLICATED

rated R
Friday: 4:15, 9:15
Saturday: 4:15, 9:15
Sunday: 4:15
Mon + Wed: 4:15
Tues + Thurs: 4:15



Ongoing and Upcoming Events

Town Board Agenda January, 20, 7 p.m.

- Reports
- A. Mayor
- B. Commissioners
- C. Committees
- D. Town Manager
- Consent Agenda
- A. Public Services Department
- B. Police Department
- C. Parks & Recreation Department
- D. Planning & Zoning Department
- E. Treasurer's Report for Month Ended December 31, 2009
- F. Monthly Calendar
- G. Grant Status Report
- H. County Commission Meetings
- 7. Public Hearing: Voluntary Annexation Petition Filed by Nancy Hester
- 8. Resolution in Support of Upper Cullasaja River Restoration Project
- 9. Recreation Center Improvements
- 10. Scholarship Committee Policy and Procedures
- 11. Consider Appointments to Sustainability Committee
- 12. Consider Appointments to Business Group
- 13. Process of Electing Mayor Pro Tempore
- 14. Adjourn

at noon, by reservation — call 524-5192 or email lwv@wild-dog-mountain.info. The program will begin at 12:15. The public is invited.

Friday, Jan. 15

- The High Mountain Squares will dance this Friday night at the Macon County Community Building on route 441 South from 7-9 p.m. Jim Duncan from Otto, NC will be the caller. We dance Western Style Square Dancing, main/stream and plus levels. Everyone is welcome. For information call 828-349-0905, 828-349-8344, 706-782-0943, or www.highmountainsquares.org

- Blood Drive for Type O neg and B neg types. Angel Medical Center Blood Drive (120 Riverview Street, Franklin) 8 am to 5 pm. Please call 369-4166 for more information or to schedule an appointment. Walk-ins welcome, appointments preferred. *All presenting donors have a chance to win a \$1,000 gift card!*

Saturday, Jan. 16

- Mirror Lake Improvement Assoc. litter pick up from Thorn Park at 9 a.m. Weather permitting.

- The Nantahala Hiking Club will take a strenuous 12.5 mile hike from Deep Creek to

Sunkota Ridge in the Great Smokies Park. Meet at the Huddle House in Sylva at 8 a.m. Drive 100 miles round trip from Franklin. Bring water and lunch. Call leader Don O'Neal, 828-586-5723, for reservations. Visitors are welcome, but no pets please.

Sunday, Jan. 17

- The Nantahala Hiking Club will take an easy 2.5 mile hike on old Forest Service roads in the Jones Creek area. Meet at Westgate Plaza in Franklin, opposite Burger King, at 2:00 p.m. Drive 12 miles round trip. Call leader Kay Coriell, 369-6820, for reservations. Visitors are welcome but no pets please.

Beginning Tuesday, Jan. 19

- The 8-week Winter Session for the Community Youth Art Program begins and includes three offerings at The Bascom: Tuesday After School Classes, 3:15-4:30 pm – Susan Nastasic teaches this ongoing study for elementary-age students, kindergarten through sixth grade. Cost is \$40. Wednesday Preschool Creativity Classes for Parent and Child – (Ages 2 1/2-5), 11-11:45 am, instructor Katy Calloway introduces the very young to art activities designed to develop creativity. Cost is \$40; Saturday Art School – Kindergartners through eighth graders from 10 a.m. to noon for fun, hands-on, age-appropriate "art school." Cost is \$64. To register, visit www.thebascom.org or call (828) 526-4949 ext. 100.

Wednesday, Jan. 20

- The Highlands Towb Board meets at 7 p.m. in the Community Building on U.S. 64 east next to the ballfield.

Thursday, Jan. 21

- Tickets go on sale for HCP's Murder Mystery Dinner Theater at PAC Friday and Saturday, Jan. 28-30. \$55 per person for 3-course dinner with wine, hors d'oeuvres and dessert or \$425 for table of 8. Call 526-8084 for reservations.

- Thursday matinee movie series in the Library Meeting Room, hosted by the Friends of the Albert Carlton – Cashiers Community Library at 3 p.m. Free but donations accepted. Meryl Streep and Amy Adams star in "Julia and Julie." Julia Child's story of her start in the cooking profession is intertwined with blogger Julie Powell's 2002 challenge to cook all the receipts in Julia Child's "Mastering the Art of French Cooking." In 1949 Julia Child, bored, tries hat making, bridge, and then cooking classes at Cordon Bleu. In 2002 Julie Powell, an underemployed failed novelist, decides to cook her way through Child's book.

Saturday, Jan. 23

- The Nantahala Hiking Club will take a moderate 4 mile hike with an elevation change of 500 feet to Lower Whitewater Falls. Meet at Cashiers Wachovia Bank in back at 10:00 a.m. Drive 22 miles round trip. Bring water and lunch. Call leader Mike Kettles, 743-1079, for reservations. Visitors are welcome, but no pets please.

Sunday, Jan. 24

- The Nantahala Hiking Club will take a strenuous 8 mile hike with an elevation change of 2000 feet to Big Scaly Mountain in the Standing Indian

area. Meet at Westgate Plaza in Franklin, opposite Burger King, at 8:00 a.m. Drive 70 miles round trip. Bring water, lunch. Call leader Chris Shaw, 371-0183, for reservations. Visitors are welcome but no pets please.

Monday, Jan. 25

- The next Regular Macon County Board of Education meeting is at 6 p.m. in the board room of the Macon County Schools Administration Office in Franklin.

Tuesday, Jan 26

- At Hiarpt, "Against Grand Narratives, Part 1 & 2, by Shadia B. Drury. Will be distributed by email. Coordinator: Peter Ray. Civic Center: 10-11:30 a.m.

- Blood Drive for Type O neg and B neg types. Macon County Library Blood Drive (149 Siler Farm Road, Franklin) 10 am to 6:30 pm. Please call 524-3600 for more information or to schedule an appointment. Walk-ins welcome, appointments preferred. *All presenting donors have a chance to win a \$1,000 gift card!*

Wednesday, Jan. 27

- Warmth in Winter. Need a hot meal? Come to CareNet at 130 Bidwell Street, Franklin Wednesday from 4-8 p.m. Transportation provided by Macon County Transit. Pick ups every hour. Old Ingles: 3, 4, 5, 6; Hot Spot 3:15, 4:15, 5:15, 6:15. Wal-Mart: 3:30, 4:30, 5:30, 6:30. Big Bear Park: 3:45, 4:45, 5:45, 6:45. Also available, blankets, coats, socks, gloves, hats and more FREE as supplies last.

