

Highlands' Newspaper

FREE

Volume 8, Number 38

PDF Version - www.HighlandsInfo.com

Thursday, Sept. 23, 2010

FRI  77 \ 56F	SAT  78 \ 57F	SUN  67 \ 52F
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Thursday, Sept. 23

- At The Bascom Demonstration: Matt Kelleher and Shoko Teruyama 2-4:30 pm. Meet the artists public reception, 4:30-5 pm. Artists' slides and discussion, 5 pm. Free.

Fri.-Sun., Sept. 24-26

- Annual Highlands Playhouse Antique Show at the Civic Center from 10-5 Fri. and Sat., and noon-5 on Sunday. Tickets are \$12. More than 30 exhibitors from all over the world will be selling their wares.

Fri., & Sat., Sept. 24-25

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

Saturday, Sept. 25

- The Scaly Mountain Women's Club monthly Pancake Breakfast in the remodeled historical school house from 7:30-10:30 pm. \$5.50 for adults and \$3.50 for children
- A Litter Sweep at 8:30 a.m. Call the Highlands Visitor Center to RSVP: 526-2112.
- At Community Bible Church, "The Relationship between Nutrition and Disease." 10am-noon. FREE but call 526-4297 for reservations.
- A benefit for Vince and Jimmy Petrone at Tate's Landscaping new building on NC 106. Starting at 8:30 a.m. a motorcycle ride will begin at Wright Square in Highlands. Cars are welcome to participate. \$20 rider fee with lunch included. BBQ plates available — \$8 for adults and \$5 for children. There will also be a car wash, raffle and live band. Lunch is 11:30-2.
- Macon County Girls Basketball Sign-ups. 10 a.m. to 12 p.m. at the Highlands Rec Park front desk. \$35 per player, \$25 per player for parent/coach volunteer.
- At Paoletti's Restaurant, intimate Wine Tasting at the bar at 1 pm. Cost: \$20 per person.
- At Cyprus International Restaurant, live music beginning at 9 p.m.

Monday, Sept. 27

- Mirror lake Improvement Association meets at 6 p.m. at the Civic Center.

Wednesday, Sept. 29'

- Kilwin's and Relay for Life Team May-BiBi will be donating all profits from ice cream sales from 6-10 p.m. to Colleen Fogle who is fighting breast cancer..

Main Street Program off to a good start

About 50 people turned out for the kick-off meeting of the Main Street program Tuesday night – some downtown business owners and some residents.

As explained by Sherry Adams, Karen Smith and Lew Holloway, the purpose of two-year program, is to revitalize the downtown business district of Highlands, which was

one of three towns selected to participate in the NC Department of Commerce program this year.

There is no cost to the town, except to feed the organizers who will be returning the first Thursday of each month for two years to ensure goals set Tuesday night – first short-term and then long-term – come to fruition.

Though lots of downtown business owners and their landlords weren't at the meeting, a good number were there, which means the program may be off to a good start.

Adams explained that the program revolves around a comprehensive plan involving incremental steps, partnerships between busi-

• See MAIN STREET page 21

• Inside •	
Letters	2
FORUM	2
Obituary	3
Wooldridge	4
Salzarulo	5
Coach's Corner	6
Just Hers	8
Conservative POV	9
Investing at 4118	10
Health Matters	17
Police & Fire	22



Tuesday, Sept. 14, Sheriff deputies and Highlands Police arrested Mitchell Lee Stahl, on numerous drug charges in the parking lot of Highlands Plaza.

Submitted photo.

Warrant issued for Gantenbein's arrest

A warrant has been issued for the arrest of Larry Gantenbein, 64, formerly of Highlands, for failure to appear in court Monday, Sept. 13, 2010 in St. Tammany Parish in Louisiana.

Almost three years ago, both he and his son Michael Gantenbein, 38, were arraigned in the Louisiana courtroom of Judge Reggie Badeaux, Monday, February 26, 2007 and plead not-guilty to charges of possession with intent to distribute, manufacture and cultivate marijuana. The case is still open.

Soon after the February 2007 arraignment, Larry Gantenbein's attorney, Ed LeBlanc of Covington, LA, filed a discovery motion – which started a series of continuations which were supposed to end Monday, Sept. 13.

The case has been continued numerous times, specifically since September 22, 2008 due to the disappearance of Michael Gantenbein who is a big part of the case, said authorities. There is an outstanding warrant for his arrest for failure

• See GANTENBEIN page 19

Tip leads to arrest of drug dealer in town

Officers with the Macon County Sheriff's Office and the Highlands Police Department arrested Mitchell Lee Stahl on September 14 in the Highlands Plaza parking lot.

Stahl, 34, of Dendy Orchard Road, in Highlands, is in custody with a \$250,000 secured bond and was charged with nine felonies as follows: two counts of Sell or Deliver a Schedule II controlled sub-

stance; Two counts of Maintaining a Place for Keeping or Selling a controlled substance; two counts of possession with intent to sell or deliver a controlled substance; two

• See DRUG DEALER page 14



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• THE PLATEAU'S POSITION •

• FORUM •

Town government needs to focus on all the citizens



Kim Lewicki
Publisher

Priorities are out of whack in Highlands. The powers that be may have forgotten they were voted in by the citizens of Highlands, not just a select group with agendas.

For starters, they have forgotten the excitement fanned last spring concerning a renovated Rec Center with a studio for exercise classes and dressing rooms; a roller blade/skating rink to take the place of one seldom used tennis court, an enclosed pool – all venues that could be enjoyed year-round by citizens of every age.

Since the Farmer's Almanac is predicting a warmer winter than last year, the man-made skating rink could keep alive the resurrected interest in skating that a frozen Harris Lake brought to life last winter.

The town had no problem allocating \$12,000 to build a dog park or the money it needed to feather the administration at Town Hall with a new Finance Supervisor to the tune of \$48,000 a year, but all plans to make the Rec Center a year-round facility where children and their families can gather for indoor AND outdoor activities has been put on the back burner. This when everyone knows there aren't a lot of options for children outside of school and county sports in Highlands.

There was even talk of renovating and re-opening the old sled run, perhaps even using the material on the skating rink to make a slide-run of sorts. But not now.

Now the mantra is, "No money this year ... not in the budget this year..." Same old smoke and mirrors.

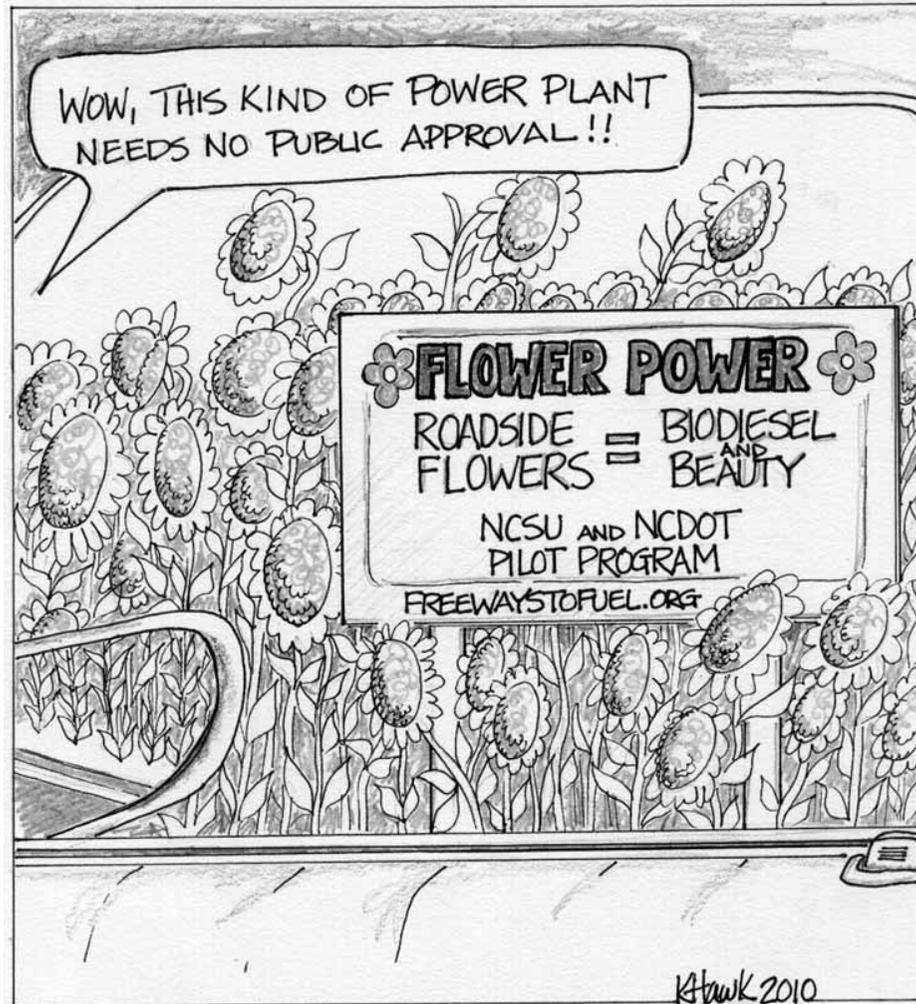
Why is it that when it comes to the regular people of Highlands, things tend to be put on the back burner?

Now the Town Board's eyes are focused on the Main Street revitalization program.

Absolutely nothing wrong with that, as long as the board remembers it represents all the people not just the Main Street business district, which is acutally made up of a lot of people who can't vote in town elections. Lately, that fact has been noted by citizens who

•See FORUM page 7

• HAWK'S EYE VIEW •



LETTERS-TO-THE EDITOR-POLICY

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

Highlands' Newspaper

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• LETTERS •

On Salzarulo and rational discourse

Dear Editor,

Dr. Henry Salzarulo's column in the Sept. 16 edition entitled "It's time for the hate rhetoric to stop," was excellent. I have long been puzzled by the expectations and demands of the families of the twin towers casualties.

And on the same subject, Ms. Editor, you know how much I admire you and the paper and the need for different viewpoints and opinions. However, I think that the serious reader has an expectation of 'rational discourse' in such offerings, which may be lacking by one of your columnists.

Lewis Doggett
Highlands

Nelson agrees hate rhetoric should stop, but ...

Dear Editor

In Henry Salzarulo's Sept. 16 column, "It's time for the hate rhetoric to stop," I agree, including this. His choice of the word "fewer" than 3,000 American deaths was revealing, if not subtle.

I'd like to make a "few" points regarding some of his statement, and I'll try to be brief.

1. That the survivors of Pearl harbor responded by lining up to serve in the ensuing war, not by lining up to claim monetary compensation; I would ask, who, exactly, could the survivors of 9/11 line up to fight against? Where is the exact location of radical Islam and radical Islamic extremists?

