

# Highlands' Newspaper

**FREE**

Volume 8, Number 25

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Thursday, June 24, 2010

<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
<b>80   63F</b>	<b>81   64F</b>	<b>82   65F</b>

## This Week in Highlands

- Through Sat., July 3
  - At Highlands Playhouse, "Smokey Joe's Cafe," For tickets call 526-2695.
- Thursday June 24
  - At the Nature Center at 7 p.m., Dr. Rob Bierregaard's lecture: "Let's Do It: The Sordid Secrets of Avian Sex."
- Fri.-Sun., June 25-27
  - Walk in the Park 4-7:30 p.m. Adult/ \$15, students free. Tickets at Community Building days of the event.
- Fri. & Sat., June 25-26
  - Benefit Softball Tournament at the Highlands Recreation Dept. Softball Field. Fri., 6 p.m., co-ed teams. Sat., 9 a.m., men's league.
- Sat., June 26-Sun., Aug. 8
  - At the Bascom, the recent works of North Carolina treasure Sid Luck.
- Saturday, June 26
  - Scaly Mountain Women's Club Pancake Breakfast 7:30-10:30 a.m. at Scaly community building. \$5.50/adults; \$3.50/children.
  - CLE presents Sandra Mackey with a viewpoint of a recent trip through the Persian Gulf. \$25 for members. \$35 for nonmembers. For tickets call 526-8811.
  - GREEN LIVING FAIR at Highlands Rec Park. \$5 ticket for all Fri. and Sat. events.
  - The Literacy Council "Family Literacy Fair" 1 to 3 p.m. at the Peggy Crosby Center.
- Sun.- Thurs., June 27-July 1
  - Vacation Bible School at Highlands United Methodist Church 5:30-8 p.m. 315 Main Street. Call 526-3376 to sign up.
- Sunday, June 27
  - A new Concert Chorale will perform at the Episcopal Church at 5 p.m. It's free.
- At the Bascom, from 2-3 p.m., experience the "Treasures of Private Collections." It's free.
- Mon., June 28
  - Mirror Lake Improvement Association will meet at 6 p.m. at the Civic Center.
- Tues., July 29
  - Bridge at the Highlands Rec Park at 1 p.m. \$10 donation goes to American Cancer Society. Call Gladys Calloway at 526-4021.
- Wed., June 30
  - Interlude Concert at the Episcopal Church at 2 p.m. Dress is casual. Featuring Jesse Glass, piano.

## FY 10-11 budget passes unanimously

The final version of the proposed budget was adopted unanimously Wed., June 23, following the required public hearing at which no one spoke, but the budget wasn't rubber stamped and has undergone scrutiny since February.

The only issue not clarified in the budget most recently released was funding for the Capital Improvement Program (CIP), but that

was hammered out at a special meeting Wednesday, June 9 and disclosed Wednesday, June 23.

Total expenditures budgeted for the CIP is \$2,194,000. Paying for CIP projects was the reason commissioners agreed to keep the tax rate at 13.5 cents per \$100,000 valuation, though the Finance Committee suggested cutting the rate slightly to help offset hard times.

However, after much discussion, commissioners eventually agreed that the savings to the public wouldn't be worth the projects cut due to less tax revenue.

"The only revenue we have is from property and sales taxes and the electric fund. Since electric profits will never be what they were before due to the increase we got

• See BUDGET page 25

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## Playhouse's 'Smokey Joe's' a winner ... really



A talented cast of nine coupled with top-notch choreography and direction means a show worth seeing at Highlands Playhouse. For tickets to "Smokey Joe's Cafe" on stage through July 3, call 526-2695.

Photo by Joe Litsch

## Big Creek dredging awaiting money

Residents along Big Creek, as well as citizens who consider Highlands' waterways an important asset to the town's tourist industry, are anxious to have the creek dredged but are still waiting for answers from the town.

Earlier this year, the subject of rights-of-way or easements along the creek were said to be the hold up concerning dredging but it's also a "money" thing, say officials.

"We have set aside the local match for dredging Big Creek in

this year's budget for capital projects," said Town Manager Jim Fatland. "But we are only prepared to spend 25% in a 75%-25% local match funded through the Army Corps of Engineers. We've been told

• See BIG CREEK page 19

## Meals and drug tests discussed at meeting

With grade-restructuring going on in the school system due to the opening of Mountain View Intermediate, meal prices are also being adjusted.

Elementary grades are now considered kindergarten through 4<sup>th</sup> and secondary grades are 5<sup>th</sup> through 12<sup>th</sup>.

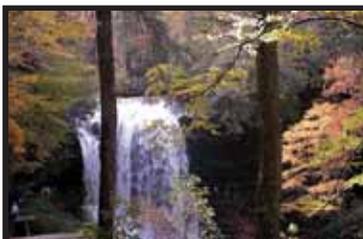
School lunch prices haven't changed, just grade classifications.

Elementary lunches for grades K-4 cost \$2 each and secondary lunches for grades 5-12 cost \$2.25 per lunch.

At the June 14 Macon County Schools meeting, the bids to child nutrition were also accepted and include more healthy drink choices.

US Foodservice is supplying Chocolate Flavored Drink at \$4,148; Sysco is supplying 8oz Natural Spring Water at \$682.50; 16.9oz Natural Spring Water at \$8,175; and 12oz Sports Drink at \$16,864;

• See MEETING page 19



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# • THE PLATEAU'S POSITION •

## • LETTERS •

### A little history behind 'The Catholic Dilemma'

Dear Editor:

I write this in response to Fred Wooldrige's June 10 column entitled "The Catholic Dilemma."

I was pleasantly surprised to learn he is Roman Catholic. My wife and I are Cradle Catholics. We fully support his views and feelings concerning sexually abusive priests, along with those who directly or indirectly protected them.

We were born during the time when it seemed the Catholic Church would never change. The Mass was in Latin. Each parish had at least two priests, most had three, and a few parishes had as many as seven. Yes! Believe it or not seven. Of course, these higher numbers of priests were located in places where grammar or high schools were part of the parish responsibilities.

Vocations to both the priesthood, and the teaching orders of men and of woman were high. (Commonly called Religious Brothers or Sisters.)

I became friends with a pastor who once told me during a conversation that before Vatican II the seminary where he studied had so many applicants for the priesthood that many had to be put off for a year or so. Many times additionally housing had to be built to support the needs of all the seminarians. But unfortunately, after the changes of Vatican II this same seminary struggling to keep up with enrollment needed to be CLOSED in 1969! The vocations dried up! Why! Some answers below.

Having lived through the whole experience of Vatican II, I can say in all sincerity the following: Vatican II was not an evil exercise in and of itself. However, what it did do was open the door for all the crazies. Remember that this was a time when the real large computers were coming into their own. Most homes only had one land telephone line. There was the beginning of cable, but no direct TV type service.

When changes in prayers, music or the manner in how The Celebration of Holy Mass was questioned by someone, the common easy answer was, "Oh! Vatican II either promotes or allows this type of behavior." The Sacred Liturgy was up for grabs. The average Catholic in the pew had no easy access to the truth. The priests and the bishops were the only real access for information for the vast majority of Catholics in America. Even religious bookstores so common and varied today did not exist in any real great degree. This was truly a time of deep faith in

the teaching of the Catholic Church.

The radicals with strange ideas, and amoral behaviors began to move in on the Holy Church. We were helpless and at a lost as to what to do. The whole process was done in secret and undetected by most. Many individuals in and out of the religious orders feel as I am stating.

Let me make one more observation as I end this rather lengthy narrative.

I also believe abortion would never, never, have been approved had the church been at its best in 1973. But by 1973 the radical priests and bishops, particularly in America, were too busy re-making the Roman Catholic Church into their own image and likeness to be able to prevent abortion from becoming the law of the land.

Our Lord and Savior, Jesus Christ, said He would be with us until the end. And Saint Peter spoke so insightfully, "To whom shall we go?"

Thanks to the few strong and holy priests and sisters and brothers and many unsung heroes in the pews we were able to turn this whole sad affair around. But at what a cost!

I have written these and similar thoughts to the Vatican, the USCCB, and to various individual bishops and priests

throughout America.

Joe Mathers  
Otto, NC

### Episcopal and Catholicism faiths are similar

Dear Editor,

I love reading Fred Wooldrige and I see him as he ushers at Our Lady of the Mountains in the summer season.

When I distanced myself from The Episcopal Church some years ago it was because they were overtaken by a very liberal hierarchy. But I learned much from them while I was there about the sacraments and the real presence of Christ in the Holy Eucharist. The Anglican/Roman Catholic Conference which has met for decades concludes that both religious bodies teach and believe the same about the Eucharist.

While I would not champion the entire Episcopal/Anglican mantra, I think someone should point out that the Body and Blood of Christ is also available there.

Preston Stevens, Jr.  
Scaly Mountain

### A history lesson in time for July 4th

Dear Editor,

As the Fourth of July approaches, let us not forget the reason for the celebration of this holiday. It is a celebration of the birth of our nation. And let us not forget, as the history revisionists have, that our nation was founded as a Christian nation. This was true from the very beginning as those who came with Columbus came "for the glory of God and the advancement of the Christian faith." (Mayflower Compact)

The New England Confederation states "we all came into these parts of New England for the same reason: for the advancement of the kingdom of our Lord Jesus Christ."

The Constitutions of the original 13 states include several references to Christ. For example, the 1778 South Carolina Constitution said that "the Christian Protestant religion shall be deemed...the established religion of the state." It also stated that all office holders had to believe in the existence of a Supreme Being. Maryland's 1776 Constitution decreed "a general and equal tax for the support of the Christian religion."

The first act of the first Congress in 1774 was to ask a minister to pray and read four chapters of the Bible before any business was undertaken. Chaplains have served in the Congress ever since.

Fifty of the 55 framers of the Constitution were members of the established Christian communions. (History revisionists look at the five others and thus claim all were deists and not Christians.)

In 1776, Congress called the nation to a day of prayer and fasting to "elicit the merits and mediation of Jesus Christ and obtain His pardon and forgiveness on the nation."

In 1777, Congress ordered 20,000 copies of the Bible to be imported to the various ports because there was a national shortage. Also, in that year the first U.S. Supreme Court Chief Justice stated that the people had a duty to "elect and prefer Christians for their rulers." He said this was in the interest of a Christian nation.

Ninety-eight percent of our 250 founding fathers were Christians. Thirty-four percent of some 3,154 direct quotes of our founding fathers came from the Bible. Another 60 percent were quotes from men who used the Bible to arrive at their conclusions.

Our sixth President, John Q. Adams, said, "The highest glory of the American

•See LETTERS page 17

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



Email: HighlandsEditor@aol.com

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

Cartoonist - Karen Hawk; Digital Media - Jim Lewicki

Locally owned and operated Kim & Jim Lewicki

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

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

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• MILESTONE •

**Dotson graduates from Elon University**

Mr. and Mrs. John Dotson are proud to announce the graduation of their daughter, Rebecca Elaine Dotson, from Elon University on May 22, 2010 at their 120<sup>th</sup> Commencement exercise.

Ms. Dotson was a class of 2006 graduate of Highlands School.

Rebecca earned her Bachelor of Arts in English with a concentration in Professional Writing and Rhetoric. She minored in Political Science. Rebecca was a contributing writer to the University newspaper "The Pendulum" and on the Student Union Board. She was also on the Deans List.

Rebecca has accepted a marketing and public relations position with Kerr Health at their corporate offices in Raleigh, North Carolina.

Elon University is consistently ranked as the nation's top university for engaged learning, including study abroad, undergraduate research, service learning, and internships. Elon's 5,600 students come to North Carolina from 47 states and 49 other countries, creating an academic community



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**Sunday/Monday July 18/19**

Franco Mezzena, violin; Edoardo Catemario, guitar;  
William Ransom, piano – Schumann, Ravel, Paganini

**Friday/Saturday, July 23/24**

Albers Trio; William Ransom, piano; Kate Ransom, violin  
"All in the Family" Dvorak, Martinu, Beethoven

**Sunday/Monday, July 25/26**

Albers Trio and Ransom Duo  
"All in the Family" – Dohnanyi, Dvorak

**Friday/Saturday, July 30/31**

William Preucil, violin; Charae Krueger, cello; Yinzi Kong, viola;  
Valerie Von Pechy Whitcup, harp; Lea Kibler, flute  
Bach, Debussy, Dvorak

**Sunday/Monday, August 1/2**

William Preucil, violin; Charae Krueger, cello;  
Yinzi Kong, viola; Victor Asuncion, piano  
Martinu, Chopin, Schumann

**Friday/Saturday, August 6/7**

The Eroica Trio – Beethoven, Schumann

**Sunday/Monday, August 8/9**

Anton Nel, piano; Brice Andrus, horn;  
Laura Ardan, clarinet; Christopher Rex, cello  
Chopin, Schumann

**Friday/Saturday, August 13/14**

The Vega String Quartet – Schumann, Beethoven

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## • LAUGHING AT LIFE •

### Save the itsy bitsy spider ... but who gives a hoot about spotted owls?

Back in the not so good ole days when I commanded SWAT teams for my department, we had been given permission to train at an abandoned World War II blimp base in south Dade County, Florida. It was a perfect location; empty buildings for assaults and hostage taking, a tower for rappelling and a nearby wooded area for command assemblies and decision making. And we could throw flash-bang grenades at each other and no one would be disturbed. Remember, the difference between men and boys is the selection of their toys.

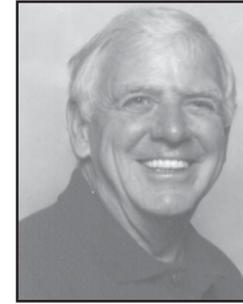
Then I received a letter from the county telling me I was no longer welcome on the property because an environmentalist had observed a spotted owl burrowed in the ground nearby. "One stupid owl controls our training exercises?" I asked. I protested and lost.

Long after the spotted owl packed up her stuff and left, we were still not permitted back on the property because another spotted owl might want to move in and start a family. I thought it was a stupid decision then and I still think it was a stupid decision. *How could one environmentalist have such power, I wondered? Ha, read on.*

I bring this up now because, 30 years later, I'm watching in dismay as a foreign oil company destroys our country's ecology, probably for the next 20 years, along the Gulf of Mexico. How insignificant that tiny spotted owl seems now in light of the massive ecological destruction and demise of wildlife taking place. I guess it's easier to run off a SWAT team than big oil money. It's never about ecology anyway; it's always about power and money but don't tell the ecologists.

