County budget less than last year’s

County Commissioners are busy finalizing the 2010-2011 budget for which a public hearing is set for June 7 at 6 p.m., and the basics of what they have to work with were explained at the May 24 Macon County Commission meeting.

County Manager Jack Horton submitted his “budget message” which explains in laymen’s terms how current economic factors is coupled with the fiscal abilities of the county affects what will become the final budget – set now at $42,772,146.

The proposed budget for 2010/11 is $1,388,977 – a little over 3% less than the revised current year budget, which came in at $44,161,123 after revisions.

The proposed budget reflects an adjustment to the property tax rate increase of 1.5 cents which is dedicated entirely to pay the debt service on the new Iotla Valley Elementary school and the renovation to the Nantahala School.

The new tax rate will be $27.9 cents. Each penny brings in $924,300.

Last November, the board voted unanimously to make the tax increase commitment.

Construction costs are very low right now and some of the financing is part of low interest loans approved in the America Recovery and Reinvestment Act (QZAB and QCSB) along with a USDA Rural Development loan. Financing rates for the (QZAB and QCSB) portion are expected to come in between 1% and 1.97%, and for the USDA Rural Development: (formerly FarmersHome) portion 4.25%.

Education remains a priority for the county. In addition to the new Iotla Valley School and the Nantahala School renovation, the county is also committing $1.3 million for improvements to Franklin High School. These funds are from previous unused dedicated school funds and lottery proceeds. No financing is involved with the high school project.

The School Current Expense budget remains at current year level ($6,911,000) but the Capital Outlay as proposed is reduced from $500,000 to $200,000. The budget includes full funding for the current teacher supplement.

Highlands School Val and Sal for 2010

At the Highlands School Scholarship and Awards ceremony Tuesday, June 2, the Valedictorian and Salutatorian were named and scholarships and scholastic awards were given to high schoolers.

This year’s Valedictorian is Brice Jenkins who follows in the footsteps of his siblings Chase and Casey who were also Valedictorians of their respective classes. He is headed for UNC-Chapel Hill.

Kate Marie Parks was named Salutatorian and she is headed to Bryan University in Tennessee.

The Highlander award was given to Eli Dryman and Sarah Hadden for their school spirit.

A total of about $122,000 in scholarships and awards to the high schoolers.

**See SCHOOL page 12**

Hiking Waterfalls Fly Fishing Highlands Cashiers Glenville Nature’s Website HighlandsInfo.com
Group warns of ‘Snus’ use

Dear Editor,

We are the Highlands Middle School TRU (Tobacco Reality Unfiltered) group. We recently learned about a new tobacco product called Snus.

Snus comes in colorful packages that we think looks like candy, but it is a harmful tobacco product.

We want the public to know that smokeless tobacco products like Snus are just as harmful as cigarettes. Snus can cause all kinds of cancer.

Our hope is that the tobacco companies will do away with smokeless tobacco products that appeal to younger kids. We think that it is irresponsible to promote a product that appeals to youth like us. Smokeless tobacco is not a safe alternative to smoking.

We were really surprised to find out that one dip of spit tobacco, or one sachet of Snus, equals the amount of nicotine in 5 cigarettes!

We just wanted to share our new knowledge of Snus to expose how harmful it can be, and to tell our fellow youth that using smokeless tobacco is not a safe substitute for smoking.

Veronica Garcia, Ivy Satterwhite, April Moss, Megan Jenkins, Shannon Welch, and Elizabeth Houston from Highlands Middle School TRU Group

‘Doodle 4 Google’ finalists doodle ‘Branch Out’ on display at the Smithsonian in NYC

Schiffli says ‘thanks’ to community

Thank you to all my family, friends, community, and supporters for voting for my “Doodle for Google” and supporting me through the competition.

I was one of four national finalists out of 33,000 entries. Because of your support, I received the most online votes in my grade level.

I won several nice prizes such as a laptop computer, Flip video camera, design tablet, as well as a trip to New York City.

My doodle, titled “Branch Out,” is on display at the Cooper Hewitt National Design Museum, part of the Smithsonian, in New York.

As represented in my doodle, my desire to “branch out” and experience different cultures and people was launched by this competition and my trip to New York.

The incredible support that I received from my friends and community will always make me appreciate my hometown roots and all of the wonderful people that care about me.

I was so touched by the members of this community networking with each other to support one of their own. I am so grateful to each of you who worked so hard on my behalf.

I want to give a special thank you to my art teacher, Mrs. Sallie Taylor, for submitting my doodle and pushing me to do my best and reminding me that anything is possible. I would not have had this wonderful experience without her inspiration and dedication as a teacher.

Special thanks to the Highlands School principal, Mr. Jetter, and all of the administration. Thank you, Mrs. Cashion, for the cool bag, and Mrs. Coppage for the awesome cakes.

Thank you to my family for all of your love and support.

Love,
Bevan Schiffli
any of you have read or heard about the shameful way that one of Highlands’ first policewomen appears to have been treated by some elected town officials and certain town employees. This is a serious loss for Highlands and a blow to civility and human rights. It’s also unfortunate to lose an effective law enforcement officer, due to apparent political bickering and attempted tampering with law enforcement duties.

Why did this happen? What can we do to set things right by Erika and see that this won’t happen again in our community?

Many local residents have joined to give their full support to Erika Olvera, one of Highlands’ first women police officers and the first Latina officer. As an honors graduate of Highlands School and mother raising two daughters, she endeavors to clear her good name from the malicious rumors and harassing treatment by some elected town officials and employees.

An “ERIKA OLVERA LEGAL DEFENSE FUND” has been established at Macon Bank in Highlands. It will be used to assist her with her legal fees and with the costs associated with her EEOC complaint against the Town of Highlands.

Those interested in more information, or for those interested in making a donation, please go to defensefund@yahoo.com
It’s finally happened. Highlands will have its very own official fully authorized upscale dog park, a special place where Fido can roam and poop at will. I’m teary with emotion, aren’t you? Like our Congress, the Town Board felt they must ignore these hard times and spend your tax money on worthless projects. Spend, spend, spend is what this is all about, right? When it comes to poop, does Highlands think more of its dog than visitors? Shouldn’t we build more public restrooms first?

I’m sad ‘cause I can no longer call that incredibly ugly vacant lot at 57” and Pine Street Dog Poop Park. Bummer. By the way, just when you thought that ugly lot couldn’t get any uglier, it now looks like a terrorist ran an IED through there. The lot has already cost taxpayers hundreds of thousands of dollars and if you figure out how many dogs actually pooped there, it comes down to about $500 a poop. Now you tell me Highlands isn’t preoccupied with poop. Currently we’re spending hundreds of thousands more to control the water that runs under the property that’s been doing just fine for the past two million years. I never saw a problem in the first place but sometimes a small, unimaginative mind, especially when it comes to wasting taxpayer’s money, Hey, this is Highlands and it’s free money anyway. Live it up.

The new Dog Poop Park will only cost $17,000. This figures out to be about $50 a poop. Aren’t you relieved….Oops, I mean don’t you feel better? I guess the Town Board felt bad for dog owners when they prohibited them (the dogs) from pooping on the ball field. Guilt set in and they had to throw them a bone.

But, once again, Highlands proves it has little imagination. Ya gotta think like a dog to create a really good dogpark. For starters, where are the fire hydrants? This park is designed for bitches….ah, I mean lady dogs. I’m claiming discrimination. With no fire hydrants, male dogs will have to hoist a leg on the park benches, the fence or even your leg. Another bummer.

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Are animals smarter than we think?

A few years ago the story of a reunion swept the Internet, (see www.youtube.com, Christian, the lion). It was a video account of a meeting in the wild between a lion and two Englishmen who had raised him and subsequently returned him to the African bush (see Christian the lion, www.youtube.com). Recently, a remarkably similar story hit the Net. It also involved an Englishman.

In this episode, the Brit raised a lowland gorilla, which was subsequently released into the wild as a five-year-old. Several years later the Englishman traveled to Africa in hopes of seeing Kwibi again. He, like the men who had raised Christian, longed for a reunion. He went to Gabon and motored up and down a river for hours calling the gorilla’s name. Suddenly a magnificent ten-year-old gorilla appeared on the river bank. Kwibi and Damian Aspinall met and embraced. See the video at www.youtube.com under, “gorilla reunion.”

Both of these remarkable wild animals which had been raised by humans and successfully reintroduced into the wild not only remembered their surrogate parents, both came out from cover to welcome the humans to their new homes. Both the lion, who ruled his own pride, and the gorilla who had a harm, introduced their families to the humans. What remarkable reunions were captured on video!

