Town says no to encroachments & more

At Tuesday night’s Town Board meeting, commissioners made quick work of business from supporting an amendment to the U.S. Constitution, to juggling funding requests, to passing the Unified Development Ordinance to ruling to uphold its encroach-ment ordinance.

First representatives of non-partisan Move2Amend came to the Town Board meeting for the second time in as many weeks, this time armed with a resolution which will be sent to the NC General Assembly urging the nullification of the Supreme Court’s 2010 Citizens United decision by proclaiming that corporations are NOT people and that corporate money is NOT free speech.

“This is now a corrupt system where the government is in the money,” proclaimed that corporations are NOT people and that corporate money is NOT free speech.

Locals on track to become full-time firefighters

The League of Women Voters presided over a Macon County Commission Candidate Forum last Thursday so citizens could become acquainted with these candidates who will be on the Primary Ballot May 8.

Primary candidates for MC Commission are incumbent Bobby Kuppers, District 3 (D); Rick Snyder, District 3 (D); incumbent Kevin Corbin, District 2 (R), Vic Drummond, District 2 (R); and incumbent Jim Tate, District 1 (R) and Steve Higdon, District 1 (R), who didn’t attend the forum.

The candidates were asked three questions. To keep the discussion going, we will feature one question each week, April 19, April 26 and May 1.

Question 1: In the future, the economy of Macon County may look different prior to the demise of the economy. Tell us your ideas for economic development.

Two local volunteer firefighters from Highlands Fire & Rescue, Hunter Leffler and Jamie Barnes, graduated on March 9 from the Cleveland Community College Firefighters Academy in Shelby, NC. They completed 24 modules over a nine-week period with 44 training hours. Some of the training they received was: Rapid Intervention Training (RIT), Haz-Mat, and Forcible Entry, to name only a few. By successfully completing these they received their Firefighter I, Firefighter II, Haz-Mat, and RIT Certifications. This puts them in the position of gaining employment in areas that hire full-time firefighters. Both men graduated from Highlands School.
Dear Editor,

Did Fred Wooldridge not see the same police photos I saw of Zimmerman getting out of the back of the police car handcuffed with ease? I’m referring to his “satire” in the April 12 edition of Highlands Newspaper entitled “Once Upon a Time.”

Per the police report, this was 35 minutes after the police arrived at the shooting of Trayvon Martin. From the time the 911 person said we do not need you to follow the suspect the police arrived within five or so minutes. This is all part of the official records.

There were no hospital visits by Zimmerman, no bandages, no visible blood. His clothing was as neat and in order as if he had just left home to go to a movie show. This, only 35 minutes after he killed the young boy.

Zimmerman had a gun, even though he had previous physical run-ins with the same police department, has domestic violence reports, reports of violence at his workplace, and a history of seeking out black individuals.

If the police would have arrested Zimmerman that very night, imprisoned him, made him post bail, etc. all the media commentary we heard over and over and over would not have happened.

It took marches, interviews, Federal investigations and all the rest — a total of 45 days — to get the police to act as they should have immediately after the incident occurred. I do not understand Mr. Wooldridge’s humor — he is getting too close to columnist Don Swanson and Freedom Works. Freedom works truly, but obviously only for the Right People in the Right Place, with the Right Money.

I am extremely discouraged by Mr. Wooldridge’s lack of real concern for what I used to believe our country stood for — Equality and Justice for ALL! Very Sad.

Joe Mathis
Otto, NC

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Dear Editor,

When in Highlands I always enjoy reading your newspaper and when elsewhere I read it online. One of the best parts of Highlands Newspaper are the columns, which express various viewpoints. My favorite is the weekly column written by Fred Wooldridge. He is a clever, satirical, and humorous writer.

Fred has gone “over the top” this time. The column on George Zimmerman/Trayvon Martin was one of his best ever. Written as a bedtime story, Fred presented the Sanford, Florida incident more accurately than what we are seeing on the nightly newscasts.

Some of your readers will find fault, but this reader thinks it was a masterpiece. Thank you, Fred.

Paul Thompson
Highlands

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Dear Editor,

Don Swanson is the Director of Macon County’s “FreedomWorks.” If it is, as he says, an “independent” organization, then his other position, as Treasurer to Republican Senator Jim Davis, appears to represent some conflict of interest. I could not tell whether Mr. Swanson’s response to Margery Abel’s March 29th letter to the editor was supposed to have been written to represent FreedomWorks or Senator Davis as a representative of Senator Davis Mr. Swanson’s view is not independent and unbiased.

Mr. Swanson is correct in clarifying that North Carolina prohibits candidates from receiving financial contributions from corporations and lobbyists. But what he failed to mention is that they can take money from Political Action Committees (PACs). The Supreme Court decision, Citizens United, does indeed retract hundreds of years of campaign finance law and allows corporations to contribute unlimited amounts, so long as the money does not go directly to local candidates but goes to PACs, which act as their “front groups.”

I am sure Mr. Swanson is aware of Nothing ‘independent’ about FreedomWorks

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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 Sunday at 5 p.m. There is a 500-word limit without prior approval.

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Fred is clever writer

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this, as his group has the FreedomWorks PAC. He may recall the $1,537,726 spent by the deceptively named “Real Jobs NC” PAC to attack Davis’s opponent, then-Senator John Snow, and other elected Democrats. While that astronomical amount was spent attacking him, John Snow received 155 donations from individuals, each donating less than $200. Fewer than half that number of individual sent donations to Davis.

Mr. Swanson’s letter states that when Senator Snow was in office, Mr. Swanson visited his office in Raleigh in search of an answer to the drastic increases in the educational deficit forming within our state, and Senator Snow had no answer. Mr. Swanson fails to mention that while his boss, Senator Davis, has been in office, he has not come up with a reasonable solution either.

Is the response of FreedomWorks and Jim Davis to the rising cost of education a plan to balance the budget on the backs of working poor and middle class students? While Davis has been in office, $682.2 million was cut from the UNC system’s 2011-2013 budget, and $235 million was cut from community college for the same budget year. On top of these budget cuts, tuitions in the university system were increased on average 23 percent last year alone and by a total of 52 percent since the 2008-2009 academic year. Community college tuition was also increased, by 17.7 percent last year. With more cuts and higher tuition, one would hope that financial aid would at least be working to make up for the shortfall, but instead need-based financial aid for university students was cut by 22 percent this past year. With more cuts, higher tuition, less financial aid, maybe it is not that bad because fewer people are attending college? No. During the recession, enrollment in UNC increased by 14 percent.

Maybe Davis’ and the Republican-led General Assembly assume that employers will understand the shortfall and will lower their requirements for potential employees. No again. Studies show that by 2018 60 percent of all jobs will require post-secondary education.

Clay County School Superintendent Scott Penland, a lifelong Republican, took aim at lawmakers in response to the budget handed down by the Republican-controlled General Assembly.

“I’ll be honest with you, I was very excited on election night, when I saw that the Republican majority had taken over the House and Senate,” he said. “But with each passing day, and each passing education budget, my euphoria is waning.”

Penland said he gets steamed by political sound bites that schools have “administrative bloat.” He said that’s not true in his county in the far west of North Carolina. The county has nearly 1,400 students, many of them poor, he said.

“We don’t get to cherry-pick our kids,” he said. “We educate them all. This is America.”

Counties across the state have had to make devastating cuts in their districts as a result of “Davis’ solution to the educational budget shortfall.” The Union County School Board reluctantly decided to slash more than 400 classroom positions in July, to deal with a $10 million shortfall. In a meeting at Antioch Elementary School, the board voted unanimously to eliminate about 55 teaching positions and more than 350 teacher assistant jobs. The cuts will go into effect at the start of the 2012-13 fiscal year, July 1, and will be felt in classrooms when school starts in August.

Mr. Swanson claims FreedomWorks is an “independent” organization promoting “Lower Taxes, Less Government, More Freedom.” This claim might be more convincing if the Director of the group were not blinded by such an obvious and unfortunate conflict of interest.

Paul Roth
Cashiers
Politics in a small town

I’ve spent the majority of my life in big cities but I’ve lived in Highlands long enough to witness and appreciate the politics of a small town. For the record, I love small town politics. It’s soooo....messy.

In a big city, if you want something accomplished, you’ll need influence, power, ruthless conduct and, most importantly, money. In a small town, if you want to get something accomplished, you’ll need influence, power, ruthless conduct and, most importantly, money. Oh, and you’ll also need larger reproductive glands.

For example, in big cities, the elected leaders don’t give two hoots what the people want or think because politician’s phone numbers are unlisted and they’re in hiding most of the time….kinda like a satire writer. If the power, influence and money are present, it gets done, like it or not. In small towns, the citizens pick up their phone and give their politicians “what for” if they don’t like what’s going on. I like that. Depending on who and how many voters called, the politicians will have to balance his or her decision over the wishes of the caller. Fun, fun, fun!

Here’s an example of how it works. In the dead of night, a small town leader suddenly wakes and realizes he has the answer to the traffic problem at 3rd. and Main St. At dawn, he and his associates meet for coffee and the idea is suggested….and approved. After coffee, a worker grabs a quart of paint from the shelf so he can paint right turn arrows in the street. Slowly, the winter people awaken and realize they can no longer cross Main St. at third. TA DA! This is an example of small town politics at its finest.

But wait, the fat lady hasn’t sung on this one. Politicians’ phones start ringing and letters are written. They’re told it was a terrible idea. Who and how many

See WOOLDRIDGE page 22
I have to admit I’m smitten with Belize. But where to start? I’m tempted to start with fresh breezes sweeping in from the ocean and washing over the hotel’s porch. Our room, or Tree House, is set deep in the rain forest, but just a short walk from the beach. We stumbled across a Mennonite community while driving in the interior. We could have been in any Midwestern state from Pennsylvania to Indiana. Down here they’re growing mahogany trees that won’t be harvested for 50 years or more. The trees will be ready for market a few years sooner. It seems incredible that the community will survive intact to reap the rewards of its efforts. Is it even remotely possible that the Mennonites, with their quaint ways, straw hats, horse-drawn buggies, and manicured fields can survive another 50 or 60 years surrounded by the world they shun. It is like believing dolphins will be able to resist the effects of pollution swirling around them or that the Himalayas will stand forever.