2. The people killed in the World Trade Center buildings were not innocent bystanders who got caught in the crossfire of military operations; they were the precise target, and the attacks were not a military operation. They were a terrorist operation.

3. The perpetrators of the 9/11 attacks were not soldiers. They were not uniformed, military representatives of any country, unless you want to call them terrorist representatives of Egypt. Nonsense.

4. No one is saying Islam is our enemy. This retort by the terrorist-deniers is boring and transparent and flimsy. It is the radical Muslim Jihadists who are our most definite enemy and threat, and not just to us, Big Bad Amerika, but to every culture across the globe that does not embrace their "vision" of 21st century, a.k.a. 12th century Earth.

5. After WWII, we rebuilt Germany and

•See LETTERS page 3

• OBITUARY •

Robert Lee Reese, Jr

Robert Lee Reese, Jr. (Dugan), age 83, of Highlands, NC, died Tuesday, September 14, 2010 at his residence. He was a native of Macon County, the son of the late Robert Lee Reese, Sr. and Myrtle Henderson Reese. He was a painter and finish carpenter, and was a US Navy Veteran of World War II. He was a member of Highlands First Baptist Church, and a member of the American Legion in Highlands. He was retired from the Highlands Fire and Rescue after 20 years of service from 1969 to 1989. He was an avid golfer with many first place trophies, and was a loving husband, father and grandfather.

He is survived by his wife of 55 years, Sue Ledford Reese; two daughters, Karen Reese of Highlands, NC and Donna Hoffman of Carbondale, Colorado; two sons,

Kevin Reese and wife Barbara and David Reese all of Highlands, NC; three sisters, Faye Sewell of Texas, Lucy Reese of Jacksonville, FL and Anne Wilson of Clemson, SC; two brothers, Ray Reese of Concord, NC and Furman Reese of Seneca, SC; five grandchildren; Tara Reese Ray, Devon Reese, Michael Reese, Austin Reese, and Alexa Reese; one great-grandchild, Channing Ray. He was preceded in death by a son Michael



Reese.

Funeral services were held Saturday, September 18 at Highlands First Baptist Church, with Chaplain Mary Wetzel and Rev. Cecil Deas officiating. Burial was in Highlands Memorial Park Cemetery. The Franklin VFW Post #7339 and American Legion Post #108 conducted complete military graveside rites. The Highlands Fire Department and retired members of Satolah and

Cashiers Fire Departments served as honorary pallbearers.

Memorials may be made to St. Jude Children's Hospital, 501 St. Jude Place, Memphis, TN 38105-1942 or to a charity of one's choice. Bryant-Grant Funeral Home is in charge of arrangements. Online condolences may be made at www.bryantgrantfuneralhome.com.

... LETTERS continued from page 2

forgave Japan; this is true. After we beat both of them and defeated their intentions to subjugate us and our Allies. Muslim is not a country. Islam is not a county. And radical Muslim Islamists is not a country we can either rebuild or forgive. It doesn't make sense.

6. As to putting the 9/11 attack in its "proper context" as we have done with Pearl Harbor, there's a big difference between the passage of 69 years and 9 years. In the face of personal tragedy, the human heart needs time. In the face of collective tragedy, it needs even more. And, as regards Dr. Salzarulo saying "it is time to move on," no doubt we will, eventually. How quickly would he have moved on had his beloved son been brutally, innocently and unexpectedly incinerated on that clear blue September morning nine years ago? I wonder. Is he that stoical?

7. In this last paragraph he writes, "We will be fair to Muslims in America and abroad." Is he suggesting that we are not now fair? Do our taxi drivers refuse to pick up Muslims? Do we disallow their freedom of worship? Their freedom of speech, and of dress? Do we stone them to death, publicly, for breaking our laws? I repeat, our laws? Do we behead them and videotape the beheading, and proudly display it across the Internet? Have we sunk to the level of suicide bombing (more accurately, homicide bombing) their places of business, of residence, of worship? How are we being unfair to our American Muslim citizens?

Whether I agree or not with Dr. Salzarulo's opinions, perspectives or his interpretations of world events, I certainly respect this American Constitutional right to have them, hold them and express them; a right, by the way, I don't think is grated in most predominantly Muslim countries, which prefer Sharia law. And it might sur-

prise him that I even enjoy thinking about and considering them. Call me tolerant of other people having opinions and points of view different from mine. All I expect in return is reciprocity.

And P.S., I think a lot of people re-

member the date of the Oklahoma City bombing.

Alice Nelson
Highlands

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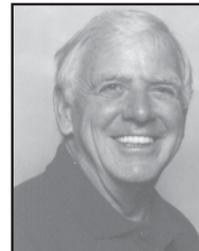


Wine Spectator Award

• LAUGHING AT LIFE •

Highlands needs a Jewish deli But where will we put it?

Picture a sliced New York poppy seed bagel, lightly toasted, with cream cheese blobbed on a half inch thick. Then add a thin slab of nova, maybe two, and topped off with a razor thin slice of raw white onion. To die for; a breakfast guaranteed to give you bad breath, and possibly heartburn for the remainder of the morning. Who cares if your breath smells like a Highlands' garbage truck? You're in ecstasy!



Fred Wooldridge

Feedback is encouraged!
 email: askfredanything@aol.com

Christmas day and you'll find the place packed solid with Jewish people. Most real Chinese people wouldn't be caught dead eating in a traditional American Chinese restaurant. And Do Italian restaurants only open in Italian neighborhoods? Highlands is ready for this.

Giving up my occasional visit to our neighborhood Jewish deli

in South Florida was one of the many things I was willing to forfeit to live in Highlands. After all, Highlands used to offer a very different kind of life, laid back, slow paced with no busy sidewalks, traffic jams, few traffic lights, and best of all, no horns. Tourists came here for the same reason.

But that has disappeared and Highlands is growing so fast, no one can slow it down. So it goes to reason, that I should have my Jewish deli. It could be non Kosher, of course, so we wouldn't have to fly the Rabbi in from Queens each week to inspect the chickens. And for that segment of Highlands who will be terrified of a Jewish deli opening here, we will add ham and cheese sandwiches to the menu to comfort them. Which reminds me of the lady who could never bring herself to order a tongue sandwich because she couldn't eat anything that came out of a cow's mouth. So instead, she ordered eggs.

And since location, location, location are always the three keys to opening any successful business venture, one might ponder just where do you put a Jewish deli in Highlands?

Some would suggest we put it right on Highway 441, about 700 miles south of the traffic light on Highway 106. Others might suggest it be located right next to my house. But the real answer is to put it right on Main Street, between the T-shirt shop, tattoo parlor and video game room, which I am sure will eventually make its way to Highlands.

• Read Fred's column "on line" all winter.

Or how about the smell of freshly cooked brisket wafting down Main Street and permeating every open door? Now you're talkin! Brisket must be sliced tissue paper thin, stacked two inches high between two pieces of Jewish rye with horse radish on the side and topped off with a pickle that smells so bad the gnats gag when they get within 10 feet of it.

In my mind, hominy grits, pole beans, collard greens and country ham are out while knishes, tongue sandwiches, and vinegar coleslaw are in. Highlands needs to grow up and open a Jewish deli. It's time.

In our seemingly endless zeal to change the personality of Highlands and make it look and feel like "Anytown" USA, I think we're going about it the wrong way. While Subways, Burger Kings and the like will go a long way toward making us look exactly like the rest of hum America, until we have our very own Jewish deli, we have not yet arrived.

Now, hold it, for those folks who get their shorts in a wad at the mere mention of the "J" word, hear me out before you drag out the tar buckets. And others who hate my idea will use the excuse there are not enough Jewish people visiting or living in Highlands to support this kind of deli, I say "Kvelte fish" to you.

When entrepreneurs are looking for a location to open a Chinese restaurant, do you think they look to see how many Asians live in the area? They might look to see how many Jewish people live in the area. Do some research and check out your average Chinese restaurant on

• THE VIEW FROM HERE •

On getting traffic tickets on the GA side of the mountains

The economic downturn has hit the city of Dillard, GA hard. It's the only plausible explanation. I guess he might have been having a bad day. Maybe the seams groaned when he dressed that morning. Those uniforms are intended to be snug without being comedic. He might have seen the bill for his kid's braces. For all I know his Dad is an unemployed auto worker and he hates German cars. But my best guess is that in the face of declining revenues, he was just following orders. Let me be honest. I have no idea how Dillard makes its money, other than it must be from some kind of taxes. Oh, yeah, and contributions from unsuspecting drivers. That's where I come in. I drive through Dillard twice a day, five days a week, although this column might force me to change my route.

I've known about driving in Georgia my entire life. Because Dad was in the construction business, we took our family vacation during the winter. On Friday afternoon, just before Christmas, Mom and Dad picked us up at school and headed south. It was a 36-hour trip before the days of Interstates. Mom packed sandwiches so we wouldn't have to stop for food, and they drove in shifts so we could get to Florida with minimal delay. If the folks mentioned stopping for the night, Pete and I moaned from the back seat, "Please. We want to get to Florida."

Despite the urgency to reach the beach, Dad charted a route than swung west of Georgia, passed through Alabama, and across the Florida panhandle, which might have been reasonable if our destination was the west coast. It was not. The reason for the circuitous route was Georgia's reputation as a speed trap. Some things never change. Black people can vote now, but motorists are still fair game.

I've always respected Dillard and obeyed its speed limits, which is not to say the community's reputation as a speed trap had no bearing on my angelic behavior. I recently read that states and



Feedback is encouraged.
email:
hsalzarulo@aol.com

municipalities around the country have been responding to declining tax revenues by ordering their police forces to step up enforcement. I guess the mayor of Dillard saw the same article. Money to pay for government services has to come from somewhere and as unemployment and foreclosures have risen, they seem to have decided that increased traffic fines might make up part of the

shortfall. If the culprit/victim is from out of state, that's even better. It's a painless tax for local residents.

I was driving through Dillard on a recent Friday afternoon. When I saw the police car in my rear view mirror, I glanced at the speedometer, and breathed a sigh of relief. For the first time in my life, I really didn't know why I was being pulled over. The officer, or tax collector, asked me if there was any reason my registration had expired. There was a pretty good reason. The car had been in storage for several months, but the real reason, of course, was that I had carelessly failed to notice the impending expiration, and because I just assume Lizzie will take care of those things. I was so relieved that my only response was, "I forgot".

North Carolina provides a 30-day grace period after expiration. I was one day outside the window. I expected a warning ticket and had already decided to go to Franklin that very afternoon for a trip to the inspection station and DMV. The taxes had been paid months earlier. I was shocked when the cop returned, not with a warning ticket and wishes for a pleasant weekend, but with a real ticket.