Friday & Saturday, Jan. 29-30

- Murder Mystery Dinner Theater with the Highlands-Cashiers Players at 6:30 p.m. at PAC on Chestnut Street, "Destination Highlands/Destination Murder." Three-course dinner with wine, hors d'oeuvres and dessert. \$55 per person or \$425 for table of 8. Tickets go on sale Thursday, Jan. 21. Call 526-8084 for reservations.

Saturday, Jan. 30

- The Nantahala Hiking Club will take a moderate 5.7 mile hike on the Park Creek and Park Ridge trails in the Standing Indian area. Meet at Westgate Plaza in Franklin, opposite Burger King at 9:30 a.m. Drive 26 miles round trip. Call leaders Bill and Sharon Van Horn, 369-1983, for reservations. Visitors are welcome but no pets please.

Sunday, Jan. 31

- The Nantahala Hiking Club will take an easy 1.2 mile hike along a new short trail near the Environmental Center in Franklin. Meet at Frog Headquarters on Main St. in Franklin at 2:00 p.m. Drive 6 miles round trip. Call leader Kay Coriell, 369-6820, for reservations. Visitors and children over ten are welcome, but no pets please.

Tuesday, Feb. 2

- At Hiarpt, *The Geography of Bliss* by Eric Weiner. Coordinator: John Carr. Civic Center: 10-11:30 a.m.

Friday, Feb. 5

- At the Smoky Mountain Center for the Performing Arts in Franklin on the Hwy. 441, the Booth Brothers. Tickets are \$14 per person. Call 828-524-1598 or 866-273-4615 or go to

Winter fun for a price



There's snow tubing and ice skating on a man-made rink at Scaly Mountain. Photo by Jim Lewicki

Highlands-Cashiers Players stage murder mystery dinner theater fundraiser for Friday and Saturday, Jan. 29-30

What is there to do on a wintery weekend in January? Why not "wine, dine and solve the crime?"

Highlands-Cashiers Players is holding a benefit dinner theater on Friday, Jan. 29 and Saturday, Jan. 30 where patrons are invited to enjoy a delicious three-course dinner including wine, hors d'oeuvres and dessert while they watch the players present a murder mystery, "Destination Highlands/Destination Murder."

Make plans to attend as the fun starts at 6:30 p.m.

For only \$55 per person or \$425 per

table of eight, those attending will be treated to the return of detective Lansing Hughes played by Jim Gordon. He is ably assisted by Ronnie Spilton, Stuart Armor, Dean Zuch, Michelle Hott and new comer to the murder mystery venue, but certainly not the stage, Bonnie Earman.

Mystery Dinner patrons will have the opportunity to see the many ways in which the plot and venue have been adapted specifically to Highlands environs.

Tickets go on sale Jan. 21 and are available by calling the HCP box office at 828-526-8084. This event often sells out, so call early for reservations.

Ongoing and Upcoming Events



greatmountainmusic.com.

Saturday, Feb. 6

• The Nantahala Hiking Club will take a mod-

erate-to-strenuous 4.5 mile hike with an elevation change of 1000 feet from the Standing Indian campground to Blackwell Gap Trail. Meet at the Nan-

tahala Club House on Carl Slagle road in Franklin at 9:00 a.m. Drive 20 miles round trip with shuttle. Call Chris Shaw, 371-0183, for reservations. Visitors are welcome but no pets please.

Sunday, Feb. 7

• The Nantahala Hiking Club will take an easy 2-mile hike to Mud Creek Falls off Hwy. 246/106 near Sky Valley. Meet at Smoky Mtn. Visitors Center in Otto at 2:00 p.m. or call leader for alternate meeting place. Drive 22 miles round trip. Call leader Kay Coriell, 369-6820, for reservations. Visitors are welcome but no pets please.

Tuesday, Feb. 9

• At Hiart, "Batter My Heart" will be distributed at previous meeting. Coordinator: Martha Porter Civic Center: 10-11:30 a.m.

Saturday, Feb. 13

• The Nantahala Hiking Club will take a moderate 4-mile hike from Rock Gap to Winding Stair Gap. Meet at Westgate Plaza in Franklin, opposite Burger King at 9:30 a.m. Drive 20 miles round trip with shuttle. Call leaders Bill and Sharon Van Horn, 369-1983, for reservations. Visitors are welcome but no pets please.

Tuesday, Feb. 16

• At Hiart, *Ishmael* by Daniel Quinn. Coordinator: Karen Hawk. Civic Center: 10-11:30 a.m.

Saturday, Feb. 20

The Nantahala Hiking Club will take a moder-

ate-to-strenuous 5-mile hike with an elevation change of 700 feet to Windy Falls, a seldom visited awesome falls on the Horsepasture River. Meet at the Cashiers Wachovia Bank in back at 10:00 a.m. Drive 40 miles round trip. Call leader Mike Kettles, 743-1079, for reservations.

Sunday, Feb. 21

The Nantahala Hiking Club will take an easy 1-mile hike on the Taylor Lake Loop Trail in Black Rock Mtn. State Park in GA near Clayton. Meet at the Smoky Mtn. Visitors Center in Otto at 2:00 p.m. Drive 28 miles round trip. Call leader Kay Coriell, 369-6820, for reservations. Visitors and children over ten are welcome but no pets please.

Tuesday, Feb. 23

• At Hiart, "The Things People Say" by Elizabeth Kolbert and "The Paranoid Style in American Politics" by Richard Hofstadter. Coordinator: Peter Ray. Civic Center: 10-11:30 a.m.

The best things in life are free!



Young and old take advantage of a frozen Harris Lake.

Photo by Jim Lewicki

TYPE O NEG AND B NEG BLOOD LEVELS DROP TO EMERGENCY LEVELS

Red Cross urging donors to give blood during critical time

Macon County - As a result of the recent bad weather across the country, on the heels of the holiday season, the blood supply has drastically decreased in the Carolinas Region. Type O negative and type B negative blood supplies have dropped to emergency levels and help is needed now! Since type O negative blood can be used for any patient when there is not time to determine the patient's blood type, it is crucial that there is a sufficient supply.

Friday, January 15

Angel Medical Center Blood Drive (120 Riverview Street, Franklin)
8 am to 5 pm

Please call 369-4166 for more information or to schedule an appointment.

Walk-ins welcome, appointments preferred.

All presenting donors have a chance to win a \$1000 gift card!

Tuesday, January 26

Macon County Library Blood Drive (149 Siler Farm Road, Franklin)
10 am to 6:30 pm

Please call 524-3600 for more information or to schedule an appointment.

Walk-ins welcome, appointments preferred.

All presenting donors have a chance to win a \$1000 gift card!