Then a few years ago some conehead noticed there were fewer itsy bitsy water spiders in Mill Creek. Panic set in. "Highlands shall not endure a decrease in itsy bitsy water spiders" was the decree that went out over the land. Did you miss it? We were in itsy bitsy spider crisis mode.

A costly study determined dastardly rain water runoff was the cause of the itsy bitsy water spiders moving. Write this down! Itsy bitsy water spiders are primitive creatures that have survived for at least a million years. Not to worry; they'll move



Fred Wooldridge

Feedback is encouraged!

email:

askfredanything@aol.com

on to more friendly environs.

This discovery happened around the time the old post office building was being demolished. By the way, are you aware several house mice, raising their babies, were displaced while tearing down that building?

Where were the environmentalists to save those poor baby mice?

Then the Town Board, in an act of absolute brilliance, decided to turn the post office vacant lot

into a park. Huh? Plans were drawn and all traffic would cease on Pine Street. I was in a panic. Hey, where will the Catholics park? I asked. The answer was, "Who cares?" I raced around looking for a spotted owl I could convince to live on the vacant lot. I failed.

Just when I thought things couldn't get crazier, the stupid itsy bitsy spider tragedy was created and the town partnered with the federal government to spend over one million dollars of free money to bring itsy bitsy spiders back to Mill Creek. A little circus music, please! Hey, a million bucks is a pittance compared to the money currently being wasted by our government.

With no concern that a spotted owl might be burrowed on the vacant lot and raising a family, the digging began and the architects went back to their drawing boards. Itsy bitsy spiders watched with delight. Then, as fate would have it, an ancient terracotta pipe, even older than Lamar, was discovered on the site. The pipe was in poor condition and needed replacing. Of course, the logical thing to do would be to replace the pipe since the hole was dug and the pipe was exposed. Wrong, turkey-breath! Please, turn up the circus music. This is a federal project and replacing the pipe is not part of saving itsy bitsy spiders.

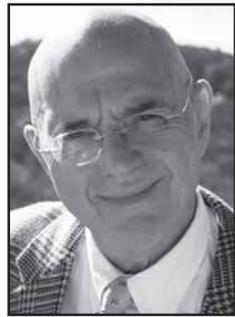
Soooo, the park and save the itsy bitsy spider projects will be completed as planned and life will be good for itsy bitsy spiders. Then, with absolutely no concern for the safety and welfare of itsy bitsy spiders or spotted owls raising their little children, a contractor will come in with bulldozers and dig up the street again to replace the pipe.

Oh, and those pesty Catholics? Unless there's an itsy bitsy spider on their property, they can eat cake!

• THE VIEW FROM HERE •

**Pets are as vulnerable as we**

**M**arley was bitten by a snake this weekend. Several people asked what kind of snake. It was the kind that makes a dog's face swell to the size of a small beach ball, either a copperhead or a rattle snake. Bull heard some rattling, so I guess it was a rattler.



• **Feedback is encouraged.**  
email: [hsalzarulo@aol.com](mailto:hsalzarulo@aol.com)

Marley reminded me of old ladies I saw as a kid who had massive thyroid goiters. It was in the days before iodine was added to table salt and if you grew up very far from the coast, you saw them too. Removing Marley's collar was difficult for me and painful for him, but seemed imperative in view of early massive swelling. It happened Friday night.

Bull, Marley, and I were walking in the neighborhood, enjoying fire flies. There was a bit of commotion. At the time I assumed another squirrel had escaped Marley's exuberant, but ineffective hunting style. It wasn't until half an hour later, as we neared home that I noticed that Marley's tail was down. Husky that he is, he always carries it high and proud. I assumed injury rather than illness, although I don't know why. It wasn't until we got in the house that we saw punctures on his increasingly doughy muzzle.

A quick call to the vet and a drive to Rabun Animal Hospital Mountain City followed. Dr. Betsy Hartridge met us at the facility and following our apology from us and assurances from her, she examined. She confirmed our suspicion that Marley had indeed been bitten by a viper. She administered steroids and an analgesic intravenously. She injected a dose of penicillin and filled four pill bottles.

Marley's heart was racing at 160 beats per minute and the swelling had increased noticeably during our visit. Marley's face was assuming the shape of a chow, on its way to resembling a large cantaloupe. Dr. Hartridge advised intravenous fluids. I enthusiastically agreed, but asked if we could take him we could take him home and infuse them there. She agreed and gathered materials for the home infusion, reassured us and instructed us to return the following morning for a follow up exam. She was wonderful; professional, caring and free of the gruff manner I remember being part of the response to late night calls.

Marley is on the mend. Swallowing was painful so I hand fed him his favorite foods; yogurt, peanut butter, and braunchweiger. By Sunday evening the swelling had started to recede. He trotted

around the house and carried his tail over his back. I decided he needed a little exercise, and of course overdid it. We were headed home, after a leisurely two-mile walk, when Marley dropped his tail, began to pant heavily, and lagged behind. I was hesitant to call for a ride, because the fare was certain to include a lecture about irresponsible pet ownership. It wasn't a pleasant thought, but

preferable to my irresponsibility killing the family dog.

Marley is starting to look like a Husky again, although I'm not sure he's ready to give up hand-feeding. I'm not sure how to prevent a recurrence. We might have carried a flash light. I don't think it would have prevented the accident, but I could have answered the question everyone asks, "What kind of snake was it?" It may sound pointless, and even a little stupid, but keep an eye on your pets when you're with them in the woods. I rarely stray more than a few feet from the trail, so the snakes have to come to me. Unfortunately, they sometimes do.

... from the history guy

**On this day ...**

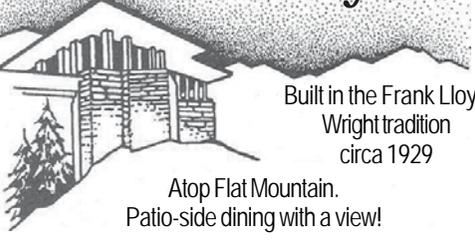
**June 24, 1948**

The Soviet Union blocks access to West Berlin. In an effort to disrupt Teutonic communion action was taken by the Soviet Union, was a forerunner of the Wall, an effort to keep the Ossies in their thrall, the commies decided to stop all traffic to the West Berlin demographic. The airlift came as quite a shock to the new kids on the Bloc

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 Sunburst Rainbow Trout \$19.50  
 Bistro Beef Filet \$19.50  
 (Full menu at [www.mainstreet-inn.com](http://www.mainstreet-inn.com))

... SWANSON continued from page 8

terminated to work within established institutions (universities, churches, media) while plotting their destruction."

While all this intellectual information is enlightening, it falls short of, to me, the obvious. The concentrated effort to remove God from the schoolhouse, the court-house and the fabric of America did the trick and we are now facing the consequences.



**Nifty, nifty.**  
**Look who just turned 50!**

# Mountain Findings

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## SPECIALTY FOODS & MORE

### What's New at Dusty's?

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- **Dusty's Salad** with mixed greens, steak, gorgonzola, etc., and balsamic dressing
- **Kitty's Salad** with mixed greens, mushrooms, feta, walnuts, artichoke hearts, roasted red peppers and balsamic dressing.
- **Lou's Layered Salad** with spinach, bacon bits, egg, green onion, etc., and a creamy vinaigrette.
- **Highlands Chicken Salad**, a new twist on an old tradition.
- **Cranberry Almond Crunch** with mixed greens, chicken breast, almonds, dried cranberries, etc.
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## • COACH'S CORNER •

### The only prescription is... more soccer?

There is nothing quite like an emergency appendectomy to brighten one's spirits. Who knew that so much pain and anguish could be caused by an organ the size of a finger. (Who says God doesn't have a sense of humor... or humor for our friends in Britain)



**Ryan Potts**  
 tryanpotts@hotmail.com

Anyway, when meeting my surgeon we both lamented the fact that we would be forced to miss the World Cup match between England and the US— although I think he got the better end of the deal because he at least got paid. I have been pleasantly surprised by the level of interest that the World Cup has received in the US, and with good reason. The three group stage games have featured everything that is great about soccer and have hopefully created millions of new fans here in the US.

Against England the US was the classic underdog, and looked the part early-conceding a goal within just 4 minutes. However, a goalkeeping blunder by Rob Green allowed the US back into it, and we nearly won it outright with a Jozy Altidore strike in the waning moments. All of this occurred while I was on an operating table, so my point of view isn't first-hand, but I can say that this game proved that in some respects a tie is not a bad thing.

The second match with Slovenia featured the US as the favorite, despite trailing Slovenia in points going into the match. That role switched unbelievably quickly as Slovenia hammered home two early goals and the US was sent into half reeling. While the temptation to turn the TV off was high, I was rewarded for sticking with the US when Landon Donovan cut the lead in half just moments into the second period. Despite several frenetic attempts to equalize, the US looked down and out until Jozy Altidore found midfielder Michael

Bradley who saved the US in the 82<sup>nd</sup> minute. Just moments later the US appeared to snatch victory from the jaws of defeat as Maurice Edu put the ball in the back of the net off of a free kick from Donovan. Unfortunately, the free kick was waved off from a mystery call that sent the US media (and myself)

into a frenzy. Soccer is fickle that way-in basketball it's hard to see one bad call changing a whole game, but one goal can be all the difference in the "beautiful game."

With the tie vs. Slovenia, the US needed to beat Algeria to guarantee an advance to the knockout round. Despite dominating possession and chances, the US luck was poor as they had another goal taken away from a referee's poor decision and seemingly tried every way possible not to score. Clint Dempsey hit the post from point blank range and Altidore missed everything from 8 feet in front of an empty net. As England took a 1-0 lead against Slovenia, the US was staring straight in the face of elimination.

However, the tension of defeat changed to exhilaration as Donovan found a rebound in front of the net in stoppage time and finally was true. Fitting that it was Donovan, the face of US soccer who provided the goal that propelled the US from going home to actually winning their group and earning an easier path in the knockout round.

Whether it was in the Rib Shack watching the match with other fans or on Facebook after the match reading the joyous posts-soccer fever has gripped the United States this summer. It's the most popular sport in the world and the most popular youth sport in the US. Can the US make a miracle run in the knockout round-that question can only be answered this weekend by the boys in red, white and blue.

## • THANK YOU •

### Community comes through for Tennessee flood victims

I personally want to thank each and every one who made donations to the relief efforts benefiting the flood victims of the Nashville, TN area. The donation drive was a wonderful success. Because of your donations, a 14 foot truck was filled with supplies and delivered

on June 7.

Special thanks to the Rotary Club of Highlands and the Mountaintop Rotary Club of Highlands for funding the U-Haul truck and gas and to Jim and Sheila Bryson for the monetary donation towards gas.

Without each and every one of you, this extension of a helping hand to our neighbors in Tennessee, who were so devastated by historical flooding in May, would not have been possible. Thanks, too, to Highlands' Newspaper for helping me get the word out.

On behalf of those recipients, I want to thank you.

The King will reply, "For what you did for the least of these brothers of mine, you also did for me." Matt. 25:37-40

Fran Wilson

## • HEALTH MATTERS •

### Your medicines are killing you, Part I

**R**obert S. Mendelsohn, M.D. (1926-1988, author of *Confessions of a Medical Heretic*, taught for 12 years at Northwestern University College of Medicine, and 12 years at University of Illinois College of Medicine. At various times he was Chairman of the Medical Licensing Committee of Illinois, Director of Project Head Start's Medical Consultation Service, and president of the National Health Federation. He wrote a newsletter and syndicated newspaper column, *The People's Doctor*. He said 43% of hysterectomies were medically unnecessary, and 2.4 million unnecessary surgeries happened each year, costing 12,000 lives. Dr. Mendelsohn was highly critical of his profession:

"Doctors in general should be treated with about the same degree of trust as used car salesmen."

"The greatest danger to your health is the doctor who practices Modern Medicine. I believe that Modern Medicine's treatments for disease are seldom effective, and that they're often more dangerous than the diseases they're designed to treat... I believe that more than 90% of Modern Medicine could disappear from the face of the earth—doctors, hospitals, drugs, and equipment—and the effect on our health would be immediate and beneficial."

In 2000, a *Journal of the American Medical Association* article said doctor-caused death was the third leading cause of death in the US, after heart disease and stroke. 106,000 hospital deaths per year were attributed to negative effects of properly administered medications, and another 7,000 from medication errors. The National Council for Patient Information and Education estimated an additional 125,000 hospital deaths annually from medications not properly prescribed. Kidney failure accounts for 45,000+ deaths each year, and many kidney failures result from medication. No estimates were given for outpatient deaths, but if all deaths due to medications were known, prescription drugs would be the number one cause of death in this country. There is no reason to believe the situation has improved in ten years.

The general life expectancy has statistically increased in the past century, but not because of any drug therapy or surgical technique. Rather, the increased life expectancy is a function of hygiene (including public health regulations), nutrition, exercise, healthier lifestyle, a 40-hour work week, improvements in safety for workers,



**Kim Bonsteel L.A.c.**

environmental safety improvements such as building codes, and so on. We might live even longer, on average, with a natural approach to healing instead of a chemical assault on the body-as-enemy. The risks of chemical medicine often outweigh the supposed benefits.

One of my patients is seeking relief for numbness and tingling in his legs, very likely caused by

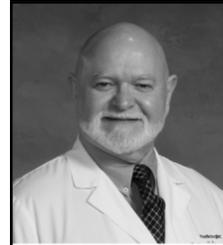
the statin drug he takes for cholesterol. I can't order any change in his medication, but I can tell him about studies that say a daily fish oil supplement is just as effective, without the side effects of statins. He can investigate and make his own choices.

More alarming than his tingling legs, last week he visited my clinic the fourth time, and one of his eyes was bloodshot, like tomato soup. Looking closer, I also saw the whites of both eyes were yellow like butter. I asked him about changes in medication. He said his cardiologist gave him Tracleer to help his heart. We looked up the drug information, and sure enough, yellowing of the eyes or skin, unusual bleeding, possible severe liver damage, and other nasty problems are possible. I asked him whether anyone told him to watch out for these side effects; no one had. I advised him to contact his doctor right away; I hope someone had the good sense to discontinue the drug immediately.