We were diving from the coast to the western highlands to visit a cave the ancient Mayans used for human sacrifice. I bought peanut butter cookies and a cinnamon bun from a Mennonite baker, a young girl who had just a hint of Mayan. There is a story of a local Belizean of Spanish and West Indian origin who fell in love with and married a local Mennonite girl. They say he, put on suspenders, which means adopted the ways of his wife’s clan. I enjoy imagining I did business with his great grand daughter.

The cave, Actun Tunichil, was rediscovered by a British logger in 1986. It was first discovered by Mayans some 1,500 years ago and used for centuries as a site of ceremonial sacrifice. The main chamber is littered with and entomb human bones and shards of pottery. After a drive over gravel and deeply rutted roads, we arrived at the trail head. We hiked nearly two miles over a pleasant trail through the rain forest, punctuated by river crossings across slippery river rocks. None of us knew what to expect from the adventure ahead. I hope if any of you venture this way, you’ll be better prepared.

Suddenly, the yawning mouth of the cave appeared, belching turquoise blue water of the river that formed it. We trudged through the shallow stream until the bottom fell away and we made a short swim, the first of two. After nearly an hour of wading through the river and dodging sharp boulders, both exposed and submerged, we faced an intimidating challenge. A large sheer rock rose from the river bed, perhaps 10 feet tall. To advance deeper into the cave, we had to scale it and having done so, leave it’s relative security and transfer to the next level. After removing our shoes and donning socks, we approached the main chamber where we found human skeletons partially shrouded in the same stuff that makes stalactites. One guy said the adventure was a life-changing journey. He had more scars and bruises than I. Wisdom comes through pain. I thought it would have been better if they’d scattered a few per-Columbian, gold and jade trinkets around the place.

We hadn’t traveled to Belize to trek in the rain forest. We were here to dive with whale sharks, the largest fish in the sea. Each year in April, May and June massive schools of snapper are mysteriously drawn by the full moon to Gladen Splint, two hours off shore. They form schools a mile across and hosting up to half a million fish; not the dinner-plate size snapper you’ve enjoyed, but 30- to 50-pound monsters, a gigantic, churning mass of life with a single purpose, to create the next generation. Females release their eggs and males supply clouds off sperm. The concoction is like caviar to the whale sharks who have learned to arrive at the same time.

As we swam above the tumultuous mass of twisting writhing snapper, our guide suddenly pointed exotically into the depths, jabbed the water again and again with his pointed finger. We strained our untrained eyes to see what he saw. Suddenly the first whale shark emerged from the mist. It was as if he materialized, first a vague shadow form we could see him in ever greater detail as he lumbered toward us, each swipe from his massive tail propelled his 30 foot body through the sea. It is impossible to describe the enormity of these creatures except to say their tails looked bigger than a Volkswagen. It was over all too soon, like the passing of totality in a solar eclipse. Ten-foot bull sharks suddenly looked like pesky puppies, to be pushed aside at will.

There were two sightings on our first dive; six on the second. As we agreed that we could have hung there forever, suspended above those magnificent animals. Elation reigned on the boat back to the resort; unfettered joy before the realization we might never see them again.

--- LETTERS continued from page 3

Tasteless Attempt

Dear Editor,

The pathetic attempt at humor on page four of the April 12th edition of the Highlands Newspaper, entitled, “Once Upon a Time,” is not only tasteless and offensive, it is not funny either. Even though we as readers, regularly endure repetitive and boring commentaries of self-perceived importance and wisdom from being a cop in Miami over the years, it’s patently clear as illuminated by this article, that this columnist may be incapable of showing any humanity or compassion for the murdered unarmed teenager, at the hands of what could have been lawless vigilantiism in his own homestate of Florida.

The family of Trayvon Martin has exhibited an immense amount of courage, grace, spiritual strength, dignity, faith in our system, and character while publicly grieving their tragic loss. They have also exhibited steadfast composure in their relentless, yet peaceful pursuit of justice for their son. Remarkably, they have also shown far more compassion and sensitivity for the killer in this case than apparently this columnist is capable of showing for their slain youth and his grieving family.

Compared to the smallness and racially tinged bigotry that is spewed in this so-called humor column, Trayvon Martin’s family are giants to be admired and emulated. They seem determined to...
Frank Potts was the third of 10 children born to W.T. Mattie Ammons Potts. He, in turn, had five children – Eula Mae (Betsy) Potts Chapman, Jack Huffman Potts, John Stephen Potts, Jessie Potts Owens and Nancy Potts Coward – on whose memories this account is based.

Frank was born August 1, 1888 at Sugar Fork, NC, shortly before his parents moved to Franklin. Though he was only nine or 10 when the family moved to Highlands, Jack recalls that when Frank Potts was in his early teens, he and one of his brothers lived in Franklin and operated Granddaddy’s livery stable there.

Returning home, he didn’t remain long. He ran away to the West and stayed for a number of years, first working as a cook and then as a foreman in a logging camp. Jack’s impression is that Frank Potts left because of a conflict with his mother, but Steve says that Granddaddy’s religious fervor got to be too much for him.

Frank Potts was not the only young person from Highlands to take a look at the outside world. Eula Belle McKinney, born in Highlands, January 9, 1887, and her twin sister Helen had gone to Chicago to work for the family of Professor A.O. Anderson, the inventor of puffed wheat and puffed rice. The story is that as young boys Frank Potts and his best friend Jamie Cleaveland would see Belle and Helen walking up the road and shout “Here come those damn McKinney twins!” Another is that when they would see them, they would say, “Hello, Helen and Belle. Where’s the other Helen and Belle?” They grew up to marry them.

Belle and Helen were beautiful women. The Indian blood from their mother’s side was evidenced in the straight black hair, chinquapin eyes, dark skin and high cheek bones. A picture of them at the time of their stay in Chicago shows young ladies dressed in very high style with hair piled in pompadours. No wonder that the young men who had been noticing them for a long time were ready to make serious proposals!

According to stories, Frank followed Belle to Chicago and took care of an insane person to make a living while he was there. Sarah Thompson McNamee adds a bit of information which must have been told her Helen – that the Andersons sent Belle home because she was dating a man of whom they didn’t approve. If that story is true, Frank must have been in suspense until he got her to the altar.

The double wedding took place in the Methodist Church in Highlands, May 28, 1911. Supposedly only Belle and Frank were married, with Helen and Jamie as their attendants. But after they exchanged vows, the other couple stepped forward and entered the state of matrimony. Belle and Helen always did everything together. There is a legend that at the reception that followed, Coca-Cola was served for the first time in Highlands. Another legend is that Frank had the opportunity to buy Coca-Cola stock but refused it. There went the chance for the family fortune!

Instead, he supported his family by selling groceries. His first work of course was with W.T. Potts (his father) in the livery stable. He always was a man for partners. He owned his first grocery store with Charlie Wright in what people remember as the Fred Edwards building. Then he went in with George Marrett, buying out H.M. Bascom in his store on the corner of Main and Fourth streets. Later he joined Roy Potts in opening a grocery store and ice cream parlor in the Holt building. It began as a partnership that would last for his life and was continued by his son Steve. The name of the store reflected the owners – Potts Brothers. To make their ice cream, they cut the ice in winter and stored it in four ice houses – two big ones and two little ones. When the weather was cold enough to freeze the water two feet deep, men would work 24 hours a day harvesting it off Lindenwood (Lake Ravenel) and Hall lakes – the former of which they owned for that purpose.

It was dangerous work with ice being cut with a one-handed, cross-cut saw and hauled away by a team of oxen. They borrowed the money from Bob Munger to build the brick building which was built in 1927. In excavating, the builders hit pipe and pilings had to be driven by hand. It was used as a grocery store – owned first by the two brothers and then by Roy and Steve until they built a new one in 1962. The building was on Main Street where the old Highlander Restaurant once stood.

Frank and Belle first lived in a house on the site of Arthur Potts’ homeplace, where W.T. and Mattie lived more than once. Betsy, Jack and Steve were born in that house. While they lived there, Betsy became very ill. Dr. H.P. Thompson had come to Highlands because he was ill and it was considered a health resort. He started treating Betsy and to bedoseo her, herentead a room from Helen who lived next door and who was now a widow. The house is where Bryan Funeral Home now stands. Belle’s house was where Mountain Findings now sits. To make along story short, Betsy got well and Helen and Dr. Thompson got married.

To be continued...
The solution of ‘Somewhere Else’

Upon reading the latest news on the decision of Duke’s Michael Gbinije to transfer, I started thinking about the way that transfers are currently affecting the college game. Currently, there are over 300 players in college basketball in the process of transferring from one school to another. In the past 10 years there have been over 2,000 college transfers, which is an astounding number when one sits and thinks about it. And this transfer epidemic isn’t just relegated to basketball, as there are countless transfers in all NCAA sports. Player movement is at an all-time high, but for what reasons?

The primary cause for player transfer centers around the usual reasons for player unhappiness…lack of playing time. In today’s sports world, our athletes are taught a different set of values through today’s sports. The values of teamwork, selfishness and hard work have been replaced by the individual. More and more time is spent playing AAU or American Legion sports and demonstrating individual talent instead of meeting team goals and expectations. Now, this statement is not that usual “angry old dude railing against the new generation” stuff—coaches are just as much a part of the problem as anyone else. Amateur athletes are broken in our country, and it starts at the high school level and filters up into the college ranks. Case in point: the goal of most high school athletes in previous generations was to win a championship and become a local hero. Sure, playing in college or the pros was great, but back then the pros weren’t multimillionaires and there was no ESPN. Therefore, those who wanted glory and a place in the annals of history did so by becoming local heroes. However, as times have changed, so have the goals. Rarely do the best players play to bring honor to a local school or community, instead, they play to showcase their talents in the hopes of being noticed and offered a college scholarship. If they aren’t getting the opportunity to showcase themselves at their local school, then they want to showcase through AAU or YBOA. If they get in trouble at school or don’t fit in on campus, they simply go somewhere else. If things aren’t working out, today’s kids simply go somewhere else, somewhere bigger to play better competition, or somewhere smaller to get PT and stand out…whatever the case may be, current players always look elsewhere first.

