Board at standstill about ‘hot’ issues

Since the Special Town Board meeting with employees on March 22, much has been said concerning the town’s employee dependent insurance coverage.

At the April 3 Town Board meeting, Town Manager Bob Frye said a meeting with employees to explain the town’s side of the scenario as it applies to its financial outlook and budget was productive and produced some new scenarios.

“The financial situation is the driving force behind the need to address the dependent benefit insurance situation and I don’t think anyone had ever explained it to them in that way before,” he said.

First off, Frye supported a request from employees to form an Employee Insurance Review

MC BOE braces for more funding cuts

Unless legislators act, Macon County joins 14 other school systems in North Carolina that face two major funding cuts in the budget as of July 1.

First, all school systems will be asked to return more money as part of “discretionary cuts” to the state than last year.

Second, federal EduJobs money, which helped keep teachers in classrooms, expires this summer.

The combined effect of these two cuts is $332.6 million school systems won’t have in the 2012-13 fiscal year.

During a joint meeting between the Macon County Commission and the Macon County School Board Monday, April 9, at 6 p.m. at Fat Buddies in Westgate Plaza in Franklin, budget issues will be discussed at length.

Specifically, they will consider...
Dear Editor,

I would like to thank Michelle Meade-Armor for her column, Waiting on Godot in the March 9 edition of Highlands Newspaper. For years I have felt like a lonely voice complaining about endless examples of bad grammar.

You hear them everyday on the street but more importantly you hear them constantly in the media from people who should know how to speak English.

Like Michelle, I have my own grammatical bugaboos. Here are a few.

The first is the total disappearance of the past perfect tense from English; people seem to think past tense does quite well for both past and past perfect tenses. In the interest of clarity I would say not.

The second is the constant misuse of nominative and objective pronouns as in “Mary took Tom and I to the store.” Would you say, “Mary took Tom and I to the store?”

The absolute worst mistake I hear is “is is” as in “The problem is is...” Honestly! Even the President makes this mistake often. To quote Professor Higgins, “In America they haven’t spoken it [English] for years.”

I grant it’s nearly impossible to speak absolutely perfect English, given convoluted sentence structure and regional differences in phrases and words. In NE Ohio we were often told to “red up our rooms.” I think we all need to use the best grammar we know, at least outside the hearing of family and close friends.

The use of good grammar makes you think about what you are really trying to say. It’s so easy to speak in irrelevances and to beat around the bush. Clear and thoughtful speech can save time and trouble. If nothing else, dear and thoughtful speech should be an end in itself.

Tracey Strain
Highlands
It's spring...and we're "bursting" to show off our new look!
Call for Lunch and a Tour!

... LETTERS continued from page 2

$60,000 a year for the town. But until the system changes, we have to work with the system we have.

And that means we need to interject a heavy dose of creativity into our town budget. We need to find a way to save $280,000 per year without inflicting harm on our town employees, our family.

I would begin by looking at other health insurance providers. The town may not be getting the best deal. After the Affordable Care Act was passed, our family business shopped around, and we were able to cut our premiums in half while getting more coverage and lower deductibles.

When I looked at the town budget, I noticed that there were separate funds for police, fire, electric, water, etc. If each of these groups has fewer than 25 employees, and the average salary of each group doesn't exceed $50,000, the town may qualify for a 35% health insurance premium credit now and a 50% premium credit on January 1, 2014 (when all parts of the Affordable Care Act go into effect).

Perhaps, there is a legal accounting method that would permit each of these groups to be considered separate small businesses. A less preferable, but acceptable option would be to ask employees with dependents to pay 25% of the additional premiums — $37.44/week or about $150/month, but any employee currently paying $150 or more per month in out-of-pocket expenses should be exempt.

• See LETTERS page 9

CHESTNUT HILL is located at 64 Clubhouse Trail.
Turn on Buck Creek Road and proceed to Clubhouse Trail.
Visit us at www.ChestnutHillAtHighlands.com

GRAND OPENING Saturday, April 14
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Retirement as it is meant to be! Enjoy our carefree lifestyle with elegant dining, scheduled transportation, and a full calendar of planned events to meet all stages of life.

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828.526.5251
...back at the oasis, the Arabs were eating their dates

Dateline: March, Strait of Hormuz, UAE side.

OK, we're still in the Middle East visiting our son and his awesome wife. Soon, the lil' missus and I will be outta here and back in North Palm Beach where, of course, life is a much more dangerous place to live than here. Only a few more things on our bucket list and we, like an overcooked steak, will be done. Unfortunately, watching the war from the Strait of Hormuz is still on my list and here's why.