Natural medicine is much safer, and it works. According to the World Health Organization, acupuncture has been proven effective in the treatment of high blood pressure, and the therapeutic effect of acupuncture has also been shown for high cholesterol and triglycerides. The beauty is that with acupuncture, we don't treat either of these symptoms directly. Instead, we restore the causes of health, and let the body correct itself, using your own natural self-healing ability. Oh, by the way, in 40 years of American experience with acupuncture, there have been just six deaths from malpractice. That's an average of one death in America every 6.7 years from the negative effects of acupuncture.

•Kim Bonsteel, L.Ac., board-certified Diplomate in Acupuncture, operates Center for Acupuncture & Healing Arts in Highlands.

• Health Matters column copyright 2010 Kim Bonsteel and Highlands' Newspaper



## HEALTHline

"Gratitude"

Rodney G. Stinnett, MD, Board Certified Radiologist

Every day, I find reasons to be thankful for the modern facilities and the professional, caring staff with whom I work, at Highlands-Cashiers Hospital. I am grateful also for the support and generosity of the community, who have made it possible for HCH to have the very latest in state-of-the-art diagnostic equipment.

Sometimes I wonder what life on our plateau must have been like before residents had access to any medical facilities. Injury or sickness usually meant a journey of 20 to 30 miles or more to the nearest hospital. In some cases that would be detrimental to the sick person's health, in others the difference between life and death. Today, area residents experience similar illness and medical emergencies as those in the past. However, the great difference is that our residents now have access to HCH, which fulfills the community need for up to date diagnostics, prevention and emergency treatment. The patients' thanks we physicians and staff receive, for our life saving diagnostic abilities and skilled care, is always appreciated. In turn, we at HCH thank those who generously support the hospital; contributing not only to the health and welfare of their fellow residents, but also sometimes saving their lives.



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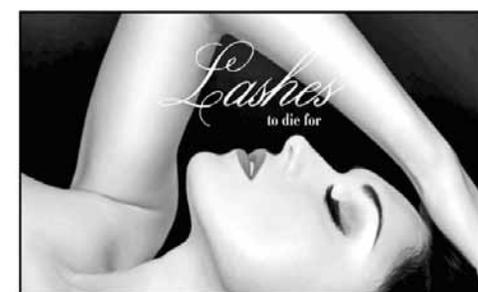


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• CONSERVATIVE POV •

**Is ANYBODY paying attention?**

“Nightmare vision for Europe as EU chief warns ‘democracy could disappear’ in Greece, Spain and Portugal.” So starts a lead story on MailOnline, the world news website of London’s Daily Mail. “Democracy could

“collapse” in Greece, Spain and Portugal unless urgent action is taken to tackle the debt crisis, the head of the European Commission has warned.”

“In an extraordinary briefing to trade and union chiefs last week, Commission President Jose Manuel Barroso set out an ‘apocalyptic’ vision in which crisis-hit countries in Southern Europe could fall victim to military coups or popular uprisings as interest rates soar and public services collapse because their governments run out of money.

The stark warning came as it emerged that EU chiefs have begun work on an emergency bailout package for Spain which is likely to run into hundreds of billions of pounds. A 650 billion pound bailout for Greece has already been agreed.

John Monks, former head of the TUC



**Don Swanson**  
Feedback is encouraged. Email [swansonson@dnet.net](mailto:swansonson@dnet.net)

(Trades Union Council), said he had been shocked by the severity of the warning from Mr. Barroso, who is a former prime minister of Portugal. Mr. Monks said: “I had a discussion with Barroso last Friday about what can be done for Greece, Spain, Portugal and the rest and his message was blunt: ‘Look, if they do not carry out these austerity packages, these countries could virtually disappear in the way that we know them as democracies.

They’ve got no choice. This is it.”

How did these once proud nations come to this state? As we have discussed in recent columns, they over did their welfare-stateism, and borrowed on the future to satisfy the insatiable hunger of their political base. Their IOUs are being called in. Their 30-hour work weeks, their retirement at 50, their cushy lifetime govern-

ment pensions are over. The chickees have come home to roost.

BREAKING NEWS! – those silly kids. The Gores, I mean. Rumors abound about affairs involved, contrary to initial reports that we all believed; hardy-har. Some news outlets say she did, others say he did, and still others claim it was

“mano a mano.” I know the translation of the foregoing isn’t right on, but you get the idea. While I don’t take pleasure in the difficulties of others, if someone has to have their dirty laundry hung out to dry, I can’t think of anyone more deserving than good old Al.

My father was a very intelligent man. As is typical, I didn’t realize how wise he was until I reached some level of maturity. He and I were watching television one evening in the mid 50’s. The Ed Sullivan variety show was on, and an up and coming star gyrated his way through “Don’t Be Cruel,” I think. Out of the blue, Dad said, “that is the beginning of the end of our culture.” It didn’t mean anything to me then, but as time went on and we slipped deeper and deeper into the muck, those words came back to me and I am impressed with his prescience.

From *Renewing American Leadership*: “Few things matter more than our ‘culture,’” writes Gerard Reed. Reed, a retired professor of history and philosophy, reviewed Roger Kimball’s *The Long March: How the Cultural Revolution of the 1960’s Changed America*.

The 1960s cultural revolution irrevocably changed America. Decades later, we are still reeling from the aftershocks of the decade that changed education, art, politics, social norms, and morality of this country.

In *the Long March*, Kimball wrote: ...our culture seems to have suffered some ghastly accident that has left it afloat but rudderless: physically intact, its ‘moral center’ a shambles.

The social and fiscal crises now facing our country largely evolved from the deliberate work of 1960s radicals. Their value – the ethos of the “counterculture” - quickly infiltrated our families, and churches, our media and our politics. When they failed to orchestrate a political revolution, the radicals of the ‘60s moved from marching in the streets to launching a “long march through the institutions.” In so doing, they embraced the strategy of Antonio Gramsci (an Italian Marxist) and celebrated Mao Tse-tung’s “long march” and “cultural revolution.” (Remember the voguish Mao jackets of those days?) Urged on by Herbert Marcuse (perhaps “the philosopher” of the counterculture in the United States), young radicals like Tom Hayden and Bill Ayers de-

• See SWANSON page 5

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**Let's get physical**

In purchasing a home, there are many steps along the way to closing day. One of the most important steps is the home inspection. This is your chance to have the home reviewed by a certified professional who can identify the property's strengths and weaknesses.

Should you get a home inspection? YES! It may be the best \$350.00 (area average) you have ever spent. A home inspection can uncover any problems the naked, untrained eye can't see or ease your mind if a question about the property can be dismissed. A radon test and wood destroying insect inspection should also be obtained, but we will stick with the home inspection in this article.

Now the question becomes how to find a qualified inspector. Referrals are probably the best bet. Ask your Realtor®, browse the internet, or look in the phone book. A licensed home inspector will be required to take continuing education updates, carry errors and omissions insurance in case something is missed or overlooked, will be willing to give you a written home inspection report with photos, and have a list of references for your review.

As a buyer, you should try to attend the home inspection if possible. The inspector will have a checklist of items to inspect which he/she can go over with you during the inspection and can address certain areas of specific concerns you may have along the way. The written report and photos will be helpful, but the onsite review and interaction with the inspector may be more informative. During the inspection, the home inspector may recommend an additional inspection from a more specialized inspector, such as a structural engineer or roofing contractor. The more you know about the property, the better for you in the long run.

The standard Alternative 1 of the Offer to Purchase and Contract provided by the NC Association of Realtors®, addresses the included items for review, contention and possible remediation:

...the built-in appliances, electrical system, plumbing system, heating and cooling systems, roof coverings (including flashings and gutters), doors and windows, exterior building surfaces, structural components (including foundations, retaining walls, columns, chimneys, floors, walls, ceilings and roofs), porches and decks, fireplaces and flues, crawl space and attic ventilation systems (if any), water and sewer sys-



**Cathy Garren**  
e-Pro, SFR  
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tems (public and private), shall be performing the function for which intended and shall not be in need of immediate repair; there shall be no unusual drainage conditions or evidence of excessive moisture adversely affecting the structure(s); and there shall be no friable asbestos or existing environmental contamination.”

The inspector should not comment on “cosmetic” issues with the home. Paint colors, quality of landscaping, and siding choices are all examples of cosmetic issues which should not be noted or observed as part of the inspection and are not items which can be subject to remediation by the buyer.

On the flipside, a seller may consider getting a home inspection during the listing period so that all issues can be corrected prior to an offer being made. Being informed, prepared and proactive will only assist in the selling process.

Whether you are including a home inspection as a contingency to your contract or not, you should strongly consider getting a home inspection. Consider the home inspection a “physical” for one of the most major purchase decisions you will make.

• For real estate information, you may visit  
www.HighlandsCashiersRealEstate.com or contact Cathy Garren at 828-787-2121. To receive monthly market statistics reports, you can email Cathy at  
cathyg@c21mountainlifestyles.com.

...HIS & HERS continued from page 12

I'll skip for now the stacked Commission Obama has just created. I'll ignore the fact that Cap and Trade, however you rename and repackage it, has nothing to do with the Gulf spill and will make things worse, not better, in the future. Ben Franklin first discovered the mechanics of oil calming sea waters. Barack Obama has just demonstrated the opposite. Pour the wrong words on oiled waters, and troubles get larger, not smaller.

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

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• THE NATURE NOOK •

This week graduate students working at the Highlands Biological Station present the first of many articles to come about nature in our area. Grant Connette is a Ph.D student in the Division of Biological Sciences at the University of Missouri.

**How old are the Appalachians?**

**By Grant Connette**

Growing up in a small town at the foot of the Appalachian Mountains, I spent much of my childhood exploring the trails and trout streams of the Shenandoah National Park. Another major pastime of mine was flipping rocks and logs looking for critters. Fifteen years later, I am still pursuing such activities as a salamander researcher at the Highlands Biological Station. Spending so much time in these mountains led me to a certain curiosity about their origin and history. "They were once as tall as the Rockies," I remember some locals saying, "or even the Himalayas!" As a result, I grew up under the impression that the Appalachians were among the oldest mountains on Earth and had eroded down from towering, jagged peaks into the gentle green slopes we know today. But was this really true?

The story of the Appalachians begins around one billion years ago. At this time, the continents were joined in a single super-continent which was surrounded by a single ocean. Some of the rocks that make up the Appalachians were once a part of this giant super-continent.

Around 750 million years ago (150 million years before the first animal life), this super-continent began to spread and pull apart. This caused a large saltwater basin, the Ocoee Basin, to form over much of the area where the southern Appalachian

Mountains occur today. Over time, sediment settled at the bottom of this basin which eventually formed into sedimentary rock such as limestone and sandstone. While sediment was accumulating in this basin, other parts of the Appalachian region experienced intense volcanic activity.

Five hundred million years later, the first land plants had begun to appear and primitive fish were multiplying in the oceans. At this time, the ancient North American and African continents began moving back towards one another, setting the stage for an epic collision. This powerful event occurred around 270 million years ago, as the continents collided to form another supercontinent, Pangea. The force of this collision caused the fringes of each continent to crumple like an accordion into a series of ridges and valleys, forming the Appalachian Mountains in North America and the Atlas Mountains in Africa.

During this collision, the sandstone which had formed in the Ocoee Basin was forced up into immense peaks in the area of the present-day Great Smoky Mountains. In other parts of the southern Appalachians, the friction caused by the continental collision was great enough to melt rock.

As this molten rock cooled, it was transformed into deposits of hard metamorphic rock, such as granite. Over time, the softer rock around these deposits eroded away, leaving behind exposed granite deposits, such as Whiteside Mountain and Looking Glass Rock.

Around 240 million years ago, at the beginning of the age of the dinosaurs, the continents began to drift apart once more, forming the Atlantic Ocean in the process. The immense mountain range left behind was indeed as tall as the present-day Rockies.

Over the next 175 million years, the Appalachians were eroded down and much of the sediment from their erosion accumulated in the Piedmont and Coastal Plane.

Interestingly, very little sediment was being deposited beginning around the time when the dinosaurs went extinct (60 million years ago), suggesting that the Appalachians had already been worn down to an almost flat plane by that time.

Sediment began to accumulate again in the piedmont and coastal plain around 15 million years ago, indicating that erosion was at work once more in the Appalachian region.

This evidence suggests that the Appalachians we see today were actually formed by a much more recent (and much smaller) uplifting which occurred well after the extinction of the dinosaurs, around the time when modern lineages of birds and mammals were already widespread on Earth.

To sum things up, the rocks at the core of the Appalachians are indeed ancient, in many cases pre-dating animal life on Earth. The mountains that once existed in the Appalachian region were indeed enormous and were slowly weathered over time. However, the Appalachians we see today may be the result of a very recent uplifting.

I will leave you with one more interesting tidbit.

To this day, the North American and African continents continue to drift apart and the Atlantic Ocean widens at a rate of nearly one inch per year. If Columbus were to set sail again today he would need to travel 35 feet farther to successfully traverse the Atlantic.

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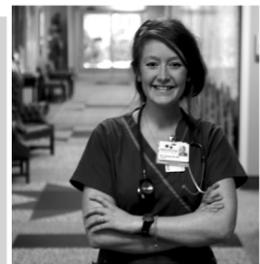
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Award winning nursing care to complement the excellent care you get from our doctors.

These are but a few of the services we offer right here on the Highlands-Cashiers Plateau to assure you have the best healthcare resources available. Just consider for a moment what would happen if we were not here, what would you do if you needed immediate attention? Travel while not feeling well? How far would you have to go and why would you possibly put your life in jeopardy when you can get the best of care just a short drive away?

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H O S P I T A L

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• HIS & HERS •

**Trouble on oiled waters**

**A**t most times and in some circumstances presidential speeches carry weight far beyond the actual words spoken or written. A President's verbal gaff can start a war, rather than prevent one. A slight mistake by a President can cause American, or even international, markets to collapse, rather than stabilize.

There is a second point of great importance. Even if a President uses the best words and concepts to address any issue or crisis, those who hear those words – Americans or foreigners, friends or foe – must take his statements seriously. To be effective, a President must be believable, at least to most of the people whom he seeks to influence with his comments.

With those points in mind, we turn to President Obama's speech Tuesday night from the Oval Office on the subject of the oil spill in the Gulf of Mexico.

The main purpose of President Obama in this speech was to demonstrate he is “in charge” of the situation. He spoke on the 16th of June. The Deepwater Horizon exploded, burned and sank two months before, on 20 April. Between then and now, more oil leaked into the Gulf of Mexico than from the Exxon Valdez in Prince William Sound, Alaska, in 1989.