Of the 10% of high school students lucky enough to play college athletics, many of these players arrive at their respective schools not loyal to the University that is providing them with a scholarship or the coach that recruited them, instead these players are only loyal to themselves and their own individual success. If things don’t work out to the players liking, they simply demand to go somewhere else. The idea of somewhere else is not purely a criticism of today’s athlete. We have made them this way—our love of ESPN and our emphasis on individual accomplishments have made us culpable for this transfer epidemic. We have encouraged athletes who are so driven that they can only focus on improving themselves, yet we scoff at their “me-first” attitude. So what, if any, are the solutions? ESPN isn’t going away….good kids like Mike Gbinije and KT Harrell are still going to transfer, as are kids who get in trouble, such as Janoris Jenkins or Rodney Hood. Identifying the problems are easy, but it seems to me like the solutions to these issues will likely be found a long time from now, and they will be found somewhere else.

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He said what?

The inspiration for this week’s title was a comment made by the esteemed Dick Durbin (D-IL), Senate Majority whip and the right-hand of Harry Reid, who leads the leaderless US Senate.

I didn’t know if there would be enough inane quotes to fill a column, but, having faith in the insanity of the human race, I’m plunging on.

From Real Clear Politics: “Sen. Dick Durbin reacts to the recent tornadoes in Dallas Texas. Durbin calls for more laws regulating carbon output while he sends a dire warning that we must convert to hybrid cars or lose our life. Durbin says we must spend money now to fix the problem.

‘It’s your money or your life’ he said in a press conference. “We are either going to dedicate ourselves to a cleaner, more livable planet and accept the initial investment necessary or we’re going to pay a heavier price in terms of loss of human life, damage and costs associated with it.”

A comment from the Humble Libertarian. All I know is that they claim to espouse Peace, Love, Liberty – they can’t be all bad.

“Is Dick Durbin a brain dead moron? Does he really believe that the Texas tornadoes were caused by global warming and forcing everybody to drive a hybrid vehicle will stop the tornadoes? I live in Texas – tornadoes happen all the time, and the Gulf of Mexico side gets hit with hurricanes. Weather happens and there isn’t a hill of beans that anybody can do to stop the weather. Nonetheless, fear mongering remains a powerful tool of the tyrannical political class – do as I say or die!”

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

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In an area where the Cuban-American community is dominant, with the ballpark located in Little Havana, Guillen let the people know that, “I love Fidel Castro. I respect Fidel Castro.” That should do wonders for attendance. Guillen received a five game suspension. He’s fortunate I don’t own the team. I’d ship him off the Cuba to bask in the radiance of his hero.

I was going to finish with Eric Holder making a stupid comment concerning voter fraud (a stranger walked into Holder’s polling place and was offered Holder’s ballot). However, not to be outdone, a woman stepped in and took his place. She said WHAT?

From CNN: “Hilary Rosen, a CNN contributor, sparked outrage among Republicans and Democrats alike when she said that Ann Romney, a former stay-at-home mom, had ‘never worked a day in her life.’ While Republicans had quickly seized on her remarks, top Democrats – including first Lady Michelle Obama, VP Joe Biden, and Democratic National Committee Debbie Wasserman-Schultz – also railed against her remarks.”

Rosen, a Democrat strategist who was apparently unfettered access to the White House, as well as a Capitol Hill lobbyist, would appear to be totally whacked to say such a thing, however, those of us with suspicious minds allow for a different possibility. OK so Rosen is a baddie, but look at the opportunity she gave senior Democrats to praise stay-at-home moms that was set up by Rosen’s comment.

How big a stretch is it to think that Rosen was “encouraged (paid)” to make the public statement to give others the chance to endear themselves to a large voting block? To date, there has been no comment from Rosen’s lesbian partner. One assumes she is staying at home taking care of their two adopted twins.
Bob and Cathy Fisher, owners of Sagee Manor in Highlands are setting out to market their grand estate in an expansive advertising campaign.

The 12,500-square-foot Sagee Manor has seven bedrooms, a wine cellar, two offices and 10 fireplaces on 22 mountaintop acres. It is landscaped by one of the world’s experts in English gardens. The home’s white oak beams and paneling are hand-shaped, and its views take in surrounding valleys in a 360-degree circumference.

I am on record to say “Thank you Bob and Cathy” for bringing such an opportunity to our community.

If you want a good overall introduction of our area and to search available properties, you are invited to visit my user friendly website at www.signatureproperties-nc.com.

Meadows Mountain Realty has two locations, one will be moving its downtown location in April to Church Street in the Old Edwards Inn complex and the other is on the Cashiers Road across from Highlands Falls Country Club. Lynn Kimball can be reached at 828-526-4101 or by email at Lynn@MeadowsMtnRealty.com.

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Fats, good; carbs, not so good

By Ken Bonsteel

In my last column, you heard there is no such thing as ‘bad’ cholesterol; cholesterol and fats are good for you. Here are two references to support that statement:

‘The cholesterol hypothesis links cholesterol intake and blood levels to cardiovascular disease. It has had enormous impact on health care and society during decades, but has little or no scientific backing that is relevant for the human species. Apparently, the hypothesis is false and should be buried.’ — Scandinavian Cardiovascular Journal, 2011 December; 45(6):322-3

In 2010, the American Journal of Clinical Nutrition published an exhaustive meta-analysis including 347,747 people in various studies over 5 to 23 years, and you know what they said? ‘There is no significant evidence for concluding that dietary saturated fat is associated with increased risk of coronary heart disease or coronary vascular disease.’ Read the abstract on the National Institutes of Health website at http://www.ncbi.nlm.nih.gov/pubmed/20071648

Throw away your Lipitor, or other statin drugs, because they are killing you. Eat some honest fats from real foods, but avoid industrial, polyunsaturated cooking oils like the plague. Get rid of margarine and Crisco, and don’t eat restaurant fried food; if you fry foods at home, don’t use any vegetable oil except coconut oil, or fry with pure lard from pigs, like your grandparents did. Have a nice, juicy red meat steak from grass-fed beef (not from industrial feedlots). Go ahead, it’s good for you. You and your doctor have been hoaxed.

How could medical science have
... HEALTH MATTERS continued from page 10

gotten so far off on the wrong track for so long? This whole idea started off wrong. The original research about saturated fat, cholesterol, and heart disease was done on rabbits! Rabbits were fed a high-fat, high-cholesterol diet. Rabbits naturally do not eat fat or cholesterol. No wonder they got sick. But we are not rabbits.

It stands to reason that each creature on the planet is adapted to a particular diet, and the diet for which it is adapted must create health for that creature. Humans evolved eating meat, from the time the first hominid stood on two legs more than two million years ago. Besides killing animals and catching fish for food, we dug up roots and tubers, gathered succulent leaves and shoots, ate delicious fruits, and cracked open various nuts. We have plenty of evidence from archaeology, paleontology, and anthropology to show this. We also know what upright-walking human ancestors did NOT eat for more than 99% of our evolutionary development. We didn’t eat grains, beans, or dairy products, which only came with the beginning of agriculture 10,000 years ago. That’s very recent, even in terms of just the modern human species. We certainly ate nothing that came out of a box — no industrial, mass-produced, processed, refined, foodless food; nothing but whole food in its natural state.

As it turns out, research is showing that many, if not most, of our modern degenerative diseases are linked to easily digestible carbohydrates, especially sugar and concentrated sweets, breads, and other grain products. Easily digestible carbohydrates spike our blood sugar, leading to disruption of the hormonal system and inflammation. But more than that, grains and beans contain lectins and phytins, substances which bind our gut, prevent absorption of nutrients, and may even leak into the bloodstream where these large, foreign protein molecules elicit an immune response, and even more inflammation. Remember, we said that without inflammation of the artery wall, no kind of cholesterol will clog your arteries.

... LETTERS continued from page 5

turn their tragic loss into an opportunity to exemplify what is best in humanity, showing an inordinate degree of compassion and understanding for the killer and his family.

This is apparently frightening and unsettling to this columnist because this composed behavior doesn’t fit the narrow-minded views, or the culturally entrenched stereotypes that are pronounced in this column. Instead, this columnist has responded to this tragedy by promulgating a spiteful divisiveness, and has chosen to use it as a vehicle to spread hateful and vitriolic bigotry, under the guise of low-browed humor, replete with every demeaning racial slur and derogatory remark that a feeble mind is able to conjure up. These prejudicial sentiments are rarely harmless or benign, and often manifest with tragic results as has been shown in the Martin case along with a litany of other disturbing cases in our history as a nation. Sadly, the prerequisites to sentiments and prejudices of this nature are fear, insecurity, and ignorance, and this columnist has vividly revealed all of these apparent afflictions. Prophetically, Mr. Wooldridge’s self-absorbed muses are all about himself, and say nothing about the Martin family, or their murdered son and this case.

Our children should not be stigmatized by, but rather protected from the poison that this form of hate mongering rhetoric engenders. As has been the systemic and institutionalized acceptance of these destructive sentiments over a large portion of our history, so now should be the systematic confrontation and intolerance of these insidious sentiments, and the accompanying hate speech that go with them, whenever and whenever attempts are made to implant such vitriol into our conscience, even if disguised as humor.

Thankfully, this columnist is only a rhetorically bigoted and self-proclaimed humorist that is rarely funny, and no longer an officer of the law that is charged with enforcing fair and equal treatment under the law for all Americans. This warped sense of humor is telling, and a window into an apparently depraved mindset that would be incapable of discharging such duties without bias and prejudice. The world will be a much better place when this kind of hateful rhetorical garbage dies out, along with the antiquated tiresome old white supremacists that espouse it.