Every two seconds, someone in the United States needs blood. The American Red Cross Carolinas Blood Services Region provides lifesaving blood to 103 hospitals and must have 1,600 people give blood and platelets each weekday to meet hospital demand. Accident victims as well as patients with cancer, sickle cell disease, blood disorders and other illnesses receive lifesaving transfusions every day. There is no substitute for blood and volunteer donors are the only source.

The Red Cross encourages people who are in good health to donate so that hospital patients have the blood or platelets they need to make a full recovery. Blood is needed to help treat a variety of patients including accident victims and individuals undergoing surgery and cancer treatment.

Blood can be safely donated every 56 days. Most healthy people age 17 and older, or 16 with parental consent, who weigh at least 110 pounds, are eligible to donate blood and platelets. Donors who are 18 and younger must also meet specific height and weight requirements.

For more information or to locate a nearby blood drive, please call 1-800-GIVE LIFE (448-3543) or visit RedCrossBlood.org.

CHRIST ANGLICAN CHURCH

Now Worshipping at
the Facilities of

Whiteside
Presbyterian
Church

621 US 64 Hwy (West)
Cashiers

Sundays at 9 a.m.
Communion Service



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

Come and join us!
The Reverend Jim Muphy,
Rector

(252) 671-4011

www.christanglicanchurch.com

• SPIRITUALLY SPEAKING •

A great day is coming



Rev. Sam Forrester
Whiteside Presbyterian Church

The writers of the Bible knew of a day that was to come that would be terrible and yet wonderful. It will be a day that exceeds all others in brightness. It will open with an indescribable brightness. All days before this one great day received their light from the sun, this day will receive its light from God himself. Other days dawned with a quietness, but this day will come forth with much noise. Psalm 50:3-4 "Our God comes and will not be silent; a fire devours before him, and around him a tempest rages. He summons the heavens above, and the earth, that he may judge his people."

Jesus shall come in the same way he went up. I Thessalonians 4:16 "For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God." On that day men will see and experience things as never before. The brightness of our Lord's return will overwhelm the sun and stars. And the sounds that come with him will drown out the earthly noise. This will be a day of great and marvelous wonders. It will begin with, be filled with, and closed with such miracles as men cannot even begin to imagine.

What will be even more amazing will be the results that accompany all of these things. Every act of God toward man will be justified. All evil shall come to its just end. All petty objections shall be silenced for eternity. All judgment shall be brought to its final state.

This day is fixed in time. The time is set by God himself. Acts 17:31 "For he has set a day when he will judge the world with justice by the man he has appointed." God knows this day but men do not. To him it is sure, to men it is doubtful. Matthew 24:36 "No one knows about that day or hour, not even the angels in heaven, nor the Son, but only the Father." It comes like a thief in the night. It comes as the flood of Noah's day. It comes as the tempest of God's great wrath came on Sodom and Gomorrah. It is a day set by God and no one can change its coming. Men do not want to think about it but God is ever thinking of it. Nothing can make it come quicker. It will come only when God's purposes are fulfilled.

My friend, consider well what your estate will be when that day comes. Jesus Christ has already come into this world to show you the way to avoid this horrible fate. If you will look to him, placing your hope and trust in him and in him alone you can be prepared to face this great day of judgment and be one of those who come to the Father's banquet Table. If you continue to insist on following your own path that day of judgment will come and catch you unprepared and cause you to be cast into the fires of hell for eternity.

Hear the message of grace given in the Gospel and come with boldness before God on that great day.

• PLACES OF WORSHIP •

BLUE VALLEY BAPTIST CHURCH
Rev. Oliver Rice, Pastor (706) 782-3965
Sundays: School - 10 a.m., Worship - 11
Sunday night services every 2nd & 4th Sunday at 7
Wednesdays: Mid-week prayer 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 and Supper - 6:00 p.m., members' homes

Wednesday: Men's Bible Study - 8:30 a.m., First Baptist Church, Highlands
Thursday: Women's Prayer Group - 10:30 a.m., members; homes

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

COMMUNITY BIBLE CHURCH
www.cbchighlands.com • 526-4685
Pastor Gary Hewins
3645 U.S. 64 east, Highlands
Sundays: 9:30am Sunday School; 10:30 am;

Children's/Family Program; 10:45 Worship; 5 p.m., Middle and HS student ministries;
Tuesdays: 9:30 a.m. Women's Bible Study
Wednesdays: 5 p.m. Dinner, 6 p.m. Children/student/adult programs

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)

Sunday Service on Channel 14 at 10:30 A.M.
Monday: 4 p.m. Women's Cursillo Group
Tuesday: 8 a.m. Men's Cursillo Group
4:30 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
• Sunday Service on Channel 14 Sun. at 10:30 a.m.
FIRST ALLIANCE CHURCH OF FRANKLIN
Rev. Mitch Schultz, Pastor • 828-369-7977
Sun. Worship 8:30 & 10:45 a.m.; 6: p.m.

(nursery provided)
Sun. school for all ages 9:45 a.m.
Wed: dinner 5 p.m. followed by childrens Pioneer Club 6 p.m.; Jr & Sr Youth Group 6:30 p.m.;
Adult Bible Study & Prayer Meeting 7 p.m.

Small groups available throughout the week.
FIRST BAPTIST CHURCH
Dr. Daniel D. Robinson, 526-4153

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 - 11 a.m.; Sun. School - 9:30 & 9:45.
Mondays: 8 a.m. - Men's Bible Discussion & Breakfast
Wednesdays - 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 11 a.m.; 5 p.m. Youth Group
Wed: Supper; 6; 7:15 - children, youth, & adults studies; 6:15 - Adult choir
(nursery provided for Wed. p.m. activities)

Thurs: 12:30 - Womens 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.
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
OUR LADY OF THE MOUNTAINS ROMAN CATHOLIC CHURCH
Rev. Dean Cesa, pastor
Parish office, 526-2418
Sunday Mass - 9 a.m.

Saturday Mass - Mem Day through Oct. - 6 pm
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

... WATER continued from page 1

health or safety regulations and can legally be present in any amount, they say.

Testing categories are "Contaminants Above Legal Limits," "Contaminates Below Legal Limits but Above Health Guidelines," and "Contaminates Tested for but not Found."

Based on the three-year study from 2004-2008 there have been instances when three contaminants above legal limits have shown up in Highlands' drinking water — Chloroform, Lead and Total Trihalomethanes.

There have also been instances when three contaminants below legal limits but above health guidelines have shown up — Combined Radium -226 and 228, Radium 228 and Trichloroacetic acid.

However, all of Highlands' tests indicate considerable improvement since 2004.

"The reason these contaminants are showing up is directly linked to the problem we have with siltation and shallow water in Big Creek," said Public Service Director Lamar Nix. "We predicted this will happen and that's why dredging the creek or moving the intake to the Sequoyah Dam is important."