Obama said in his speech that “just after the rig sank, [he assembled] a team of our nation's best scientists and engineers to tackle this challenge.” Competent searchers on the Internet can easily find out that Obama did NOT assemble the best minds until much later, and when he did, he falsified their recommendations and shut down other rigs in the Gulf on his own initiative for six months.

Obama continues, “as a result of these efforts, we've directed BP to mobilize...” The Administration did no such thing. It left BP to act on its own trying to cap or stop the oil flow. The Administration did act to prevent up to a thousand oil skimmers, some from overseas, from coming to the Gulf. Obama only marginally recognizes that there are two different and independent crises demanding attention. One is plugging the leaks from the well. The other is stopping the leaked oil from destroying the fishing and tourism industries of four American states, which are also suppliers of both sea food and petroleum products to all of America.

Obama said, “We will fight this spill with everything we've got for as long as it takes.” Since it is a simple matter to find out that the Administration actually ham-



**Michelle Mead-Armor &  
John Armor**

[michiamead@aol.com](mailto:michiamead@aol.com)  
[John\\_Armor@aya.yale.edu](mailto:John_Armor@aya.yale.edu)

pered state and industry efforts to deal with the spreading oil, this comment backfires. The logical conclusion is that Obama did not act originally and lied about it, so in the future he will offer more of the same.

He refers to thousands of workers, thousands of troops, millions of feet of booms. If the effort were that massive and consistent, there would not have

been a Coast Guard shutdown, early this week, of six oil skimmers outfitted and put into service by Governor Jindal of Louisiana.

If your house is burning down, and the Fire Department is there with hoses running, whose fault is it if the Water Department shows up and shuts them down to inspect their hoses and test the water? It is not the fault of the bureaucrats at the Water Department.

I've worked in government at two levels, local and federal. I have no reason to think state government is much different. Governments are composed primarily of bureaucrats who do things by the book, come what may. When bureaucrats do exceptionally stupid things in a crisis, the fault is not theirs. The fault lies with their political leaders who have failed to change the mission and state the urgency. The fault lies with Mayors, Governors, or Presidents who have allowed the bureaucrats to grind on in the same old ways.

Obama goes on to say that BP will have to pay for all the damages. Of course it will, just like Exxon and the Valdez pollution. But then he talks about meeting with the Chairman of BP, and a special fund. The President of the US has no personal jurisdiction over any corporation, much less a foreign one. Did he in the private meetings at the White House threaten BP executives with criminal prosecution, loss of drilling and supply contracts, etc., unless they agreed to create the \$20 billion fund?

When a public official threatens any person or group with harmful government actions, unless the target agrees to turn over “things of value,” that is called “extortion.” I do not expect Obama to be prosecuted for extortion, certainly not while Eric Holder is in charge of the Department of (In)Justice. But anyone interested in whether the current US Administration is acting either competently or honestly might want to re-read the federal extortion statutes and some of the cases decided under those statutes.

# Ongoing and Upcoming Events



## Ongoing

• Looking for Maj Jong players for a weekly game. Call Cindy at 828-787-1441. (6/24)

• Hospital Tours: "Grand Rounds" at Highlands-Cashiers Hospital will be providing small group tours to interested area residents. Tours will be held periodically each month, May through October. Tours begin at 7:30 a.m. and will include breakfast with HCH's doctors and a meet and greet with the new CEO, Craig James. Call the Foundation Office at 526-1435 as space is limited. Or RVSP by email at info@hchospital.org.

• Join us for lunch at Highlands-Cashiers Hospital, where from May through October, you can enjoy an hour long *Lunch and Learn* educational seminar, on a variety of health topics, followed by a question and answer session. Lunch will be provided and seating is limited, so please call (828) 526-1313 or (828) 526-1250 today to make your reservation.

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

526-1FIT.

## All Week

• YOGA – at Moonrise Yoga Studio, 464 Carolina Way. Mon., 10 a.m. & 5 p.m.; Tues., 8 a.m.; Wed., 8 a.m. & 10 a.m.; Sat., 9:30 a.m. All Levels. Mats provided. 526-8880. More info at www.yogahighlands.com (6/24)

## Through June

• Bookworm ½ off sale beginning June 1. Books, CDs, DVDs and cut rate prices. Proceeds go toward Hudson Library. Bookworm is open Tuesday-Saturday 10 a.m. to 4 p.m. Call 526-9938 ext. 300.

## Sundays in June

• Christ Anglican Church will host a special music service at its 9 am service. Christ Anglican Church meets at Whiteside Presbyterian Church, highway 64, Cashiers. For further information, call 828-743-1701.

## Through Aug. 13

• Mountain Fresh Foods has Relay for Life Star Cards for sale.

## 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.

• Old Fashioned Hymn-Sing at the Little Church of the Wildwood in Horse Cove. 7-9 p.m. Sundays

through Labor Day. Kay Ward – 743-5009

## Mon. & Wed.

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

## Mon., Wed., & Thurs.

• On the Mat Yoga at the Episcopal Church of the Incarnation on Main Street. Enter through single door facing Mountain Fresh. Upper Level Jones Hall. Monday & Wednesday at 7:30 a.m. and Thursday at 10:4. Bring your mat. 828-482-2128. \$10/hour. (4/29)

## Mon., Wed., Fri.

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

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

## First Mondays

• Participate in your hospital by joining the Auxiliary of the Highlands-Cashiers Hospital. 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

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

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

## Tuesdays & Thursdays

• Kettlebell Class at the Rec Park with Ginger Baldwin at 5:15 p.m. Fast moving free weight kinetic chain movement for 30-40 minutes. \$8 per class. Call 526-3556 or 526-4959 to reserve a spot.

## Wednesdays

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

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

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

## Wednesdays & Fridays

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

## Every 3rd Wednesday

• Study sessions at the Universal Unitarian Fellowship Hall in Franklin. A \$5 soup-supper will be served at 5:30 p.m. Study sessions will begin at 6:30 p.m. 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.

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

## 1st & 3rd Thursdays

• If you are suffering from a mental illness or have a relative with a diagnosis such as schizophrenia, bipolar disorder, depression, anxiety, PTSD, etc, you are not alone. NAMI Appalachian South (National Al-

liance on Mental Illness) support group meets on the first and third Thursdays of each month at 486 W. Palmer St, Franklin at 7p.m. Join us in this safe, confi-

• See EVENTS page 14

## Free picnic/concert at Zachary-Tolbert House Saturday

The Highlands-Cashiers Chamber Music Festival will stage a picnic concert at the Zachary-Tolbert House in Cashiers, at 5 p.m. Saturday, June 26<sup>th</sup>.

Festival favorites The Smoky Mountain Brass Quintet will perform in an outdoor event that's as irresistible as, well, a languid Cashiers afternoon. The quintet has performed throughout the US in venues like Carnegie Hall, and across the globe in Great Britain, Russia and China, yet its roots remain just down the road at Western Carolina University. That makes for a performance that can run the gamut from Early Renaissance to Pop, leavened with gentle good humor and an infectious enthusiasm. It's the recipe for an unforgettable evening.

Everyone's invited to bring a picnic and blanket. Cost is free, but donations are cheerfully accepted. For information about the concert or the Festival's exciting 29<sup>th</sup> season, call (828) 526-9060.

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## TOY STORY 3

in 3D

rated G

Daily: 2:10, 4:20, 7:10, 9:20

## THE KARATE KID

rated PG

Daily: 1:30, 4:10, 7:00, 9:40

## THE A-TEAM

rated PG-13

Daily: 2:05, 4:30, 7:05, 9:30

## Opening Wed., June 30

## THE TWILIGHT SAGA:

ECLIPSE

rated PG-13

Daily: 2, 4:30, 7, 9:30

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## Coming up at The Bascom



On Sunday, June 27 from 2-3 p.m., experience the "Treasures of Private Collections" exhibit through the eyes of curator Kaye Gorecki. The exhibition comprises glass by Dale Chihuly, photography by Dorothea Lange, sculpture from Indonesia, prayer carpets, handcrafted rifles and decoys, and paintings by emerging contemporary artists. There is no charge and no pre-registration necessary.

The recent works of North Carolina treasure Sid Luck, will be on display in The Bascom's Balcony Gallery from June 26 – Aug. 8. The fifth generation of the Luck pottery tradition, Sid continues the ancient art of wheel-thrown pottery near Seagrove, the "Pottery Capitol" of North Carolina.

Exhibitions are free and open to the public Tuesdays through Saturdays from 10 a.m. to 5 p.m. For more information, visit www.thebascom.org or call (828) 526-4949.



# Ongoing and Upcoming Events



**2010 Green Living Fair**  
**Friday, June 25 in Cashiers**  
**Saturday, June 26 in Highlands**  
**Adult tickets \$5**  
**(Youth under 15 free)**

**Friday, June 25 – 4-7 p.m.**

At the Village Green in Cashiers and will include food, music, and hikes on the town trails. The Zahners will do a program on gardening with native plants. The highlight of the day will be an eco-fashion show featuring "green" and vintage fashions by local businesses. Following that will be a presentation by the Cashiers Village Council and "Groovin' on the Green."

**Saturday, June 26 – 10 a.m. to 4 p.m.**

Speakers, arts & crafts, greenway hike, tour of green homes and gardens 11-2 and food by Cyprus International Restaurant and Fressers Eatery

**Speakers at Highlands Rec Park**

<p><b>10:30</b>  <b>Room A</b>  <b>ARRA Energy Funding in NC</b>                  Reid Conway: State Energy Office/ Western Division</p> <p><b>Room B</b>  <b>An Update on Recent Landslides and Landslide Hazard Mapping In Western North Carolina</b>                  Rick Wooten: North Carolina Geological Survey</p> <p><b>11:30</b>  <b>Room A</b>  <b>Water Heating – Is Solar Thermal Right for You?</b>                  James Pader: Winter Sun Construction, LLC</p> <p><b>Room B</b>  <b>"A Good Egg is Hard to Find"</b>                  Chad Garner &amp; Rick HavronL                  Three Forks Farm</p> <p><b>12:30</b>  <b>Room A</b>  <b>Wise Foodways: Traditional</b></p>	<p><b>Diets and Food Preparation</b>                  Ashby Underwood Garner: Rolf Practitioner, creator of Body and Land Journal</p> <p><b>1:30</b>  <b>Room A</b>  <b>Prioritizing Energy Efficiency Retrofit Choices</b>                  Charlie Headrick: Building Technology Services</p> <p><b>Room B</b>  <b>Growing and Cooking with Herbs</b>                  Kathy Evans</p> <p><b>2:30</b>  <b>Room A</b>  <b>Thinking Outside the Box-Building a Straw Bale House</b>                  Kurt Fisher</p> <p><b>Room B</b>  <b>Tree Safety – Remove, Replace or Rehabilitate</b>                  Mike Kettles: Kettles' Environmental Services.</p>
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Green Home and Garden Tours are at 11 and 2, guided Greenway Trail hikes are at 11 and 1. Green product/service vendors, crafts and non-profit booths from 10 to 4.

For more info contact J-MCA at (828) 526-9938, ext. 320 or www.j-mca.org . Your attendance helps put our community on the map as a leader of the "Green Living" movement in N.C.

dential environment to share concerns, gain insight, understanding and hope. Next meeting: May 20. Call: Ann Nandrea 369-7385 or Carole Light 526-9769

**Fridays, July 9-Aug. 15**

• A prix fixe dinner at Wolfgang's for \$60 per person with a percentage of proceeds benefiting the Highlands-Cashiers Chamber Music Festival. Reservations for the concert and dinner can be made by calling the HCCMF's office at (828) 526-9060.

**Friday & Saturdays**

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

**Every Third Saturday**

• The Highlands Memorial Post #370 of the American Legion meets at the Short-off 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).

• The Scaly Mountain Women's Club monthly Pancake Breakfast. Breakfast is served in the remodeled historical school house from 7:30-10:30 pm. Blueberry pancakes, sausage, orange juice and coffee is \$5.50 for adults and \$3.50 for children. Funds raised at the Pancake Breakfasts go toward the club's Scholarship program and other charities in the community. Call Susan Bankston 526-9952 or email sfbankston@gmail.com

**Saturdays**

• Saturday Art School for grades K-8 is held weekly at The Bascom in Highlands. To register or for more information, visit www.thebascom.org or call (828) 526-4949 ext. 100.

• 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.

• Highlands Knitting & Needlepoint Guild meets to knit, crochet and needle-

point on the terrace at the Bascom. Questions? 526-1741.

**Through Sat., July 3**

• At Highlands Playhouse, "Smokey Joe's Cafe," a musical, theater revue, featuring 40 of the greatest songs. For tickets call 828-526-2695 or go to www.highlandspalyhouse.org.

**Thursday June 24**

• At the Nature Center at 7 p.m., Dr. Rob Bierregaard's lecture: "Let's Do It-The Sordid Secrets of Avian Sex" An illustrated lecture that will answer all those questions you've always wanted to ask about bird sex but never had an ornithologist to ask!

**Fri.-Sun., June 25-27**

• The Highlands Historical Society's annual Walk in the Park is Friday and Saturday, at Highlands Memorial Park and on Sunday at the Highlands Community Building. Every 15 minutes beginning at 4 p.m. and running until 7:30 p.m., there will be a shuttle leaving from the Highlands Community Building next to the ballfield. Sunday's performance at the Performing Arts Center on Chestnut Street is a 4 p.m. Adult tickets are \$15 and students are free. Tick-

## Smokey Joe's Cafe at the Playhouse through July 3

**By Joseph Litsch**

For two weeks Ricardo Aponte, choreographer for "Smokey Joe's Cafe," currently onstage at the Highlands Playhouse through July 3, worked with cast members in the close confines of an apartment complex clubhouse, trying hard to envision the finished product.

As it turned out, Aponte and director Sam Dunaway were pretty much on target. "We had to adjust to the stage, and we changed some things," said Aponte. "But not much."

The big concern was the second act opener, "Baby That is Rock 'n' Roll," a rousing number with all nine cast members singing and dancing and moving all over the stage. It works. And, it is the perfect number to follow an opening act that has the audience clapping and cheering. Pick right up where Act I ended, without missing a beat.