As a charitable gesture, Mr. Wooldridge should be thanked for serving up this opportunity to confront the destrucive sentiments that underlie such sordid and base attempts at humor, and that are benefit by strictly avoiding concentrated sugars and anything made from grains, beans, or milk. This diet has come to be called the ‘Paleo diet’ because it resembles the diet of our Paleolithic ancestors, before the advent of agriculture in the Neolithic period. It is also a diet that results in automatic regulation of healthy weight.

• Kim Bonsteel, LAc owns Center for Acupuncture & Healing Arts in Highlands.

Lordy, Lordy, Christy’s 40!

Sorry we’re late; we missed the date. But never fear there’s always next year. And when it comes she’ll be 41!

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June 14 marks day of Highlands School Scholarship Golf Tournament

Wildcat Cliff Country Club will host the annual Scholarship Golf Classic. The Town of Highlands Scholarship fund began in 1975 through the generosity of a local businessman named Jack Taylor. His gift of $5,000 was the initial funding for this scholarship program enabled by special legislation in the NC General Assembly making Highlands unique in the state with the ability to administer such a fund for the benefit of Highlands School graduates who are committed to higher education through college, university or vocational training.

In succeeding years Jack Brockway along with other prominent concerned citizens have become increasingly involved in the development and promotion of the Town of Highlands Scholarship Endowment Fund which at the time exceeds $780,000. Through the ensuing years, various Clubs including Highlands Falls, Cullasaja, and now Wildcat Cliffs, have graciously provided each of their unique golf course and clubhouse facilities for the purpose of creating an annual one day “fund drive golf tournament.” The historical generosity has been essential in building and sustaining the endowment fund with the ultimate goal of providing financial and moral support to our young high school graduates.

Event Co-Chair, Brian Stiehler said, “We are excited to continue this important tradition. Wildcat Cliffs management and staff have gone above and beyond to make this a successful event on all levels. We are grateful for the membership and staff of WCCC.”

The event kicks off at 7:30am with breakfast and use of the driving range and practice green. A 9am shotgun start is followed by cocktails, lunch and awards ceremony. The cost for the event is $150 per player. For sponsorship information or to sign up, please contact event co-chairs, Brian Stiehler (787-2778) or Rebecca Shuler (526-2118).

Spring has sprung and the Mountain Garden Club is getting its garden ready

It’s time to be thinking about your garden. If you have an established area, you probably already know what needs to be done. However, if you are starting a new garden or rearranging a current one, these few hints may be of help.

1. Make a diagram of the area or areas involved.
2. Decide whether you want sun-loving plants, shade-prefering ones, or a combination of both.
3. Do you want a particular color scheme or a varied mixture?
4. What about annuals or perennials, any plants to be used as cut flowers?
5. Do you plan any garden art, bird bath, water feature, etc?
6. Be sure to mark off pathways to make it easier to care for your plants…deadheading, fertilizing, etc.

Your local nursery folks will be a great help with choosing plants, choice of fertilizer, and much general information.

So, now you are ready to get started: Mark your areas, till and prepare the soil. Again your nursery crew will advise you. Know where you can find the plants you want to use, but don’t plant until May 1st; the suggested date for our area. Check with your nurseryman regarding your particular plants.

Also, don’t forget to visit the Mountain Garden Club annual plant sale at the Highlands Town Ball Field 9-12 noon Saturday, May 26th – Rain date Sunday, May 27th 9-12 noon. The plants are healthy and lush and proven to grow in our climate. Talk to MGC members about your plant selections and get some free advice.

Now, get out those rakes and hoses and go to work. Gardening isn’t for sissies, you know!

-Emily Compost

Highlands Area Upcoming Events

- Registration is now open for the 2012 summer nature day camps at the Highlands Nature Center. Five different camps are offered: “WOW! – a World of Wonder” (ages 4-6), “Amazing Animals” (ages 7-10), “NatureWorks” (ages 8-11), “Mountain Explorers” (ages 10-13), and “Junior Ecologists” (ages 11-14). Most camps are offered more than once during the summer. Sessions run from Tuesday to Friday each week. For complete schedules, costs, and other information, please call 828-526-2623 or visit www.wcu.edu/hbs.

- Daily
  - CORE classes at Mountain Fitness on Carolina Way. Tues., Thurs., Sat., 9:30; Mon., Wed., Thurs., 5:15. $10 per class or ask about specials. Call 526-9083. (st. 6/9)
  - 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 $40 a month.
  - Zumba at the Rec Park. 9:05a-10a. $5 per class. First class free. Call Mary Barbour for Franklin schedule: 828-342-2498.

- Mondays
  - All meetings of the Mountain View Group of Alcoholics Anonymous will be held in the Faith and Fellowship Center of First Presbyterian Church. Enter via the entrance on 5th St. and proceed a few steps down to the library.

- Tuesdays
  - Highlands Rotary Club meets at noon at the Highlands Nature Center.
  - Closed AA Women’s meeting, 5:30 p.m. 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.
  - Al-Anon meeting, noon at the Episcopal Church on Main and Fifth streets.
  - The Highlands Writers Group meets at 1 p.m. at the Hudson Library on Thursdays. Free writing exercises. Bring a seven-minute writing piece to read. Newcomers are welcome. Call Anne Doggett at 526 8009.
  - Free Dinner at the Cashiers Community Center from 5-7 p.m. Mostly organic, healthy food. Donations accepted. Call 743-5706 for more information. Volunteers needed!

- Saturdays
  - The Art Room, 45 East Main St. in Franklin is having free Make & Take Classes from 10am to 12:30. Come make a Card…Ages 15 and up please! For More Information call Diane 828-349-3777 or Robin 828-421-9891.

- 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.

- Through June 17
  - At The Bascom. Chicks It’s All Gone to the Birds, Bunzl Gallery. The gallery will be filled with a plethora of art works that portray an avian theme. Despite the focus on a single theme, the exhibition offers rich variety. Artists pursue the topic through a range of approaches and media. This exhibition, devoted to our feathered friends, provides a broad look into the world of contemporary and traditional art, letting divergent approaches take wing. From the traditional to the way out and wacky, visitors will experience a flight of fancy. Presented in partnership with the Highlands Biological Station and the Highlands Audubon Society.
Highlands Area Upcoming Events

Thursday, April 19
• Taize at Our Lady of the Mountains Catholic Church at 5:30 p.m.
• The Nantahala Hiking Club will take a 4-5 mile easy-to-moderate hike to Rough Run and High Falls on a mostly level trail with many wildflowers and some scrambling over rocks near High Falls. Meet at the Cashiers ball park parking lot near the post office at 10 a.m. Drive 17 miles round trip. Bring water and lunch. Call leader Carl Blozan, 743-1765, for reservations. Visitors are welcome but no pets please.

Friday, April 20
• The Highlands-Cashiers Land Trust eco-tour of the Kelsey Trail 10 a.m. to 1:30 p.m. with botanist Dr. Gary Wein and herpetologist Kyle Pursel. New HCLT friends can join for $35 which includes the lunch and membership. For HCLT members, it's $5. Reservations are required and can be made by calling (828) 526-1111 or emailing Julie. hitstrust@earthlink.net.
• The High Mountain Squares will dance this Friday night at the Macon County Community Building from 6:30 to 9 PM. Marty Northrup from Columbus, NC will be the caller. We dance Western Style Square Dancing, main/stream and plus levels. There will be a Plus Workshop from 6:30 to 7 PM. Everyone is welcome. For information call 828-349-0905, 828-524-4930, 524-2250.
• Special Olympics “Far West Regional Games” on Friday at Macon Middle School Track (Rain date – April 27). Athletes from Macon, Clay, Cherokee, Graham and Qualla Boundary will be competing in Track and Field Events for gold, silver and bronze medals. Opening ceremonies will be at 10:15 am. There will be a parade of athletes and Macon County Law Enforcement will bring the Flame of Hope to the stadium in a Torch Run that will begin at Big Bear Park. Many local dignitaries will be on hand to cheer the athletes to victory! For more information please call Jennifer Garrett at 828-349-2454.

Sat., April 21
• The Highlands Chamber of Commerce and Visitors Center and The Jackson-Macon Conservation Alliance are teaming up for the Spring Gorge Cleanup on Saturday at 8 am. Volunteers are greatly needed and appreciated. Breakfast will be served from 8-8:30am, then the clean-up will begin. After the Clean-Up is complete lunch will be served. Volunteers will be given a T-shirt for participation. For more info, contact the Highlands Chamber of Commerce and Visitors Center at 526-2112.
• The Highlands Plateau Greenway will have its monthly work trip this Saturday. Anyone interested in participating, please register with Ran Shaffner by leaving a message at 828-526-5622 or emailing highlandsgreenway@ncvt.com. We will meet at the large upper parking lot (near the pool entrance) behind the Rec Park at 9 AM for a brief orientation session. We’ll be completing the Ilges Trail, which connects the Greenway over Lindenwood Lake dam with Big Bear Pen Road. We’ll be installing two sets of stone steps. Participants will be furnished the necessary tools and safety equipment. Participants should bring water, rain gear, and a day pack to hold them. Wearing clothes that can get dirty is advised.
• The Nantahala Hiking Club will take 5.5-mile moderate-to-strenuous hike in Panther Town to School House, Granny Burrell, and Wilderness Falls and over Little Green Mtn. for great views of the valley below. Meet at the Cashiers ballpark parking lot near the Cashiers Post Office at 10 am. Bring water and lunch. Drive 16 miles round trip. Call leaders Mike and Susan Kettles, 743-1079, for reservations. Visitors are welcome but no pets please.

Monday, April 23
• The Hudson Library will be participating in World Book Night at Sweet Treats Deli on the corner of Main and 4th Streets and the Ugly Dog Pub, further up the hill on 4th Street. Volunteers will be at these locations from 5:30 – 6:30 p.m. to give away books that have enjoyed critical and popular acclaim over the last few years. World Book Night is dedicated to the promotion of literacy and the celebration, sharing and enjoyment of reading amongst teenagers and adults.