Lizzie paid the fine, but won't tell me how much it was, which leads me to believe it was plenty. I didn't go to court, although I thought about it. I kept all the information together; the dated inspection report, tax receipt, and date of registration. Pleading my case would have meant missing a day's work, and there are places I'd rather spend my free time than traffic court. And, of course, the judge works for the same company as the cop.



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Sept 23, 1869

Mary Mallon is born. Also known as Typhoid Mary, she was the first person in the United States to be identified as a healthy carrier of typhoid fever.

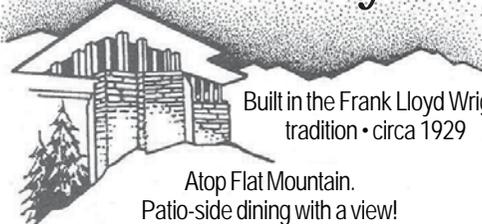
Admittedly, she was vague on how someone transmits a plague, but it seems that young Miss Mary had a disease she could spread and carry, though she was healthy, stout and strong, had no reason to think something was wrong, "Don't get upset with me" she said "Why fuss, I haven't any sign of typhus" After all, you can't look someone in the iris and determine that they have a virus. But we cannot be sangfroid when dealing with the typhoid.

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• COACH'S CORNER •

Fantasy Island

Being the local sports "guy" has provided me plenty of opportunity to talk sports with a variety of different people in town. I've always thought of it as a "perk" of the job because it allows me to connect with many types of people throughout Highlands. (I'm still holding out hope for free food one day, maybe I'll write a restaurant column.)



Ryan Potts
tryanpotts@hotmail.com

the info, and they do a great job of it. I wouldn't put a lot of stock in their predictions, mainly because games in the NFL rarely turn out as planned (Tampa Bay 2-0) but they can give you good numbers as well as help you get injury information quickly. Finally, pray That's right folks, the Almighty is probably as good a place as any to go for fantasy football advice seeing as there isn't much more of an explanation for the way things work out. I almost lost in fantasy this week because the Titans coughed the ball up 7 times to the Steelers and thus gave the Steelers defense a fantasy bonanza. At one point I almost asked God why, but I figured that if I needed to know He would find a way to let me in on the secret.

Anyway, when I went out to dinner the other night the gentleman at the bar and I talked some fantasy football and he asked me to write a column on it. Now I warned him and I am warning you, that in six years of playing fantasy football I have won precisely once, so I am in no way an expert. However, in the interest of keeping promises, here are some fantasy tips for those of you who enjoy the game.

Get a quarterback with a bad defense The NFL is a passing league now, which means that while running backs are still the fantasy studs, quarterbacks are just as valuable. While Peyton Manning or Drew Brees still may be the best quarterbacks in the league, Matt Schaub and Donovan McNabb were much better fantasy choices this past week because their combined bad defense allowed for an offensive explosion. My current fantasy QB is Kyle Orton — not a flashy name but he has been good the past two weeks because Denver must throw the ball to score.

Injuries matter, but so does the system Surprises happen all the time in the NFL, as there is no clear cut definition as to who will be a superstar and who will not. Last years fantasy diamonds were Miles Austin, Johnny Knox and Jeremichel Finley, mainly because they were given opportunities through an injury to the player ahead of them on the depth chart. For example, Indianapolis loves to throw to Dallas Clark, but if Clark gets hurt then Peyton Manning is still going to target the TE in that offense so look to the backup to get you some easy points.

Trust the dorks on TV And yes, in my personal opinion anyone who gets paid to crunch fantasy football numbers can and should be referred to as a "dork." (And they will happily accept it as they count their money.) These guys get paid to give you

• HS SOCCER •

Highlanders continue to rise in state poll

By Ryan Potts
Last week the new Blue Ridge High School soccer coach anointed the Highlanders as "state playoff contenders."

In their home conference opener last Wednesday, the Highlanders attempted to live up to that billing by blasting Murphy 9-0. Senior Michael Shearl led the Highlanders with 2 goals and 5 assists. Junior Forward Clayton Creighton also scored 2 goals, while Spencer Houston, Cord Strawn, Bryon Neumann, Robbie Vanderbilt and Clay Dunn each scored a goal apiece.

With the win the Highlanders rose to #8 in the state rankings, a ranking that the Highlanders have earned with their performance against larger schools this season.

However, despite the lofty ranking forward Michael Shearl says that the Highlanders aren't letting it go to their heads. "We can't get cocky," said Shearl, "we have to use it as motivation to make us better."

The Highlanders play at home again Monday against conference foe Swain County.

... FORUM from page 2

can vote.

At the Main Street kick-off meeting Tuesday night, suggestions were categorized under the headings Promotion, Design and Economic Restructuring – with the reminder that changes must be initiated and followed through by the business community without totally relying on the Town Board for all the answers or the funding. “Businesses must pool resources to achieve the outcome laid out tonight,” said Sheri Adams with the Main Street Program.

That was good to hear because anything the Town Board OK's funding-wise comes out of the taxpayers' pockets and most of them don't own or operate businesses on Main Street. Unless of course, the town takes over the Room Tax money – now allocated to the Chamber of Commerce – in which case its use to fund Main Street business-district promotion, design and economic restructuring by the town would be justified. Afterall, a healthy business establishment is good for everyone, not just the businesses themselves.

Interestingly, one suggestion that came out of the meeting, was made by residents, not just Main Street business owners, who requested more year-round things for children and families to do – a call that could be answered by expanding Rec Center offerings. Even Bill Nellis, of Nellis Communities, said Highlands loses professional families when kids reach teenage years due to a lack of things for them to do.

Another issue of concern lately is the police department.

Now that the town has bon a fide bars, the powers that be have decided to cut back on the Highlands Police force. Brilliant.

With more and more alcohol induced incidents occurring past midnight, there are only two officers on duty who are left without backup if one or more incidents happen around the same time. The force used to have a “power officer” scheduled for peak shifts. No more.

Instead of filling Officer Erika Olvera's position with another police officer, it's being filled by Gail Reese who is being moved from Town Hall to the Police Station to handle secretarial duties – duties Olvera also did when on duty, by the way. So it appears a campaign promise made to certain candidate backers has been filled. The police department has been down-sized.

Part of Highlands' overall problem right now may be the new Town Manager form of government it finds itself in.

The Town Manager has to ask permission for very little and therefore much of what goes on in Town Hall isn't disclosed like before. Couple that with a Town Manager's ability to saddle up to say, one commissioner or a mayor, and a free rein is given to the old “back room politics” game.

Things seem a little out of whack in Highlands lately ... priorities need to be redirected. Voting citizens need to speak up in open sessions at Town Board meetings, like they did at Tuesday's Main Street Program meeting – commissioners do, too – or private agendas will become what drives Highlands.

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Sports Page



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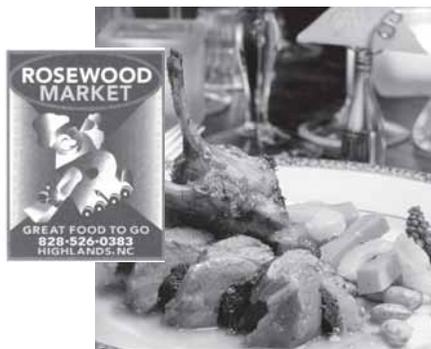
Corner of 5th & Main, Highlands NC 526-2400

Judge candidate forum set for Sept. 28



Fraternal Order of Police and The Macon County Sheriff's Office are sponsoring a judge candidate forum to introduce the public to the six judges running for three seats in November. All six will be at the forum, Tuesday, Sept. 28 at the First Baptist Church Fellowship Hall from 6:30-8 p.m. Pictured in Sheriff Robert Holland with the six candidates.

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• JUST HERS •

Widowhood 101

By Michelle A. Mead-Armor

The older you get, the more you realize how much of your brain has been cluttered with things you never use. For example, my childhood memories contain two very useless talents that I could have sailed through life without knowing: how to twirl a baton and how to make a potholder.

Many years ago, in a vain attempt to be a typical little American girl, I had begged my parents to let me be a majorette. I was two weeks into practice when the group's director, a shrill lady with big hair and too much make-up had the audacity to show my mother the outfits we would be wearing to march down Main Street in the Christmas Parade. The skimpy costumes were totally inappropriate for a bevy of pre-teens, especially considering we would be marching in temperatures hovering around the mid-40s. "No daughter of mine is going to prance half-naked down Main Street," my mother declared, filled with Gallic disapproval. That was the end of majorettes.

The Brownies didn't fare much better. My brother had been a Cub Scout, and later on an Explorer Scout. He had a great time, and I figured the Brownies would be just the same for me. Now you have to remember that this was during the 1950s, when little girls were supposed to be in training to be helpful little ladies, especially in the South. My stint in Brownies lasted two weeks (are you seeing a pattern here?) during which I made a pink potholder, which I gave to my rather bemused French grandmother in Paris. Potholder? When my brother was learning to do cool stuff in Scouts like play poker and light bodily gasses? This Brownie was done.

Oddly enough, though, no one teaches you how to be a widow. One day you are one; suddenly you are like a bewildered traveler with no road map. And while people are kind and solicitous, in many ways, it is still up to you to find your way through the maze of emotions and practical details which must be handled. In the month since John died, I've come up with a list of helpful hints, which you may want to consider:

- Don't be patronizing. I've burst into tears, only to have someone pat me on the back, and say "There, there. It's perfectly OK to cry." Well, of course, it's OK to cry. My husband is dead. I don't need anyone's permission to express emotion.



Michelle Mead-Armor
michiemead@aol.com

- Don't ask for, or expect to get, all the gory details of someone's death. The day after John died, I got 53 phone calls. 53. Many of the people calling wanted an in-depth, blow-by-blow description of what had happened. I had to relive John's death 53 times. That night, I was so upset, I slept two hours. I

cringed every time the phone rang.

- This brings me to the whole phone issue. Some people may appreciate phone calls. For me, it was a nightmare. All I wanted was a bit of peace, to process John's death. Instead, I had to face the grief, disbelief, and let's face it, curiosity of other people. It was not helpful. It was the last thing in the world I wanted to do, and I resented being put in that position. Just when I got over one crying jag, the phone would ring again. There was no let-up, no place to hide. I'm sure people had their hearts in the right place, but I was spending so much time consoling other people I didn't have any energy left for me. On the other hand, the cards and letters I've received, I have read over and over, at times when I can handle it. The outpouring of sympathy, kindness and love has been wonderful, and very welcome.

- Comments which begin: "Have you done X?" are particularly unhelpful. This implies that I am incompetent and out of control, needing outsiders to put me back on the rails. At a time of great loss and upheaval, the last thing I need to hear is that people have no faith in my actions and decisions. I may have lost my husband, but I have not lost my mind.