"Ricardo was the first person I called after the Playhouse asked me to come back and direct," said Dunaway, now marking his sixth summer at Highlands. "He is so good and we work together so well that I won't do a show without him." Aponte also teamed with Dunaway for last season's "The Taffetas" and the Highlands Play-



Call 526-2695 for tickets. house 70th anniversary revue.

It's hard for Aponte to pinpoint the exact date he began dancing. "My aunt was a ballet teacher and owned a studio and my mother worked there, so I was always around," he said. "My aunt was known for her unconventional approach to ballet and I guess I am that same way."

He was a dancer first and has been a choreographer for six years now and has established himself as one of the leading choreographers in Atlanta. His choreography for "Little Shop of Horrors" earned a Suzi Bass Award (honoring outstanding Atlanta theater) nomination. He is also an actor and his portrayal of Ritchie Valens in "The Buddy Holly Story" earned a second Bass Award nomination for Best Featured Actor.

Tackling "Smokey Joe's Cafe," Dunaway, Aponte and musical director daMon Goff agreed that it would be senseless to try to recreate

the Broadway version. Most of the music comes from the 1950s, when rock 'n' roll was in its formative years. And the original "Smokey Joe's" opened in New York City 15 years ago.

"I added some moves that are more modern and none of the costumes look like the '50s," he said. That's not to say that the quartet of guys singing all those Coasters hits don't move in unison the way most of those groups did. But with Aponte's carefully thought-out movements, this "Smokey Joe's" quartet will never be mistaken for the Drifters nor the Dixie Cups.

Another obstacle in this show for Aponte was the fact that he was choreographing for nine singers who also had to move. The music demands it. "They were amazing," he said. "We rmailed them and said they needed to know their lyrics when they started rehearsing because we had a lot of movement to work on. And they all knew all their songs the first day."

That left two weeks in Atlanta and two days in Highlands to get "Smokey Joe's Cafe" ready to open. That was one week per act with two days to tweak. And it worked.

# Ongoing and Upcoming Events



ets are available at Cyrano's Book Shop and at the Community Building the days of the event.

**Fri. & Sat., June 25-26**

- Benefit Softball Tournament hosted by Battle-ground Ministries at the Highlands Recreation Dept. Softball Field on N. 4<sup>th</sup> Street. Friday, 6 p.m. until, co-ed teams. Saturday, 9 a.m. until, Men's League. Featuring Carolina Smokehouse BBQ, hotdogs and hamburgers. For more information, Call 828-399-0974.

**Friday, June 25**

- GREEN LIVING FAIR at Cashiers Village Green with green home tours, hikes, eco-fashion show, food, music. Hosted by Jackson-Macon Conservation Alliance (828) 526-9938 ext. 320. \$5 ticket is good for all Fri. and Sat. events. [www.j-mca.org](http://www.j-mca.org).

- A dance at the MC Community Center on Hwy, 441 S. in Franklin, NC, (across from Whistle Stop Mall) from 6:30 to 9 pm with music by "Swing-time Band" for more information call (828) 369-9155 or (828) 586-6373.

**Sat., June 26-Sun., Aug. 8**

- At the Bascom, the recent works of North Carolina treasure Sid Luck, will be on display in the Balcony Gallery. The fifth generation of the Luck pottery tradition, Sid continues the ancient art of wheel-thrown pottery near Seagrove, the "Pottery Capitol" of North Carolina. Exhibitions are free and open to the public

Tuesdays through Saturdays from 10 a.m. to 5 p.m. For more information, visit [www.thebascom.org](http://www.thebascom.org) or call (828) 526-4949.

**Sat & Sun., June 26-27**

- Sapphire Valley Arts and Crafts Shows will be held on Saturday and Sunday, June 26-27, 10 a.m. until 4 p.m. on both days. Juried artisans. Animals for adoption from two animal shelters. Live music from 1-3 p.m. both days. Food booths, too. Admission is free as is parking. Sapphire Valley Recreation field is 3 miles west of the crossroads on U.S. 64. For further information please call 828:743-1163 during business hours.

**Saturday, June 26**

- The Friends of Panthertown will be meeting at 9:30am at the Salt Rock trail-head parking lot and hiking in to Panthertown Valley to work on getting the trails ready for summer visitors. Anyone interested in volunteering is welcome to attend. No Previous experience is necessary. Tools will be provided. Volunteers should bring a day pack with lunch, water, rain gear (just in case), and Sat, J work gloves if you have them. For directions or more information, go to <http://www.panthertown.org>. Inclement Weather Policy: the work day will be canceled if it's raining. Someone will be at the trail-head to inform volunteers if the work day is canceled.

- CLE presents Sandra Mackey with a viewpoint of a recent trip through the Persian Gulf. She will discuss the crucial role the Persian Gulf plays in American energy needs which help drive the exploration for oil in U.S. waters. With Iran occupying the entire eastern coast of the Gulf, she will explore the threat of Iran's nuclear program, the on going political unrest in Iran, and American options in containing Iranian ambitions. \$25 for members. \$35 for nonmembers. For tickets call 526-8811.

- HCCMF's FREE picnic festival concert at the Zachary-Tolbert House in Cashiers at 5 p.m. bring a picnic and blanket. Donations accepted.

- GREEN LIVING FAIR at Highlands Rec Park. Vendors, artisans, green home tours, classes, cooking demos, food, kids projects. Hosted by Jackson-Macon Conservation Alliance (828) 526-9938 ext. 320. \$5 ticket is good for all Fri. and Sat. events. [www.j-mca.org](http://www.j-mca.org)

- The Nantahala Hiking Club will take an easy 2-mile hike on the Long Branch loop in the Standing Indian area, criss-crossing the stream several times. Meet at NHC clubhouse at 1 p.m. Drive 20 miles round trip. Call leader Chris Shaw, 371-0183, for reservations.

- The Literacy Council of Highlands "Family Literacy Fair" continues from 1 to 3 p.m. at the Peggy

• See EVENTS page 16

## CLE presents: Middle East expert Sandra Mackey



**"The Persian Gulf Link  
Between Louisiana and Iran"**  
Saturday, June 26

10-12

at the

**Performing Arts Center**

From the viewpoint of a recent trip through the Persian Gulf, Sandra Mackey will discuss the crucial role the Persian Gulf plays in American energy needs which help drive the exploration for oil in U.S. waters. With Iran occupying the entire eastern coast of the Gulf, she will explore the threat of Iran's nuclear program, the on going political unrest in Iran, and American options in containing Iranian ambitions.

**To register and for ticket  
information,  
Call 526-8811**

## 2010 Green Living Fair

Friday events in Cashiers – Saturday events in Highlands

Making our local communities more sustainable is important. Toward that end the Jackson-Macon Conservation Alliance is hosting the Green Living Fair this weekend. There will be activities in both Cashiers (Friday June 25) and Highlands (Sat. June 26).

Friday's event in Cashiers starts at 4 p.m. at the Village Green with food and live jazz music featuring the Tyler Kittles' band ("phenomenal" by one critic). Several vendors will be set up including the Zahners of Chattooga Gardens who will give a class on gardening with native plants at 4:30. Plan to hike the Merchant and Greens trails as well. Jim Sibley will give a short presentation on the Cashiers Village Council's plans for the community. At 6 p.m. there will be an eco-fashion show featuring eco-friendly clothing and accessories for men, women and children.

Highlands and Cashiers businesses featuring products and models are: Bear Mountain Outfitters, Annawear, Highlands Hiker, Sugar (Caroline Brown), Fibber Magee's Closet, Victoria's Closet/VC for Men, and Malley's Cottage. Melanie Restall of Burnsville will have her reclaimed wood jewelry in the fashion show and will be a vendor at Saturday's event in Highlands as well.

Food for the Cashiers event will be provided by Café 107 and Barefoot Catering, both serving delicious vegetarian

fare, and Janet Dee with Juice Plus fruit smoothies. The event will segue into Groovin' On The Green at 7 p.m.

The fair continues in Highlands on Saturday from 10 to 4 at the Rec Park. Conserving natural resources saves money, and the fair will feature numerous products and services that help people do both: solar, hydroelectric and wind energy systems, geothermal heating, green construction/renovation and building materials are a few.

Earth friendly crafts plus personal care and nutrition products will be for sale, and local non-profits involved in conservation will be there.

The fair will offer several classes on energy conservation in the home; such as solar water heating and retrofitting an existing home. Some other classes include growing and using herbs and building a straw bale house.

Other Saturday events include green building and garden tours (solar panels, organic gardens, living roof, etc.), art and botany hikes on the Highlands Greenway Trail, and cooking demonstrations by Nick Figel of Cyprus. Nick is offering the first 100 fair-goers a discount voucher toward a meal at Cyprus. Fressers will also be serving lunch.

A \$5 ticket gets you into all events (youth under 15 free). For a list of vendors and complete class and tour schedules visit [www.j-mca.org](http://www.j-mca.org) or call (828) 526-9938 ext. 320.

## The Bascom offers artistic classes

Gardens bursting with blossoms and the mountains in full bloom, what better time than July to take a Bascom workshop focused on basic artistic principals.

On July 6 - 10, Mark Tomczak will guide participants through "From Stem to Vase". His instruction will focus on the form and function of the vase and explore a variety of shapes from thrown and altered to slab construction. He will discuss surface alteration using carving techniques along with glaze decoration for color and accents. Tuition: \$375 Bascom members/ \$400 non-members (includes basic materials).

On July 7 - 10, find inspiration while studying "Flowers: In and Out of the Garden" with distinguished Atlanta artist Susan Knight Smith. Gain a greater understanding of this subject much favored by artists — flowers. Smith will guide students first in the studio, then on location, to an understanding of the anatomy, shape and massing of floral forms. Tuition: \$375 Bascom members/ \$400 non-members.

The Tomczak and Knight Smith workshops take place during The Bascom's annual Mountains in Bloom (<http://www.mountainsinbloom.com>) garden festival that celebrates flowers, gardens and nature on the Highlands-Cashiers plateau.

On July 13 - 17, Enjoy the beautiful surroundings of The Bascom campus while learning color printmaking techniques from artist-in-residence Jean Gumpfer. "Transforming the Landscape through Reduction Woodcut" will explore connections between the subject of landscape and natural phenomena, and the physical processes of carving wood and printing layers of ink. Tuition: \$375 Bascom members/ \$400 non-members.

On July 17 - 18, renowned photographer Greg Newington will teach "Light Writing: Using Light, Composition and Texture in Photography". Gain an understanding of the role of natural light when composing color or black and white photographs. Students will learn how to transform the most mundane or the most imposing of subjects by increasing their awareness and interpretation of texture, light and shadow. Tuition: \$150 members/ \$175 non-members.

These are just four of the nearly 400 educational programs offered at The Bascom in 2010. Pick up a catalog of offerings around town, or download one at [www.thebascom.org](http://www.thebascom.org).

Workshop registration is going on now. Pre-registration is required. To register, call (828) 526-4949 or visit [www.thebascom.org](http://www.thebascom.org).



# Ongoing and Upcoming Events

## Outdoor Activities



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**Lake Sequoyah!**

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

Crosby Center. The third in a series of three workshops, families of children ages four through eight will learn fun and easy strategies to help promote literacy in the home. The workshop will have a Dr. Seuss-theme and end with an ice cream social. The workshop is the final of a three-part series. For more information, contact Bessie Goggins at [highlandsliteracy@live.com](mailto:highlandsliteracy@live.com) or 828-526-9938

• Highlands-Cashiers Hospital annual free health screenings for Cashiers at Blue Ridge School on Saturday from 7:15 to 11 a.m. For the Blue Ridge screening, residents with zip codes for Cashiers, Glenville, Sapphire, and Yellow/Cullowhee Mountain area will be given priority. Those from other areas or residents who cannot attend their local screening will be placed on a waiting list and accommodated if a slot should open up or go unfilled. Register by calling the hospital at (828) 526-1435 or online at [www.highlandscashiershospital.org](http://www.highlandscashiershospital.org).

### Sunday- Thursday, June 27-July 1

• Vacation Bible School at Highlands United Methodist Church 5:30-8 p.m. at HUMC - 315 Main Street in Highlands. The VBS program is free but children are welcome to come early for supper at 5 p.m. each evening for \$2 per child. Call Allison Tate at 526-3376 to sign up.

### Sunday, June 27

• A new Concert Chorale made up of members of the Highlands and Cashiers communities and conducted by Grat Rosazza will perform at the Episcopal Church at 5 p.m. Included will be Broadway selections and two acapella pieces. It's free.

• At the Bascom, on Sunday from 2-3 p.m., experience the "Treasures of Private Collections" exhibit through the eyes of curator Kaye Gorecki. The exhibition comprises glass by Dale Chihuly, photography by Dorothea Lange, sculpture from Indonesia, prayer carpets, handcrafted rifles and decoys, and paintings by emerging contemporary artists. It's free.

### Mon., June 28

• The Art League of Highlands presents Phil Garrett, the Artist-in-Residence at the Bascom who will be doing a demo of the magic qualities of Golden Paint products. The social half hour begins at 5 p.m. followed by a very brief business meeting and then Phil's program. This is a chance to meet Phil and consider taking the workshop "Fresh Paint: Acrylics Like Oil," which he is offering at the Bascom August 31-September 3.

• The Jackson County GOP meets at 7 p.m. at Ryan's in Sylva. For more information, call 828-586-9895.

• Mirror Lake Improvement Association will meet at 6 p.m. at the Civic Center.

### Tues., July 29

• Make a reservation to play bridge at the Highlands Rec Park at 1 p.m. A \$10 donation goes to American Cancer Society. You and your partner can play in a sanctioned duplicate game (M. Meeter 787-2174) or in a recreational party bridge game. Call Gladys Calloway at 526-4021.

### Wed., June 30

• Interlude Concert at the Episcopal Church at 2 p.m. Dress is casual. Featuring Jesse Glass, piano.

• Support the Literacy Council of Highlands with a night of fine dining at Lakeside Restaurant. From 5:30-10:30 p.m. Wednesday, June 30, Lakeside Restaurant will donate 15% of all its sales to the Literacy Council when patrons mention the Literacy Council to their servers.

### Thurs., July 1

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

• Franklin Community Blood Drive at the First Baptist Church (69 Lotla Street, Franklin). Type O negative donors are needed! 12:39 pm to 5:30 pm.