Beyond the beauty of the reunions is a troubling question. Have we underestimated the ability of animals to feel love and loyalty? Does minimizing their emotion and intellect make it easier to hunt them, to capture and display them in zoos? There have been many stories of animal bravery and loyalty, but except for the occasional dolphin story these have involved domestic animals, usually dogs. We believe we have a right to expect repayment from those we feed and shelter.

If animals can remember love and kindness, perhaps memories of brutality are also etched into their brains. Maybe the crew who attacked a Japanese fishing boat was enraged that humans had killed his mate. Might the brown bear who launches a seemingly unprovoked attack on a hiker have a motive beyond hunger or territorialism?

The standard explanation for increasingly frequent attacks by bears and mountain lions is that the encroachment into their habitat simply increases the likelihood of interaction. That may be only part of the story.

Civilizing civilization increases the likelihood of encounters, wily creatures of the wild could easily avoid human contact. Their behavior is probably merely driven by hunger, but there might be a deeper explanation. Perhaps they are capable of a more abstract idea. There may be something beyond farms replacing forests and subdivisions rising in peaceful meadows, less elemental than the disruption of nature’s balance.

If wild animals are capable of remembering, embracing, and loving humans, isn’t it possible they may be capable of darker emotions? They may hate us for our intrusion, despise our invasion. Could they hate us? Their hunger may not stem from an empty stomach, but from a broken heart.

I can’t watch a video of the beautiful interaction between a lion or gorilla and people they love without wondering if another emotion might explain animals’ killing and maiming human victims. The emotion is a primitive, but powerful one, the thirst for revenge.

Most of us won’t accept the possibility. We insist on thinking of ourselves as fundamentally different from all the other animals, really not animals at all, the only creatures capable of abstract thought, the ones given dominion over all the plants and animals. The guy who wrote the program that corrects my spelling and grammar wouldn’t believe it. Every time I used the word “who” to describe an animal, my computer insisted I correct my error and use the correct pronoun, “which.”

• THE VIEW FROM HERE •

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Highlands' Newspaper - Thursday, June 3, 2010 - Page 5

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C OACH’S CORNER

Getting defensive

One of the major memes of this particular NBA playoffs has been the strength of the Boston Celtic defense. Despite looking old and out of sorts during the regular season, the Celtics are in the finals due to their superior rotations on defense.

As my friend Hammond and I were discussing this, Hammond brought out his picks for the best defensive players of all time, and I warned him that I was going to share his picks in this week’s column and then provide my own. The rules were simple. If the other team was made up of the best offensive players of all time, who would guard them?

Hammond went small with his all defensive team, featuring Gary “The Glove” Payton at point guard along with 6’5 Laker star Michael Cooper in the backcourt. Hammond’s front line consisted of 6’9” former 76er Bobby Jones, 6’7 Detroit Piston Ben Wallace (he’s between 6’7” and 6’9” depending on the height of the afro) and 6’9 220lbs Bill Russell at center.

Obviously, Mr. Rauers knows his stuff, because Cooper and Jones were arguably the two best wing defenders (along with Joe Dumars) in the 1980s. No one questions the impact of Russell and Wallace under the basket, and Payton was the top defensive guard in the ’90s. Stylistically, I imagine that defensive team to be predicated upon speed, particularly on the interior with Wallace and Russell, who are two of the fastest big men to play the game.

The only weakness that I see with this particular team is the lack of interior strength. While Russell was able to dominate the lithe and finesse offense of Wilt Chamberlain, at 220lbs, he would have trouble with the sheer strength of a Shaquille O’Neal or a Dwight Howard. I imagine that this particular defensive team would give Russell or Wallace plenty of help in the post and be outstanding at providing help defense. However, individually, it would be very difficult for either Wallace or Russell to deal with a powerful center.

As promised, here is my first and second team all-time defensive team.

First Team

G Walt Frazier
G Kobe Bryant
F Scottie Pippen
F Tim Duncan
C Bill Russell

Second Team

G Gary Payton
G Joe Dumars
F Scottie Pippen
F Tim Duncan
C Bill Russell

The first team features everything — speed and length with Frazier/Bryant and Pippen who are 6’4,” 6’8” and 6’8,” respectively. Add the ability of Duncan to guard larger players and the best help side defender of all time in Bill Russell and you have the makings of a dominant defensive unit.

My second team will get down and do the dirty work with junkyard dogs Joe Dumars, Jones and Dennis Rodman to go along with the intensity of Payton and the graceful athleticism of “The Dream.”
The deer in the headlights

By Michelle A. Mead-Armor

Are you friends of the deceased?” said the Maryland State Trooper. It wasn’t an unusual question, given the circumstances. Still, it struck me as funny. I had phoned the morning after the accident, since Ralphe wanted to know what they were going to do with the deer. In spite of all we’d been through, he still wanted a trophy. “I am the deceased,” I replied to the bewildered trooper.

It all began the night before. We’d been invited to dinner at a friend’s house. He worked for the Baltimore Police Department, and had a charming French wife. Opportunities to speak French were rare, so it was a real treat for me. I was so desperately lonely, having made a bad marriage at 19. My parents were opposed to the union, but I wasn’t about to give them the satisfaction of crawling home, admitting they had been right.

We’d had a pleasant enough evening, and then had a terrible fight on the way home. It was around 3 am. Ralphe was in a foul mood, and speeding, as usual. Doing 70 mph in a 25 mph zone was nothing new for him. He loved scaring me. I’d slipped the wedding ring off my finger, and put it in my pocket. Exhausted from arguing, sleep overtook me. My head rested awkwardly against the window. It was in the early ’70s, and seatbelts weren’t required. The little red Triumph Spitfire zoomed along Delaney Valley Road on that brisk October morning. Fortunately for us, the weather had turned cool two weeks before, and we’d exchanged the canvas convertible top for the solid metal one.

Suddenly, a scream cut through my sleep. I awoke to see a massive deer in the headlights – astonished that he turned to charge our car instead of running away. We hit the deer, and the little car began to wobble and skid. “Hold on. We’re going over!” screamed Ralphe. I slid down in my seat, tucking myself into the area reserved for your legs and feet. And then it began. The car flipped, and began rolling over and over. The sound was odd – like someone crushing a beer can in their bare hands. I lost consciousness.

When I awoke, I found myself in a jumble of water, weeds, twisted metal, and broken glass. The car was upside down, making it hard to get my bearings. The roof above my seat had collapsed to the back of my seat. The car door on my side had buckled in, and refused to open. I heard the sound of a big bubble, and the car sank a bit lower. I realized that I had to get the deer out of there, or I was going to drown in the car. Years ago, they’d shown a program on TV about how people in the Netherlands have to undergo training in case their cars go off into the canals. The knowledge I’d picked up kept me from panicking. A slight breeze gave me the hope that the windshield was either broken or cracked. I slipped my other rings up my fingers to the knuckles, and began banging on the window in front of me.

Finally, the windshield popped, and I crawled out of the car. Ralphe was standing by the side of the road, his arms wrapped around his body. “She’s dead, she’s dead!” he kept repeating, rocking back and forth, and shaking his head. The deer had not died upon impact, and was bellowing and trying to raise itself on its two front legs. “Get a stick!” I shouted at Ralphe. “For God’s sake, get a stick, and put that poor animal out of its misery.” The deer gave a last horrible cry, and lay down, still.

“We’ve got to get out of here,” I told Ralphe, who wandered around like a sleepwalker. We weren’t that far from home, but finding anyone passing by at 3 am was another story. I lead the way to the main road,

“Are you friends of the deceased?”

Highlands’ Newspaper - Thursday, June 3, 2010 - Page 7

Michelle Mead-Armor & John Armor
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Healthline

“Caring For Our Elderly”
Emily P. Bowers, LPN, Director of Social Services

Today we are living longer than ever before and this increase in life expectancy underlines the importance of our decision making as to how we care for the elderly. For some, being caretaker to an aged parent or relative is a role they embrace willingly. However for most, the day arrives, and the realization sets in, that the aged person’s needs are beyond their capabilities.

The ‘letting-go’ of a parent or relative is not just an issue of where they eventually can become situated; it is also one on an emotional level. As a result selecting a living center for the loved one, should not be one of compromise, but one made after thorough research.

At the Fidelia Eckerd Living Center, we encourage those of you wanting to entrust a loved one to our care, to ask questions of us and about us. More importantly, come and see us; experience for yourselves the friendliness and professionalism of our staff and the clean, modern accommodations. We are proud of our living center and how we care for our family of residents. When we are entrusted with the care of a loved one, we not only make their transition as gentle as possible, but also make the ‘letting-go’ just a little bit easier.