- Is the amount of grief you feel proportionate to the amount of black you wear? When I lived in New York, I wore so much black, my mother used to tease me about auditioning to be a widow. Now that I am one, do I have to become Zorro?

- It's OK to call a spade a spade. I say that John is dead, that John has died. A very nice lady cornered me in the post office last week, and whispered to me, "Oh, Michelle, I'm so sorry to hear that John has passed." My comment must have shocked her. "No, John is dead. He didn't pass; when you come right down to it, he flunked."

You know that film from the early '70s, **Summer of '42**, in which an innocent young man has a crush on a young widow, which leads to his first sexual encounter? If this is your fantasy, rent the movie. Leave

• See HIS & HERS page 22

• CONSERVATIVE POV •

Shibboleth? You don't say!

Will wonders ever cease? As I have mentioned ad nauseum, I start the day (5:30-6) watching CNBC, NBC's business channel. I watch it 'til at least 10:30-11, filling my little mind with all the market-oriented news fit to air. NBC generally approaches their news reporting from a far-left position. MSNBC, their pathetic attempt to match Fox News, is extreme to the utmost in their support of things liberal.

Curiously, surprisingly, and pleasantly, CNBC does a pretty good job of balancing their output. Evidently, they realize that most business types wouldn't watch if they only spouted the lib line. Apparently, the word hasn't reached MSNBC as yet, but that is their problem.

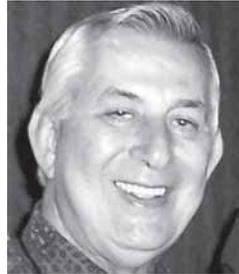
The other morning, Carl, who has a last name that I can't find and cannot spell, one of their anchors, did a remote from the campus of the Harvard School of Business. He interviewed a number of staff and alumni on economics. I expected the Dem party line to be featured, and to my amazement, each was harder on Obama's economic performance than the other. "The stimulus was doomed from the start." "The projects, that the administration said were shovel-ready, weren't." The sales pitch, one said, was nothing but shibboleth.

Searching the depths of my mind, I remember one winter night, while reading the dictionary (that was the default activity when the lights went out at the hockey rink), I ran across "shibboleth" and thought, that's a neat word, I'll use it someday. Frankly, the other morning was the first time I heard the word spoken or written, since that long ago night. It's Hebrew for claptrap, or something close.

This coming from the Dean of Harvard Business was staggering to me. A day or two later, evidently trying to offset Harvard's conservative economic views, CNBC interviewed Glenn Hubbard, Dean of Columbia Business School. Columbia U is a hotbed of liberal thought. Instead, Hubbard agreed with Harvard's views, and called the Obama economic policies drastic failures (or words to that effect).

Both suggested that Obama's efforts were short on substance and long on shibboleth. I agree. Now, on to more important issues.

TMZ, my source for things of gossip content, reports that our lost lass Lindsay is in the soup AGAIN by failing a recent



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

drug test. Her camp denies, but TMZ confirms. I thought it was a replay, but not so. Not to be outdone, the feckless Paris made the wrong side of the news AGAIN. From the People Mag website: "As was speculated to take place, Paris Hilton has agreed to plead guilty to two misdemeanors in her drug-possession case – and she will be sentenced to a year of probation but no jail time." This is getting boring.

As if on cue, Lady Gaga enters the lunatic sorority with her unconventional attire at a recent awards show. The Huffington Post, my source for all things stupid, wants us to know: "Lady Gaga looked almost conservative when she accepted the "Video of the Year" award for "Bad Romance" at the MTV Video Music Awards Sunday night. But when she remarked "I never thought I'd be asking Cher (a fruit-loop from a previous generation, for you youngsters) to hold my meat purse," we realized what her get-up (dress, hat, shoes and purse) was actually made of. Earlier this month, Gaga wore a meat bikini for the cover of *Vogue Hommes* Japan (whatever that is)." There may be hope for a Hall of Shame revival after all.

Returning from the nether world, let's talk some politics, shall we? The time seems right. While politicians say that polls are meaningless (unless, of course, they're in the lead) I say that, as important milestones, like, say, elections draw near, the more meaningful they become.

The one that might be more meaningful than any other, is the Rasmussen Report poll of 3,500 likely voters the says that 47% of the folks polled would vote for a Republican, no matter who it was, while 38% would vote for a Democrat. I'm liking that only if it is conservative Republicans that are being voted for. Enough of RINOs if you ask me.

Meanwhile, the Tea Party candidates for primaries for National offices have defeated the establishment entries in all seven races where both are involved. For the most part, I think the people have awakened and will vastly outnumber, at the polls, the 2008 mobs that put our nation in dire straits.

Whatever your political leaning, if you are not registered, you don't count. There is a short time remaining to do so, so do it. Inform yourself, know why you are voting for whomever. Then vote.

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Affordable home improvements with a high ROI

One of the most important discussions I have with my seller clients is how to maximize their property's positioning in a very crowded marketplace. Given the level of inventory we currently have, it is of paramount importance that we strategize ways to rise above the noise and gain the attention of agents and their buyer clients.

And, yes, while proper pricing is very important, it is by no means the only way to garner much needed attention. One can very effectively utilize home improvement/repair projects to one's advantage, by freshening and invigorating a property without great cost.

Which home improvement/repair projects make the most financial and market positioning sense in the current real estate landscape? In fact, which projects yield the highest return on in-

vestment (ROI)?

Several years ago, the highest return on investment for home improvements included adding on a wood deck, doing a mid- to high-end siding replacement, as well as kitchen and bath remodels. In today's market, such improvements may not result in a higher resale value; investing heavily in such home improvements, therefore, may not be prudent. Further, many of today's sellers simply are not in a position to invest the funds required for such extensive projects.



Susie deVille Schiffli,
ME, ABR, SFR, is a Broker
with Harry Norman,
Realtors.

There are other less expensive and more creative opportunities for making your home stand out, show well, and foster an atmosphere and feel that attract buyers' attention.

We begin by objectively focusing on the attributes of the property (both positive and negative) and determine which of those attributes to highlight and which to correct. For example, let's say a home has a lovely deck and view, but the exterior paint in that area of the home is chipping and peeling. Suffice to say,

buyers will be very attracted to the deck and view, but their experience will be highly compromised by the unattractive paint.

Maximize the deck space with plants, flowers, and other decorative accessories. These do not have to be expensive! Invest

the nominal amount to do the exterior painting in this area (sand and prime yourself – or do the entire job yourself to save even more). Now, one of the focal points of the home is shown in its best light, and buyers will linger on the inviting deck.

De-clutter. This is a huge impact at no cost. Look at every room, closet, drawer, nook, and cranny in your house with a critical eye. If you don't use it, either give it away or throw it out. Resist the urge to keep it "just in case." If you truly can't bear to part with it, put it in storage. A de-cluttered space is inviting, looks roomier, and enables the buyer to focus on the house (rather than be distracted or even annoyed by too much clutter). A side benefit of this process is an enormous, cathartic shift in your energy. Trust me, you'll feel it (and so will buyers).

Clean. Again, this home improvement has a giant return on the investment (work you can easily do yourself at no cost). Sound almost ridiculous to mention? Consider this: I have had buyer clients turn right around and walk out of a home that was not clean. Their rationale? If the homeowners cannot keep their house clean, it follows that it is highly likely they do not maintain other aspects of the home. Remember: often you only have one chance to make a great impression. Get out the buckets, rags, and brooms, and get to it!

Tend to Your Landscaping. Keep the grass mowed and the lawn edged. Weed your flower beds (or consider adding one in front of the home). Adding just a few flowers will give the front of your home some nice color (a little goes a long way). Freshen all the mulch. Rake/blow leaves in the fall and keep your gutters cleaned out. The visual impact of each of these improvements cannot be overstated.

As competition for buyers' attention is fierce, it is most prudent to find each and every way you can make your property appealing. Choose the simple and low cost methods suggested here and enjoy the rewards. See you at the closing table!

• 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.

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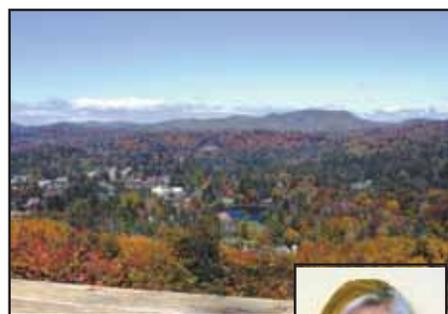
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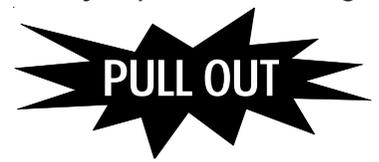
LAST CALL:



In-Town Cottage goes OFF the market on Wednesday, the 27th, 2010. For this LAST CALL, the price is a firm \$388,000. Inspections are welcome, but the house will be sold 'as is.' This is truly a charmer and the owners are giving a lucky buyer this last chance to purchase at this sharply reduced price.

Directions: Follow 64E from Main St. to right on Laurel Street, (across from Rec. Park entrance) 539 Laurel is on the right, middle of block.

Ongoing and Upcoming Events



Through Jan. 2011

• The Green family is collecting coke can tabs to give to the Shriner's Hospital which turns them in for funds which helps the organization buy supplies. Please drop off coke can tabs at the Citgo Station across from the Rec Park (the old Stop n' Shop). Leave them with Ann or Trysta Green.

Through 2010

• At The Bascom, Do Tell environmental sculpture: Patrick Dougherty. Admission is free. For information, call 828.526.4949 or visit www.thebascom.org. Galleries are open to the public, Tues.-Sat., 10 am-5 pm; Sun., noon-5 pm.

Through Sat., Nov. 27

• At The Bascom, Recent Works: Aaron Yakim and Cynthia Taylor. Admission is free. For information, call 828.526.4949 or visit www.thebascom.org. Galleries are open to the public, Tues.-Sat., 10 am-5 pm; Sun., noon-5 pm.

Through Nov. 6

• At The Bascom, Tuesday After School Art Classes for grades K-6 are held weekly at The Bascom in Highlands, 3:15-4:30 pm. \$40 for 8-week session. To register or for more information, visit www.thebascom.org or call 828.526.4949, ext. 100.

• At The Bascom, Saturday Art School for grades K-8 is held weekly at The Bascom in Highlands, 10 am-noon. \$64 for 8-week session. To register or for more information, visit www.thebascom.org or call 828.526.4949, ext. 100.

Through Nov. 2

• The South Jackson County GOP office at Laurel Terrace in Cashiers will be open Monday through Saturday from 1PM until 6 PM though November 2nd. The North Jackson County is at 482 West Main Street in downtown Sylva is open from noon to 6PM. All candidate and election information including bumper stickers, lawn signs and other campaign paraphernalia is available at each office. For additional information or to volunteer, call Jackson GOP Chair Ralph Slaughter @ 828 586-9895 for additional information or visit the website www.jacksoncountygop.com.