Call 369-9559 to schedule an appointment. Walk-Ins Welcome! Appointments preferred! *All presenting donors have a chance to win a \$1,000 gift card!*

### Every Friday beginning July 2

• The eighth annual free Mountain Music Concert series kicks off with Mountain Faith of Sylva. This year's five Friday-night performances begin with dance demonstrations and instruction from 6:45 to 7:30 p.m. Highlands' brand new Western style square dance team called Highlands Drifters will debut with a demonstration and invitation to the audience for participation. The band will perform from 7:30-9 at Highlands School's old gym, on Pierson Drive. Parking is available in front of and behind the school.

## RELAY, What You Need To Know . . .



• You can sign up and show your support for this year's Relay For Life of Highlands, scheduled August 13 at the Highlands Rec Park. Join the fun and 'sign up' with a team, or enlist your friends and form a team to raise funds for Relay and the American Cancer Society. Go to [www.relayforlife.org/Highlands](http://www.relayforlife.org/Highlands) to join or register a team.

• Local businesses can 'sign up' as a sponsor of Relay. Sponsorships range from \$200 to \$1,000 and include various forms of recognition. Sponsors have until July 23 to 'sign up' and be included in the event t-shirt. Contact Heather Mangum at [ghilbert@verizon.net](mailto:ghilbert@verizon.net).

• Are you a cancer survivor? Then 'sign up' for the Survivor Dinner and join other survivors as honored guests. The dinner will be held Tuesday, August 3, at 6 p.m., at the Highlands Presbyterian Church. For more information on the Survivor Dinner, visit [www.relayforlife.org/Highlands](http://www.relayforlife.org/Highlands). Survivors also can 'sign up' to participate in the Survivor walk at Relay, leading the way around the path while friends and family cheer each survivor.

• 'Sign up' for the luminaria ceremony by purchasing a luminaria for \$10. Each luminaria represents the life of someone who has battled cancer. The candles that light the path honor survivors and remember loved ones lost to cancer. This year's Relay will include the Tiki Torch Program. For a donation of \$100, a tiki torch will be lit throughout the night in honor or memory of a loved one. Everyone can take part in this tribute even if they are unable to attend Relay.

• THE FLAMINGOS ARE BACK! 'Sign up' to "flock" someone. Call 828-526-1717. "Flock Your Friends" Only \$15! "De-Flocking" Only \$10! The Flamingos will be here through August 13<sup>th</sup>. All proceeds benefit the American Cancer Society's Relay For Life.

• Beginning Friday, July 2, a free Mountain Music Concert series every Friday, with Mountain Faith of Sylva on July 2. Performance begin with dance demonstrations and instruction from 6:45 to 7:30 p.m. The Highlands Drifters will debut with a demonstration. The band performs from 7:30-9 at Highlands School's old gym, past Peggy Crosby Center (S. Fifth St.) on Pierson Drive. Parking is in front of and behind the school near the gym entrance.

• Choose to support Relay - 'sign up' today and support the American Cancer Society's mission to save lives by helping people "stay well, get well, find cures and fight back." See you at Relay!

## Historical Society's Walk in the Park is this weekend!



Virginia Talbot will portray Albertina Staub at this year's "Walk in the Park" which will take place June 25 and 26 at Highlands' Memorial Park and June 27 on stage at the Performing Arts Center on Chestnut Street. She is seen here at the home on Main Street, now owned by Dr. R. A. Martorell where Ms. Staub and her father lived. In addition to working as the Town's librarian and later as a realtor, Ms. Staub helped found what are now Highlands Country Club and the Biological Station. On June 25 and 26 shuttles will run from the Community Building to Highlands' Memorial Park every 15 minutes from 6 to 7:30 p.m. The June 27 performance of "Walk in the Park" will start at 4 p.m. Adult admission is \$15.00; students are admitted free. Tickets will be available at Cyrano's Book Shop on Main St. as well as at the Community Building on the day of the event.

## • A REVIEW •

### 'P' is for Playhouse; 'P' is for professional

Last Thursday night's opening of 'Smoky Joe's Café' – playing through July 3 at the Highlands Playhouse – has put the Playhouse back on the map as a venue for top-notch live theater.

This musical revue shouldn't be compared with previous revues at the Playhouse, which tended to speak to the WWII crowd and though fun and entertaining, never quite lived up to expectations – it's a class above.

There's not a weak link in the crew of nine that sing and dance their way through '50s classics — which is why theater-goers age 60 and up will feel right at home clap-

... **LETTERS continued from page 2**

Revolution was this: it connected in one indissoluble bond the principles of civil government with the principles of Christianity."

An 1854 U.S. House of Representatives resolution it states, "The great vital and conservative element in our system is the belief of our people in the doctrines and divine truths of the gospel of Jesus Christ."

There was no misguided "separation of church and state." Worship services were held at the Capitol, the War Department, and the Treasury Department and the U.S. Marine Band played at those in the Capitol. By 1867, the church at the Capitol was the

largest church in Washington, DC.

After years of study, the 1892 U.S. Supreme Court declared that this is a Christian nation. The Founding Fathers all attested to that idea in their numerous writings, few of which have been visited in this letter. As late as 1911, President Woodrow Wilson said that "America was born a Christian nation. So remember on the Fourth that you are celebrating the birth of a Christian nation, the only nation in history founded on Christian principles and values.

ping, swaying and literally jumping to the music. Even if the songs don't tug at the heart strings of younger generation theater-goers, because of the caliber of the performance, the evening is well worth the \$30 ticket for adults and \$12 for children 12 and under.

The thing is "Smoky Joe's Café" is not just about the music — it's a high-energy, polished, precision performance by a group of actor-singer-dancers who deliver a show reminiscent of an off-Broadway affair. They are here to show Highlands how it needs to be done, can be done and should be done.

largest church in Washington, DC.

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Gladys Calloway  
Highlands, NC

Voices are powerful and clear; character personalities are true and expressive in body and spirit; dance moves are precise and perfectly choreographed by Ricardo Aponte. He said his job was easy this time around because the cast "all knew what they were doing." And what a difference that makes.

People will recognize Amanda Kerridge who is back for her third season at the Playhouse. When appearing in "The 70<sup>th</sup> Anniversary Revue" and "The Taffetas" she was always a delight to watch and often carried the show. But this time around she has the full support of her fellow cast members. No one has to carry anyone; the show stands on its own.

Aside from Amanda, you won't recognize anyone, and that's kind of nice. The cast

represents new blood, fresh faces and real talent.

Director Sam Dunaway should be congratulated for finding this cast who delivers such an impeccable evening of true entertainment featuring 37 songs of Leiber and Stoller under the musical direction of daMon Goff. They can sing, they can dance, they can act — they deliver.

If the Highlands Playhouse board has hired directors who have cast performers who can deliver this caliber of production throughout the summer, the Playhouse will be the place to be this season.

Don't miss this show. For tickets call 526-2695.

— **Kim Lewicki**

If you are looking for interesting furniture, accessories and lighting ...

Don't Miss

## The Elephant's Foot Antiques

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next to Whole Life Market

Since 1983

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## Sapphire Valley Art and Crafts Festival

Saturday, June 26 • Sunday, June 27  
10 a.m. to 4 p.m.

More than 70 artists and crafters displaying  
and demonstrating their original works

Live Music • Food • Drinks

Cashiers-Highlands Humane Society Stop n' Adopt  
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For more information, call 828-743-1163



**BATTLEGROUND  
MINISTRIES**  
Is Hosting a  
**Benefit Softball Tournament**  
*at the Highlands Recreation Dept. Softball Field  
on N. 4<sup>th</sup> Street.*

**June 25<sup>th</sup> 6:00pm- TILL**  
Co-ed teams

**June 26<sup>th</sup> 9:00am-TILL**  
Men's League

Call 828-399-0874

**Featuring**  
Carolina Smokehouse BBQ  
Hotdogs  
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## • SPIRITUALLY SPEAKING •

### Christianity & Culture



Rector: Jim Murphy  
Christ Anglican Church

If someone was describing you, would they say that you are a follower or a leader? That is, do you generally allow circumstances and events to shape you, or do you tend to impact and shape events? Judging by the number of books in print that deal with the topic of leadership, the conclusion can be drawn that there is a dearth of leadership today. There is a genuine lack of folks who truly lead and shape culture.

Said another way, far too many folks today are "couch potatoes" when it comes to the events and circumstances of everyday life. We are, in large measure, a society of followers, a nation of people who sit idly by and go with the flow of the culture. We might easily be characterized as a people of passivity, of followers, as opposed to a culture given to shaping the world around us. Thus we have become an aimless, hopeless people.

That which is true in society at large is reflected in the Christian churches of America. Christians, by virtue of their call to servant leadership, are supposed to shape our world by leading others to a true love of God—the only God who can save us from our aimless existence, Jesus Christ.

If you keep up with the news, our aimlessness seems to be getting the better of us. Our passivity has given rise to a culture that regularly shapes us, a society which is increasingly angry, immoral, crime ridden, and hateful. If we Christians were the leaders that our Savior calls us to be, that would not be the case. Instead, we would be a church that impacts our world for the better, that gives everyone honest-to-goodness hope and change, not the type of hope and change of recent political chicanery.

The Christian church presents the only hope that society has for real change. It is now high-time for those who know Jesus Christ as both Savior and Lord, to act that way. If he is Lord, lead others in the way to him. The time is ripe for his disciples to take the lead in shaping an often times aimless church and thereby positively impacting the culture instead of following it.

At one time I was a priest in the Episcopal Church. As such, I watched as culture increasingly shaped the direction of the church. Instead of offering the hope and change that only Jesus can bring, my former denomination became an echo chamber for society at large. There came a point that I had to ask and answer the question, "Would I be a 'couch potato' or would I lead others in the way of the Cross, in the way of salvation, in the way of Jesus—who is the Way?" I resigned from what the world would call a leadership position to truly lead the way. Giving up a comfortable "living" and new multi-million dollar church facilities, I decided that God's gift of life was far too important for me to remain passive.

How about you? Will you continue to be shaped by culture or be a Christian who shapes our culture? The Apostle Paul, writing to the Corinthians, referred them to the prophets Isaiah and Ezekiel, as he called on those Greek Christians to "come out" and be different, be leaders and shapers of their environment instead of followers (cf. 2 Corinthians 6:14-18). Lets do it church! Lets lead the way to Love in love!

## • 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 at Whiteside Presbyterian - 5 p.m.; Bible Study & Supper at members' homes - 6 p.m.  
Wednesday: Men's Bible Study -8:30 a.m., First Baptist Church, Highlands  
Thursday: Women's Prayer Group - 10 a.m., Whiteside Presbyterian Church

**CHRISTIAN SCIENCE CHURCH**  
283 Spring Street  
Sunday: Service - 11 a.m; School up to age 20 - 11 a.m.  
3<sup>rd</sup> Wed. of month: Testimonial Service - 5 p.m.

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

**COMMUNITY BIBLE CHURCH**  
www.cbchighlands.com • 526-4685  
Pastor Gary Hewins  
3645 U.S. 64 east, Highlands  
Sun.: 9:30 am: Adult Sunday School, Prayer Group.  
10:30am: Children's Program (Pre-K - 5th Grade), Merge for 6th Graders. 10:45am: Worship Service. 5 pm Student Arts Group, The River Middle & High School Student Ministries.  
Tues.: 9:30 am: Women's Bible Study.  
Wed.: 5 pm: Dinner. 6:00pm: Children's Program, Adult Teaching.

**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 8:30 & 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 - Women's Bible Study (nursery)

**HOLY FAMILY LUTHERAN CHURCH - ELCA**  
Chaplain Margaret Howell  
2152 Dillard Road - 526-9741  
Sundays: Sunday School and Adult discussion group 9:30 a.m.; Worship/Communion - 10:30  
HEALING SERVICE on the 5th Sunday of the month.

**LITTLE CHURCH OF THE WILDWOOD**  
Kay Ward - 743-5009  
Sundays: 7-8 p.m. Memorial Day - Labor Day  
Old Fashioned Hymn-Sing

**MACEDONIA BAPTIST CHURCH**  
8 miles south of Highlands on N.C. 28 S in Satolah  
Pastor Matt Shuler, (828) 526-8425  
Sundays: School - 10 a.m.; Worship - 11  
Choir - 6 p.m.  
Wed: Bible Study and Youth Mtg. - 7 p.m.

**MOUNTAIN SYNAGOGUE**  
St. Cyprian's Episcopal Church, Franklin  
828-369-9270 or 828-293-5197

**OUR LADY OF THE MOUNTAINS CATHOLIC CHURCH**  
Rev. Dean Cesa, pastor  
Parish office: 526-2418  
Mass: - 9 a.m.: Sun., Thurs. & Fri  
Saturday Mass - Mem Day through Oct. at 4 p.m.

**SCALY MOUNTAIN BAPTIST CHURCH**  
Rev. Clifford Willis  
Sundays: School -10 a.m.; Worship -11 a.m. & 7  
Wednesdays: Prayer Mtg. - 7 p.m.

**SCALY MOUNTAIN CHURCH OF GOD**  
290 Buck Knob Road; Pastor Alfred Sizemore  
Sundays: School - 10 a.m.; Worship - 10:45 a.m.; Evening Worship - 6 p.m.  
Wed: Adult Bible Study & Youth - 7 p.m.  
For more information call 526-3212.

**SHORTOFF BAPTIST CHURCH**  
Pastor Rev. Andy Cloer.  
Sundays: School - 10 a.m.; Worship - 11  
Wednesdays: Prayer & Bible Study - 7

**UNITARIAN UNIVERSALIST FELLOWSHIP**  
85 Sierra Drive • 828-524-6777  
Sunday Worship - 11 a.m.  
Child Care - 10:30 a.m. - 12:30 p.m.  
Religious Education - 11 a.m. - 12:15 p.m.  
Youth from 8th - 12th grades meet the second Sunday of each month from 5 - 7:30 p.m.

**WHITESIDE PRESBYTERIAN CHURCH**  
Cashiers, Rev. Sam Forrester, 743-2122  
Sundays: School - 10 a.m.; Worship - 11

## ...MEETING continued from page 1

The Pepsi Company is supplying 20oz Purified Water at \$1,190.40; 16.9oz; Flavored Water at \$13,950; 20oz Sports Drink at \$41,400; and 20oz Low Calorie Sports Drink at \$12,600.

Coke Products is supplying 10oz 100% Fruit Juice at \$9,600.