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where two cars sped by, put off by our appearance, no doubt. We were soaked and covered in blood. Finally, a pickup truck arrived, and I ran in front of it, waving my arms, and collapsing on the hood. “Please help us,” I cried. “We’ve had the most dreadful accident.”

The driver jumped out, wrapped me in his warm jacket, and dug in the back of his truck for a blanket for Ralph. He drove off the road, and began tugging the waters for bodies.

The night of the accident, I’d been well enough to get into the shower and wash the broken glass and weeds from my long hair. The next morning, I couldn’t lift my head from the pillow. Ralph called a friend who worked for the Baltimore school system, and shortly after, this burly bear of a man appeared in our driveway. Ralph had only a small cut on the shoulder, but it was obvious that something major was wrong with me. Our friend slung me into his back like a sack of potatoes, put me in his car, and drove me to a hospital in downtown Baltimore.

I slumped in a chair in the Waiting Room of the ER, while my knight in shining armor went to find medical help. On a gurney next to me lay a man in tattered clothes. A nurse came over, and hovered above him. “What’s your Blue Cross and Blue Shield number?” she barked. His only reply was another low moan. “What’s your Blue Cross and Blue Shield number?” I repeated, with a touch of anger in her voice this time. She turned on her heels and stomped away. I sat there in disbelief. You mean, unless this man came up with an insurance number, he wasn’t going to receive medical treatment? Sure enough, the man lay there for another 15 minutes, until his eyes rolled back, and his breathing ceased. The nurse came out, looked at the dead man, shrugged, and pulled the sheet over his face. Another nurse appeared, this time with a wheelchair for me. I was whisked into x-ray, where I was diagnosed with a concussion.

In the recent healthcare debate, I’ve often heard folks say that no one in this country is denied health care. “You can always go to the Emergency Room,” they say smugly. “No one can turn you away from the ER.” I consider telling them about that man on the gurney, his eyes staring ahead like the deer in the headlights. Then, I reconsider. Some folks you can’t tell anything.

• About the Author: Michelle A. Mead-Armor is a writer and translator who grew up in Waynesboro, Virginia, before wasting her youth and good looks in Baltimore, Sydney, Paris, and New York. She and her husband live on top of a mountain near Highlands. They are members of the Highlands Writers Group. Despite of the fact that her life was spared because she was NOT wearing a seatbelt, she wears them religiously, and so should you.

**Conservative POV**

**Badges? We don’t need no stinking badges!**

In addition, the whole episode with the two Border Patrol agents who were hung out to dry by a Bush appointed judge raised everyone’s eyebrows. Quoting from “the Narcosphere” website: “In the high-profile case of two Texas Border Patrol agents who are now serving long prison terms (since released) for shooting a drug smuggler in the rear end, conservative media outlets are proclaiming that Sut ton’s (the judge) office showed special favor to the smuggler in order to ruin the lives of the agents.

The fate of Ramos and Compean is likely to be a flash-point in the divisive battle over immigration. Those on the right who have rallied to the agent’s cause claim they are the victims of the Bush administration’s pro-illegal immigration agenda and its cozy relationship with the rulers of Mexico.”

And now we have the Obama administration fusing over Arizona’s effort to protect its people from the ravages of border warfare to the extent of bringing in the ungrateful President of Mexico to back up their harangue. I’m still broiling over that one.

When the PR tide turned against him, Obama, in response to McCain’s call for 6,000 military personnel on the border, agreed to 1,200. Then, after his brilliant advisors reminded him that Arizona’s governor is a Republican, and might gain favor with the voters for doing something to help stem the carnage, Obama said “hold on there, I didn’t say all those troops would go to Arizona.” When they reminded him that Texas, Arizona and California all have Republican governors, he called the State Department to ask for a clarification.

Quoting from Breitbart: “US National Guard troops being sent to the Texas-Mexico border and beyond is reminiscent of the “Wild West.” Murders, kidnappings, humans being smuggled in, drugs being smuggled in; it’s been going on for decades. I’m still trying to understand the whole matter. For me, the curiosity started during the Clinton administration, when the conspiracy theorists were sure that Slick Willie was involved in bringing drugs into Texas. Actually, they had some pretty convincing evidence, but who knows? God forbid that he6s ups the border and gets caught in his own trap.

Then comes George W. and his border wall. He kicked it off, cracked in darkness, in Waco, Texas, with no press coverage that I saw. Furthermore, two US Senators were completely unknowing that 30 Department of Commerce Agencies were working on the project. I assume that many others were in the dark as well.
Everyone is most likely familiar with the adage that when it comes to adding value to real estate, it is "location, location, location" that is the deciding factor.

While I agree that location is a very important element contributing to the appeal and value of a piece of real property, I would like to propose that there is a different commodity that, when present in a real estate transaction, can set the tone and tenor of the entire deal and help ensure a timely and amicable closing: trust.

Each party involved in the transaction, whether it is Seller, Buyer, or real estate agent, has the opportunity to proactively contribute to the level of trust that is fostered in the selling and/or buying process. Of course, the converse of that is true as well: the absence of trust erodes confidence, communication, and successful closings.

Let’s begin with the Seller’s opportunity to set a tone of trust right out of the marketing gate. What may be initially looked upon as a bothersome form, the NC Residential Property Disclosure Statement, is in fact, a wonderful tool for instilling trust. This required form asks the Seller to disclose any and all material defects with the property and provide those details to potential Buyers.

I always counsel Sellers to disclose, disclose, disclose. Think it is too small of an item to put on the form? Disclose it anyway. Had a small leak near the chimney and had it repaired 5 years ago? Disclose it. Had a burst pipe last winter that required a bit of sheetrock repair work in a closet? Disclose it. Think your neighbor’s driveway encroaches upon your property? Disclose it.

It may seem counterintuitive, but when Buyers have an opportunity to fully understand any and all potential property defects, they typically approach the due diligence process with a thoughtful approach. They appreciate the Seller’s candor and work with their home inspector or attorney to find resolution. If, however, a Seller does not disclose a defect, and the Buyer’s first knowledge of that defect comes at the delivery of the home inspection report or survey, then the Buyer tends to be very distrustful of the Seller and wonder what else he or she has failed to disclose. With emotions running high at this point, negotiations may stall and/or the deal may be in jeopardy.

Buyers have a wonderful vehicle for fostering trust in the transaction as well:

Buyer Agency.

Simply, Buyer Agency is an agency or fiduciary relationship wherein the real estate agent works solely in the Buyer’s interest and is required to keep all communication from the Buyer confidential from all other parties. In order for a real estate agent to do excellent work on a Buyer’s behalf, Buyers must be completely honest about their desired property parameters and price range, as well as their level of urgency, financial situation, and desired contract terms.

Armed with this information, the real estate agent may go to work to find the best property match and then advocate solely for the Buyer in contract negotiations. With trust sealed and protected by the agency relationship, the Buyer may share any detail with his or her agent and have the resounding comfort that those details remain confidential.

Finally, the real estate agent has a delightful opportunity to be a trusted advisor for each of her or his clients. Being a trusted advisor begins with empathetic listening. Great real estate agents take time to listen before they talk, and they listen with not only their ears but with their hearts as well.

Get your events in Highlands’ Newspaper.

Email highlandseditor@aol.com

• INVESTING at 4,118 ft. •

LOLA’S of Highlands

Specializing in Distressed Furniture
Shop and Compare!

Most items at LOLA’s are one of a kind.
This is a sample of what we have in our inventory.
Items will change each month.
Please stop by and see our current inventory!
Across from Town Hall.
(828) 526-2009 207 N. 4th Street, Highlands

See INVESTING page 10

Made to Order

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

It seems that getting braces on their teeth is a rite of passage for many children in America. In fact, some kids seem terribly disappointed when they discover that they don’t need braces. Today, more and more of the parents of these kids are also seeking straight, white teeth. In 2008 over 3 million adults were in braces up 24% from 1996. While straight teeth make for a nice appearance, orthodontic treatment in children and adults offers benefits that go beyond the surface.

Beginning preventive orthodontics in children at an early age can allow facial profile to be changed and bad bite corrected, preventing dental and TMJ problems later in life. Early intervention can also prevent the loss of teeth that used to go along with getting braces so many years ago.