The road to the strait is a little tricky. Without 4-wheel, forget it. We were determined to set up a day-camp right on the beach to watch the beginning of the war. I brought lawn chairs, chips and non-alcoholic beer. I looked forward to Israel, once again, trashing Iran in what they have been doing for hundreds of years: fighting and killing each other.

On our way through the desert, we ran into a bunch of Arabs (who else would be out in this God forsaken place?) camped out and sitting around eating their dates. They were friendly and asked us to join them. In Arab land, to be given a date to be eaten by a total stranger is the ultimate token of friendship and respect. Most of the Arabs we have had contact with are kind and friendly, but I realize some don't want to hear that.

Anyway, we're sitting around chewing when I noticed all the camel's feet were tied together and they were also chewing, but not on dates. Warning: Camels can spit over eight feet and it...
What I would and wouldn’t do if I won the Lottery

I didn’t win. I promise I would have written a column, although not this column, had I won.

I’ve played the lottery off and on for years, but never with any regularity. Forty years ago when I was in residency training in Philadelphia I’d put down a dollar in the Pennsylvania Lottery. I will go years without buying a ticket, but I’ve been a regular lately.

Instead of risking one dollar, I’ve been betting five. I’ve always believed you could get the same rush from a dollar as from five. Not anymore. My reasoning was than five chances in 176,000,000 was indistinguishable from one. I won $12 last week, and rolled it all on the $540,000,000 prize in last Friday’s drawing.

You’d have to live in Highlands, North Carolina to have been unaware of the biggest payout in history. I bet. I dreamed. I lost.

The thing is; every time I buy a lottery ticket, I really believe I’m going to win. My strategy for victory has to do with willing ping pong balls painted with my numbers to go where I want them to go, which is the place where winning numbers go to rest, and doing it several hours in advance and from hundreds of miles away.

I’m not an expert on Mega Millions, so I don’t know how the drawing is held, don’t know which direction to direct my telekinetic power. Maybe that’s why it hasn’t worked yet.

It’s fun to dream of being rich. I’m pretty happy with my life, so my dreams are smaller than most. I love my work, so why not show up Monday. I feel a real obligation to this column, so it would get written before deadline. I’d get some much needed work done on the house without worrying about the prices of Highlands’ contractors. I’d get a new roof, but even with $540,000,000 I wouldn’t pay until after a couple good strong storms.

Lizzie would like a hot tub, so we’d have one installed, even though I suppose the newness would wear off. I wouldn’t buy my own jet, but I’d probably succumb to the decadent urge to fly first class. We’d like to travel, but Bull’s in school, so our travel time is limited. For me, the cool thing is there is nothing I really want.

I love a 1968 Shelby Cobra. I get excited when I see one, even though I know it’s most likely a kit replica. The car is an incredible beast. But I don’t want to own one. I’m not big on jewelry, except watches. I admire a beautiful watch, but I don’t need to wear a Patek Philippe to know it’s lunch time.

When I was younger, I owned a wonderful, if modest, collection of contemporary Japanese woodblock prints. Now I have a couple from Mom and a couple more I bought on EBay and don’t feel any different. I’d like to leave enough for Bull to get a good start, even buy a 1968 Shelby Cobra if he really wanted one, but I’d be afraid a real fortune might tempt him to follow the path of trust-fund babies I’ve known.

Lizzie and I will have plenty for retirement without the big jackpot, even if a recovering real estate market makes Harry Norman immensely profitable. I feel pretty lucky.

I don’t suppose I’d stop buying tickets, although I might wait until the jackpot swells again. I’ll dream my little dream, the one in which I would never have to make a financially motivated decision.

I guess maybe the lottery would be wasted on me. Let the guy who would never work another day have it. He needs it more.
Those who came before and after them - Part 9

The story of the John Edwin and Ellie Pierson Potts family, cont.

By Eva Potts Massey

He didn’t have the heart to make us throw the fish back, but we didn’t use anymore dough for bait. I’m not sure what he said to Mama that day, but many times later they laughed about it.

After about two years, Daddy gave up the Forest Service job and we moved back to Highlands. As we six children grew older, we got jobs to buy extra things we wanted and needed. However, we understood that our school work, church activities and chores at home came first.

Activities included reading for learning and enjoyment and we visited the Hudson Library often. We used to gather around our piano and sing hymns. Us girls also quilted together. We’d put the quilt in a quilting frame and several quilters would space themselves in chairs around the frame. Using very small stitches, we would sew for a few hours, then comeback to it every day until the quilt was completed.