Since Macon County Child Nutrition Department joined the Far West Co-op/NC Child Nutrition Purchasing Alliance last year, Macon County gets a lot more bang for its buck when it comes to food.

This year US Foodservice is supplying groceries for \$1,255,540.08; snacks for

\$108,815.23 and ice cream for \$83,932.06. Sysco is supplying "supplies" at \$175,555.08

In other news the 2009-2010 Macon County Schools drug testing report was presented.

At Franklin High School, 54 random tests conducted with 1 positive test and 53

negative tests. However, 4 suspicious tests were conducted resulting in 3 suspicious positive tests, and 1 suspicious negative result – a total of 61 tests.

At Highlands School, 91 random were tests conducted, with 1 positive test, 90 negative tests but no suspicious tests were given.

## ...BIG CREEK continued from page 1

the corps likes the project and the idea, but it has no money left in the 2009-2010 budget and it's waiting to see the budget for fiscal year 2010-2011."

The federal government's fiscal year is Oct. 1 through Sept. 30.

There have been some easement "hold-outs" along the creek, which was discussed earlier this year, too. Town officials say some residents can't be located while others want to fully understand the ramifications of handing over property easements to the town.

Meanwhile, the Town is moving one intake into Lake Sequoyah at the dam to ensure at least one intake stays free of silt. That project as well as repairs to the dam are in the 2010-2011 capital improvement program. To fully protect the other intake, dredging has been discussed. However Fatland said it will only become a reality if the corps comes through with the funding.

Besides money, an easement document that is agreeable to all land owners, as well as

the town, must be crafted and that's a job for Town Attorney Bill Coward.

Residents along the creek also have questions about dock restrictions both in the creek and in Lake Sequoyah which was classified a Class II water source for Highlands some years ago. Because it is a water source, restrictions apply concerning permanent docks and gasoline-powered motorized boats.

Another issue plaguing Highlands water supply is the condition of the Randall Lake dam on Flat Mountain. When it was breached some years ago, silt was sent down the creek. This continues to be a concern to residents and the town. Randall Lake is a private lake over which the town has no jurisdiction. However, after it was breached, the town adopted an ordinance requiring all lake owners up river of Highlands to get a permit before water is let out of a lake for any reason.

The silting of Big Creek and Mirror Lake are also due to development over the years as well as recent hurricanes. – **Kim Lewicki**

## Sapphire Valley Arts & Crafts Festival

The first of three Sapphire Valley Arts and Crafts Shows will be held on Saturday and Sunday, June 26- 27 10 a.m. until 4 p.m. on both days.

This show is both the oldest of its kind in the area and the first to pre-approve the quality of the vendors' work to ensure that all items are handcrafted creations done by the artisans. Featured items include wood crafting of many different types, jewelers, art of different genres, apparel, pottery, soaps, and much more of interest. All items are moderately priced for the effort involved in their creation, and are uniquely perfect for home décor, personal use, or as gifts.

Also featured are our two animal shelters-the Cashiers-Highlands Humane Soci-

ety and Friends for Life, whose dedicated volunteers will show some of the many animals available for adoption and answer questions about the care of pets.

In addition, live music will be on hand from 1-3 for the public's enjoyment on both days. Several food booths will offer a selection so plan on lunch!

The show will be held rain or shine at the Sapphire Valley recreation field, located 3 miles west of the crossroads on Route 64. Admission, as always, is free, and ample parking is available. We invite you and your family to attend and enjoy a beautiful day surrounded by nature's beauty and the best of American craftsmanship in a truly friendly atmosphere.

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## Screenings paramount for colon health

Richard F. Carter, M.D., Board Certified Gastroenterologist at Highlands-Cashiers Hospital presented an educational session on colon cancer on Monday June 14. He emphasized the importance of colon health and preventive screening to about 30 community residents.

“Colon cancer is one of the most preventable diseases, and yet the second leading cause of cancer related death in the United States,” said Dr. Carter. “Most colon cancers begin as polyps and that is why proper screening is so imperative. A colonoscopy is the key in prevention, and still the best form of screening available.”

After reviewing the key factors of preventive screening and colon health, Dr. Carter opened up the discussion forum for questions. Many attendees wanted to know the extent to which family history/genetics factored into ones risk of developing colon cancer.

In answer, Dr. Carter said “Even though colon cancers are found in individual with no family history of the disease, it can run in the family and in recent studies, it has been found to be one of the most important risk factors.” Persons with one first degree relative (parents, siblings, and children) with colon cancer have 2 times the increased risk than that of the general public. Any family history of cancer can increase ones risk,” he added. Dr. Carter stressed that all individuals make it their top priority to speak with their doctor about their family history.



Gastroenterologist Dr. Richard Carter discusses colon health.

Several of the attendees posed the question, If a polyp is found during a colonoscopy, what is the next step? Dr. Carter answered by giving a hypothetical example; “If polyp is found during an initial screening, I am able to use a special ink solution to tattoo the area making it very recognizable for surgical removal and for future monitoring if the polyp reforms in the future. When removed, the polyp is sent to the lab for testing. If cancerous, the plan of treatment can be determined. If the cancerous cells are found at the tip of the polyp, after removal, the individual is cancer free. If the cancerous cells are found on the area, closest to the base, further testing is

required to determine if the cells have spread elsewhere.”

When asked about preparation for a colonoscopy exam, Dr Carter spoke about the much improved cleansing process the day prior to the procedure. In the past he said, “The patient was instructed to follow an intensive cleansing plan and drink a gallon of “Go Lightly”. Nowadays, We ask our patients to follow a liquid diet, drink lots a water, take 10 tablets of magnesium citrate and 4 Duclolax tablets, a much less intensive plan.

Dr. Carter advised all attendees to have the initial colonoscopy screening by the age

of 50, and prior to that, if there is a family history of colon or any type of cancer. “The majority of the time, if polyps are found during the initial screening, the person will continue to develop them. I recommend, if multiple polyps are found, a follow up colonoscopy every year until there is a clean exam. Also, if the patient is high risk, screenings should be preformed every three years.”

In February 2009, from the help of generous donors, HCH purchased a new colonoscopy and endoscopy scope system including a “narrow band imaging (NBI)” scope. The NBI scope has a special black light attached to the scope that can pick up flat lesions (polyps and cancer) that cannot otherwise be detected during a procedure.

“This new state-of-the-art technology provides for a more sensitive screening. I am thrilled that I am able to use the most up to date equipment and know that our patients are receiving the very best in preventative screening,” said Dr. Carter.

This was the second in the 2010 monthly Physician Forum series offered at HCH. “We are excited about the interest of our community and their involvement with the forums,” said Robin T. Taylor, Executive Director of the Foundation and Forum Coordinator. “HCH’s mission is to provide our community with the knowledge and tools to help lead a healthier life.”

The next Physician Forums will be on “Skin Cancer” July 12<sup>th</sup> 12- 1:pm at the Jane Woodruff Medical Clinic.



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## • H-C HOSPITAL NEWS •

### Patient is grateful for care at HC Hospital

Cashiers Resident, Vanna Cameron, knows the real value of quality healthcare on the Highlands-Cashiers plateau.

In early February, Vanna developed pneumonia which sprung from a typical cold and within a few days the pneumonia had spread to both lungs. Extremely sick, Vanna made the short drive to the emergency department at Highlands-Cashiers Hospital (HCH). Board Certified Family Physician, Dr. Richard Matthews was on duty that evening. Dr. Matthews quickly discovered that Vanna was in cardiac trouble. The fluid filling her lungs put her heart into overdrive and Dr. Matthews feared she may not make it through the night. Soon after, Vanna was transported to Mission Hospital's Heart Center and placed in the ICU.

Vanna spent the next 8 days at Mission



Vanna and Al Cameron attend reception welcoming HCH's new CEO held last Wed. evening at the Wade Hampton Golf Club.

before being transferred back to HCH for the remainder of her recovery.

"HCH was my home for the next 3 weeks and my time spent was indescribable. The staff members, physicians, nurses and other health care personnel could not have been more compassionate, capable, and anxious to do whatever was needed to aid in my recovery," said Vanna. "Linda Suther, RN and Director of Nursing, is to be congratulated for having and maintaining an exemplary level of nursing services. Her team worked together like a well oiled machine, always with a smile and compassionate words."

Patients recovering from illnesses like Vanna or post surgery joint replacements, stroke, or other medical conditions often need an extended hospital stay to recover and regain independence. Each patient in HCH's

skilled rehabilitation program works closely with a Physical, Occupational or Speech Therapist, and has 24-hour nursing care. Each patient also works under a personalized plan, that may include intravenous therapy and nutritional therapy, developed with their family and doctor to insure complete recovery.

"Our community is indeed fortunate to have Highlands-Cashiers Hospital with its level of care and caliber of physicians, staff, and personnel at our finger tips. I will be forever grateful," said Vanna.

"We are pleased with the level of confidence Vanna and her family have expressed. Our hospital is here to serve our community and provide the care needed for our patients to regain health in their time of need," said Craig James, President and CEO.

### Community Blood Drive on July 8

Highlands-Cashiers Hospital (HCH) along with AnMed Regional Blood Center will continue their annual joint blood drive July 8th. Greg Johnson of AnMed Blood Center said "The community can play an important role in this summer's blood supply".

The AnMed bloodmobile will be at Highlands-Cashiers Hospital on Thursday, July 8<sup>th</sup> from 9 a.m. to 11:30 a.m. and at the Highland's First Citizen Bank from 12:30

p.m. to 6 p.m.

"The number of blood products used for patients is largely increasing each year. More than half of the patients receiving blood from the hospital are your friends and neighbors. The blood that was donated last year given to HCH first, to replenish its blood bank, and then sent areas or facilities in immediate need", says Ann Greenlee, HCH's Laboratory Director.

There is never too much participation

during times like these. "Blood we get now will last up to 42 days. So blood donated during your drive will help us during a time when collections are normally minimal," says Johnson, which has supplied the hospital's needs for blood products for over 20 years".

These local blood drives that are held all around communities and neighborhoods supply roughly half of the blood in the bank.

Anyone 16 years or older and 110

pounds can give blood. If you are taking medication, it won't usually prevent you from giving blood; however, you may want to bring the name of the medication with you. The AnMed officials will determine their eligibility through the donor screening process.

Giving blood will only take 30-45 minutes out of your day. Donating just one pint of blood can save up to three lives. Give the gift of life.

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## HELP WANTED

**LOG CABIN RESTAURANT** — Back of House help needed. Call at 526-3380. (6/24)

**WESTERN CAROLINA UNIVERSITY SEEKS A BUSINESS OFFICER FOR THE HIGHLANDS BIOLOGICAL STATION LOCATED IN HIGHLANDS, NC.** This position is responsible for management of day-to-day Highlands Biological Station fiscal and programmatic operations and supervision of support personnel. The person in this position will be expected to function independently and with a comprehensive understanding of the Station's mission and annual programmatic timeline. Demonstrated experience in program management and administration is essential; experience with non-profits is desirable. Core duties include budget management and planning, database management, supervision of support staff and interns, oversight of programmatic operations such as planning and scheduling, student registration, housing schedule, and clerical operations such as payroll, invoicing, and purchasing. For complete details, minimum training and experience requirements and to apply online please visit: <https://jobs.wcu.edu/applicants/Central?quickFind=51998>. WCU is a EOE employer. (6/24)

**EXPERIENCED LUNCH COOK WANTED.** Call before 11 or after 3. 706-212-0020 or email resume ([grapesandbeans@yahoo.com](mailto:grapesandbeans@yahoo.com)) (6/24)

**EXECUTIVE DIRECTOR, LITERACY COUNCIL OF HIGHLANDS.** Possess interpersonal and organizational skills. Coordinate multiple projects, meet all deadlines, supervise staff and interns, and collaborate with board, donors and community. Writing grants and fundraising experience preferred. Send inquiries/resumes to [highlandsliteracy@live.com](mailto:highlandsliteracy@live.com).

**BIG BROTHERS BIG SISTERS HIGHLANDS PROGRAM COORDINATOR:** Mentoring Works! —transforming the lives of children and volunteers. Rewarding position responsible for coordinating the one-on-one mentoring relationships and community development. Flexible schedule of 10 hours per week. A Bachelor's degree, strong interpersonal skills, and the ability to travel within the Highlands area are required. Highlands resident is strongly preferred. Send resume and cover letter, by June 25th to Big Brothers Big Sisters of WNC, 50 S. French Broad, Room 213, Asheville, NC 28801. (6/24)

**HIGHLANDS INN & KELSEY PLACE** Restaurant Looking for Busser. Tuesday thru Saturday Lunch. Visit us at 420 Main Street for application and interview. No phone calls. (6/24)

**HAMPTON INN HIGHLANDS** Now hiring Housekeeper. Must speak English. Visit us at 96 Log Cabin Lane for application or interview. No phone calls. (6/24)

**HAMPTON INN** now hiring Seasonal 3-11 Front

desk shift. Must be a multi tasker. Must Work weekends. Visit us at 96 Log Cabin lane for application or interview. No phone calls. (6/24)

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

**WANTED: LICENSED MASSAGE THERAPIST** available for evening and Sunday hours at private country club. Call Joyce Baillargeon 526-0501.

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

**MEDICAL ASST/LPN** at Highlands-Cashiers Hospital. Full-time position in a family practice office. Experience preferred with a current certification. Pre-employment substance screening. Call Human Resources, 828-526-1376 or apply online at [www.hchospital.org](http://www.hchospital.org)

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

**RESPIRATORY THERAPIST** at Highlands-Cashiers Hospital. PRN position working 12 hour shifts. Must be on call at night and be within 20 minutes of the hospital. Intubation experience a must. Pre-employment screening required. Call Human Resources at 828-526-1376 or apply online at [www.hchospital.org](http://www.hchospital.org)

**RN's** at Highlands-Cashiers Hospital. Experienced Med-Surg and ER Nurses needed. Strong leadership skills is a must. Pre-employment screening required. Call Human Resources at 828-526-1376 or apply online at [www.hchospital.org](http://www.hchospital.org)

## YARD SALES

**NOTICE** — Beware. A very, friendly woman with long, blond hair who drives a pick up truck has reportedly been stealing from area Yard Sales.

**SATURDAY, JUNE 26** — Donn & Jeb Harper announce sale of antiques, furniture, silver porcelain. 10-4 at Meadows Storage. 200 Cherrywood Drive, Highlands off U.S. 64 east. 1 mile past hospital, turn left to Meadows Storage. 526-5353.