Collective Spirits Wine and Food Festival 2012 at The Bascom

Collective Spirits, the largest annual fundraiser for The Bascom, A Center for the Visual Arts in Highlands, North Carolina, is pleased to announce the new weekend itinerary that includes a new dance party and series of exclusive in-home dinners. Atlantans Jack Sawyer and Dr. William E. Torres, co-chairs for the 2012 spring benefit, have been busy confirming details for the upcoming May events. The three-day-long festival (May 17 through 19th) will culminate in a live auction and gala dinner at The Bascom.

On Thursday evening, May 17th, six gracious Highlands/Cashiers hosts will welcome Collective Spirits Benefactors in their homes for winemaker dinners. Pairings include: Chef Aaron Burgau of Patois in New Orleans, LA alongside Anomaly Vineyards and Hook & Ladder Winery; Chefs Gerry Klasaka of Ara in Atlanta, GA and Gary Mennie of High Cotton in Greenville, SC alongside Dick Grace of Grace Family Vineyards; Chef Nico Romo of Fish in Charleston, SC alongside Gabrielle Collection Wines and Solena Estate Winery; Chef Mike Lata of FIG in Charleston, SC alongside Ramey Wine Cellars; Chef Scott Crawford of Herons at The Umstead in Cary, NC alongside Schug Carneros Estate Winery and Chef Joshua Hopkins of the newly opened STG in Atlanta, GA will be paired with Fisher Family Vineyards, Zacherle Wines and David Arthur Vineyards.

On Friday evening, May 18th, guests will enjoy a mountain casual walk-around Wine Tasting & Market from 5pm to 7pm. Then, at 7pm, the Sensational Sounds of Motown will take center stage on the Terrace at The Bascom for a night of dancing with a buffet supper.

On Saturday evening, May 19th, guests will gather on the Terrace at The Bascom once again for the Grand Gala Benefit Dinner and Auction at 6:30pm. The Auction will feature approximately 20 lots. Highlights include rare and special French and American wines; a trip for up to seven to San Miguel de Allende, Mexico with accommodations, airfare and a guide for a day; a wine and art trip for four to France and the Champagne region; and a cocktail party for 20 on the Bridge at The Bascom with a 9L bottle of Veuve Clicquot Champagne to kick things off in style. More information on all auction lots is available at TheBascom.org/collectivespirits.

During Collective Spirits 2012, The Bascom will showcase a number of exhibitions including Chicks: It’s All Gone to the Birds – a plethora of art works that portray an avian theme; Youth Art K-12 – in recognition of the creative spirit in children and youth throughout the plateau; Green Art – celebrating the 50th anniversary of the Studio Glass Movement, Tracy Kirchmann shares her forward-thinking artistic vision and the thoughtful craftsmanship she uses to create functional objects in glass; and Alex Matisse Ceramics – this installation of large ceramic vessels will be the signature outdoor exhibition on The Bascom campus in 2012.

Collective Spirits raises essential operating funds to maintain quality exhibitions, enrichment activities and studio art instruction for learners of all ages. For additional information about receiving an invitation to become a Benefactor or to attend Collective Spirits, please visit TheBascom.org/collectivespirits or call 828.787.2896.

Wilmington Trust is the Platinum Sponsor of the 2012 Collective Spirits Wine and Food Festival. Support is provided by Delta Air Lines; Old Edwards Inn and Spa; The Laurel Magazine; Franklin Ford and Moss Robertson Cadillac; J.T. Turner Construction; and Sysco.

An art center, destination and 501(c)3 charity, The Bascom serves audiences in Western North Carolina and beyond, providing a dynamic experience that inspires and attracts residents and visitors through interaction with all forms of visual arts. The Bascom is located at 323 Franklin Road, Highlands, NC 28741. Phone (828) 526-4949.

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• See EVENTS page 14
Area Events

Tuesday, April 24
• Highlands Dialogue, 10-11:30 a.m. at The Hudson Library. Season Wrap-up and Social Gathering. For more info, contact John Gaston johngaston@aol.com or Karen Hawk hwknrcw@earthlink.net.

Wednesday, April 25
• All libraries in the Fontana Regional Library system will be closed for Annual In-Service Training on Wednesday.

Thursday, April 26
• The Highlands School Sophomore Class is sponsoring a steak dinner in the cafeteria from 4:30-6:30 p.m. $10/dinner. Carry-out available. Tickets for dinner sold in advance in the school office or by Sophomores through Tuesday, April 24.

• Cypress Restaurant is participating in the “Dining Out for Life®” (DOFL) AIDS fundraiser and will donate 20% of its daily sales to the cause.

Saturday, April 28
• The Highlands Police Department and the Drug Enforcement Administration (DEA) will give the public another opportunity to prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs. From 10 a.m. to 2 p.m., take your medications for disposal to Highlands Pharmacy and Main Street Pharmacy at 460 Main Street and 225 Main Street in Highlands, N.C. The service is free and anonymous, no questions asked.

... LETTERS continued from page 11

So cleverly crafted as an art of subtle persuasion and influence. The appropriately entitled piece, “Once Upon A Time,” is better suited for the tired old relics that would be inclined to read The KKK Gazette, or The Skinheads Review, that is the ones that could read, rather than the readers of Highlands’ Newspaper.

Words on a page can be powerful and effective tools. They can be used to make one laugh or make one cry. They can be used to promote harmony and understanding, or they can be used to stoke racial tensions and appeal to the lowest common denominator. They can be used to enhance peace and good will in the world, or they can be used divisively as weapons to denigrate others and bring harm and misunderstanding. Regrettably, this columnist has too often chosen to take the low road by using racially bigoted slurs against minority groups that he apparently fears and feels inferior to for whatever reason, as he has once again demonstrated in his most recent column labeled as humor.

If a person considers themselves a humorist and wishes to be funny, then they should choose their words and topics more carefully, and not take such cheap shots making light of a senseless tragedy that has taken a young innocent life, ruined the lives of others at the taxpayers expense, and that has impacted forever the lives of at least two grieving families.

How is that for being “over the top?”

Charlie Dasher
Highlands

Wake up and VOTE!

Dear Editor,

Recently there were two local letters to the editor by Shirley Ches and Marge Abel which expressed the exact issues that many women in Macon County are very concerned about. I couldn’t have proclaimed the issues any better. Thanks to these intelligent, caring individuals.

There is a very important primary election coming up on May 8 in Macon County, with early voting April 19th through May 5th. I urge all women and their caring menfolk of Macon County to become aware of the issues and turn out to vote.

Bobby Kuppers needs to be returned to his seat, period! His opponent, Rick Snyder, is an unknown with no legislative experience. Heath Shuler’s seat is up for grabs. One of those voting for that position is Hayden Rodgers, a true one of Shuler. Do we need more votes geared toward the Republican agenda? Cecil Bothwell, also running for that seat, is a true progressive and would certainly serve Western NC wisely, taking into account what is truly best for his constituents.

Also on this ballot is an amendment on the issue of marriage, making it only legal for a man and woman in North Carolina to be married. No town, county, state or the country should stand in the way of the civil rights of any consensual union between any couple. Vote NO to this ban!

Hurray for the states who are forward thinking enough that this is not an issue.

There is a great statement that has gone viral on the internet which sums this election year up. “Women bring all politicians into this world. In 2012 women can also take them out.” Step up and be counted this election year. You must not sit home and think that other people will take care of the issues.

Joan Palmoos
Otto, NC

Sad attempt at ridicule

Dear Editor,

I found nothing to laugh at in Mr. Wooldridge’s sad attempt to ridicule our President in the April 12 edition, at the expense of a young life taken and the possibility that an innocent man may spend the rest of his life in prison.

Mr. Swanson’s comments concerning the President were more appropriate giving that he clearly wrote under the heading “Conservative POVs.” Although I was confused that he would talk about President Obama “knee deep in a hole and still digging” immediately after reminding us of the theological foundation of our Christian faith “… that Christ was resurrected after paying the price for our sins.” Was there a metaphor in there that I missed?

Kenneth Privat
Sapphire, NC

### CLE presents workshops for the artist in each of us

By Betty S. Banks

The Center for Life Enrichment (CLE) will begin the month of May with a focus on the artist in each of us by presenting three hands-on workshops: creating a concrete garden trough, beginning drawing and watercolor. We all wonder at times if we have any creativity or talent at all and have either been afraid to find out or haven’t had the time to explore this part of our being. Now is the time to learn and have fun.

**GARDEN WHIMSY: Making a French Concrete Garden Trough — Tuesday and Thursday, May 8 and 10, 10-2 (bring a bag lunch) at a Private Home (directions will be given); Fee: Members $120, non-members $135 (includes supplies)**

These garden troughs can be simple or fancy and can be filled with your favorite flower or depict a whimsical miniature landscape. Instructor Mary Guy Gunn will guide you in the process of building a trough for your garden.

**BEGINNING DRAWING. Tuesdays and Thursdays, May 15, 17, 22, 24, 29, 31; 10 a.m. to noon at the Highlands Civic Center. Fees: Members $85 and non-members $95**

The good news is that everyone can be taught how to draw. Drawing is a learned skill and that skill simply needs to be awakened. Sketching what matters to you, at home, abroad, or where ever you are gives you the power to claim what you see and make it your own.

Instructor Freddie Flynt can be seen around Highlands with her sketchbook and pencil, or on the Queen Mary 2 helping travelers capture images to remind them of their adventures. She knows how to unlock the pleasure of drawing in others. She will show you all about the basics of line, shading, contour, form and perspective, none of which are as mysterious or daunting as they sound.