Mary, some other girls and I took ballet lessons, or “graceful dancing” from Miss Elizabeth Lyon, who lived near Satulah Mountain. We would practice barefoot on her freshly cut lawn. When it came time for our recital, we wore flowing silk-crepe or chiffon Grecian gowns. This big affair was held in Mr. Sloan’s garden and was quite an experience for us to dance around the statues and fountain.

Square dancing was done in private homes and at other places. Mama always accompanied us as a chaperone. She also liked to dance. I remember Aunt Belle always did the dog step.

Emma Lynne took piano lessons from Mrs. Summer. Mama baked light bread to pay for their lessons. She and Daddy tried to give us all the advantages available. We also enjoyed basketball.

Picnicking was a good form of recreation. The Potts family went by wagon drawn by a yoke of oxen to Kettle Rock and Camp Paradise. The team of oxen was owned by Uncle Mack and Uncle Wendell. The trip, including the picnic, took all day.

Other recreation included spelling bees, ice skating, playing with dolls and paper dolls, radio parties, gathering chestnuts, literary socials, school plays, talent shows, womanless weddings, treasure hunts, play houses, cake walks, the community Christmas tree, card games, boating, ice cream suppers, watermelon cuttings, scavenger hunts, taffy pulls, charades and sling-the-statue.

We were told many times not to play in or dam up the creek, but one day when Mama wasn’t home, we dammed up the creek and made a swimming pool. We took off all our clothes except our panties, jumped in the water and played “Follow the Leader.” We had a great time until Mama came home and caught us.

There was always good food in our house. Rolls, butter, and homemead strawberry and raspberry jam. Mama performed this bread-baking ritual for years. She always made the simplest food special.

We all remember her sewing and she was great at it. We looked forward to getting the “Wish Books” — the Sears-Roebuck, Montgomery Ward and National Belas Hess catalogues, but we didn’t order very much from them, for Mama made most of our clothes.

We would select a picture of a suit or a dress from the catalog and Mama would make one like it with maybe a few changes so it wouldn’t look like so many others. She would also take coats and suits that were given her and make them over into something suitable to wear. She did sewing for other people, too. She did beautiful drawn work and made many dresser scarves with this work on them.

Another great thing she did was each Christmas morning when we came in to see what Santa brought us, we would find a new doll and all our dolls would be under the tree dressed in new clothes.

After us girls got to be teenagers, we would go to Seneca with Aunt Helen to get our permanents. I’ll never forget how burned our heads would be before the cold wave came upon the scene. I always thought it was funny when Aunt Helen and Mama had their hair cut and didn’t tell Unde Charlie or Daddy. Mama’s looked good and she thought Daddy would like it.

After several days had gone by, she said, “You haven’t said anything about my hair cut.” Daddy replied, “I’ve had my hair cut every week for years and you haven’t said anything about it.” They had a good laugh about that, but really he was pleased with Mama’s new look.

After we moved back to Highlands, Daddy worked for himself as a surveyor and draftsman. He did drawings of almost every place in Highlands. Later he worked on Lake Sequoyah Dam and the waterworks. Hewastown couldman and then town clerk for 18 years. Before his retirement in 1954, he worked at Potts Brothers.
Calipari deserves praise for ‘Cats success

Yes, you read that headline correctly; I am actually about to write a column praising John Calipari. Most of you know about Calipari, the guy who is the only coach in NCAA history to have two Final Fours vacated. You also know how much I have criticized Calipari in this space, primarily due to his association with one and done players and shady past behaviors. However, what Calipari was able to accomplish this year was worthy of praise, for several different reasons.

First and foremost, when you recruit a group of one and done players (or in the case of Doron Lamb and Terrence Jones…would have been one and done if not for the NBA lockout) it is difficult to get them to work together and play unselfishly. Anyone who has watched an AAU team play knows that most of these kids are looking out for themselves first, and the team second. This is not to call any of these players selfish, per say, it is just the nature of the beast. The goal of AAU is to get noticed and get recruited…then the goal becomes to get noticed and get paid. Calipari was able to convince these guys

The second cause for Cal’s praise would be the way that he was able to get his young team to buy in on the defensive end and play hard. AAU tournaments and All-Star games are notorious for their lack of defensive effort but Cal was able to get his Kentucky team to lock down on the defensive end…even when they couldn’t score, and their length and athleticism was a nightmare for opponents. In the finals against Kansas, UK had two separate stretches where they didn’t make a FG for 5+ minutes…and yet they led the entire way. That is a testament to the shot blocking of Anthony Davis and Jones and the length and athleticism of Michael Kidd-Gilchrist.