**SAT & SUN., JULY 3-4** — Highlands, 8-3, Multi-family, collectibles, art, books, Pareek china, clothes, Buck Creek at Cold Mt Rd (5.8 mi from Franklin Rd)

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

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

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

## REAL ESTATE FOR SALE

**JIM FOX DESIGNED, CUSTOM, ANTIQUE LOG HOME.** Priced to sell! Call 1-800-526-1648 ext. 1218 for recorded property details. Offered by Green Mountain Realty Group (6/17)

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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)

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

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

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**APARTMENT FOR RENT** — newly furnished one bed/one bath. AC/Heat. Deck. Fantastic view. 5 min from Highlands. Adults only. No smokers, no pets. Utilities included. \$795. Call 526-2694. (st. 7/30)

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

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### SERVICES

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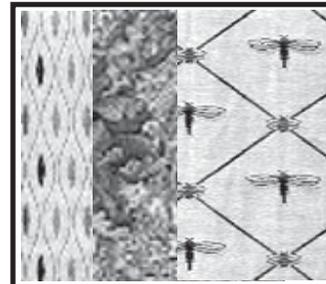
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# • BUSINESS NEWS •

## And the winners are ...



Winning Team of the Highlands Scholarship Fund Tournament held at Wildcat Cliffs Country Club on Monday, June 21 were from left: Mike Dowd, Brad Joyner, Keith Webb, and Chuck Summey. They shot a collective 55. Not pictured is Frank Buskirk, Wildcat Member, who got a hole-in-one on the 14th hole during the tournament and donated \$300 to the Fund in leu of paying for a round of drinks (a customary practice when getting a hole-in-one). He also won a certificate to play at Lake Toxaway that was donated as a raffle prize.

## Shook hits the 30-year mark



Wildcat Cliffs Country Club members recently honored their General Manager, George Shook for his 30 years of distinguished service. Following graduation from Western Carolina University with a degree in Accounting, Mr. Shook, at the youthful age of 23, began his career as Wildcat's Comptroller. Two years later, he took the mantle of General Manager and has been at the Wildcat helm ever since, a rare and formidable accomplishment in the mercurial world of club management. Known for his problem solving skills and ability to work with a wide variety of personalities, George has the respect and support of Wildcat members as well as their appreciation for a job well done. During his tutelage, Wildcat Cliffs has prospered, remaining debt free and financially sound. Although Mr. Shook candidly admits however, that one thing has remained constant over his 30 years— a never ending list of challenges and unknowns.

## Panthers Victory!



The Franklin Panthers 10U Travel Baseball team competed in the USSSA 5th Annual Blue Ridge Battle of the Bats on June 12-13 in Cherokee, NC. After having one loss and one win on Saturday, the Panthers returned on Sunday to dominate and bring home the honor of overall tournament champions!! Pictured are Front Row L-R: Parker Vaughn, Andrew Terrell, Cameron Gibson, Dylan Burt, Stanley Taylor. Middle Row L-R: Grayson Lane, Justin Penland, Turner Swafford, Harrison Shomaker, Bryson Burt. Back Row L-R: Coaches: Bryan Burt, Chris Schofield, Joey Swafford, Brian Terrell. Not Pictured are player Grant Stiles and Coach Jamie Stiles.

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... BUDGET continued from page 1

from Duke, I would hate to see us give up any dedicated revenue we have now especially when the economy is tight," said Mayor David Wilkes. "The fact that we are holding steady is positive when other municipalities are raising taxes."

Capital projects include a new Lake Sequoyah water intake, Lake Sequoyah dam repairs, water plant blower cover, the Mirror Lake Sewer Improvement Project, UV lights and sampler at the Sewer Plant, renovations of the former Highlands ABC Store for the Police Department. The total figure to complete the renovation isn't known yet, but \$52,000 has been budgeted for design costs

in the FY11 budget.

Other CIP projects are paving for Holt Circle, Spring and Hickory streets, sidewalk projects for 3rd (Spring to NC 28) and extension of the sidewalk from RBC Bank to The Bascom; a local match for the National Trails Grant for the town's Greenway Trail and electric pole change-outs estimated at 60,000.

The General Fund for FY 11 is \$4,144,785. The Street Department is 36% of General Fund Expenditures — \$1,505,900; Administration is 31% — \$1,274,848; the Police Department is 23% — \$966,155; Planning & Development is 6% — \$266,155; and an increase to the undesignated fund balance

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is of \$171,082 represents 4% of the General Fund. The fund balance is about 37% -- down 1% from last year.

The Finance Committee also suggested not giving town employees a 2% cost of living raise since very few people outside government are getting raises this year. However, the savings would only be \$44,832 and commissioners agreed the amount in terms of the overall budget was insignificant. They also said Highlands town employees deserved the increase because the town and its citizens benefit from the fruits of their labor and the money will be circulated back into the community.

On the revenue side, 58% comes from

property taxes — \$2,415,000; 19% comes from sales tax — \$770,000; 9% comes from a transfer from Electric Capital Reserves — \$388,785; 7% comes from the Powell Bill — \$270,000; and 7% comes from all other revenue sources — \$301,000.

There is \$19,000 left in the Bowery Road Escrow fund and it's estimated \$150,000 will be needed to settle all outstanding claims.

The proposed Sewer Fund was adjusted to \$518,753 from the last reported figure of \$429,000. Town Manager Jim Fatland said the Sewer Fund's financial position will improve significantly when new customers come online.

The total budget is \$13,434,154.

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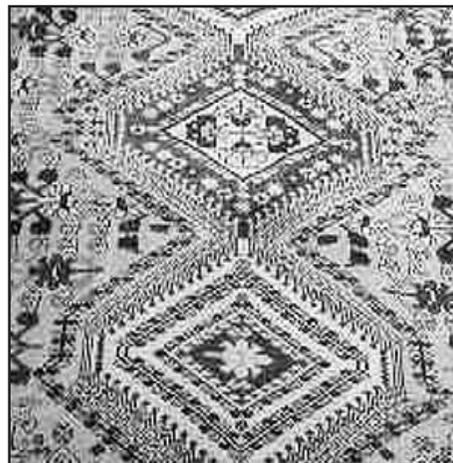


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## Police & Fire Report

The following are the Highlands Police Dept. log entries from June 12. Only the names of persons arrested, issued a Class-3 misdemeanor, or public officials have been used.

**June 12**

- At 4:45 p.m., a shopkeeper on Main Street filed a report regarding abusive verbal treatment she received two days in a row from another shopkeeper over a parking space.

**June 13**

- At 1:13 a.m., the dept. responded to a one-vehicle accident on Mt. Lori Drive.

**June 14**

- At 9:30 a.m., a resident on Dogwood Lane reported vandalism to her mail box.

- At 7:45 p.m., the dept. received a noise complaint over construction work being done after hours.

- At 11:41 p.m., the dept. responded to a two-vehicle accident on U.S. 64.

**June 15**

- At 11:55 a.m., a resident on Cobb Road reported that sometime between Jan. 5 and April 16 someone sliced her screen door and took a table valued at \$800 from her porch.

- At 7 p.m., officers received a call about a alligator snapping turtle on NC 106, that was not taking removal from the roadway easily.

**June 16**

- At 7:07 p.m., officers received another complaint about an alligator snapping turtle on NC 106 which didn't want to leave the roadway easily.

**June 17**

- At 9:50 a.m., a resident on Hickory Hill Lane

reported a broken window in a rear door, unlocked the door and entered the house. Nothing was taken but it appeared someone had laid down on the bed.

- Officers assisted a motorist at 2nd and Main Streets whose vehicle had broken down.

**June 19**

- At 6 p.m., the dept. responded to a two-vehicle accident at U.S. 64 east and Fourth Street involving a motorcycle.

- At 7:05 p.m., officers received a complaint from a resident on Shelby Drive concerning barking dogs on Munger Lane.

**June 20**

- At 1:35 a.m., officers assisted another agency at a residence for a possible heart attack.

- At 12:10 p.m., officers were called to Main and NC 28 when a vehicle hit a planter.

**June 21**

- Officers assisted another agency at Highlands Inn when towels burning in the dryer prompted an evacuation of the inn.

- During the week, police officers responded to 6 alarms and issued 16 citations.

The following are the Highlands Fire & Rescue Dept. log entries from June 19:

**June 19**

- At 11:40 a.m., the dept. responded to a fire alarm at a residence on The Gray Rocks. It was false.

**June 11**

- At 7:07 p.m., the dept. was first-responders to assist EMS with a medical call at a residence on Deuce Road. The victim was taken to the hospital.

- At 6:01 p.m., the dept. responded to a motorcycle accident at N. 4th and Poplar streets. The driver of the cycle was transported to the hospital.

**June 21**

- At 11:45 a.m., the dept. responded to a call of a possible structure fire at Highlands Inn because smoke was in the basement. Highlands Police and Fire & Rescue evacuated people. The smoke was due to towels burning in the dryer. The basement was ventilated and there was no damage.

- At 6:52 p.m., the dept. was first-responders to assist EMS with a medical call at a residence on Spring Street.

- At 7 p.m., the dept. was first-responders to assist EMS with a medical call at a residence on Cobb Road.

**June 21**

- At 4:25 p.m., the dept. responded to a motorcycle accident at NC 106 and US 64 west. The cycle driver suffered a broken leg and possible head injuries. He was flown to Mission Hospital in Asheville.

**June 23**

- At 8:51 a.m., the dept. was first-responders to assist EMS with a medical call at a residence on Honey Circle Lane. The victim was taken to the hospital.

**NOTE:** Highlands Fire & Rescue reminds citizens and visitors to heed warnings at area waterfalls and rivers.

## Highlands-Cashiers Hospital Welcomes New Board Certified Physician.



Dr. Matthews welcomes Dr. Stewart.

Richard S. Matthews, MD brings 24 years experience and is Board Certified in Family Medicine. He is a graduate of the University of Florida in Gainesville, FL and served his Residency and Internship at the University of South Alabama Medical Center, Mobile, AL.

**Dr. Richard M. Stewart, Internal Medicine,  
 joins  
 Dr. Richard S. Matthews, Family Medicine.**

Richard M. Stewart, MD, brings 30 years experience as a Board Certified physician in Internal Medicine. He is a graduate of Emory University in Atlanta, and earned his Medical Degree from Tulane Medical School in New Orleans, LA, where he also completed his Residency and Internship. Dr. Stewart will join Dr. Matthews in serving our Highlands-Cashiers communities. Their offices are located in Suite 303 of the Jane Woodruff Clinic.

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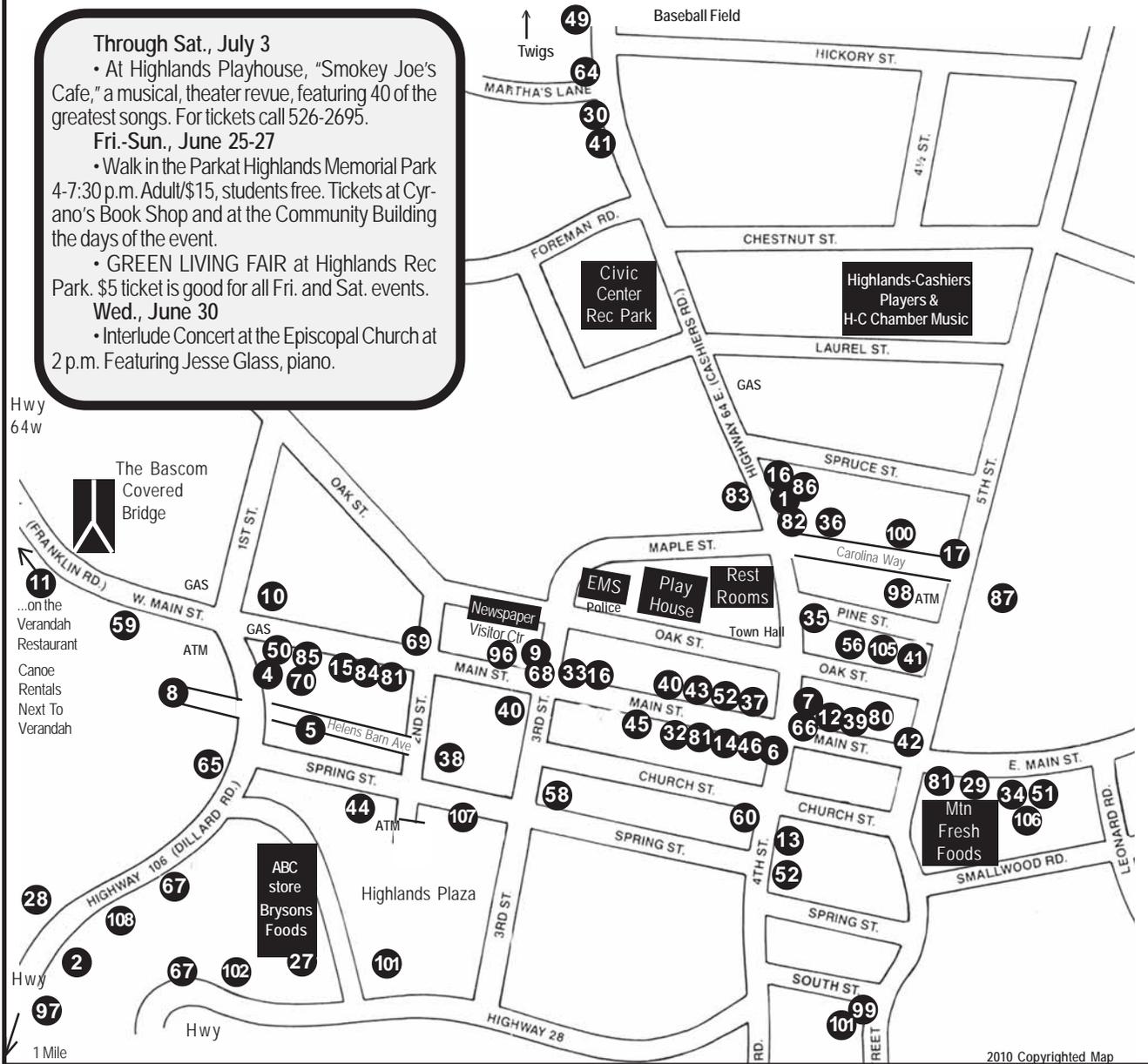
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