With shallow water due to siltation, comes warmer water which breeds algae which results in organic matter being released into the water.

It then becomes necessary to treat the organic matter with chlorine which results in chlorine by-products being released into the water which is what the Chloroform and Total Trihalomethanes indicate.

When earlier tests indicated the presence of Chloroform and Total Trihalomethanes in Highlands' water supply, the chlorine contact point was moved to within the water plant so there is less contact time between chlorine treatments.

"As you can see from the charts, tests indicate improvement but it's something we have to watch constantly due to the state of the creek," said Nix.

The town applied for stimulus money to dredge Big Creek but it was denied and now it's awaiting word from the Army Corps of Engineers on funding.

To dredge Big Creek and repair Randal Dam, which needs to be done as a package since the dam is above Big Creek and can directly affect the town's water supply if it breaks, about \$3 million is needed.

Another option is to move the intake value from its current spot at Big Creek and U.S. 64 to above Sequoyah Dam. That is estimated to cost \$1.5 million to \$2.3 million. "We would have to pipe the water back up to the water plant, but it wouldn't entail that much and would be relatively easy to do," said Nix.

ORC at the water plant, Wade Wilson said the Lead count in the report is not only solely based on results from houses built from 1978-1985 but also based on samples taken by those homeowners.

"The tests aren't exactly scientific," he said. "We supply the kit, but they are not supposed to use their system for 12 hours and

then collect the water and send it off to a certified testing lab indicated on the kit which sends the results back to us and then we send the results on to the state."

Across the nation, copper water lines in houses built prior to 1985 were traditionally soldered with lead-based solders. That practice changed after 1985, but because those houses still exist water in those houses is tested for lead.

"The thing is, we have to treat the entire Highlands community's drinking water with metaphosphate, which coats everyone's water pipes, because lead has shown up in the water at certain houses built during that time," said Wilson. "The addition of metaphosphate to the town's water is not because of lead in the town's water. It's only to keep lead in those specific pipes from leaching into the water at those specific homes."

Wilson said initially water collected by homeowners at 40 age-specific homes had to be collected but when lead wasn't found, the required number of homes tested was decreased to 20.

Contaminates found to be above legal limits in Highlands drinking water from 2004-2008 according to EWG are, Chloroform — average result was 22.61 ppb the health limit is 70 and the legal limit is 80. One or more tests were taken in a month with the 2008 results better than the 2007.

Lead — average result was 2.36 ppb with the health limit at .20 and the legal limit at 15. One or more tests indicated levels above the health limit but again, 2008 results were better than 2007.

Total Trihalomethanes — average result was 28.27 ppb; the legal limit is 80. One or more positive detections were found with one or more tests taken in a month in 2008.

Contaminants found below legal limits but above health guidelines were Combined Radium -226 & 228 — average result was .25

... CULLASAJA continued from page 1

ity streams in North Carolina," reads the report issued by Bob Wright, with UCWA. "The project will reduce trout stream temperatures, increase critical velocities in sections currently dropping sediment and take several golf course lakes off the flow of the river."

He said opportunities for stream restoration projects in the Highlands watershed have been extremely difficult to define due to topography and the high degree of small, privately-owned parcels.

"If this project is funded, it will be a precedent for other private communities along the river to follow suit," he said. "The backing of the Cullasaja Club and the direct participation in project design and construction by the golf course manager is a milestone."

Clean Water Management Trust Fund grant requests are due early February. Wright said UCWA has been told that funding isn't available for 2010, but it's best to "get in line" in 2010, so when funding comes available in 2-3 years the grant request will be in the forefront.

pCi/L; the legal limit is 5, and nothing was detected 2006-2008.

Radium 228 — average result was .25 pCi/L; the health limit is .02, the legal limit is 5 and nothing was detected 2006-2008.

Trichloroacetic acid — average result was 10.86 ppb with the health limit at 20 and the legal limit at 60. One or more tests were above the health limit in 2007 but again nothing was detected in 2008.

In addition, 10 contaminants were found within health guidelines and legal limits: Antimony, Barium, Bromodichloromethane, Copper, Dibromochloromethane, Dichloroacetic acid, manganese, monochloroacetic acid, nitrate, Total haloacetic acids

"The government has not set a single new drinking water standard since 2001," says EWG.

According to EWG, water utilities spend 19 times more on water treatment chemicals every year than the federal government invests in protecting lakes and rivers from pollution in the first place.

To see the results of EWG's 3-year project to create the largest drinking water quality database in existence covering 48,000 communities in 45 states and the District of Columbia go to www.ewg.org/tap-water/home.

There you will find results for the Highlands area including the Town Of Highlands (Serves 5,800 people), Cullasaja Club (Serves 800 people), Highlands Falls Country Club (Serves 650 people), Wildcat Cliffs Country Club Highlands (Serves 445 people), Cold Springs Poa (Serves 165 people), King Mountain Club (Serves 150 people), Flat Mountain Estates (Serves 109 people), Cottages At Lake Osseroga (Serves 89 people), Wildwood Mountain S/d (Serves 81 people), Mountain Retreat & Learning Center (Serves 60 people) and Cowee Mountain S/d (Serves 46 people).

— **Kim Lewicki**

Ad Rate News

The 2010 Internet Directory annual advertising rates for HighlandsInfo.com have been posted at HighlandsInfo.com/rates.htm The rates posted are for Real Estate, Lodging and Dining.

2009 was a record-breaking year on our Internet directory. Already, January 2010 visits surpass January 2009 visits. Google Highlands, Highlands NC, or Highlands, North Carolina and see why so many people go to our directory.

In the past three years, Highlands' Newspaper's digital PDF reads on HighlandsInfo.com have averaged over 5,000 downloads per week in addition to our hard copy version which is distributed weekly.

Winter Special Half Price deals through January.

intensive interdiction on the highways of Macon County, to identify Mexican nationals involved in the trafficking and distribution of narcotics, to investigate and dismantle meth labs in WNC and to investigate the illegal sale of prescription medication and drug overdose deaths.

He said the program has been highly successful.

In 2009, the department opened 79 cases with 207 felony charges, 45 misdemeanor charges, served 25 search warrants, ran 3 T-III wires and currently have 2 OCDTF cases with the DEA.

"We have 14 people in federal court awaiting sentencing, three people have been arrested in Atlanta and will be taken before a federal grand jury in Asheville for trafficking in cocaine. Seizures include 7 grams of cocaine, 98 grams of crack, 32.5 grams of meth, 177 marijuana plants, 4,014 grams marijuana, 2,906 grams dried opium, 2 Methadone, 10 Oxycodone, 23 Vicodin, 55 Percocet, 61 Oxycontin, 256 Hydrocodone, 486 Xanax, 15 guns, and \$34,731 in cash."