Finally, Cal was finally able to prove that his model for program building can be successful at the college level. Whereas in the past, champions were built from talent and/or experience…Cal was able to win a title on talent and effort alone. The Kentucky model is one that allows for kids to come in, play one year of college and then move on to the pros with no pressure to return. While on the surface this looks like a mockery of the NCAA student-athlete…it is simply a move in the direction that all college athletics are headed towards. The idea that these players are amateur is one that is dying quickly…instead, college athletes are like interns…simply buying their time until they can get paid.

Attention:
Beginning with the first Town Board meeting in May, Town Board meetings will be held Thursdays at 7 p.m. in the Community Building. That meeting will be Thursday, May 3.
How was your week, Mr. President?

It was almost like the boogiemen convened in the back room of Hell and scheduled every form of disaster that could possibly befall a human being in a short period of time. The unfortunate recipient of their handiwork was our beloved president, who is showing amazing resilience in taking one body blow after another without imploding.

Gasoline prices are spiking to record levels, affecting nearly every one of us in obvious, and not so evident ways. The more you put in the tank, the less you have for anything else — food, medicine, paying the mortgage — and this at a time when folks are hurting financially to start with. But Obama can do nothing about it. Check that — I forgot – algae is the answer says he.

According to AP Associated Press: “First Lady Michelle Obama and her daughters Malia and Sasha are visiting Las Vegas after stopping in South Dakota. White House officials say the Obamas are on a family trip to the West. The Obamas visited Mount Rushmore on Wednesday before heading to Las Vegas.”

On the subject, the BostonGlobe.com last year remembered Obama’s comments about Sin City: “The feud began in 2009, when Obama admonished corporations using federal bailout money. ‘You can’t go take a trip to Las Vegas or go down to the Super Bowl on the taxpayer’s dime.’ A year later, Obama warned families against gambling away college tuition; ‘You don’t blow a bunch of cash in Vegas when you are trying to save for college.’”

Since Nevada was then and is now in the throes of the highest unemployment in the country, I can’t image any Obama family member particularly welcome in Las Vegas. He needs Nevada in November and has a hill to climb after the damage that he personally did to their economy.

From the Christian Science Monitor: “President Obama’s open mic moment sure looks like a political flub. Attending the nuclear safety summit in Seoul, South Korea, and unaware that a nearby microphone was live, Mr. Obama told Russian President Dmitry Medvedev that he would have ‘more flexibility’ in missile defense negotiations after the 2012 elections. Then he patted Mr. Medvedev’s hand in a kind of ‘we’re all in this together’ manner.”

abcNEWS reports: Quoting Obama “But my main message is to the parents of Trayvon Martin: If I had a son he’d look like Trayvon. And I think they are right to expect that all of us Americans are gonna take this with the seriousness it deserves and that we’re going to get to the bottom of exactly what happened.”

Quoting Newt Gingrich: “What the president said is disgraceful. It’s not a question of who that young man looked like.” Agreed.

From openmarket.org: “The House of Representatives rejected the Obama administration’s proposed budget: 414-0; it failed to get a single Democratic vote. As Ed Morrissey noted, ‘the president wants to keep proposing massive deficits, increased spending, and higher taxes…This is the second year in a row that Obama’s budget couldn’t win a single Democratic vote in Congress. In parliamentary systems, that would be a vote of no confidence and the party would be looking for new leadership.’”

From the Daily Caller: “Illinois Democrat Rep. Bobby Rush, who was escorted off the House floor for wearing a hooded sweatshirt in protest of the Trayvon Martin case, defeated President Barack Obama in a 2000 Illinois congressional primary race. Rush slammed Obama in an interview with The Chicago Reader saying, ‘He went to Harvard and became an educated fool. We’re not impressed with these folks with these eastern elite degrees.’” Preach on, Bobby.

And last but not least, from the Washington Post: “The Supreme Court’s skeptical consideration of President Obama’s landmark health care legislation this week has forced his supporters to contemplate the unthinkable: that the justices could throw out the law and destroy the most far-reaching accomplishment of the Obama presidency.

The fate of the Patient Protection and Affordable Care Act is uncertain. A ruling is not expected until June. White House officials are refusing to publicly consider that the law might be struck down or to discuss contingency plans, insisting that they do not address hypothetical questions.

Other Democrats have begun assessing how such an outcome could affect the political landscape of 2012, with some surmising that a backlash against Republicans could follow a ruling against the law. But supporters argue that on a substantive level, the results would be devastating.”

“At her weekly briefing” reports POLITICO, “House Minority leader Nancy Pelosi (D-CA) was asked to opine on the Supreme Court proceedings on the Constitutionality of the health care law passed in 2010 when Democrats were in control of the House. ‘I’m a supporter of judicial review. I honor the Constitution in that regard,’ Pelosi said to reporters. How gracious of you; in what regard don’t you honor it? ‘That’s why we wrote our bill in a way that was Constitutional. I still feel pretty confident about it,'” LOL.