Tues. & Thurs., through Oct. 30

• At The Bascom, Joe Frank McKee in conjunction with Pat Taylor, ceramics and sculpture, Wheel Throwing Skills, 10 am-1 pm. All basic materials provided. Tuition: \$350 members/\$375 non-members For information, call 828.526.4949 or visit www.thebascom.org.

Through Oct. 1

• At The Bascom Workshop: Margaret Dyer, painting and drawing, The Figure in Pastels, 10 am-4 pm. Tuition: \$450 members/\$475 non-members. For information or to register, call 828.526.4949 or visit www.thebascom.org.

Sept. 29-Nov. 1

• At The Bascom, Wednesday Preschool Creativity Classes for Parent and Child at The Bascom in Highlands, ages 2 1/2-5, 10-11 am. \$40 for 8-weeks session. To register or for more information, visit www.thebascom.org or call 828.526.4949, ext. 100.

Ongoing

• At Scaly Outdoor Center, Summer Dry Tubing. Call 526-3737.

• At Scaly Outdoor Center, Trout Fishing. Call 526-3737.

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

• Join us for lunch at Highlands-Cashiers Hospital, where from May through October, you can enjoy an hour long Lunch and Learn educational seminar, on a variety of health topics, followed by Q&A session. Lunch provided; seating limited. Call 526-1313 or (828) 526-1250 today to make your reservation.

• At Health Tracks at Highlands-Cashiers Hospital, various exercise classes all week long. Call 828-526-1F1T.

• Nantahala Tennis Club meets everyday at 9 a.m. at Highlands Recreation Park. \$2 per person; all visitors welcome. Call 526-3556.

• **YOGA** – Moonrise Yoga -- The Highlands Dedicated Studio, 464 Carolina Way. Mon., 10 a.m. & 5 p.m.; Wed., 10 a.m.; Sat., 9:30 a.m. All Levels. Mats provided. 526-8880. More info at www.yogahighlands.com (10/28)

Sundays

• Aftershock Youth meets every Sunday Night at 6:30 p.m. downstairs at Cullasaja Assembly of God at 6201 Highlands Road, Franklin, NC. Contact youth ministers Seth & Sarha Henegar at 828 369-7540 ext 203.

• The High Mountain Squares will be having a dance workshop get-together on Sundays. This will include main/stream and plus levels. The caller will be Jim Roper from Cornelia, GA. The dances will be held at the Environmental Resource Center, Lakeside Drive, Franklin, from 3 to 5 p.m. Come in casual clothes and dance with us. Now is the time to come if you have not danced in a while and you would like to get started again. This is good exercise and a lot of fun. The cost is \$3 per person. For information, call 828 349-0905, 828 369-8334, 706 782-0943.

Mon. & Wed.

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

Mon., Wed., & Thurs.

• On the Mat Yoga at the Episcopal Church of the Incarnation on Main Street. Enter through single door facing Mountain Fresh. Upper Level Jones Hall. Mon. & Wed at 7:30 a.m. and Thurs. at 10:45 a.m. Bring your mat. 828-482-2128. \$10/hour.

Mon., Wed., Fri.

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

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

First Mondays

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

Mondays

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

Tuesdays

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

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

Tues. & Thurs.

• Study Hall at the Literacy Council of Highlands in the Peggy Crosby Center from 3 to 5 p.m. Come do your homework, projects use the resources on site and get help from a tutor. For more information, contact Faviola Olvera at (828) 526-0925 or by email at missolvera@yahoo.com.

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

Wednesdays

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

• The Highlands Mountaintop Rotary meets at 7:30 a.m. in the dining room at the Highlands-Cashiers Hospital. Enter the hospital in the main or emergency entrance and follow the signs downstairs. Visitors are welcome. Meetings end at 8:30 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. Call 828-524-6777 or 706-746-9964.

Thursdays

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

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

Friday & Saturdays

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

Every Third Saturday

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

Every Fourth Saturday

Family Float Trip Adventures

KID'S GO FOR \$10



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

Christ Anglican Church

Every Sunday at 9 a.m. Communion Service

Come and See! Worshipping at the facilities of Whiteside Presbyterian Church 621 US 64 Hwy, Cashiers

Now offering a HEALING Service – Thursdays at noon

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

6th Annual Highlands Playhouse ANTIQUE SHOW

Highlands Civic Center 600 South 4th St. Highlands, NC

Friday, Sept. 24 • 10a – 5p
Saturday, Sept. 25 • 10a – 5p
Sunday, Sept. 26 • noon-5p

Advance Tickets Available at Highlands Playhouse 828-526-2695

Southern Eagle Promotions, Inc. • Michael and Nancy Weaver PO Box 4130 Canton, GA 30114 • 770-928-0052

Furniture • Rugs • China • Crystal • Paintings • Silver • And More!

Admission: \$12.00
\$1.00 OFF with this ad!



Ongoing and Upcoming Events

• Friends of Panthertown work days, are the fourth Saturday of each month. (Time and location varies). Volunteers needed to maintain trails. For more information, contact Nina Elliott at 526-9938 (ext 258).

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

Saturdays

• At Paoletti's Restaurant, intimate Wine Tasting at the bar at 1 pm. Great values in wines from around the world, available for retail sales daily. Cheese and Crackers are served. Cost: \$20 per person.

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

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

• At The Bascom, Nov. 12, 19, Dec. 11 and 18 (no class on Thanksgiving Saturday or Christmas Parade day). Youth will learn about other cultures and make crafts that can

hang on the tree or be given as gifts. Each class will cover the art and culture of two different countries. To register or for more information, visit www.thebascom.org or call 828.526.4949, ext. 100.

Thursday, Sept. 23

• The Highlands Plateau Audubon Society will have a field trip to the Blue Ridge Parkway for fall migrants. We will return mid-afternoon so bring a light picnic lunch. Meet at the public parking area next to the town hall at 7:00 a.m. For additional information call Brock Hutchins at 828-787-1387. There is no charge to participate.

• The Nantahala Hiking Club will take a moderate 3-mile hike with a elevation change of 625 feet, from Wallace Branch to Winding Stair Gap on a short stretch of the Appalachian Trail. Meet at Westgate Plaza in Franklin, opposite Burger King, at 2 p.m. Drive 20 miles round trip. Bring water, a snack if you wish; wear sturdy shoes. Call leader Kay Coriell, 369-6820, for reservations. Visitors and children over ten are welcome, but no pets please.

• The Macon County Democratic Party will host a Grand Opening for their headquarters on Thursday at 5 p.m.. There will be a free hot dog supper and more. The headquar-

ters is located at 1021 East Main Street in the old Clyde Savings Bldg across from the entrance to Lake Emory Rd. Call 369-6568 or www.macondems.org.

• The WCU College Republicans and the Jackson County GOP are sponsoring "Dish Out with the Candidates" an ice cream social to Meet Conservative Candidates. The event is on Thursday 6:30-9 PM at at the Multipurpose Room at the University Center on the Western Carolina University campus.

• At The Bascom Demonstration: Matt Kelleher and Shoko Teruyama. Watch the artists work, 2-4:30 pm. Meet the artists public reception, 4:30-5 pm. Artists' slides and discussion, 5 pm. Admission is free.

Fri.-Sun., Sept. 24-26

• Annual Highlands Playhouse Antique Show at the Civic Center from 10-5 Fri. and Sat., and noon-5 on Sunday. Tickets are \$12. More than 30 exhibitors from all over the world will be selling their wares.

Fri., & Sat., Sept. 24-25

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

• St Francis of Assisi Church Craft & Sewing Guild in Franklin is having a Craft & Bake Sale and Raffle with 7 chances to win some very nice items Friday and Saturday from 9 a.m. to 3 p.m. at 299 Maple St. Family Life Center.

Saturday, Sept. 25

• A Litter Sweep beginning at 8:30 a.m. Call the Highlands Visitor Center to RSVP. 526-2112.

• At Community Bible Church, "The Relationship between Nutrition and Disease." Learn a way to reduce: cancer, heart disease, diabetes, alzheimers and other degenerative diseases. Led by Carol Johnson, a nutrition counselor, and Rebecca Cothran, a whole grains supplier. From 10am-noon. FREE but call 526-4297 for reservations.

• A benefit for Vince and Jimmy Petrone at Tate's Landscaping new building on NC 106. Come join us and help raise money for Jimmy and Vince to pay bills since the passing for their father Kevin Petrone. Starting at 8:30 a.m. A motorcycle ride will begin at Wright Square in Highlands for those who would like to ride in honor of Kevin. Cars are welcome to participate. There will be a \$20 rider fee with lunch included. The riders will return around 12:30 p.m. to Tate Landscaping. While the ride takes place there will be BBQ plates available — \$8 for adults and \$5 for children. There will also be a car wash, raffle and live band. Lunch is 11:30-2.

• Macon County Girls Basketball Signups. 10 a.m. to 12 p.m. Pick up application forms and pay the entry fee anytime at the Highlands Rec Park front desk. 6-17 years old are eligible. Must be 6 before Nov. 1, 2010. \$35 per player, \$25 per player for parent/coach volunteer. Sponsors are needed. Call Justyne Reese at 828-342-2740. Sponsor fee is \$150. Coaches are also needed.

Monday, Sept. 27

• Mirror lake Improvement Association meets at 6 p.m. at the Civic Center.

Thursday, Sept. 30

• A dance at the MC Community Center on Hwy, 441 S. in Franklin, NC, (across from "Whistle Stop Mall") from 6:30-9:00 pm with music by "Swingtime Band" for more information call (828) 369-9155.

Sat., Oct. 2 - Sat., Dec. 18

• At The Bascom, American Craft Today, Juried Exhibition, Admission is free. For information, call 828.526.4949 or visit www.thebascom.org. Galleries are open to the public, Tues.-Sat., 10 am-5 pm; Sun., noon-5 pm.

Fri. & Sat., Oct. 1-2

• *Celebration! Art, Design, Craft* a two-evening festival of the arts features a gala dinner and auction at OEI's The Farm on Friday and a family-friendly, down-home casual bluegrass and BBQ and microbrews at The Bascom. For more information on The Shop and *Celebration!*, visit www.thebascom.org or call (828) 526-4949.

Saturdays, Oct. 2-23

• At The Bascom, Workshop: Fayne Ansley, painting and drawing, Fall Fruits and Foliage - Botanical Watercolor, 2-4 pm. Tuition: Take one \$25 members/\$30 non-members or all four \$90 members/\$100 non-members. For information or to register, call 828.526.4949 or visit www.thebascom.org.