**PAINTING SPRING WILDFLOWERS IN WATERCOLOR. Tuesdays and Thursdays, May 15, 17, 22, 24, 29, 31; 1-3 p.m. at the Highlands Civic Center.**

PLACE: Highlands Civic Center (Recreation Park) Members $120; non members $135

With Spring ushering in the wildflower season on the Highlands plateau, what better time to bring out paint and brushes to capture these lovely blooms on paper. These classes are being taught by Fayne Ansley, a renowned Atlanta artist who has been teaching Botanical Watercolor painting for years. Each participant will receive a bouquet of freshly cut flowers to study and recreate the image onto paper.

To register call 828-526-8811 or email dehighlands@yahoo.com or visit the website at www.dehighlands.com or visit us in person at the Peggy Crosby Center on S. 5th St.
hands of corporations and out of the hands of the people,” said Avram Friedman of the Canary Coalition, a supporter of MoveToAmend.

The board voted 3-2 to sign the resolution, Commissioners John Dotson and Eric Pierson voted no. Commissioner Dotson said personally he believed in the movement, but didn’t feel it was in the purview of the Town Board. “As Town Board members we are not empowered in matters of this magnitude to speak for our citizenry.”

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**FORUM continued from page 1**

Left: Incumbents Bobby Kuppers, District 3(D), Kevin Corbin, District 2(R), and Jim Tate, District 1(R);
Below: Vic Drummond, District 2 (R) and Rick Snyder, District 3(D).

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Rick Synder (R) District 3:

- The county needs to explore every opportunity to make Macon County small-business friendly. Low interest loans to attract businesses as long as there is a guarantee that local people will be hired. Small business is the backbone of the economy. We need to do everything possible to attract small business, not big-boxes that don’t need incentives nor do they pay a livable wage.

Vic Drummond (R) District 2:

- The commission can’t really bring jobs to an area, but it can promote policies that attract businesses. This can be done with low tax rates, making sure there are good schools, housing, and community colleges available. That’s what attracts businesses to an area. I am not in favor of tax incentives to lure businesses. We need to be realistic. There are limited opportunities for small businesses in Macon County. We need the infrastructure – internet services for computer developers, trained people for higher salary jobs. I also wonder if we have too many Economic Development groups. Perhaps we need to centralize them and foster cooperation between the groups.

Jim Tate (R) District 1:

- We can’t pay out of pocket to attract businesses but we can promote Macon County and work hard to hold on to the businesses we have. We need to make the county ready-made – make sure our educational facilities are ready, our hospital is ready – both top-notch to outweigh surrounding areas. Then promote and be ready while holding on to the key jobs we have while keeping taxes as low as possible.

Kevin Corbin (R) District 2:

- The economy is the big question. We were hit hard because our economy is based on tourism and the second-home construction business. Government should stay out of the way. We don’t need more regulations. As a commission we should assist any way we can. Economic Development is a priority – that’s the economy, business growth and jobs. Keep infrastructure strong – schools top-notch and low maintenance. Low taxes. Our budget is 15% lower than it was in 2007-08. Keep rates same or lower. Small businesses creates business, government doesn’t create business.

Bobby Kuppers (D) District 3:

- There are three stages to Economic Development: Keep what we have through networking, infrastructure, and continue to be an entrepreneurial friendly community; workforce training. SCC in Franklin, that investment will keep us alive. We need to stay in front by making investments now which will pay off later; pay attention to infrastructure - schools, airport, recreation. We may not get big businesses here, but we can get small ones by making us user-friendly.

Answers to question 2 will be in the April 26 issue.

- Some see land use planning as good, some say it hampers business – it’s a balance between short-term profits and long-term benefits. Specifically, what needs to be done in reference to planning and development in the near future?

-Kim Lewicki
### Places to Worship

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<tr>
<th>Church Name</th>
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<th>Pastor/Contact Info</th>
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<tbody>
<tr>
<td><strong>Blue Valley Baptist Church</strong>&lt;br&gt;Rev. Oliver Rice, Pastor (706) 782-3965&lt;br&gt;Sundays: School – 10 a.m., Worship – 11&lt;br&gt;Sunday night services every 2nd &amp; 4th Sunday at 7&lt;br&gt;Wednesdays: Mid-week prayer meeting – 7 p.m.</td>
<td>670 N. Fourth Street (next to the Highlands Civic Center)</td>
<td>Pastor Dan Robinson&lt;br&gt;670 N. Fourth Street (next to the Highlands Civic Center)</td>
</tr>
</tbody>
</table>
| **Buck Creek Baptist Church**<br>Sundays: School – 10 a.m.; Worship – 11 | 670 N. Fourth Street (next to the Highlands Civic Center) | Pastor Paul Christy 526-3376<br>Sun: School 9:45 a.; Worship10:50 a.; Youth Group 5:30 p. |}

**Holy Eucharist Rite II Service**<br>Held at 10:30 am.<br>Thurs.: Women’s Prayer Group – 10 a.m., Whiteside Presbyterian Church; Healing Service at noon.<br>

**Christ Anglican Church**<br>Rector: Jim Murphy, 252-671-4011<br>Worship at the facilities of Whiteside Presbyterian Church, Cashiers.<br>Sun.: Holy Communion - 9 a.m.; Adult Forum - 10:45 at Buck’s Coffee Cafe, Cashiers.<br>Mon.: Bible Study & Supper at homes - 6 p.m.<br>Wed.: Men’s Bible Study - 8:30 a.m., First Baptist Church.<br>Thurs.: Women’s Prayer Group - 10 a.m., Whiteside Presbyterian Church; Healing Service at noon.<br>

**Clear Creek Baptist Church**<br>Pastor Jim Kinard<br>Sundays: School – 10 a.m.; Worship – 11<br>Wednesdays -- 7 p.m.<br>

**Community Bible Church**<br>www.cbchighlands.com • 526-4685<br>3645 Cashiers Rd, Highlands, NC<br>Senior Pastor Gary Hewins<br>Sun.: 9:30 am: Adult Sunday School<br>10:30 am: Middle School; 10:45 am: Children’s Program., Worship Service. 12:30 pm StudentArts Group, 5 p.m. HS<br>Wed.: 6pm: CBC University Program<br>

**Episcopal Church of the Incarnation**<br>526-2968 • Reverend Bruce Walker<br>Sunday: Education for children & adults and choir rehearsal beginning at 9:00 am. Holy Eucharist Rite II Service held at 10:30 am in the Main Nave of the Church.<br>Monday: 4 p.m. Women’s Cursillo Group<br>Tuesday: 8 a.m. Men’s Cursillo Group; Bible Study 10:30 a.m.<br>Reverend Howard L’Enfant<br>Thursday: 10 a.m. Holy Eucharist (Chapel)<br>

**First Baptist Church**<br>Dr. Charles Harris, Pastor • 526-4153<br>Sun.: Worship 10:45 a.m.; School – 9:30 a.m.; Evening Worship 6:30<br>Wed.: Men’s Bible Study 8:30 a.m., Prayer Meeting – 6:15 p.m., Choir – 7:15-8:15 p.m.<br>

**First Presbyterian Church**<br>Dr. Lee Bowman, Pastor<br>Dr. Don Muller, Parish Associate 526-3175<br>Sun.: Worship – 11 a.m.; Sun. School – 9:30<br>Mondays: 8 a.m. – Men’s Prayer Group & Breakfast<br>Wednesdays – Choir – 7<br>

**Goldmine Baptist Church**<br>(Off Franklin/Highlands Rd)<br>Rev. Carson Gibson<br>Sunday School – 10 am, Worship Service – 11 am<br>Bible Study – 6 pm<br>

**Highlands Assembly of God**

**Holy Family Lutheran Church – ELCA**<br>Chaplain Margaret Howell<br>2152 Dillard Road – 526-9741<br>Sundays: Sunday School and Adult discussion group 9:30 a.m.; Worship/Communion – 10:30<br>

**Macedonia Baptist Church**<br>8 miles south of Highlands on N.C. 28 S in Satolah<br>Pastor Roy Lowe, (828) 526-8425<br>Sundays: School – 10 a.m.; Worship – 11<br>Choir – 6 p.m.<br>Wed: Bible Study and Youth Mtg. – 7 p.m.<br>

**Mountain Bible Church**<br>Pastor: Clayton Lopez • 828-743-9704<br>Independent Bible Church<br>Sundays: 10:30 a.m. at Big Ridge Baptist Church, 4224 Big Ridge Road (4.5 miles from NC 107)<br>Wed: Bible Study 6:30 p.m.; Youth Group 6 p.m.<br>

**Our Lady of the Mountains Catholic Church**<br>Rev. Dean Cesa, pastor – Parish office: 526-2418<br>Mass: – Sun: 11 a.m.; Thurs & Fri.: 9 a.<br>

**Scaly Mountain Baptist Church**<br>Rev. Clifford Willis<br>Sundays: School – 10 a.m.; Worship – 11 a.m. & 7<br>Wednesdays: Prayer Mtg. – 7 p.m.<br>

**Scaly Mountain Church of God**<br>290 Buck Knob Road; Pastor Alfred Sizemore • 526-3212<br>Sundays: School – 10 a.m.; Worship – 10:45 a.m.; Worship – 6 p.m.<br>Wed: Adult Bible Study & Youth – 7 p.m.<br>

**Shortoff Baptist Church**<br>Pastor Rev. Andy Cloer.<br>Sundays: School – 10 a.m.; Worship – 11<br>Wednesdays: Prayer & Bible Study – 7<br>

**Unitarian Universalist Fellowship**<br>85 Sierra Drive • 828-524-6777<br>Sunday Worship - 11 a.m.<br>Child Care - 10:30 a.m. - 12:30 p.m.<br>Religious Education - 11 a.m. - 12:15 p.m.<br>Youth 8th - 12th grades meet the 2nd Sundays 5 - 7:30 p.m<br>

**Whiteside Presbyterian Church**<br>Cashiers, Rev. Sam Forrester, 743-2122<br>Sundays: School – 10 a.m.; Worship – 11<br>

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**W**e have just celebrated the Easter Season with a focus on “Christ’s Resurrection.” As a continuation of that celebration I would like to share this devotional with the Highlands community. The Apostle Paul says through Christ, Christians are not only conquerors, but we are “more than conquerors!”