If you never had orthodontic treatment as a child, or if you never needed it at an early age, chances are you may need it now. Our teeth, particularly our bottom teeth, keep moving throughout our lives. When teeth move and overlap each other it becomes very difficult to clean them effectively – this can lead to cavities and gum disease.

Fortunately, there are many options today for straightening out your smile. Traditional metal braces are very common, especially for children. More and more adults are opting for the Invisalign system which uses a series of clear trays to move your teeth. They are removable for eating and brushing and, since they are clear, most people never realize you are wearing “braces”, the invisible way to straighten teeth using a series of custom-made, nearly undetectable Aligners.

With Invisalign there are no metal wires and brackets, making it invisible, removable, comfortable and convenient. In both clinical research and dental practices across the nation, Invisalign has been proven effective at straightening teeth. Ask us if you are a candidate for Invisalign.

For adult patients who are seeking a quicker result, Dr. Wilbanks offers porcelain veneers which are also called “instant orthodontics”. Your teeth will not be straightened over time with braces, but the appearance of your smile will be reshaped by the use of cosmetic porcelain veneers.

Porcelain laminate veneers are ultrathin shells of ceramic material placed over the teeth to close spaces, change color, or straighten the teeth. Veneers are an exciting procedure for anyone wishing to improve their smile. If you have a crooked smile contact our office at 706-886-9439 to arrange a consultation. Dr. Wilbanks offers a wide range of dental treatment options conveniently located in our Toccoa, Georgia office.

... INVESTING continued from page 9

when they first talk with prospective clients (and continue this discourse throughout the transaction) to determine exactly what they want to have happen? How, specifically, can the agent be of real service to them? Once an agent is clear on those details, he or she may begin the education process. Agents may teach from a place of service (not self interest) and help a client truly understand and master buying and selling real estate in our market. The client is then empowered and feels like a knowledgeable partner in the transaction. Trust ratchets skyward.

In any market, but doubly so in a jittery environment, elevating the level of trust among all parties in a real estate transaction creates the optimum environment for clear and open communication, clean thinking, smart decision making, and, yes, the successful crossing of the closing finish line.

- Naturally!

Center for Acupuncture & Healing Arts
Kim Boustool, L.Ac., Dipl. Ac.
classical Chinese medicine
in the Crosby Center, 348 S. 5th Street, #224
Highlands, NC (828) 526-9938 ext. 263

- Susie deVille Schiffli, ME, ABR, SFR, is a Broker with Harry Norman, Realtors. Her areas of expertise include real estate investments, niche marketing, social media, and strategic property positioning. An expert in entrepreneurship and anthropology, Susie applies her acumen in human behavior toward negotiating and advocating on behalf of her clients. You may visit her blog at www.HighlandsNCRealEstateInvestor.com, or contact her by calling (828) 371-2079.
Caring for the Elderly is Our Privilege.
That’s Why We Receive Consistent Statewide Recognition for Outstanding Service to Our Residents.

At Fidelia Eckerd Living Center, we are blessed to provide our family with the best possible long term care. We know that the decision to entrust a loved one to a nursing home is a matter of great care and concern and we strive to assure that both the families and the patients are comfortable with our facility and the personal care that we give to all our residents. Fidelia Eckerd Living Center is one of the few nursing homes accredited by The Joint Commission and strives to maintain the excellence that is inherent with this recognition.

We have gathered a dedicated and skilled team to see to it that everyone under our care receives the very best in physical, mental, emotional and spiritual fulfillment. We are an 84 bed facility with 40 semi-private and 4 private rooms. Each resident is assigned a primary care physician who supervises and recommends a medical treatment plan which includes therapeutic procedures, diagnostic supervision and careful prescribing of medications. We encourage the resident’s family to work with us on the plan of care so they are comfortable that their loved one is receiving what they need.

We are footsteps from the hospital and this keeps our patients in very close proximity to our Board Certified Physicians, our state-of-the-art diagnostic equipment and our high-rated nursing staff. We also see to it that each day there is a social program to keep minds alert and a connection to their neighbors who share this home away from home with them.

We encourage you to think of us when nursing care for your loved one is needed. Fidelia Eckerd Living Center is a service of Highlands-Cashiers Hospital.

Highlands-Cashiers Hospital

The Healthcare Partner to Whom You Can Entrust Your Life.

www.highlandscashiershospital.org

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... SCHOOL continued from page 1

... BUDGET continued from page 1

... TOWN BOARD from 1
Ongoing and Upcoming Events

Separate tours of the Fidelia Eckerd Living Center are also available by appointment. Those interested in attending the first tour June 2nd or the June 11th tour, should call the Foundation Office at 526-1435 as space is limited. Or RSVP 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.

Musical services in June at Christ Anglican

Christ Anglican Church will host a special musical service on June 6 at 9 a.m., featuring four professional instrumentalists and two accomplished vocalists who will augment the church’s 1928 Book of Common Prayer liturgy, with portions from J. S. Bach’s Mass in G Major.

The Quartet will be joined by mezzo-soprano Amanda Gardner-Porter, who began her singing career in Asheville and sings roles with Asheville Lyric Opera, and by soprano Amanda Horton who has sung with the Asheville Lyric Opera and the Asheville Symphony.

The members of Christ Anglican Church and their rector Jim Murphy, invite the communities and surrounding area of Highlands and Cashiers to hear these talented musicians and participate in this worshipful musical and liturgical service.

Christ Anglican Church meets in the facilities of Whiteside Presbyterian Church, Highway 64, Cashiers. For more information, call Christ Anglican at 828-743-1701.

Violinist Monique Pinelli, violist and violinist Elizabeth Terry, violist Matthew King, and cellist Eric Scheider.

Food Pantry Bingo - Thursday, June 3

Food Pantry Bingo is 6:30 – 8:30 at the Highlands Community Building – next to the ballpark at Hwy 64 and Poplar Street. The cost to play is $1 per card per game and there will be 15 games with Game 15 being an extra money game. Play as many cards as you like and don’t be afraid to laugh and have a great time.

Absolutely just can’t make it - drop a check or cash by the Community Bldg. Thursday night or any time at the Civic Center or Methodist Church - just say it’s for Rotary Food Pantry Bingo and every penny will go to the Food Pantry.

Food Pantry Bingo is a family-style event that offers fun, a lot of humor, refreshments, the chance to win Bingo cash – and help a number of families in our community.

Ruby Cinema

Hwy 441, Franklin, NC
524-2076

PRINCE OF PERSIA: THE SANDS OF TIME
rated PG-13
Friday: 4:30, 7, 9:30
Saturday: 2, 4:30, 7, 9:30
Sunday: 2, 4:30, 7, 9:30
Mon + Wed: 4:30, 7, 9:30
Tues + Thurs: 2, 4:30, 7, 9:30

LETTERS TO JULIET
rated PG
Friday: 4:20, 7:05, 9:20
Saturday: 2:05, 4:20, 7:05, 9:20
Sunday: 2:05, 4:20, 7:05, 9:20
Mon + Wed: 4:20, 7:05, 9:20
Tues + Thurs: 2:05, 4:20, 7:05, 9:20

SHREK FOREVER AFTER in 3D
rated PG
Friday: 4:15, 7:10, 9:15
Saturday: 2:10, 4:15, 7:10, 9:15
Sunday: 2:10, 4:15, 7:10, 9:15
Mon + Wed: 4:15, 7:10, 9:15
Tues + Thurs: 2:10, 4:15, 7:10, 9:15

ROBIN HOOD
rated PG-13
Friday: 4, 7:15
Saturday: 1:30, 4, 7:15
Sunday: 1:30, 4, 7:15
Mon + Wed: 4, 7:15
Tues + Thurs: 1:30, 4, 7:15

“Specialty Themed Baskets”, starting May 14th. Raffle tickets will be available for purchase at the Acute Nurses Station on the hospital campus. Tickets are $1 each or 6 for $5. This year’s basket themes include: “HCH Physical Therapy and Health Tracks Services, “Coffee Break,” “Picnic & Camping” and “Dinner for Two.” Please contact Callie Calloway for more information: 828-526-1313 or putz@hchospital.org.