During the public comment segment of the meeting, commissioners heard from Greg Rogers, pastor of Pine Grove Baptist Church commending them for beginning each meeting with prayer. He encouraged them to continue the practice even though such practices are under fire in other counties in North Carolina. — **Kim Lewicki**

• HIGHLANDS-CASHIERS HOSPITAL NEWS •

Hospital prepares new Electronic Health Record (EHR) Technology

HCH is engaged in a comprehensive proactive program to transition 100% of its medical records system from paper to Electronic Health Records (EHR). The program is part of the Duke Endowment's initiative to help hospitals plan for meeting the Federal Government's requirements of implementing this new technology by 2015.



From left, members of the Information Technology Department include Jeff Kehoe (Network Communications Specialist), Kris Keen (IT Manager), Kristy Hicks (IT Specialist), Jonathan Brodmann (Software Analyst).

"Virtually all hospitals in the United States are required by the Federal Government to meet standard goals for EHR, says Frank Leslie, Interim CEO. "It's a five year plan called the 'Meaningful Use Initiative', and there are many phases to this process. I'm proud to say that HCH is advancing right on track to meet these milestones."

The recent federal economic stimulus legislation will provide the funding, as stated in the American Recovery and Reimbursement Act (ARRA), for hospitals who implement EHR's within specified guidelines in a defined time frame. The Act authorizes the Centers for Medicare & Medicaid Services to provide a reimbursement incentive for physician and hospital providers who are successful in achieving "meaningful use" of an EHR system.

The ultimate goal of the legislation is for every hospital and healthcare provider in the U.S. to have an electronic health record system. "We are thankful to the Duke Endowment for providing us key information needed to meet the required guidelines and time frame, as well as our HCH Foundation to advance the funds to complete the EHR project", says Leslie.

EHR's are defined as an "electronic record of health related information on an individual that includes patient demographics and clinical health information, such as medical history and problems lists; and has the capacity to provide clinical decision support, to support physician order entry, to capture and query information relevant to health care quality, and to exchange electronic health information with, and integrate such information from other sources (2009 ARRA).

The Centers for Medicare & Medicaid Services (CMS) have set specifications and

certification criteria that hospitals and physicians must meet in order to qualify for the reimbursement. CMS outlined 15 specific objectives in this initiative that include using computerized provider order entry's (CPOE's) for orders directly entered by the authorizing provider (Doctor, Physician's As-

sistant, or Nurse) and maintaining active medication allergy lists for all patients.

What does this mean for the patients? "Medical records of any patient in our hospital including: background information, allergies, drug interactions, etc., will be summed together in one electronic file, all of which will be easily accessible to their physician. The technically advanced features of the EHR system include built in 'checks and balances' that provide computerized programming mechanics to identify potential medical errors. These built in safety features, for example, allow medical personnel to automatically double check physician orders before treatment is administered to the patient", states Leslie.

"Imagine you have fallen on ice and dislocated your shoulder. The doctor orders .5 mg of Fentanyl, a powerful narcotic pain medication; the nurse reads the order as 5mg which could be a lethal dose. A misplaced decimal point can make a huge difference. According to research conducted by the National Coordinator for Health Information Technology, EHR's will drastically reduce errors like these in our nation's hospitals," says Bryan Devinney, RN, CEN, and Education Resource Specialist at HCH.

The implementation of this new technology is extensive, involving many specified mandates throughout several phases.

"This will be a wonderful advancement for HCH and the healthcare industry. It's a journey that we all will take. All hospitals, patients, and physicians will do this together. Ultimately, when this goal is met, individuals will be able to access their medical records securely from the comfort of their home and be able to have their records with them while traveling if need be" says Leslie.



Bryan Devinney, Education Resource Associate, teaches nursing and hospital staff an accredited course on the Treatment and Management of Burns.

HCH named Approved Provider of Continuing Nursing Education

Highlands-Cashiers Hospital has been recently awarded the status of "Approved Provider of Continuing Nursing Education", by The North Carolina Nurses Association (NCNA) an accredited approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

"By becoming an approved provider, our facility can provide our nurses the opportunity to obtain continuing education credit and improve their practice at their convenience at no additional cost," says Karen Hendricks, RN Director of Education Resources. "In previous years, our nursing staff had the expense and difficulty of traveling long distances to places like Mountain Area Health Education Center in Asheville to obtain educational credits. As a requirement of maintaining their nursing license, Registered Nurses and Licensed Practical Nurses must complete 30 hours of continuing education in a 2 year period".

In attaining the status as an approved provider of continuing nursing education, HCH's Education Department performed an educational needs assessment with input from the nursing staff. Part of the review process included individual approval and teaching of 3 courses consisting of Long Term Care Resident Rights, Treatment and Management of Burns and a course on Micronutrients open to community, staff, and volunteers. "These courses complement the existing courses like Cardiopulmonary Resuscitation (CPR), Advanced Life Support, Certified Nursing Assis-

tant, and Medication Aide that we have been offering", says Hendricks.

"Continuing education fosters professional development and clinical expertise. It is a vital component to the success of nursing. Our staff is now able to conveniently maintain their requirements for continued competency. This approval status opens doors for nurses and our hospital. Not only do they work as colleagues with faculty distinguished in their fields, they now are given the opportunity to take accredited courses at their place of employment. I am proud to say that this is now a benefit of our facility", says Linda Suther, RN Director of Nursing at HCH.

"There are many advantages to providing the courses onsite. It allows us to give our nursing staff the tools needed to fulfill educational requirements while saving money that can cost in upwards of \$100 per accredited course. It also allows us to tailor the educational criteria to our Hospital's specific needs and areas of improvement", says Bryan Devinney, RN Education Resource Associate.

HCH will be able to better serve our community by providing highly qualified and well trained staff. The hospital will offer the courses and programs to Hospital, Hospice, and Long Term Care nursing staff, then expanding to include licensed nurses in the surrounding communities and nearby facilities. "This furthers our vision by incorporating continuing education to provide resources to our physicians, staff and volunteers enabling us to provide the highest quality of care to our community", says Hendricks.

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PRN-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

RESPIRATORY THERAPIST AT HIGHLANDS-CASHIERS HOSPITAL - Full-time position working 12 hour shifts and every other weekend. Must be on call at night and be within 20 minutes of the hospital. Intubation experience a must. Full benefits, or the option to opt out of benefits for an increase in pay, available after 60 days of full-time employment. Pre-employment screening required.