Saturday, Oct. 2

• The Highlands Dog Park will have a donation fundraiser at 10 a.m. -noon at the park. Donations of \$10 are requested. Bring your dog and join the fun!

Sunday, Oct. 3

• Otto Community Blood Drive at the Asbury United Methodist Church. (8289 Georgia Road, Franklin). 12:30-5pm. Donate in honor of John Greene. Please call Phyllis at 524-9307 for more information or to schedule an appointment.

Walk-Ins Welcome, appointments preferred. *All presenting donors have a chance to win one of two pairs of Delta Air Lines tickets!* To schedule an appointment to donate, please call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org for more information.

Monday, Oct. 4

• Women's Health Forum at H-C Hospital with Dr. James Smallwood at noon in the Jane Woodruff Clinic. RSVP to 526-1313.

• Macon County Girls Basketball Signups. 4-6 p.m. Pick up application forms and pay the entry fee anytime at the Highlands Rec Park front desk. 6-17 years old are eligible. Must be 6 before Nov. 1, 2010. \$35 per player, \$25 per player for parent/coach volunteer. Sponsors are needed. Call Justyne Reese at 828-342-2740. Sponsor fee is \$150. Coaches are also needed.

Tuesday-Saturday, Oct. 5-9

• At The Bascom, Workshop: Janet Taylor, fiber, Silk Scarf Painting and Printing, 10 am-4 pm. Tuition: \$350 members/\$375 non-members. For information or to register, call 828.526.4949 or visit www.thebascom.org.

Tuesday, October 5

• Macon County Public Library Blood Drive (149 Siler Farm Road, Franklin). For more information or to schedule an appointment. Walk-Ins Welcome, appointments preferred. *All presenting donors have a chance to win one of two pairs of Delta Air Lines tickets!* To schedule an appointment to donate, please call 1-800-RED CROSS (1-800-733-2767).

Thursday, Oct. 7

• Taize in Highlands, 5:30 at Highlands United Methodist Church.

• Dianna K. Klingel will be signing her book *Just for the Moment: The Remarkable Gift of the Therapy Dog* at Chapter 2 Books in Cashiers from 4-7 p.m. 10% of the sales to be donated to the Cashiers-Highlands Humane Society and Friends for Life.

• Macon County NCAE will be holding two separate forums Thursday at the Fine Arts Center on the campus of Franklin High School. The first one will be for school board candidates starting at 7pm sharp. After a short break the forum for candidates for the office of county commissioner will begin at 8:10pm. The goal of the event is to provide the Macon County community an opportunity to see and hear all candidates for these vital offices in one forum with a specific focus on our public schools.

Fri.-Sun., Oct. 8-10

• The Greater Cashiers Merchant's Association Leaf Festival calling artisans and artists who wish to have a booth at the 2010 Leaf Festival. Early booth reservations are encouraged. Call Chair Grady at 828 743.5858, the GCAMA office at 828 743.1630.

Friday, Oct. 8

• John Muir and Teddy Roosevelt grace the stage of Highlands Playhouse at 7 p.m. in "The Tramp and the Roughrider." Benefit for Jackson-Macon Conservation Alliance. Tickets \$35 (\$30 members). Refreshments, music and silent auction begin at 6:30. www.j-mca.org or (828) 526 0890 ext. 320.

Make Your Plans Now To Attend The Bascom's Celebration! Art, Design, Craft And Don't Miss Christmas in October

Tickets are on sale now for The Bascom's annual auction-themed fundraiser, *Celebration!*, featuring two nights of fun with two very different feels. Friday, October 1st, is the Dinner Gala and Auction at The Farm at Old Edwards, an elegant affair with fine dining, spirits, and live and silent auctions. Saturday, October 2nd, is the community *Celebration!* party, with live bluegrass band Curtis Blackwell and The Dixie Bluegrass Boys, barbecue, microbrews, wine, and more. Tickets are \$225 for the Friday gala, \$35 for the Saturday community party, or \$250 for a combination Friday-Saturday ticket. On Saturday, children ages five to 12 are \$5, and under age five are free.



through our generous benefactors and corporate sponsors Old Edwards Inn & Spa, American Airlines/American Eagle, Bank of New York-Mellon, Franklin Ford/Moss Robertson Cadillac, The Highlander Newspaper, The Laurel magazine, Leland Little Auction and Estate Sales, Our State Magazine, WNC magazine, Cashiers Village Hillside Shops and Ray McPhail.

Mark your calendar! Christmas in October is almost here and The Shop at The Bascom is your perfect solution for finding a perfect, one-of-a-kind gift for everyone on your shopping list. Featuring quality, handmade, affordable pieces from regional artists and artists who have exhibited at The Bascom, Christmas in October at The Shop at The Bascom is your perfect solution to getting your gift shopping done early!

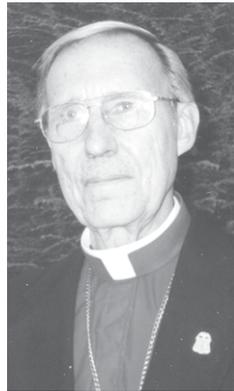
The Shop at The Bascom is open to the public Tuesdays through Saturdays from 10 a.m. to 5 p.m. and Sundays, through October 10, from noon to 5 p.m. For more information on The Shop and *Celebration!*, visit www.thebascom.org or call (828) 526-4949.

Celebration! complements The Bascom's *American Craft Today*, on view October 2-December 18, an ambitious exhibition project juried by Carol Sauvion, the executive director of the Public Broadcasting Corporation (PBS) TV series *Craft in America* and sponsored by Frances Bunzl and Family and Julia and Bill Grumbles.

Celebration! proceeds go entirely to support outreach and educational programs of The Bascom. *Celebration!* is made possible

• SPIRITUALLY SPEAKING •

Politically correct. Why?



The Most Rev.
Dr. John S. Erbeling
Senior Pastor,
The Chapel of Sky Valley
Sky Valley, Georgia

In recent years, two words have become the buzz phrase of society. They have become a way of stopping a conversation in mid-sentence when it appears heading in an uncompromising direction. It has paralyzed discussion on political thought which may not be the popular trend, or religious beliefs that may rattle the base of traditionalism.

These two words have stymied creative discussion and at times progressive thought, and they are simply the words, politically correct, which have little or nothing to do with either politics or correctness.

A small man came to power 80 years ago in Germany and was allowed to drag his country into a war because men of religion and men of politics stood by even though they knew that his works and thoughts violated every fiber of their soul, knowing that to interfere would not have been politically correct, and the entire world paid a price.

Someone, sometime coined a phrase that has much meaning: "tolerance without compromise." To be tolerant of others, it is not necessary to accept their beliefs or to live like they live. In fact, one may be tolerant of another person and still vigorously oppose everything pertaining to him, and yet grant him his right to be what he is.

Tolerance does not mean that we must get on the bandwagon, that we must think or act with the majority, or that we must compromise our own convictions.

Tolerance may simply mean that we are aware that no two people think or believe exactly alike, and that all of us have a right to think and believe and live as we choose, if we can do so without interfering with these same rights where others are concerned.

Even when a person opposes prevailing opinion, tolerance would respect his right to do so, so long as he is respectful and doesn't wrongly interfere with others' freedom.

More than 20 centuries ago the Savior of mankind suggested one way to tolerance without compromise when he thanked his Father in heaven for his followers who were in the world but were not of the world. Sometimes young people, and others also, make the mistake of supposing that tolerance means that we must do the things that others do, that we must live the way that others live — but in supposing this have failed to learn one of the greatest lessons of life: that a man may be tolerant without compromising himself or his background or beliefs or his convictions or his habits.

Tolerance without compromising principles is not only possible, but it is one of the absolute essentials for the peaceful living of life.

• PLACES TO WORSHIP •

BLUE VALLEY BAPTIST CHURCH

Rev. Oliver Rice, Pastor (706) 782-3965
Sundays: School - 10 a.m., Worship - 11
Sunday night services every 2nd & 4th Sunday at 7
Wednesdays: Mid-week prayer meeting - 7 p.m.

BUCK CREEK BAPTIST CHURCH

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

CHAPEL OF SKY VALLEY

Sky Valley, GA
Church: 706-746-2999
Pastor's residence: 706-746-5770
Sundays: 10 a.m. - Worship
Holy Communion 1st Sunday of the month
Wednesdays: 9 a.m. Healing and Prayer with Holy
Communion each service

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

NC 28 N. and Pine Ridge Rd., (828) 369-8329
Rai Cammack, Branch President, (828) 369-1627

CHRIST ANGLICAN CHURCH

Rector: Jim Murphy, 252-671-4011
Worshipping at the facilities of
Whiteside Presbyterian Church, Cashiers
Sunday: Holy Communion - 9:00 a.m.
Sunday: Adult Forum - 10:45, Bucks Coffee Cafe,
Cashiers

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

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

Thursday: Women's Prayer Group - 10 a.m., Whiteside
Presbyterian Church; Healing Service at noon

CHRISTIAN SCIENCE CHURCH

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

CLEAR CREEK BAPTIST CHURCH

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

COMMUNITY BIBLE CHURCH

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

Tues.: 9:30 am: Women's Bible Study.
Wed.: 5 pm: Dinner. 6pm: Children's Program
EPISCOPAL CHURCH OF THE INCARNATION
526-2968

Sunday: Breakfast; 9 A.M. - Sunday School
10:30 a.m. Holy Eucharist (Rite II)

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

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

4:30 P.M. Education for Ministry

Wednesday: 6:30 P.M. Choir Practice

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

10:30 a.m. Daughters of the King

FIRST ALLIANCE CHURCH OF FRANKLIN

Rev. Mitch Schultz, Pastor • 828-369-7977

Sun. Worship 8:30 & 10:45 a.m.; 6: p.m.

Sun. school for all ages 9:45 a.m.

Wed: dinner 5 p.m. followed by childrens
Pioneer Club 6 p.m.; Jr & Sr Youth Group 6:30 p.m.;
Adult Bible Study & Prayer Meeting 7 p.m.

FIRST BAPTIST CHURCH

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

Wednesdays: Dinner - 5:30 p.m.; Team Kids - 6 p.m.;
Prayer - 6:15 p.m., Choir - 7:30 p.m.

FIRST PRESBYTERIAN CHURCH

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

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

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

HIGHLANDS ASSEMBLY OF GOD

Sixth Street

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

Wednesdays: Prayer & Bible Study - 7

HIGHLANDS UNITED METHODIST CHURCH

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

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

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

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

HOLY FAMILY LUTHERAN CHURCH - ELCA

Chaplain Margaret Howell
2152 Dillard Road - 526-9741
Sundays: Sunday School and Adult discussion group
9:30 a.m.; Worship/Communion - 10:30

HEALING SERVICE on the 5th Sunday of the month.