Sundays

• After School 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. 7:30 p.m. Sundays through Labor Day. Kay Ward – 743-5009

• See EVENTS page 14
Small Stages venue at PAC features Parallel Lives two weekends in June

Friday night was the premiere of Small Stages at PAC and will continue with seven performances over the next two weeks. The HighlandsCashiers Players brought back the women of Parallel Lives and the audience had an uproariously funny evening. The theater was set up in a cabaret style, with tables and chairs and wine was available for purchase. Parallel Lives is performed on the thrust stage, hence the label “Small Stages.” Parallel Lives is a series of vignettes, much like the Saturday Night Live format, that chronicles the trials and tribulations of life and love. Parallel Lives contains adult language and situations. Call PAC for tickets: 828.526.9047. Pictured: The cast of Parallel Lives.front row, Marlene Alvarez Fairchild, Mary Adair Leslie (director), Ronnie Spilton, back row: DJ McPherson, Laura Miller, Carla Gates, Jenny King, Jennifer Royce, Breta Stroud and Diane Rosazza. Not pictured is Betsy Cullen. Performances will be on Friday, Saturday and Sunday, June 4, 5 & 6 and Wednesday, Thursday, Friday, Saturday, June 9, 10, 11 & 12. All performances begin at 7:30 p.m.
The Warrior Foundation weekend of events set to begin June 7

You may be wondering about those Special Operation Adventure Race Volunteers manning the tables in front of Bryan’s, Mountain Fresh, and Shiraz Orient Rugs. They are selling tickets for a raffle for two needlepoint rugs donated by Shiraz Rugs, three American Flag jackets donated by Jolie’s of Highlands. Tickets are $2 each or six for $10. They are willing to provide information about SOAR of Western North Carolina’s calendar of events, including the June 7th Golf Tournament sponsored by Burlington Country Club in Sapphire. The cost is $1.25 per person, including lunch and dinner after the tournament.

On June 10, there is a Silent/Live Auction at the Highlands Community Building. Local merchants, businesses and individuals have donated a treasure chest of goods and services that will be available to the public. Tickets to the door are $30 per person. This event which starts at 5:30 pm and will include an international tasting bar (featuring Mediterranean, American, Japanese and Asian dishes) by the Cyprus International Restaurant with Chef Nicholas Figel, winner of Highlands Iron Man Chef contest. There will be wine, beer and a Martini Magic Bar.

The Nantahala Hiking Club will take a moderate-to-strenuous two-mile hike to the waterfalls of upper Arts Center for tickets: 828.526.9047.

Formances will begin at 7:30 pm. Call the Performing Arts Center. Call 526-8811 or email clehighlands@yahoo.com to register.

Fri., June 4-6
• PAC’s Small Stages will present HCP’s production of Parallel Lives. Parallel Lives originated as stand-up comedy skits performed by the writers. Similar in structure to “Saturday Night Live,” it parodies life as we know it, which is why audiences are expected to identify with many of the characters and situations. All performances will begin at 7:30 pm. Call the Performing Arts Center for tickets: 826-526-9047.

Sat., June 5
• The Nantahala Hiking Club will take a moderate-to-strenuous two-mile hike to the waterfalls of upper Middle Creek in the Scaly Mtn. area. The primitive trail descends perhaps 300 feet to the three falls. Meet at the Scaly Mtn. post office on Hwy. 106 at 10 am. Bring water, lunch, a hiking stick and wear sturdy shoes. Drive four miles round trip. The hike is limited to 12 hikers. Call Virginia Talbot, 526-4904, for reservations. Visitors welcome, but no pets please.

• The Nantahala Hiking Club will take a four-mile, moderate to strenuous work hike with the ATC Komarock trail crew in the vicinity of Tellico Gap. Meet at Westgate Plaza in Franklin (opposite Burger King) at 8 am. Drive 60 miles round trip. Bring water, lunch; wear sturdy shoes. Call leader Bill Van Horn, 369-1983, for reservations. No pets please.

• Highlands-Cashiers Land Trust Day. Shop at Highlands and Cashiers residents can show their support by patronizing these local businesses on June 5th and beyond. Fressers Eatery, Highland Hiker, Susie de Vill Schiffl, Broker, Hany Norman, Realtors, Tate Landscaping, The Chiniquapin Company, The Kitchen Carry Away & Catering, The Orchard, Victoria’s Closet & V.C. for Men and Whole Life Market. Sun., June 6
• The Nantahala Hiking Club will take an easy 2.5 mile hike on the Kimsey Creek Trail in the Standing Indian area. Meet at Westgate Plaza in Franklin (opposite Burger King) at 2 pm. Drive 30 miles round trip. Bring water, a snack if you wish, and wear sturdy shoes. Call Lead Kay Coriell, 369-6820, for reservations. Visitors and children ten and over are welcome but no pets please.

• Christ Anglican Church will host a special music service at 9 am service on Sunday. Four professional instrumentalists and two accomplished vocalists will augment the church’s 1928 Book of Common Prayer with portions from J. S. Bach’s Mass in G Major. The community is invited to come. Christ Anglican Church meets at Whiteside Presbyterian Church, highway 64, Cashiers. For further information, call 828-743-1701.

• The High Mountain Squares will be having a special “WATERMELON DANCE” at the Macon County Recreation Park Pavillon from 2–5 pm. The callers are Ken Perkins from Pelzer, SC and, Tom Pustinger from Spartanburg, SC. We dance Western Style Square Dancing, mainstream and plus levels. A picnic will be furnished at the dance. Everyone is welcome, so come in casual clothes and enjoy the food and dancing. For information call 828-349-0905, 828-369-8344, 706-782-0943, or www.highmountainsquares.org.

• CLE Annual Preview Party from 4-6 pm at the Performing Arts Center. Call 526-8811 or email clehighlands@yahoo.com to register.

Mon., June 7-9
• Macon County School Nurses will be offering this vaccination FREE to all current 5th graders during June 7th–9th. Permission slips were sent home last week through the school system. If you would like your child to receive this vaccination FREE, please complete the form and return it to school as soon as possible. If you need another form, contact your school nurse.

• Special Operations Warrior Foundation’s Annual Golf tournament at Burlingame CC, Sapphire.

• A Storytelling Circle will be held at the Macon County Library, Monday at 7 pm. All ages are welcome. Come tell a story, or come listen to a story. Call Nancy for details, 369-1927.

Tuesdays, June 8, 15, 22, 29
• CLE’s HEMINGWAY (without the dinner) — from 3:5 pm. There will not be dinner included in this session. ($80 members, $95 non members). Call 526-8811 or email clehighlands@yahoo.com to register.

• At Hudson Library, Financial Management Lecture — at 5:30-6:30 pm. Presented by Sue Gorski of RBC Bank — Personal Budget & Savings.

• State Employees Credit Union Blood Drive (245 Cunningham Road, Franklin) 10 am to 2:30 pm. Please call 369-3536 for more information or to schedule an appointment. For more information or to schedule an appointment to donate at a nearby donor center, call 1-800-RED CROSS (733-2767) or visit redcrossblood.org.

Wed.-Sat., June 9-12
• PAC’s Small Stages will present HCP’s production of Parallel Lives. Parallel Lives originated as stand-up comedy skits performed by the writers. Similar in structure to “Saturday Night Live,” it parodies life as we know it, which is why audiences are expected to identify with many of the characters and situations. All performances will begin at 7:30 pm. Call the Performing Arts Center. Call 526-8811 or email clehighlands@yahoo.com to register.

• Macon County Library, Style Square Dancing, main/stream and plus levels. A special “WATERMELON DANCE” at the Macon County Recreation Park Pavillon from 2-5 pm. The callers are Ken Perkins from Pelzer, SC and, Tom Pustinger from Spartanburg, SC. We dance Western Style Square Dancing, mainstream and plus levels. A picnic will be furnished at the dance. Everyone is welcome, so come in casual clothes and enjoy the food and dancing. For information call 828-349-0905, 828-369-8344, 706-782-0943, or www.highmountainsquares.org.

• CLE Annual Preview Party from 4-6 pm at the Performing Arts Center. Call 526-8811 or email clehighlands@yahoo.com to register.

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identify with many of the characters and situations. All
performances will begin at 7:30pm. Call the Performing
Arts Center for tickets: 828-526-9047.

Thursday, June 10
• Taize in Highlands is every Thursday at 5:30
PM. at Highlands United Methodist Church. Taize is a
nondenominational service of prayer, meditation, scrip-
ture and simple, beautiful music. No offerings are tak-
• Special Operations Warrior Foundation’s Annual
Silent/Live Auction at Highlands Community Build-
ing. Food donated by Cyrus Restaurant, Chef Nicho-
las Figiel.

Friday, June 11
• “Know Your Frogs” workshop at the Highlands
Nature Center. 8:30 – 9:30 pm, ages 6 – adult. Learn
about frog biology and how to identify regional species
visually and by their calls. Bring a flashlight to search
for frogs in the wild. Call 526-2623 or visit
www.wcu.edu/hbs for more information.