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LOST

Lost in town on Dec. 30 - black leather glove with silver buckle. Return appreciated. MichieMead@aol.com

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WANTED TO RENT - Quality 3 or 4-bedroom home close to town. Upgraded kitchen, flexible on furnishings, easy access. Small, clean dog allowed. Long term lease. Possibly interested in option for the right home. Call 828-200-0815. (st. 12/10)

BUSINESS OPPORTUNITY

10-WOODED ACRES, spring creeks on Bald Mountain Road across from Sky Valley Golf Resort. Potential for Health/Spa retreat. Great location. Financing Available by owner. Call 706-782-7396. (1/14)

REAL ESTATE FOR SALE

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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)

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APT. FOR RENT: 1 bedroom, 1 bath, furnished. 1/2 miles from downtown. \$500 per mo. incl. utilities, satellite TV, access to washer, dryer. Call 526-4598 or 526-3612. (1/7)

HOUSE FOR RENT IN LAUREL FALLS. Fully furnished with W/D, \$750 a month. 787-2423. (st. 11/12)

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ONE-BEDROOM APARTMENT IN TOWN - 535 N. 4th Street. \$600 a month. Call 770-827-0450. (St. 11/5)

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RENTAL SPACE IN WRIGHT SQUARE - Half a building or two floors of one building. Call Harold Brammer. 828-526-5673. (st. 4/16)

VACATION RENTAL

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POLICE & FIRE REPORTS

The following are the Highlands Police Dept. log entries from Jan. 6. Only the names of persons arrested, issued a Class-3 misdemeanor, or public officials have been used.

Jan. 6
• At 7:53 p.m., officers responded to a call of a resident on Sassy Lane being bit by a dog.

• At 2:15 p.m., officers took a report about employees at Stop and Shop on U.S. 64 east being harassed by a woman about a person in the store.

Jan. 7
• Officers received a complaint about a barking dog at a residence on Wilson Road. The owners said they would keep the dog quiet.

• At 7:01 p.m., a man handing children over to his former wife on Main Street requested a police officer present.

Jan. 9
• At 12:30 p.m., officers responded to a two-vehicle accident at Oak and Maple streets. There were no injuries.
• At 12:45 p.m., officers responded to a two-vehicle accident at Fourth and Main streets. There were no injuries.
During the week, police officers responded to 7 alarms and issued 6 citations.

The following are the Highlands Fire & Rescue Dept. log entries from Jan. 6:

Jan. 6
• At 9:53 p.m., the dept. was first-responders to assist EMS with a medical call involving a dog bite at a residence on Sassy Lane. The victim was taken to the hospital.

Jan. 7
• At 1:29 p.m., the dept. was first-responders to assist EMS with a medical call at a residence on Whiteside

Mountain Road. Jackson County also responded. Busted water pipes had caused the fire alarm and police panic alarm to go off.

• At 2:45 p.m., the dept. responded to an alarm at OEI on Main Street.

Jan. 8
• At 11:57 a.m., the dept. responded to a dumpster fire on Church Street. It was extinguished.

Jan. 11
• At 7:11 p.m., the dept. was first-responders to assist EMS with a medical call at a residence on Holt Road. The victim was taken to the hospital.

• At 9:41 p.m., the dept. was first responders to assist EMS with a medical call at a residence on Buck Creek Road. The victim was taken to the hospital.

Upcoming Macon County District and Superior Court Dates

• Nick McCall in District Court - Jan. 28 - for obtaining CS by fraud/forgery.

• Larry Gantenbein in District Court - Feb. 11 - for possession of marijuana and drug paraphernalia.

• Mario Gomes in Superior Court - March 29 - for obtaining property by false pretenses

• Scott Conard in Superior Court - March 29 - for statutory rape/sex offenses, 1st degree kidnapping and abducting a child.

St. Tammany Parish, Covington, LA Court Date

• Larry Gantenbein - Jury Trial, Jan. 28 - possession of marijuana, possession with intent to distribute Schedule 1.

... TOWN BOARD continued from page 1

that board's recommendation, determines whether a property should be rezoned.

The \$2 million project to dredge Big Creek to protect the town's water supply is on hold pending funding from the Army Corps of Engineers, but the town is nevertheless moving forward and trying to obtain easements from property owners along the creek so its ready should the funding become available.

However, Town Manager, Jim Fatland said no action was taken in the closed session concerning any of those issues.

In other matters the board heard from Michael Rogers on behalf of the Bobby Jones statue now at the Highlands Country Club.

The club doesn't want it and before it is shipped to the Grove Park Inn -- one of Jones' destinations when in Western North Carolina -- Rogers suggested the town consider erecting it at Pine Street Park.

Edward Fielding who commissioned sculptor Alexei Kazantsev to make the statue, is giving it away free to anyone who will take it.

It had previously been offered to Highlands Historical Society but it declined.

Commissioners have asked the Recreation Committee to discuss the matter and report back at the Jan. 20 Town Board meeting.

The board also made annual appointments to the town's adjunct committees -- Mayor David Wilkes to the Business Committee, Commissioner Amy Patterson to head up the new Sustainability Committee and accepted Karen Hawk and Alan Marsh to join Buck Trott, Robert Smith and Lance Hollars on that committee.

Commissioner John Dotson was assigned to the Finance and Land Use committees; Commissioner Larry Rogers to the

Public Works and Recreation committees; Dennis DeWolf to the Public Works, Recreation and the Scholarship Fundraising committees and Commissioner Gary Drake to the Finance and Land Use committees. The board also appointed Drake and Mayor Wilkes to replace Hank Ross on the county's Economic Development Commission which the county commission OK'd at its Monday, Jan. 11 meeting.

Before closing the open segment of last week's Town Board meeting Mayor Wilkes asked Town Manager Jim Fatland to bring any documentation available explaining procedures for selecting the Mayor Pro Tempore to the Jan. 20 Town Board meeting so the issue can be put to rest and a policy adopted concerning the matter. "The procedure for selecting the Mayor Pro Tempore has been changed with every mayor so I think a policy should be adopted," he said.

The position was filled at the Dec. 3, 2009 Town Board meeting when Commissioner Amy Patterson was once again selected to fill the post. The Mayor Pro Tempore acts as mayor when the Mayor is not present at Town Board meetings.

Prior to the November 1997 election when the members of the Town Board were elected en masse every four years, the Mayor Pro Tempore was always the commissioner who gleaned the most votes. However, staggered terms went into effect in Highlands during the 1997 election and the procedure was changed by Mayor Buck Trott and continued with Mayor Don Mullen and their boards who elected the Pro Tempore themselves.

The next Town Board meeting is Wednesday, Jan. 20 at 7 p.m. in the Community Building next to the ballpark on U.S. 64 east.