My scriptural text is Romans 8:32-39. In my text the Apostle Paul shares an encouraging and uplifting message for us Christians. Primarily, he focuses on two subjects. He shares a promise and he provides an assurance. We all know that “promises” are often empty, especially if they do not have “assurances” attached with them. Unfortunately, some promises are made and with little or no intention of being kept. Fortunately for us, Paul not only shares a promise, he attaches an assurance with it.

First, Paul shares a tremendous promise with us that life-changing for the Christian. Paul says that God is in charge of our world and our lives if we are surrendered to his will. He continues by saying that God can somehow bring good out of all of life’s experiences...positive or negative... good or bad. Finally, Paul adds that God requires our participation and cooperation in this process. Then he declares that two conditions must be met if God is able to use all of life’s experiences for our good. The two conditions are: We must love God without reservation...i.e., with our total being and we must live in the center of God’s will.

In verses 29-30...Paul shares five important truths for Christians: that God “foreknew” us; that God “predestined” us to be made in the image of Christ; that God “called” us; that God “justified” us; and that God “glorified” us. The glorification is a future event, but Paul writes as if it has already occurred.

Not only does the Apostle Paul give us a tremendous promise, he gives us a marvelous assurance. In verses 31-35...Paul continues by saying “Nothing can separate us from God’s love” through Jesus Christ. Then he shares a powerful assurance statement “If God is for us who can be against us?” Then he reinforces the assuring statement “Since God did not spare His son, but allowed him to die on the cross for us...we can have the assurance that God will meet every need.” Paul then shares a “creedal statement” by stating that Christ died for us; rose from the grave; and is presently at the right hand of God interceding for us!”

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**Spirituely Speaking**

**Pastor Charles Harris**

First Baptist Church of Highlands

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**See SPIRITUALLY SPEAKING page 18**
Two advances in diagnostic services now available

A recent software update in the radiology department’s ultrasound equipment provides the means for a “heightened” cardiac stress test study called Stress Echocardiograms. The study involves a combination of ultrasound monitoring during a stress test, from the resting stage through immediately after an exercise session on a treadmill. The results indicate vital information about the heart’s anatomy such as arterial blockage, assessment of the pumping function of the heart, and status of heart valves.

“The whole purpose of the stress echo is to prevent heart attacks,” said Dr. Patti Wheeler, Family Medicine Physician at Mountain Medical Associates. “The test is such a valuable diagnostic tool for my patients with heart disease and/or risk factors. By utilizing ultrasound equipment during a stress test and studying the heart after peak exercise, the stress echo can detect potential life-threatening conditions and give indication of needed follow-up treatment such as bypass or stent placement surgery. Thankfully, because of the study, several of my patients’ heart conditions were identified and an acute cardiac event was prevented. It’s the standard of care in maintaining their viability.”

Stress Echocardiograms are ordered by a patient’s primary care provider once probable symptoms have risen.

HCH’s radiology department also announced excellent results of a March 15 state survey regarding radiation safety requirements. “Every two-three years the North Carolina Department of Health and Human Services Division of Health Service Regulation Radiation Protection Section surveys our Hospital, evaluating radiation exposures to both our patients and staff,” said Laura Ammons, Radiology Director. “To maintain our license our entire department must demonstrate specified radiation safety requirements and I’m proud to say this year, our staff was praised for their organization and rigorous attention to detail.”

The surveyors conducted a radiation safety inspection primarily in regards to the nuclear medicine services provided at HCH which has been in place since 2008. Nuclear medicine is an imaging process that provides information about body organ structure and function using very small amounts of radiation materials. When conducted properly the test safely obtains information that would otherwise be unavailable, requires surgery, or require more diagnostic tests.

“Alex Lane, Radiology Technologist, certified in Nuclear medicine, has done an amazing job managing our nuclear medicine services,” said Ammons. “We are all committed to maintaining the upmost standard in safety and providing our patients the best care possible.”

Highlands-Cashiers Hospital re-accredited for Digital Mammography Imaging

Digital Mammography imaging at Highlands-Cashiers Hospital has been awarded full, three year re-accreditation by the American College of Radiology (ACR), the designated accrediting organization for medical imaging by The Centers for Medicare and Medicaid Services (CMS).

The ACR headquartered in Reston, Va., awards accreditation to facilities for the achievement of high practice standards after a peer-review evaluation of the practice.

“Since installing the new Digital Mammography machine our radiology department had to complete the process again, to maintain our accreditation. We are delighted to have received such great survey results,” said Radiologist Dr. Stinnett.

Changing from film to the state-of-the-art digital mammography screenings meant the hospital’s radiology department was required to meet certain educational and training standards to earn ACR’s accreditation. Qualifications of personnel, policies and procedures, equipment specifications, and patient safety measures were included in the review to assure high quality standards.
SPIRITUALLY SPEAKING from page 16

Paul tells us that Jesus Christ is the only one “Holy and righteous enough” to judge us...yet He is actually “interceding for us”...i.e., Christ is pleading our case before the heavenly Father. If that were not sufficient, Paul then gives us an extended list of things that cannot separate us from Christ. Then just in case he has left something out, he adds “nor anything else in all creation” (Romans 8:35-39).

This means as committed Christians, we can live with the assurance that nothing, absolutely nothing, can come between us and Christ. Nothing can separate us from Christ if we love Christ totally and if we are living in the center of his will.

The well-known and popular gospel singer, George Beverly Shea, says that people often share songs that they have written with him in hopes that one day he will sing them. Heth is about attending the 1975 Praise Sing. A writer at the Praise Sing gave him a song entitled “God’s Grip Don’t Slip.” Mr. Shea responded to the song’s title by saying “This is poor grammar, but it is great theology!” Trapeze artists use a double wrist grip while performing. This “double grip” prevents slips and falls. This is a great image for the Christian...while we are holding on to God our grip may slip, but God’s grip on us never slips.

Paul concludes these verses with a memorable and powerful statement “We are more than conquerors in Christ!” (Romans 8:37-39). This means two things for the committed Christian: First, nothing can happen to us unless it is by God’s design or by God’s permission. In Genesis 37-41, Joseph’s brothers mistreated him by selling him into slavery. Regardless of where we are, regardless of our situation, health or financial conditions “Christians can be more than Conquerors through Christ!”

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**www.downtownclaytonga.org**

SAT. APRIL 28 - SUN. APRIL 29
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Main Street, Clayton
WWW.CELEBRATECLAYTON.ORG

SAT. APRIL 28, 8AM
Celebrate Clayton 5K Run
Starts onn Ramey Blvd.
WWW.PEARLSJWC.ORG

FIRST FRIDAY FESTS
May-October
6PM - 8 PM
Downtown Clayton
Shop Clayton/ Concert at Rock House Park

SAT. MAY 5
Annual Awakening of the Vines
Tiger Mountain Vineyard
WWW.TIGERWINE.COM

SAT. MAY 12 & SUN. MAY 13, 11:30AM - 4PM
Red Barn Cafe Opening
Tiger Mountain Vineyard
WWW.TIGERWINE.COM

SAT. MAY 19 - SUN. MAY 20
Warrior Dash
Blue Ridge Camp
Mountain City, GA
WWW.WARRIORDASH.COM

FRI. JUN 22 - SUN. JUN 24
Chattooga River Festival
WWW.CHATTOOGARIVERFESTIVAL.COM

SAT. JULY 21, 6PM-9PM

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**Highlands School Sports**

**Spring Sports on a roll**

By Ryan Potts

The Highlands High School Spring Sports of Soccer, Softball and Baseball all finished the week with two wins apiece in what has been a year of progress for the Highlanders rebuilding spring sports programs.

The baseball team finished the week 2-1, dropping a wild game to Tamassee-Salem 18-16 despite a 3 run blast from Isaac Beavers and the Highlanders’ best offensive output of the season. The Highlander bats stayed awake on Saturday, as Highlands was able to put 11 runs on the board in an 11-3 rout of Oconee Christian. Isaac Beavers pitched a complete game for Highlands, giving up just one earned run in 7 innings. Andrew Renfro scored 3 runs for Highlands, and Cody St. Germain drove home 3 runs to lead Highlands. On Tuesday, the Highlanders traveled to Rosman looking to improve upon an 18-0 defeat to the Tigers earlier in the season. There was certainly improvement shown, as the Highlanders built a 10-0 lead on the strength of 5 RBI’s from Kenan Lewis and dominant pitching by Davis Moore. The bottom of the 7th was a bit shaky, as Moore finally showed signs of fatigue and the Tigers were able to put together a rally. Beavers came on to close the door for Highlands and help hold on to a 10-7 victory. “We’re really starting to come together,” said Highlands Coach Jerry Moore, “I think our kids are starting to believe in themselves and it is showing up on the scoreboard.”

The Lady Highlander soccer team also finished the week at 2-1, beginning with a 9-7 victory over Tamassee-Salem on Thursday. Emily Murphy pitched 7 strong innings for the Lady Highlanders, striking out 9 batters. Emily Shuler knocked in 2 runs for the Lady Highlanders. Perhaps the most impressive effort from the Lady Highlanders came in a 12-6 loss to Swain County on Saturday. Swain entered the game ranked #2 in the state, but the Highlanders were able to take a slim 4-3 lead into the 7th inning. Unfortunately, a few errors led to a rally from Swain, who took a 12-4 lead into the bottom of the 7th. Highlands was able to start a rally, but it fell short, resulting in a 12-6 final. Tuesday, the Lady Highlanders traveled to Rosman where they were victorious in a 6-5 thriller against the Lady Tigers. Murphy again pitched 7 strong innings for Highlands. The three wins for the Lady Highlanders mark the most since the program rebooted back in 2008. Senior Juliane Buras was a freshman on that 2008 team, and as a senior she has been able to see the changes that have been made over the past few seasons. “This is definitely the most competitive we have been,” said Buras, “it is exciting to be able to win games...it’s definitely an awesome feeling.”