Sat., June 12
• Special Operations Warrior Foundation’s Annual
Special Operations Adventure Race.
• The Nantahala Hiking Club will take a five-mile
moderate hike to the lower falls on Whitewater River
from the Bad Creek Reservoir parking area, with a
side trip to a natural area of virgin forest with huge
trees. Meet at the Cashiers Wachovia Bank (in back)
at 10 a.m. Drive 22 miles round trip. Bring water,
lunch; wear sturdy shoes. Call leaders Mike and Su-
nan Kettles, 743-1079, for reservations. Visitors are
welcome but no pets please.

Sun. & Mon., June 13-14
• Auditions for HCP’s Production of Dearly De-
parted are Sunday from 3-5pm and Monday from
5:30-6:30pm. Scripts are available for reading at the
libraries in Highlands and Cashiers. Performance
dates are: August 18-22 and August 24-27. Call Vir-
ginia Talbot, director, for more information: 526-4904.

Sunday, June 13
• Special Olympics of Macon County will be host-
ing a cookout from 1-4pm at Wesley’s Playground
Shelter on the Greenway. Come out and get a hotdog,
chips, cookie and a drink for a minimum donation of
$4.00!!

The former Hudson Library building, now the home of the Highlands His-
torical Museum and Archives, was designed by architect Huger Elliott in
1915. Elliott’s sister, Charlotte, a political activist, will be portrayed by Elaine
Whitehurst in this year’s “Walk in the Park” sponsored by the Highlands
Historical Society. This year the “Walk” will take place June 25 and 26 at
Highlands’ Memorial Park with shuttles leaving the Community Building
every 15 minutes from 6:00 to 7:30 p.m. The June 27 show will begin at
4:00 p.m. at the Performing Arts Center on Chestnut Street. Adult admission
is $15.00; students are admitted free. Tickets will be available at CyraN’s
Book Shop on Main St. as well as at the Community Building on the day of
the event

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Kids tube free on Tuesdays
OPERATIONS ADVENTURE Race.
• The Nantahala Hiking Club will take a five-mile
moderate hike to the lower falls on Whitewater River
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lunch; wear sturdy shoes. Call leaders Mike and Su-
nan Kettles, 743-1079, for reservations. Visitors are
welcome but no pets please.

Taize in Highlands is every Thursday at 5:30
PM. at Our Lady of the Mountains Catholic Church.
Taize is a nondenominational service of prayer, med-
itation, scripture and simple, beautiful music. No offer-
ings are taken—these services are a free gift to the
community.

Just as the effects of a challenging economy
are felt by families in every community, cancer,
too, has a far reaching impact. No matter how
the stock market is performing or what the current
unemployment rate may be, there are still many
people battling a cancer diagnosis and many
others who are lending support alongside loved
ones every day. These realities make the dollars
donated and volunteer hours devoted to the
American Cancer Society- a part of Highlands
for 10 years- critically important.

Local volunteers are a huge part of a
nationwide effort to save lives from cancer, but
additional people are needed for the progress to
continue. Plans are under way for the Society’s
annual fundraiser, Relay For Life Of Highlands,
which will be held Aug. 13 at The Highlands
recreation Park starting at 6 pm. The money raised
at Relay enables the American Cancer Society to
deliver on it’s mission of helping people stay well,
helping people get well, finding cures and fighting
back against the disease.

Relay provides the Society with money to
support vital, cutting-edge cancer research,
provides cancer patients with free wigs, transpor-
tation to treatment, free lodging at our Hope
Lodge, publishes lifesaving literature on cancer
prevention, detection and tobacco control; and
develops a new generation of medicines that help
those battling cancer.

It is the time for individuals, families,
community groups, corporations and small
businesses to commit their Relay For Life of
Highlands team participation. Join us at this event
to celebrate those who have battled cancer,
remember those lost, fight back against the
disease, and help the American Cancer Society
realize it’s vision of a world with less cancer and
more birthdays.

Please sign up today. Just call Marianne
Vines, Team Development Chair at: 828-507-
0174. Our next Team Meeting is Tuesday, June
8, 2010 at First Presbyterian Church Library,
5:30-6:30 PM. Anyone interested in Relay or
forming a team is welcome.

Please visit: www.relaysforlife.org/highlands
for news about upcoming Relay events in
Highlands.
Our Area’s Most Comprehensive Internet Directory

HighlandsInfo.com

Google: Highlands - Highlands NC - Highlands, North Carolina
Real-Time Local News, Weather & WebCam

Country Clubs
Public Golf
Night Life
Art Galleries
Cultural Arts
Area Churches

Special Events
Fine Dining
Lodging
Shopping
Real Estate
Gourmet Foods

Waterfall Videos:

Fly Fishing: High Altitude Cullasaja River west of Highlands, Chattooga River Iron Bridge & Burrell's Ford, Lake Glenville boat access & fishing hotspot locations.

Hiking Trails: Sunset Rocks, Satulah Mtn., Whiteside Mtn., Devil's Courthouse, Horse Cove Poplar Tree, Glen Falls / Blue Valley Trail, Chinquapin Mtn. / Glen Falls Trail, Skitty Creek Trail, Chattooga Loop, Chattooga Trail from Iron Bridge to Whiteside Cove, Ranger Falls Trail, Highlands Nature Center, Rabun Bald Tower, Bartram Trail, Scaly Mtn., Hickory Knut Gap, Jones Knob, Yellow Mtn., Ellicott's Rock


All of the above --- as well as EVERY subdivision in the Highlands-Cashiers area -- are Google mapped with pictures, video links & lat./lon. coordinates on HighlandsInfo.com

Highlands & Cashiers hiking, fly fishing, camping & waterfalls listed below.

Over 175 Realty Sub-Divisions With Pictures & Lat./Lon. Coordinates

Highlands & Cashiers hiking, fly fishing, camping & waterfalls listed below.

Buying or Selling
HighlandsInfo.com/Realty.htm

Over 175 Realty Sub-Divisions With Pictures & Lat./Lon. Coordinates

HighlandsInfo.com/Realty.htm

Highlands’ Newspaper PDF Version @ HighlandsInfo.com/News.htm
Highlands, Cashiers, Lake Glenville & Sapphire Valley businesses can place ads by calling 828-526-0782
A<br>sk any school child to describe to you the Washington Monument and they will tell you about a needle-like structure rising into the sky in our nation’s Capitol. Some may even tell you they have walked those many steps.

Isn’t it a shame that the real Washington Monument is far less ornate and much less visited and sits on a small knoll in Arlington, VA.

To me it is a far greater monument than the one the children know and it stands for a far greater cause than a single man of history.

The Monument I speak of is the Tomb of the Unknown Soldier. It is a simple sarcophagus of white marble from a quarry in Colorado. Originally dedicated to the unknowns of World War I, the unknown soldier received the medal of honor; the Victoria cross, and several other foreign nations’ highest service awards; all posthumously, and its service was presided over by the United States President.

The Tomb of the Unknowns has been guarded continuously, 24 hours a day, seven days a week, since July 2, 1937.

The watch is really simple, but is a meticulous ritual that is followed in a manner one could only call a religious obligation.

The soldier walks 21 steps across the tomb. Each step of the metal tipped boots echoes as a 21 gun salute gives honor to this fallen hero.

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To me it is a far greater monument than the one the children know and it stands for a far greater cause than a single man of history.

The Monument I speak of is the Tomb of the Unknown Soldier. It is a simple sarcophagus of white marble from a quarry in Colorado. Originally dedicated to the unknowns of World War I, the unknown soldier received the medal of honor; the Victoria cross, and several other foreign nations’ highest service awards; all posthumously, and its service was presided over by the United States President.

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... SPIRITUALLY SPEAKING continued from page 18
and around the world when a tall, stooped and saddened man spoke during the most devastating war this nation has ever fought, a war among ourselves.

Abraham Lincoln spoke in memory of all of the fallen when he said, “From these honored dead we take increased devotion to that cause for which they gave the last full measure of devotion that we here highly resolve that these dead shall not have died in vain.”

This was on yet another battlefield in Virginia, Gettysburg 1863. But he was wrong in saying the world will little note or long remember what we say, but oh, so right, “It can never forget what they did here.”

Jesus speaks often about forgiveness and joy and responsibility, about caring and commitment, but rarely does he speak about pure love.

When he does speak about love, he speaks to us in utter simplicity. Not about warm fuzzy feelings or candlelight dinners or moonlight walks on the beach, but about the nitty-gritty of our lives.

Such are the words of the Gospel, “Greater love has no man than this that he lay down his life for his friends.”