LITTLE CHURCH OF THE WILDWOOD

Kay Ward - 743-5009
Sundays: 7-8 p.m. Memorial Day - Labor Day
Old Fashioned Hymn-Sing

MACEDONIA BAPTIST CHURCH

8 miles south of Highlands on N.C. 28 S in Satolah
Pastor Matt Shuler, (828) 526-8425

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

Choir - 6 p.m.

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

MOUNTAIN SYNAGOGUE

St. Cyprian's Episcopal Church, Franklin

828-369-9270 or 828-293-5197

MOUNTAIN BIBLE CHURCH

Pastor: Clayton Lopez • 828-743-9704

Independent Bible Church

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

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

OUR LADY OF THE MOUNTAINS CATHOLIC CHURCH

Rev. Dean Cesa, pastor

Parish office: 526-2418

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

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

SCALY MOUNTAIN BAPTIST CHURCH

Rev. Clifford Willis

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

Wednesdays: Prayer Mtg. - 7 p.m.

SCALY MOUNTAIN CHURCH OF GOD

290 Buck Knob Road; Pastor Alfred Sizemore
Sundays: School - 10 a.m.; Worship - 10:45 a.m.;
Evening Worship - 6 p.m.

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

For more information call 526-3212.

SHORTOFF BAPTIST CHURCH

Pastor Rev. Andy Cloer.

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

Wednesdays: Prayer & Bible Study - 7

UNITARIAN UNIVERSALIST FELLOWSHIP

85 Sierra Drive • 828-524-6777

Sunday Worship - 11 a.m.

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

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

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

WHITESIDE PRESBYTERIAN CHURCH

Cashiers, Rev. Sam Forrester, 743-2122

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



... DRUG DEALER continued from page 1

counts of trafficking in opium; and one count of selling or delivering a Schedule IV controlled substance.

This joint investigation began after the Sheriff's Office Narcotics Unit received a tip from a citizen and targeted a drug dealer who was selling prescription drugs, primarily in the Highlands area. The investigation was extensive and time consuming but the result justified the investment of resources by both agencies.

The investigation's focus on criminal violations of prescription drugs laws parallels Operation Pill Crusher in 2009 and Operation Medicine Drop in 2010, in which the Sheriff's Office, the Highlands Police Department and the Franklin Department participated.

Both of those operations were non-criminal initiatives that collected over a 100 thousand dosage units of outdated and unused prescription pills from Macon County citizens.

The goals of those initiatives were to: reduce the theft of prescription drugs; reduce the illegal transfer of drugs; ensure that unused pills are properly disposed of; and limit children's access to prescription drugs.

According to the Centers for Disease Control opioid painkillers are involved in more overdose deaths than heroin and cocaine combined and rural America is particularly at risk, with states in the Appalachian region having the highest death rates. That is the reason that enforcement of prescription drug violations has been a Sheriff's Office

priority for over two years.

"This arrest is the result of the hard work and dedication of officers from the Sheriff's Office Narcotics Unit and the Highlands Police Department," said Sheriff Robert Holland. "This type of collaboration confirms the importance of law enforcement agencies working together. The citizens of Macon County, including Highlands and Franklin, deserve results and our agencies are making every effort to provide results through proactive law enforcement initiatives.

Everyone has to be willing to work together for the community as a whole and in Macon County we are very lucky to have a great working relationship. It is truly a team effort with one common goal - to protect and serve our community."

Holland said he knows the law will never get all criminals, but recent arrests are evident that by working together a difference can be made.

"Law Enforcement cannot fight drugs and the crime associated with it alone," said Sheriff Holland. "I realized a long time ago that the citizens of our community are also the eyes and ears of the community in which they live. Many of those in the community know their neighbors better than we do. Having an agency that people can openly communicate with, either personally or anonymously, is very important and as Sheriff of the county this is something I

• See DRUG DEALER page 16



Mitchell Lee Stahl

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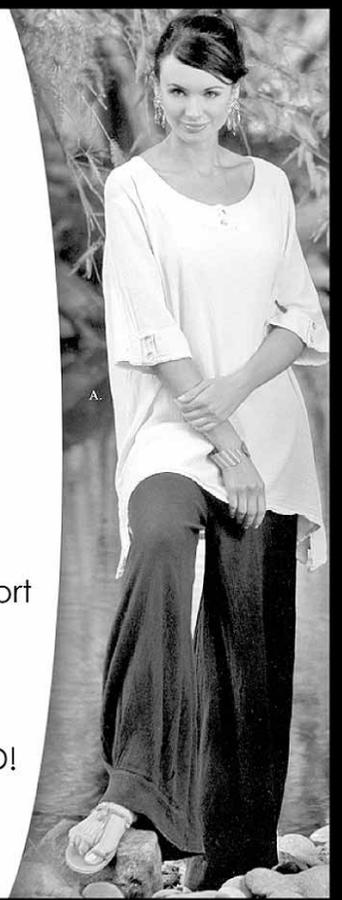
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- Sourwood Honey • Firewood & Kindling
- Fresh, Local Apples • NC Sweet Potatoes
- Variety of Mums • Apple Cider • Aspen Spices
- Peanut Brittle

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Highlands Plaza • Highlands, NC • 828- 526-3775

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Jolie's, Highlands Fun Place to Shop
 446 Main Street ... 828.526.3963



• HOSPITAL NEWS •

“Women’s Health” Physician Forum offered at Hospital

Highlands-Cashiers Hospital will hold a complimentary *lunch and learn* educational forum entitled “Women’s Health” presented by Board Certified Gynecologist, James C. Smallwood, MD on October 4thth at noon in the Jane Woodruff Clinic.

Participants will learn the latest information regarding preventive medical treatments and screenings with an emphasis on breast and ovarian health. Dr. Smallwood will talk about innovative treatments for conditions that affect many women including incontinence and menstrual disorders. Participants will also learn about the current screening methods and recommendations to maintain good health.

“Community participation and involvement at our physician forums has been outstanding”, said Craig James, President and CEO. “We encourage all residents to take advantage of the opportunity to meet members of our highly skilled medical staff and learn critical information on popular health care topics.”

Attendees will be served a light boxed lunch followed by a half hour educational seminar and ending with a question and an-

swer session. Those interested in attending are asked to please RSVP (828) 526-1313 or email info@hchospital.org.

About Highlands-Cashiers Hospital

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

nostic procedures by adding new state-of-the-art equipment.”

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



New flooring adds to FELC’s home-like ambiance

Residents at Fidelia Eckerd Living Center (FELC) might not be able to get around like they use to or avoid the occasional virus or bug, but now are protected with better defense, sanitation, and wheel chair mobility from the new laminate wood flooring recently installed.

“Thanks to our generous community of donors and Highlands Decorating Center, this new venture was made possible,” said

Craig James, President and CEO.

The gift of the new flooring was made by over 75 contributors which included community members, HCH Hospital and Foundation Board Directors, HCH Volunteers, HCH Staff, FELC Residents and family members.

Officials at HCH said the living center was in critical need new flooring for the

• See FLOORING page 16

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... FLOORING continued from page 15

resident's safety and health. The new laminate flooring will provide residents improved wheelchair mobility as well as significant sanitary advantages over the carpeting that was in place before.

After an anonymous donor gave \$25,000 to kick start the project, HCH's Foundation launched a special fundraiser to raise

additional funds for the mission. Within just a few months, monies came in, and the construction began. Highlands Decorating Company managed the 3 week long project.

As of September 9, the installation is complete. New flooring was laid throughout the common areas and each hall of the facility. James said that "Our residents now enjoy an extra measure of protection. They now have increased mobility throughout the facility with our new faux wood floors." The gold tones floors make the Living Center a

homelike environment that residents will enjoy for years to come," he added.

"It is a wonderful example of how exceptionally giving our area is and shows the support we have from our community," said James. "Our family of staff joined together to improve the lives of our residents. The unity of our staff and the community is incredible."

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, nurse 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.

... DRUG DEALER continued from page 14

have always encouraged. Many of the cases we have made were initiated by members of the community."

Holland said this is an ongoing investigation and officers will follow up on any additional information provided by citizens. Information regarding these matters, or any other drug violations, should be directed to the Macon County Sheriff's Office at (828) 349-2104, the Highlands Police Department at (828) 526-9431 or Crime Stoppers at (828) 349-2600.

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• HEALTH MATTERS •

Form and function

Wolff's Law of Bones is a favorite of osteopathic physicians who practice manual medicine. It proceeds from a more general law of biology: "Form follows function." In a nutshell, Wolff's Law says that bones in a healthy person will change shape, structure, and composition, adapting in response to the loads and stresses placed upon them. It is related to the Functional Matrix Hypothesis, the principle set out by Moss that "bones do not grow but are grown."

A lovely example of this is seen by looking at a baby's head, and comparing it to the adult's. The mastoid process, the inverted pyramid-shaped bony prominence pointing downward behind the ear, is completely absent until the infant reaches the

stage where it begins to raise its head from the bed. You can feel that bone behind your ear, and you can feel the infant has nothing there. As the baby gets better at raising its head up, the muscles in front of the neck pull on the skull behind the ear; that pull on the bones causes the mastoid processes to grow.

When you develop a bone spur in your shoulder or spine, there is a functional reason for that — or rather, a *dysfunctional* reason for it. Some abnormal pull, load, or stress on the bone resulted in the growth of a spur. In theory at least, if you remove



Kim Bonsteel, L.Ac.
goinghomeagain@yahoo.com

the abnormal stressor by improving the function, the spur will be re-absorbed all on its own. I have seen this happen more than once. We tend to think of bones as though they were rocks, dead things — but they are alive, they grow, they remodel, they heal.

You can extend the same idea to every tissue in the body. The whole body, every organ, every system, all try to adapt to the demands and stresses encountered, and when the demand is too great, they break down.

"Form and function" is an obvious biological pair of opposites. In Chinese medi-

cine, we talk a great deal about the pairs of opposites, which are termed yin and yang. Yin may be passive, dark, feminine, cold, deep, watery, consolidative, and so on. Yang may be active, bright, masculine, hot, high, fiery, expansive, and so on. The characters for yin and yang depict the shady and sunny sides of a hill. This is the primary dialectic of Chinese medicine; it is not the only way we look at things, but everything in the universe, and the human being, can be analyzed in terms of yin and yang. These pairs of opposites are not absolute, but relative to the comparison being made, so that for example a volcano is yang compared to a river valley, but a volcano is yin compared to the sun in the sky.

• See HEALTH MATTERS page 22

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... GANTENBEIN continued from page 1

to appear in court, as well.

The Sept. 13 court date was the first one Larry Gantenbein missed.

Back in 2007, on Jan. 5, at 3:53 p.m., while en route from Texas to Alabama the Gantenbein's vehicle was pulled over for improper lane use by Louisiana State Police on Interstate 12 eastbound at mile post 59 on the border of Mandeville and Covington, LA.