- Kim Lewicki

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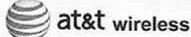


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• BUSINESS NEWS •

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Trail signs now in Panthertown

If you've ever gotten lost in Panthertown Valley, don't worry, you're not alone. Over the years, the United States Forest Service (USFS) has received numerous requests to mark trails from those who've lost their way while exploring the area.

The Friends of Panthertown have helped out by obtaining funding and providing volunteers to mark trails. With a grant from the American Hiking Society, the Friends of Panthertown purchased \$2,600 of tools and materials. The signs are the standard Forest Service design, intended to provide necessary trail identification and usage information, while blending with the natural surroundings. To keep them to a minimum, they are being placed only at intersections of the "official" Forest Service trails, and where possible one sign is being used to mark both trails.

Marking the trails in Panthertown Valley with directional signs will improve safety, make the area more 'user-friendly' for hikers unfamiliar with the rugged terrain. Also, should someone become injured, search and rescue squads will be able to locate the victim more quickly without becoming lost themselves. In addition, the signs are a key part of the Forest Service's program of designating trail usage, in order both to protect sensitive ecological areas and to provide quality recreational oppor-



tunities and backcountry experiences to hikers and other users.

The project is spearheaded by Mike Purdy. He and other volunteers began installing signs about a week ago. Approximately 50 signs will be placed, with decals showing the USFS trail #, designated recreational uses, and trail name, but it's still a good idea to carry a map available at the Highland Hiker in Cashiers or thru his website at www.slickrockexpeditions.com.

For more information, contact Nina Elliott, Friends of Panthertown Coordinator, at 828-526-9938 (ext. 258).

Hospital continues to offer 'free' services



From left, Highlands resident Lisa VanHoogen receives her flu shot administered by Employee Health Coordinator and Registered Nurse, Cindy Barloga, during the Annual Community Influenza Clinic, which offered both seasonal and H1N1 vaccinations, provided by Highlands-Cashiers Hospital. The clinic was held on the hospital campus at the Jane Woodruff Medical Clinic Tuesday, December 29. HCH provided over 200 flu immunizations to area residents free of charge. "This free vaccine initiative is part of Highlands-Cashiers Hospitals collective effort to provide the broadest possible range of quality health care services and advances our goal of being the healthcare partner to whom our community citizens can entrust their lives," said Frank Leslie, interim CEO.

Sheriff Dept.'s 'Operation Think Twice' on New Year's Eve

The Macon County Sheriff's Office safely transported 65 passengers to their destinations during the first annual Operation Think Twice. The Operation lasted from 9 p.m. on December 31st to 6 a.m. January 1st and kept potential drunk drivers off of the roads in Macon County.

Passengers called the Sheriff's Office and provided basic information, including their destination, to receive this service. Passengers that used the service were going to or from private parties and public establishments.

Sheriff Holland states: "I consider this initiative to have been a success because the passengers that called made a conscious choice not to drink and drive which led to their safe return home and kept our roads safer for all citizens."

At the Monday, Jan. 11 Macon County Commission meeting, the board commended Sheriff Robert Holland on the new program which Holland said would take place again next year.

December 'Rotary Students of the Month'



The Rotary Club of Highlands honored the December Highlands Rotary Students of the Month at its December 15 meeting. Shown with Highlands School Counselor, Thomas Jessup and Rotary President, Paul Schmitt are Middle School winner, Kenan Lewis, Grammar School winner, George Underwood and High School winner, Eli Dryman.

... HEALTH from page 1

tions and others about Macon County's progress on certain health issues. It also provides the most current data on a number of leading health indicators such as: county demographics, leading causes of death, chronic disease mortality, injury prevention, access to care, maternal and child health, and health promotion.

The State of the Macon County's Health Report 2009 highlights both the county's progress and barriers during the year pertaining to certain identified health priorities. The report compares Macon County residents to four peer counties (counties with similar population and demographic characteristics) and the state as a whole to see what areas could be improved upon. The report also celebrates the accomplishments of local collaborations and coalitions that have made an impact on Macon County's health through chronic disease prevention and access to care. Some of the data included in the report shows that:

- More than half of Macon County deaths between 2004 and 2008 were due to chronic diseases such as cancer and heart disease.

- The 2008/2009 economic downturn has affected access to health care in Macon County due to loss of health insurance benefits. Medication assistance programs, free health clinics, and CareNet have all seen increases in demand for services.

- State funding cuts and re-structuring of mental health services continues to limit access to mental health services for residents of Macon County.

- Four new chronic disease prevention programs were initiated by the Macon County Public Health Center to help curb the rising healthcare burden attributed to chronic disease.

- Improvements in community resources include the expansion of the Macon County Senior Services Center, the establishment of a Macon County Helpline telephone information service, and a new community resources center located at the Senior Services Building.

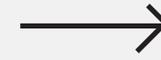
To see the report go to www.maconnc.org/healthdept and click on State of the County Health Report.

The health department values the public's input, questions, and comments about this report. Please contact Becky Barr at (828) 349-2437.