The Lady Highlander soccer team finished this week on a three game winning streak, taking games from Cherokee, Smoky Mountain and Swain. In a 5-1 victory against Cherokee, the Lady Highlanders received three goals from Kirstyn Lamb, one from Caroline Cristy and one from Emily Munger. On Saturday, the Lady Highlanders traveled to Smoky Mountain, where they dominated from the opening kickoff in what was a 3-0 victory. Sayne Feria-Cruz scored the first goal for Highlands, and Lamb added a goal just before halftime for a 2-0 lead. Munger capped off the scoring in the second half with a goal to finish the scoring. Ashlee Maitland and Ann-Marie Osteen combined in goal for the shutout of the Lady Mustangs. On Monday, the Lady Highlanders continued their strong play in a 6-0 shellacking of Swain County. Feria-Cruz scored 2 goals for Highlands, Lamb, Munger and Jenny Coram all added a single goal apiece for Highlands.
... HOSPITAL continued from page 17

in the new digital exams. “During the evaluation process, our department has to submit an extensive application, including credentials of our Radiologist, technologists and physicists,” said Radiology Director Laura Ammons. “We also submit samples of both dense and fatty breast tissue exams for review by the ACR’s reviewing radiologists. The reviewing radiologist evaluates the images for positioning, compression & exposure level to name a few,” she added.

ACR’s evaluation is conducted by physicians and medical physicists who are experts in the field. They assess the qualifications of the personnel and the adequacy of the facility equipment. The surveys report their findings to the ACR Committee on Accreditation, which subsequently provides the practice with a comprehensive report.

The ACR is a national organization serving more than 32,000 diagnostic and interventional radiologist, radiation oncologist, and nuclear medicine and medical physicists with programs focusing on the practice of medical imaging and radiation oncology and the delivery of comprehensive healthcare services.

“The accreditation demonstrates our commitment to quality patient care,” said Craig James, President and CEO. “We are proud of our staff for taking the necessary steps to achieve this certification.”

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 better serve you, as do our medical specialties now covering 14 areas of healthcare, specialties usually only found in much larger facilities. We continually update our range of diagnostic procedures by adding new state-of-the-art equipment.”

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

... WAYFINDING continued from page 1

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

April 11
• At 5:10 p.m., officers assisted another agency with committal papers.

April 12
• At 1 a.m., officers stood by at Highlands Pharmacy while a prescription was filled for a hospice patient.
• At 8:58 a.m., officers assisted Hwy Patrol with an 18-wheeler on the gorge road that forced a car over causing damage to the vehicle.
• At 1:43 p.m., officers assisted the driver of an 18-wheeler turn around before going down the Gorge Road.
• At 2:04 p.m., officers assisted another agency with a medical call at Kilwin’s.
• At 8:40 p.m., officers responded to a call from a resident on Raoul Road clinging unauthorized use of her vehicle by her daughter.
• At 11:30 p.m., officers responded to a noise complaint at the Highlands Smokehouse where the sound meter registered 80 decibels from across the street.

April 13
• At 4:34 p.m., officers responded to a possible breaking and entering at a residence on Vinca Lane. There was a forced entry but nothing was missing.
• At 8:06 p.m., the person who cleans a number of banks in the area reported bank keys missing, but they were found.
• At 8:30 p.m., officers responded to the call of an utility line down on Holt Circle.

April 14
• At 3:24 p.m., officers received a call from a resident on Vinca Lane who said a transient man had knocked on their door twice in two days asking for a ride into town. Extra patrols were assigned to the area.
• At 2:20 p.m., a couple consuming alcoholic beverages at a school ball game were told to throw the beverages away.

April 15
• At 12:30 p.m., officers responded to a domestic dispute at a residence on U.S. 64 west.
• At 5:05 p.m., officers responded to a mother/daughter dispute at a residence on Raoul Road.

April 18
• At 6:53 p.m., officers responded to a noise complaint due to construction noise at Spring and S. 8th Street.
• At 12:04 a.m., the drivers of a vehicle in the vicinity of SweeTreats on Spruce Lane were told to stay away from the property as per the owner’s request.
• During the week, police officers responded to five alarms and issued 6 citations.

Highlands F&R Dept. log entries from April 12.

April 12
• At 12:10 p.m., the dept. was first-responders to Main Street.
• At 1:59 p.m., the dept. was first-responders to Main Street.
• At 9:54 p.m., the dept. responded to an alarm at a residence on Mirror Lake Road set off by a closed fireplace damper.

April 13
• At 12:08 p.m., the dept. was first-responders to Edwards Circle Road. EMS transported to the hospital.
• At 7:25 p.m., the dept. responded to an alarm on Potter Lane caused by a closed fireplace damper.
• At 11:41 p.m., the dept. was first-responders to Main Street. EMS transported.

April 14
• At 1:47 p.m., the dept. was first-responders to Main Street where a lady fell and bumped her head.

April 16
• At 6:25 p.m., the dept. responded to an alarm on Club House Drive set off by a low battery at the pump station.

April 17
• At 8:51 p.m., a mutual aid call from Cashiers was cancelled en route.

April 18
• At 1:42 a.m., the dept. provided mutual aid to Cashiers on a structure fire on Yellow Mountain Road.

weddings and diamonds but not Highlands,” said Ran Shaffner of the design committee and who is spearheading the wayfinding project, the phrases “Elevation 4118,” “Established 1875,” or simply the name of the state following the word “Highlands” are all being considered.

Once both agencies and the STMS steering committee agree on all aspects of the Wayfinding project – branding and signage designs — the cost of constructing and erecting the signs will be determined.

Mayor David Wilkes, who is also a STMS member, suggested the wayfinding signs budget be presented to the Town Board for possible inclusion in the FY 2012-13 budget, which staff is working on now.

Other sources of funding could come from the Chamber of Commerce or the Tourism Development Commission.

Meanwhile, the two-year STMS stint ends June 30, 2012 and Sherry Adams, STMS facilitator wants the group to figure out where the project is going from here.

Participation has waned since the start but the group hopes it will pick up in May or June when second-home owners return and the three established committees – Economic Restructuring, Promotions and Design – begin functioning with their own agendas.

Sherry said in other towns, after the two-year facilitation, the STMS group transitions to a formal advisory group that reports to the Town Board quarterly.

At the Town Board retreat in March, commissioners appointed Town Planner David Clabo as the liaison to the board but didn’t discuss the town’s involvement or fiscal responsibility.

Highlands was the recipient of “free” STMS money when John Lupoli was awarded a $200,000 grant for his Town Square project which will include public restrooms.

– Kim Lewicki
HELP WANTED

CASHIER AND DELI POSITIONS available at Mountain Fresh in Highlands. Apply in person or call 828.526.2400. (4/19)

SALES ASSOCIATE FOR HIGH END RETAIL CLOTHING

STORE IN HIGHLANDS, Part time to full time. Must work weekends. Retail clothing sales experience preferred. Please call 828-526-4407. (st. 2/29)

BIDS FOR LANDSCAPE SERVICE – Hudson Library is taking bids for next year. Bid information and specs are available at the Hudson Library or by contacting Dale Sticka at 526-1786. The Bidder must provide 3 references. Bids close on

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YEAR-ROUND RENTAL, walk to town. 1/1 garage apartment, unfurnished. No pets, references. $550/month. 526-5558. (4/26)

SMALL FURNISHED APARTMENT FOR LEASE RIV-...
Rotary clubs sponsor dental exams

On April 13, members of the Rotary Club of Highlands and the Highlands Mountaintop Rotary club combined to sponsor dental examinations for students in grades K-5 at Highlands School. Local dentists volunteered their time to examine the students. A form was sent home with the students indicating any potential dental problems.

In addition to the annual dental examination day, the two clubs jointly sponsor and fund a weekly fluoride rinse and a yearly dental education day for students in grades K-5. The photo shows volunteer dentist Dr. Bruce Walker examining a student while Rotarian Joyce Baillargeon completes the evaluation form.

Candidates turn out for convention

The Macon County Democratic Party held its 2012 Convention on Saturday, April 14 at the Macon County Courthouse. Among the many in attendance were candidates to represent all levels of government, with John Snow starting the lineup at the microphone and Cecil Bothwell, Bobby Kuppers, Rick Snyder and Donna Rogers for her husband Haydon in lively succession. Highlands was well represented with its delegation of seven.

... WOOLDRIDGE continued from page 4

people call are tantamount to another possible decision. The leaders meet and decide maybe it wasn’t a good idea. Just as they’re reaching for the paint remover, a small town leader shows his gonads. It’s decided the arrows will stay for now and a study will take place.

Ah yes, the ever important never ending study. It’s what gets politicians off the hook on situations like this. If the right turn arrows stay, what will the summer people think when they start arriving in May? Of course, who cares what the summer people think? Do they have voter’s cards in their wallets? Are they not coming because of the arrows? Of course not!

I would never recommend a four way stop at this intersection as this is much too reasonable a solution. But for a retired cop who lives in Highlands during the summer and crosses that intersection daily, I want to go on the record with my opinion. I don’t care what they decide. I’m no longer in a hurry to get anywhere. I don’t rile easy and I never pick up the phone to give a politician what for. Just leave me alone.

Deceived, is not about politicians but is about Fred’s mystery/thriller you can download on your Kindle or Nook.
Friday, April 20
• Eco-tour of the Kelsey Trail 10 a.m. to 1:30 p.m. Reservations are required. Calling 526-1111 or email Julie.hitrust@earthlink.net.
Sat., April 21
• Spring Gorge Cleanup on Saturday at 8 am. Breakfast will be served from 8:30 a.m., then clean-up, then lunch. Call 526-2112.
• The Highlands Plateau Greenway work trip 9 a.m. To participate, call Ran Shaffner at 526-5622.
Monday, April 23
• The Hudson Library will be giving out books on World Book Night at Sweet Treats Deli and the Ugly Dog Pub from 5:30 – 6:30 p.m.