Following a search of the vehicle they were driving and the vehicle they were towing on a 1997 flatbed, 369 pounds of marijuana and one gram of cocaine were found.

The two were placed under arrest and taken to the St. Tammany jail where they were booked, charged and later released on \$100,000 bond each.

The Gantenbeins said they were contracted to tow a car from Houston, Texas to Alabama. Their attorney LeBlanc said the two men had no knowledge of the contents of the 1993 Lincoln Town Car they were towing. The marijuana was found in the Lincoln.

Michael Gantenbein told police the one gram of cocaine found in their car was his, and his father had no knowledge of it.

If convicted of possession with intent to distribute, the two could serve 10-60 years in prison which is the penalty for possession of

60-2,000 pounds of marijuana in Louisiana.

Larry Gantenbein was fired from his position with the town as Zoning Administrator on Jan. 9, 2007.

Michael Gantenbein was the previous owner of Goodyear Tire and Auto which was closed by the state on Jan. 8, 2007 for unpaid taxes.

According to the Clerk of Court in St. Tammany, as soon as either Larry or Michael are arrested, the case will be put back on the docket.

Questions posed to Attorney LeBlanc were not available by press time.

– Kim Lewicki

March of Dimes walk is Oct. 2 in Franklin

2010 Macon County March of Dimes walk is on Saturday, Oct. 2 starting at the Franklin Memorial Park (old Jaycee park) at 10 am.

The route is a 3-mile walk around the downtown area returning to the park.

Pre-walk activities begin at 9:30 am.

Upon return, the walkers will be treated to lunch, karate demonstration, K-9 demonstration, music, plus much more.

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We also know that not everyone uses the services at the hospital on a regular basis to keep them in good health.

In our view, this is not ideal.

So, we ask everyone, be you in good health or not, to take great care when you're here with us to assure your well being. Make it your top priority to establish a relationship with one of the hospital's Board Certified Physicians who will see to it that you receive the quality care for which they are known. And try to learn as much as you can about the hospital.

Make an appointment to attend one of the Grand Rounds informational breakfasts or Physician Forum luncheons. These educational sessions will extend your knowledge of one of the community's greatest assets. The hospital web site will show you these dates and times, the topics for the Forums and who to call to assure your place at these complimentary sessions.

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... MAIN STREET continued from page 1

nesses to pool resources, self-help and finally implementation.

"We will achieve the easy things first while developing a marketing strategy and action plan," she said.

Three categories were designated – Promotion, Design and Economic Restructuring.

The categories revolved around Highlands' "Challenges/Opportunities" which were gleaned earlier that day when Adams and her crew visited business owners.

Cited was climate and its seasonal nature; parking which is also a seasonal problem; affordability (both housing and cost of doing business in Highlands); continuity with the Town Board, connectivity (wayfinding and sidewalks); maintaining historical

character, event scheduling, and business training opportunities.

With those points in mind, participants gathered in small groups to come up with specific issues to be categorized under Promotion, Design or Economic Restructuring.

After all suggestions and issues were listed accordingly, participants were asked to put a dot on the item of most importance per category.

Under Promotions, a professional marketing and branding plan was number one; defining downtown was number two, followed by downtown festivals.

Under Design, the need to extend the downtown area – presumably past Third Street and down spur streets – with continuity of design elements like parking, sidewalks

and lighting, got the most votes followed by wayfinding-signage and the need to maintain environmental and cultural assets.

Under Economic Restructuring, the need to make Highlands a winter marketplace with indoor opportunities was number one, followed by developing a family experience featuring things to do in Highlands year-round. Enhancing the "Main Street Experience" was cited as number three.

This referred to teaching business owners how to relate to customers, encouraging them to send customers to competitors and even teaching them how to run their businesses so they can stay in business while making the Highlands shopping experience as positive as possible.

OEI representatives, Marketing Director Amanda Sullivan and Chelsey Wiggins, as well as Matt Eberz of Schiffl Real Estate, pushed the importance of formulating a comprehensive town-wide event calendar and map "that no one has to pay to be on," said Sullivan.

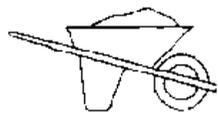
Delegating funding sources for suggestions was not discussed, but Adams did say the Main Street Program should not depend solely on the Town Board for answers (i.e., taxpayers' money) — that businesses needed to pool resources to get things done, she said.

In March, a six-month market report of goals set Tuesday will be presented to see how far the plan has come.

— Kim Lewicki

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... HEALTH MATTERS from page 17

“Form and function” is a good way of seeing yin and yang in the body. We can see form or structure as yin; activity or function as yang. An ancient Chinese aphorism says, “Yin creates yang; yang activates yin.”

Yin creates yang: Each tissue has a certain form, structure, and composition that allows for it to function in a certain way, and the tissue itself gives rise to the function.

Yang activates yin: The functional needs of the organism activate various tissues to perform in certain ways. You might say the *life force* is the ultimate yang in the biological organism; every function necessary to the perpetuation of life activates and informs the body-mind how to be a body-mind.

A lot of the diseases and dysfunctions we see are a result of the body-mind trying to perform the functions asked of it, and being asked to do more than it can bear. If we carry a lot of weight, sit a lot of the time, and walk duck-footed, our knees or hips will eventually degenerate to the point that no repair may be possible outside of surgery and prosthetics. If our spine loses its natural curves due to bad habits of posture and movement, joints become fixed and unable to move, mechanoreceptors in the joint capsules become irritated, muscles contract and guard the area, connective tissue becomes thick and fibrous, disks between the vertebrae are compressed and dehydrated, spurs grow in the attempt to fuse bones together — the bones are not moving anyway, they have lost their function.

Acupuncture treatment usually needs diet and lifestyle changes to restore health. If posture and movement are challenged — bones, muscles and nerves, connective tissue — bodywork and body re-education to integrate structure and function may also be vital.

Highlands Police & Fire Reports

Highlands PD log entries from Sept. 13. Only the names of persons arrested, issued a Class-3 misdemeanor, or public officials have been used.

Sept. 13

- At 5:30 p.m., a wallet containing \$85 was reported stolen.

Sept. 14

- At 11:30 a.m., Mitchell Lee Stahl, 34, of Highlands, was arrested in the Highlands Plaza parking lot for trafficking opium or heroin.

Sept. 16

- At 12:07 a.m., a loud party was reported at Highlands Smokehouse.

- At 8:20 a.m., a canine search was conducted at Highlands School. Nothing was found.

- At 11:45 p.m., Tiago Pimental Rocha, 30, of Georgia, was arrested for DWI on Oak Street.

Sept. 17

- At 1 p.m., a breaking and entering of the Highlands Playhouse staff house was reported.

- At 5:12 p.m., a resident on Holly

Tree Lane reported hearing banging on her front door and then gunshots fired in the vicinity of Highlands School. The incident was unfounded.

Sept. 18

- At 4 p.m., a resident on Gibson Street reported finding several golf balls in her yard but no damage was found to the home.

- At 10:40 p.m., a barking dog complaint was logged by a resident of Shelby Place.

Sept. 19

- At 7 p.m., officers responded to the discharge of a firearm at a residence on Wahoo Trail involving a disturbance between a mother and daughter where a double-hung door valued at \$300 was damaged.

- At 8:15 p.m., officers were asked to assist the Sheriff Dept. with a domestic disturbance on Sawmill Road.

- A little after midnight, nearby residents complained about noise at Ruka's Table.

Sept. 20

- At 4:30 p.m., a breaking and entering at the Log Cabin Restaurant was reported where alcohol was reported missing.

- At 8:32 p.m., keys found at Dry Falls were turned into the police department.

- At 9 p.m., officers assisted a motorist at Highlands Manor.

Sept. 21

- A little past midnight, a Highlands Country Club employee distraught over a breakup with his girlfriend, left the dorm on foot, threatening to hurt himself. Officers found him on Main Street and he said he was OK and wouldn't do himself harm.

- At 9 p.m., a suspicious person

was reported walking on NC 28. Officers weren't able to locate the man.

- During the week, police officers responded to 1 alarm and issued 1 citation.

Highlands F& R Dept. log entries from Sept 15:

Sept. 15

- 1:02 p.m., the dept. responded to a fire alarm set off by workers at a residence on Primrose Lane.

Sept. 17

- At 8:09 p.m., the dept. was first responders to a residence on Shelby Place.

- At 11:09 p.m., the dept. assisted Glenville-Cashiers Rescue in a search for a missing Ginseng hunter. He was found around 7 a.m. He walked out cold with a hurt shoulder.

Sept. 19

- At 12:14 p.m., the dept. was first responders to Piper's Court.

- At 2:44 p.m., the dept. was first responders to Whiteside Mountain Road. The victim was taken to the hospital.

Sept. 20

- At 3:50 p.m., the dept. was first responders to Satulah Ridge Road where someone had fallen. The victim was taken to the hospital.

- At 4:30 p.m., the dept. was first responders to Mountain Ash Lane. The victim was taken to the hospital.

Sept. 21

- At 4:28 p.m., the dept. responded to a golf cart crash on Falls Drive West at Highlands Falls Country Club where the driver of the cart, William Regenold, believed to be in his 80s, was found dead on arrival. He had suffered multiple injuries. An autopsy is being performed to determine the cause of the accident. He was found by passers-by.



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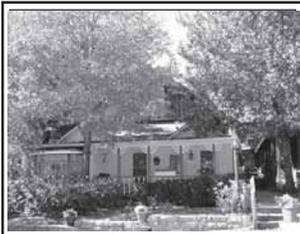
... HIS & HERS continued from page 8

me out of it.

Please don't assume that a grieving person shares your religious beliefs. Faced with grief and loss, many people suffer a crisis of faith. The last thing they need to hear is that Jesus took away their loved one. My father was a life-long agnostic, yet people presumed differently. One particularly persistent woman cornered me at his funeral, and loudly proclaimed that my father had gone to be with Jesus. I couldn't help myself: "It's sure going to come as a great shock to both of them!"

So, please forgive me, folks. You're not seeing me at my best. I may be a bit snippy, but just bear with me. After all, I'm new at this widowhood thing. Fear not! In the fine tradition of Scarlett O'Hara and Joan of Arc, I am maintaining.

- 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 moved to Highlands several years ago to live on top of a mountain on the Continental divide near Highlands with her precious husband, author and attorney, John C. Armor, and two very spoiled cats. John's memorial service will be this Saturday, September 25 at 2pm, Episcopal Church of the Incarnation.



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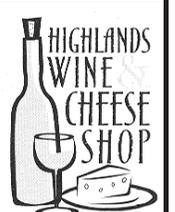


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