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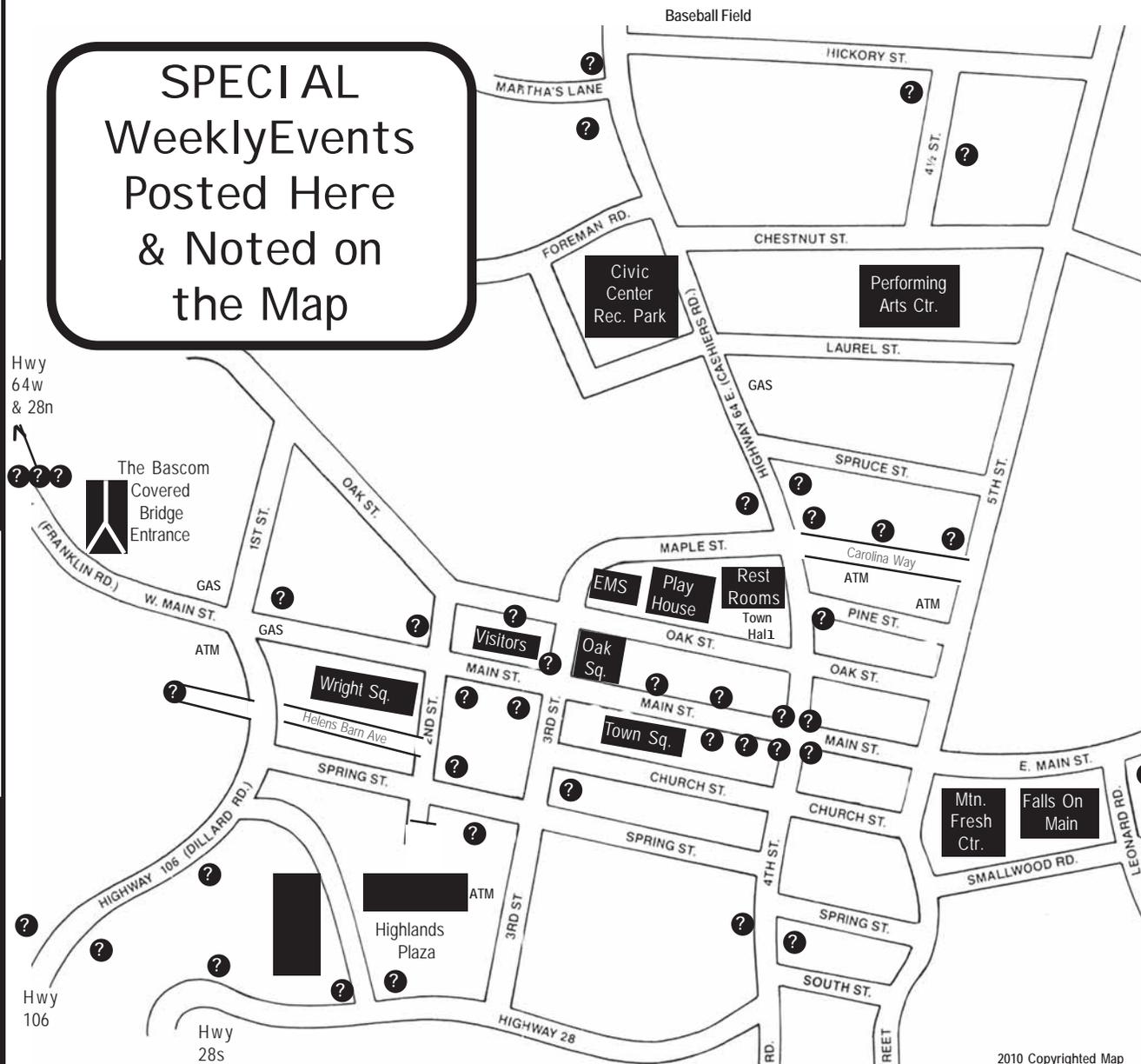
Top Horizontal Display ad boxes and location map dot Jan. 1 to Dec. 31, 2010 \$1,500 If paid by Jan. 31st, Half price \$750



These ad boxes & location map dot Jan. 1 to Dec. 31 2010 \$1,000 If paid by Jan. 31, half price \$500



SPECIAL Weekly Events Posted Here & Noted on the Map



Legend Box

NOTE: There is a \$10 min. editing fee for changing map ads. Deadline Mon. 5pm for next edition

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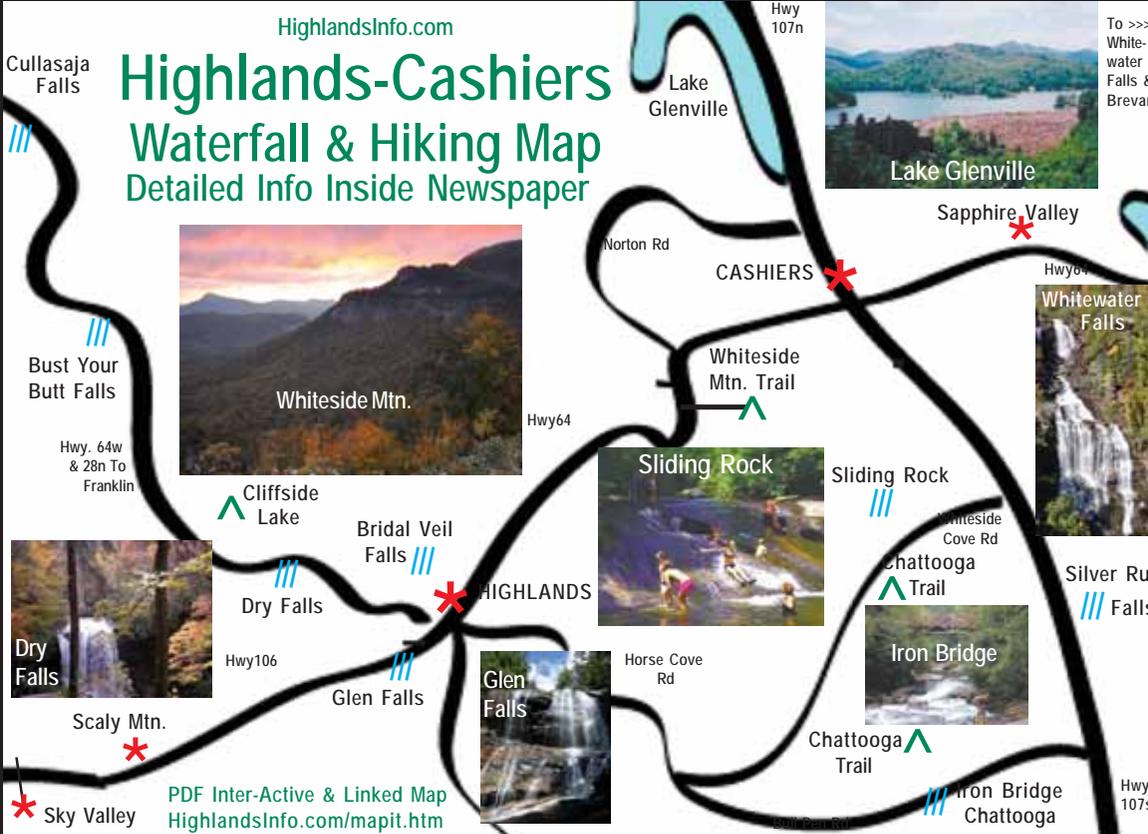
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MOUNTAIN BROOK CENTER
4TH AND CAROLINA WAY, HIGHLANDS

HighlandsInfo.com

Highlands-Cashiers Waterfall & Hiking Map

Detailed Info Inside Newspaper



The map shows a network of roads and trails connecting various scenic spots. Key locations include Cullasaja Falls, Bust Your Butt Falls, Dry Falls, Scaly Mtn., Sky Valley, Cliffside Lake, Bridal Veil Falls, Dry Falls, Glen Falls, Whiteside Mtn., Sliding Rock, Iron Bridge, and Silver Run Falls. Trails like Whiteside Mtn. Trail, Chattooga Trail, and Iron Bridge Chattooga are also marked. Major roads shown include Hwy 64, Hwy 106, Hwy 107n, and Hwy 107s. A red asterisk marks the town of Highlands. A link to a PDF map is provided: HighlandsInfo.com/mapit.htm

This map page also displays at HighlandsInfo.com/mapit.htm and all the ads are linked to their websites



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