I think were Jesus standing here in church pulpits this past Sunday morning, he would hold up a military uniform and say simply, “Greater love has no one than this.”

This week we honor the men and women of this country, who by their service in the armed forces, have in one way or another, whether knowingly or unknowingly, followed the words of Jesus. They have loved us. They have kept us safe.

And they have done what was required to keep the vision and dreams we so cherish alive.

We in this country are desperate for heroes and heroines, men and women who can remind us of the deep truths of what it means to be human.

How sad it is that we settle for cheap impostors in sports, politics, and even theater.

How sad, how very, very sad, especially when we are surrounded by names and faces and people sitting next to us, walking with us, within our sight, who have made great sacrifices, who have exhibited such courage and bravery, not for their own gain, or fame, or fortune, or adulation, but for the safety of their neighbors, their children and their children’s children.

Remembering this, let us pray that through them we have regained the lost part of our soul.
Members of Mountain Garden Club of Highlands recently initiated the “Fidelia Eckerd Living Center Garden Project” this past week at Highlands-Cashiers Hospital. The club’s effort involves providing the residents of the living center a place to grow their own vegetables as well as enhancing the landscaping with flowers, shrubs and greenery.

“This year, our club decided to focus on the Fidelia Eckerd Living Center (FELC) and hospital grounds as an ongoing project and it has already provided us with the rewarding spirit of giving back to our community,” said project organizer Midge Rothermel.

Over the past few weeks, project leaders Mrs. Rothermel and other club members spent long hours transforming the grounds to a new and improved façade by grooming flower beds and plant boxes. “All in all we tackled a tremendous job that seemed insurmountable but with many hands we left with a huge sense of accomplishment, and some new friends,” said Rothermel.

Ninety-four-year-old resident, Flora Warren, is happy they are there. Prior to coming to FELC in 2002, Mrs. Warren had spent her entire life gardening and preparing food with fresh ingredients from her garden.

“Now, the vegetable garden court area here gives me the opportunity to continue to do what I love best,” said Mrs. Warren. Over the seasons, Flora has enjoyed her gardening hobby at FELC by growing string beans, corn and squash.

“It might sound petty to some, but being able to grow my own veggies not only keeps me active and healthy, it gives me a sense of worth and enables me to carry on activities I did for years,” said Warren. “Not everyone, after coming to a long term care facility, is able to get outside, plant veggies and then have them prepared for them. At my age, it’s reality that I need assisted help from caregivers, and I’m thrilled that I am able to get such great care and keep up with things such as gardening. I feel lucky to have FELC as my home.”

“Resident involvement is imperative to the success of the living center,” said Shawna Mellott, Administrator of FELC. “We are very thankful to have so many dedicated garden club individuals that donate their time and energy to our facility and residents! It’s help from our volunteers that affords our residents the activities that boost their quality of life,” said Mellott.

Other activities volunteers assist FELC residents with include activities such as making greeting cards, playing bingo, and traveling outside of the facility. Many FELC residents also get involved in the community by attending local churches, participating in community service projects and attending numerous events outside of the facility. FELC’s residents are cared for by board certified physicians, the same medical staff at Highlands-Cashiers Hospital, and Registered Nurses who have advanced certifications in fields related to caring for the elderly.

About Fidelia Eckerd Living Center

FELC is an 84-bed facility with 4 private and 40 semi-private rooms. FELC is one of only a handful of nursing homes in North Carolina that actively seeks to be accredited by the same rating agency that rates hospitals throughout the state, even though it is purely voluntary. Each time FELC is rated, the facility excels in the scores given by The Joint Commission on Accreditation of Healthcare Organizations. We are proud of this distinction that underscores our goal of providing for the physical, mental, emotional and spiritual needs of every resident in the most caring way we can.

We realize that transition to a nursing home is a matter of great care and concern to the families of loved ones, so we strive to create an environment in which you can have trust, faith and assurance that only the best in care will be given to your family member.

We are connected to the Highlands-Cashiers Hospital so that emergency and acute care are just a few steps away. Each resident is assigned a primary care physician who recommends a plan of medical treatment, supervises diagnostic as well as therapeutic procedures, and personally prescribes and required medication.

We use an interdisciplinary team approach to ensure that our administrator, physicians, nurses, nurses managers, social workers, dieticians, along with therapists and special consultants work together to provide the highest level of care for every member of our Living Center family. We urge that the residents’ family members participate in the active plan of care to assure that they continue to be an integral part of the care for their loved ones.

Residents of the living center at FELC have the highest level of healthcare while living in a home environment. The mission of FELC is to provide each resident with the highest level of healthcare while bettering the quality of their lifestyle through activities that keep their minds and bodies functioning to the maximum potential.

For more information about the Grand Rounds Tour series or to RSVP, please call (828) 526-1434.

Hospital offers weekly tours

The Highlands-Cashiers Hospital kicks off the “Grand Rounds” Tour series. Open to the public, the morning sessions begin at 7:30 a.m. and include a complimentary breakfast. Tours are held each month, June through October.

In addition to getting an in-depth look at hospital facilities, the events provide participants with a chance to meet and chat with some of the hospital’s board certified physicians before touring the facility.

For more information about the Grand Rounds Tour series, please call (828) 526-1434.
Citizens turn out for health forums

Last Monday, close to 40 community residents attended a physician forum presented by Dr. Richard S. Matthews, Board Certified Family Physician at HCH, addressing the importance of heart disease and stroke prevention.

After reviewing the key factors of prevention and symptoms, Dr. Matthews opened up the discussion forum for questions. Many attendees wanted to know how they could lower their risk of heart attack and stroke.

“If you have high cholesterol and on prescription statin drugs, ie. Lipitor, to reduce the “bad” cholesterol, there are also some simple lifestyle changes one can make to lower the elevated levels,” said Dr. Matthews. “Taking between 1,000 and 2,000 milligrams of the over the counter Niacin daily, can help to reduce “bad” cholesterol. Matthews said to begin the supplemental doses at 250 milligrams to measure your body’s tolerance.”

Dr. Richard S. Matthews, Board Certified Family Physician at Highlands-Cashiers Hospital

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HELP WANTED

LINE COOK – Opening at Wolfgang’s Restaurant and Wine Bistro. Call 828-526-3115. (St. 3/4)

WANTED; LICENSED MASSAGE THERAPIST available for evening and Sunday hours at private country club. Call Joyce Baillargeon 526-050.

FULL TIME OR PART TIME JOB OPPORTUNITIES AT HIGH-END CLOTHING STORE. Retail sales experience necessary. Call 828-526-2400 (6/3)

LOG CABIN RESTAURANT is under new management. Re-opening May 17. Looking for front and back of house staff. Call 526-3380. (St. 4/29)

LINE COOK AT DOWNHILL GRILL at Scaly Mountain. Must be energetic and speak English. Call Cindy at See 526-1663. (St. 4/22)

RN’s at Highlands-Cashiers Hospital. Experienced Med-Surg and ER Nurses needed. Strong leadership skills a must. Pre-employment screening required. Call Human Resources at 828-526-1376 or apply online at www.highlands-cashiers.org. (St. 6/3)

CNA at Highlands-Cashiers Hospital. Our wage scale is $11.00 to $14.40 per hour with shift and weekend differentials. Pre-employment substance screening. Call Human Resources at 828-526-1376 or apply online at www.hchospital.org (St. 6/3)

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 for evening and night shifts. Pre-employment screening required. Call Human Resources at 828-526-1376 or apply online at www.hchospital.org (St. 6/3)

COOK at Highlands-Cashiers Hospital. Full-time position requiring experience and knowledge of specialized diets. Pre-employment screening required. Call Human Resources at 828-526-1376 or apply online at www.hchospital.org

YARD SALE

2-FAMILY – Saturday, June 5, 9 a.m. until Hwy 28 South, three miles over the GA line, on the right.

WORK WANTED

LOOKING FOR CARPENTRY WORK. I have tools. Please call Al florida 528-2400 or 315-2687

LOOKING FOR LANDSCAPING, yardwork and housecleaning. Call 828-200-1384 or 5261052.

REAL ESTATE FOR SALE

DOUBLEDWELL WITH 3.48 AC. WITH AN AWESOME VIEW. $3240000. Located 10 miles out of Cashiers. Call 828-507-1145. (5/27)

2/1 ONLY CONDO ON MILL CREEK GOLF COURSE IN FRANKLIN. Furnished, skylight, fireplace, screened porch. $175,000 Reduced to $168,000. Please call 419-967-0792 (6/24)

LOT FOR SALE. 1.45 acres, heavily wooded, stream, has 4 BR septic permit, Minnorn area, $209,900, 704-419-9679 (6/24)

3BD/3BA IN TOWN OF HIGHLANDS. Close to everything, includes electric. 526-2694. (st. 4/29)

APARTMENT FOR RENT – 1 bedroom, 1 bath, living area, kitchen and utility room. $600/month. $300 security deposit. Rent includes utilities (electric, water, heat) 1 year lease. Prefer non-smoker. No pets. Utilities included. Good for 1-2 people. Call 526-9494. (6/2)

WALK TO TOWN from this 33 furnished older home near Bascom. Year-round, consider seasonal. $1250/month includes electric. 526-5558.

FOR LEASE LARGE 2 STORY 5 BEDROOM HOME with decks. Available for immediate occupancy. Near downtown Highlands. 914-761-8880 x 19 Sandy. (st. 4/29)

STUNNING MOUNTAIN VIEWS SHELDED AND ONLY MINUTES FROM THE TOWN OF HIGHLANDS. Fully furnished, covered balcony, deck and yard. Updated with new carpet. Available seasonal through November. All utilities included AC and Heat. $1,200 month. Call 526-3608 (Spotted Rotten) or evening 526-2694. (st. 4/29)

SMALL PRIVATE ONE BR FURNISHED COTTAGE ON CHESTNUT STREET, with screen porch. Additional sleeping loft. Three blocks to Main Street. Available immediately. $650 monthly plus utilities for six month lease. e-mail: chestnutcottages@yahoo.com or contact Charlie @ 828-526-3845 (st. 4/22)

SPACIOUS MAIN ST. APT. full kitchen, fully furnished, covered balcony, small pets OK. $700/month. Call 526-3363. (St. 3/25)

1 BEDROOM, 1 BATH, FURNISHED 1 1/2 FROM DOWNTOWN, $600 per month, includes utilities, satellite TV, access to washer/dryer. Call 526-4598 or 526-3612. (4/29)

REAL ESTATE FOR RENT

BAR STOOLS – Swivel Captain Chairs. $50 each. Call 516-927-7423. Available at Pine Brook Condominiums. (St. 5/6)

SECRETARY DESK WIBOOKCASE 4 drawer, 14 drawer, serpentine front, ball & claw feet, arch pediment withinl $150. 526-2671 for photo. (St. 5/20)

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The Siemens E-Cam Dual Head Nuclear Medicine Camera. Find it at Highlands-Cashiers Hospital.

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ASHING, accident in a parking lot. was sitting at the base of the tree. Log Cabin Lane. The cubs were in a tree and the mother bear at the ballfield where a game was in progress.

Officials have been used.

log entries from May 21. Only the names of persons.

DOOR Estates Plays Beautifully $7,000 invested, worth way more. right owned by the Vanderbelts and was in the Biltmore

$17 weekly

$500. Call 526-5025. (St. 8/13)

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

1996 JEEP COUNTRY CHEROKEE – Loaded with all options. Good Rubber. Must see. MUST SELL. $2,300. Call 526-2694. (St. 4/15)

CADILLAC DEVILLE 2002 – Silver, 85,300 miles. One owner, garaged. $8,950. See at 150 Shelby Circle, Highlands. 787-2310. (St. 7/9)

HELPING HANDS – will clean and pet sit for you. No job too big! Will also care for livestock. Great references available. Macon County resident. (443) 315-9547. (6/3)

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Highlands Rotary sponsors Highlands School Athletic Banquet at Rec Park Tuesday, May 25

Above, Chris Green was named “Coach of the Year;” the girls baseball team; the girls’ soccer team. Right, the girls’ basketball team; the golf team. Below the girls volleyball team.

Above, soccer coach Ryan Potts presents Will Mathowdis with the Most Valuable Player award.

Above the boys basketball team, right, the boys soccer team and below the boys baseball team.

All the athletes were commended for participating in school sports and for making their teams and their school proud.
Highlands Rotary prepared and served the athletes, staff and families a banquet during the annual affair.
Sam and Lisa Osteen were named “Fans of the Year” for consistently attending Highlands School sports affairs.

Photos by Stephanie McCall
Many who take Niacin will experience itching, tingling, or feelings of warmth, but starting with a low dosage and depending comfort level, individuals can increase their intake. Recent studies have shown that Niacin can reduce bad cholesterol by 20%, and also increase good cholesterol by 20%.

Several of the attendees asked, “How will I know that I am having a heart attack if my symptoms are atypical?” Matthews answered by recounting a situation that occurred with one of his previous patients. During an appointment, the patient expressed that after waking his dog, each time he developed a sore throat. Dr. Matthews examined the patient, and determined cardiac stress and soon after, the patient underwent bypass surgery. “Not all heart attacks will present the typical symptoms, I encourage any person experiencing unexplained pain or discomfort to call their physician and seek medical attention,” said Dr. Matthews. “If you believe you are having a heart attack, call 911 immediately and take 325 milligrams of aspirin.”

“Time is issue,” said Dr. Matthews. From the time a patient walks through our ER doors to the time they arrive at the catheterization laboratory, every minute counts. We have everything here onsite to provide the heart attack or stroke victims the medical necessities to increase their chance of survival and we do it quicker than most facilities our size,” said Dr. Matthews.

When asked about stroke prevention and symptoms, Dr. Matthews touched on several key points amongst which were recognition of the classic symptoms and the importance of acting quickly. He used the acronym FAST to break down the usual symptoms of: face drooping (F), arm weakening (A), slurred speech (S), and time is critical (T). “Like a heart attack, time is the most important factor, and calling 911 imperative.”

The spring cleaning season has arrived: Avoid putting up with or returning to a dusty house after a long winter!

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**BUSINESS NEWS**

**Espresso Bar and Coffee Roaster now open at Mountain Fresh Grocery**

Don Reynolds of Mountain Fresh Grocery on Main Street with the new coffee roaster in action. About three times a week he roasts organic coffee beans that are then crafted into coffee drink favorites – espresso, latte, cappuccino, coffee shakes or just a great cup of coffee. Stop by for a free coffee, today!

**The Animal Wellness Hospital now welcoming new ‘clients!’**

Doctors Amanda Whitlock, Brad Smith and Stephen Arbitter of the Rabun Animal Hospital in Dillard, GA, have extended their practice to Highlands on the Dillard Road in the Freeman Gas building. The Animal Wellness Hospital handles it all — large, small, exotic animal medicine, surgery and laser surgery, too. Stop by and see them today, Thursday, June 3 during their open house from 5-6:30 p.m.

**Highlands Rotary Student of the Month**

The Rotary Club of Highlands honored the Highlands School Students of the Month for May at its May 25 meeting. Shown with Highlands School Counselor, Thomas Jessup, are high school winner, Kate Marie Parks, middle school winner, Allie Wilkes, grammar school winner, Tucker Johnson and Rotary President, Paul Schmitt.

**Harry Norman, Realtors agents earn ‘NAR Short Sales and Foreclosure Certification’**

The following agents at Harry Norman, Realtors have earned the nationally-recognized Short Sales and Foreclosure Resource Certification: Pat Allen, Susie deVille Schiffer, Molly Leonard, Carol Mathews, Bert Mobley and Nadine Paradise.

The National Association of Realtors offers the SFR certification to Realtors who want to help both buyers and sellers navigate these complicated transactions, as demand for professional expertise with distressed sales grows.

According to a recent NAR survey, nearly one-third of all existing homes sold recently in the United States were either short sales or foreclosures. For many real estate professionals, short sales and foreclosures are the new “traditional” transaction. Realtors who have earned the SFR certification know how to help sellers maneuver the complexities of short sales as well as help buyers pursue short sale and foreclosure opportunities.

“At Harry Norman, Realtors, we believe the key to providing outstanding customer service is a passion for continued education in myriad aspects of our field,” said Pat Allen, Broker-in-Charge. “We know that the better equipped we are with the very latest in information and technology, the better our clients will fare in our market.”

The certification program includes training on how to qualify sellers for short sales, negotiate with lenders, protect buyers, and limit risk, and provides resources to help Realtors stay current on national and state-specific information as the market for these distressed properties evolves.

With 80 years of experience in real estate, Harry Norman, Realtors is one of the Top 30 Independent Real Estate Companies in North America. You are invited to visit the Highlands office located on the corner of Hwy 64 and Carolina Way. For more information, contact the office: (828) 526-8300, or visit the website: HighlandsRealEstate.com.