I still don’t know if that means “lot of luck” or “laughing out loud”. Oh well, both work.
THURSDAY, APRIL 5 – MAUNDY THURSDAY
Please join us at 7 p.m. for our Maundy Thursday service.

FRIDAY, APRIL 6 – GOOD FRIDAY
Please join us at 7 p.m. for our Good Friday service.

SUNDAY, APRIL 8 – EASTER SUNDAY
6:45 a.m. - Ecumenical Easter Sunrise Service
Join us and other churches at the amphitheatre behind the Biological Research Center for our sunrise service.

Worship Services / The Living Cross
Join us as we celebrate at 8:30 and 10:50 a.m.
Bring a flower from your garden or one purchased to place on the cross before each service.

9:30 a.m. – Easter Coffee Break
Bring a coffee cake, muffins, bagels & cream cheese, croissants, or danish to share as we have fellowship time together.

10 a.m. – Children's Easter Egg Hunt & Storytime
The children will be off to hunt eggs immediately after breakfast.
(For more info…please call 828.526.3376)

... LETTERS continued from page 3

The combination of all the Affordable Care Act goodies (if available) and the 25% from employees with dependents could reduce the $280,000 insurance expense to under $100,000.

These are just some ideas to get the ball rolling. I encourage anyone with expertise in accounting or the Affordable Care Act to contact the commissioners with their ideas. I am convinced that as a community, we can preserve our community. We are the 99%, and we need to take care of each other.

Anne deVille
Highlands

Dear Editor,

My, that was quite a headline on Margery Abel’s letter appearing in the March 28th edition of the Highlands Newspaper. “How FreedomWorks.” The headline is as fallacious as the story that followed. Where to start? Ms. Able is apparently still smarting over Sen. Jim Davis’ defeat of John Snow.


She says, “The Supreme Court decision, Citizens United, allows corporations to contribute unlimited campaign funds to candidates.” The North Carolina 2012 Campaign Finance Manual states “It is unlawful for any corporation, business activity, labor union, professional association or insurance company to directly or indirectly contribute to a candidate.”

She says, “Evidence points to individuals locally connected to FreedomWorks contacting area Democrats to recruit a candidate for the upcoming primary.” Ms. Able, I challenge you to present your evidence. Such a person should be outed.

She says, “In 2010 Jim Davis, backed by corporate funding, defeated John Snow, who was funded mainly by local donations. Of the $569,409 in Snow’s campaign expenditures, $56,757, or (9.97%), was provided by local donations. Davis spent less, and had a greater percentage provided by local donations.

A few years ago, a number of us FreedomWorks people visited then Sen. Snow in his office in Raleigh. I showed him a graph showing the ever-increasing state expenditures for education. The slope was at such an alarming rate, at some point it would consume the entire state budget. I asked him what the answer was in slowing down the rate of spending. “There is no answer” was his reply. This may explain how the state budget got so far out of whack. You may not like them, but there are answers and they are being legislated.

As for FreedomWorks locally, we meet once a month, and for the past several months, our programs have consisted of presentations by candidates for various offices in the upcoming election. Q & A’s follow and we learn, first hand, the values, strengths and weaknesses of each. By the time to vote comes along, we are prepared. When elections aren’t in play, we have speakers educating us on important issues at our meetings.

Our November meeting is annually reserved for a report from Sheriff Holland, who leaves with a substantial contribution for “Shop with a Cop,” collected from our members. We have traveled to... See LETTERS page 10
... LETTERS continued from page 9

Raleigh and Washington to share our thoughts with elected officials. We have sponsored several patriotic rallies in Franklin, where honoring our country and promoting freedom is our agenda.

This, Ms. Abel, is how FreedomWorks in Macon County.

Don Swanson, Director, MC FreedomWorks

An Open Letter to Mr. Jim Davis, (NC State Sen.)

Let me be perfectly clear. ObamaCare is the reason I am finally able to get good health insurance after 15 years of not having any. I thank God for it. I am a retired special education teacher, a home and property owner, a voter, and have a post graduate education. I also have Type 2 diabetes.

No one would insure me for any amount until Obama stepped in. Now I have a great plan which I pay $412 per month for. I have finally been able to have the tests needed when someone goes through menopause. I can have bone screenings, blood work, medications to manage my diabetes, and much, much more.

It must be nice for you to have great insurance which we taxpayers have provided. Do you have any idea how few people here in Western NC can even afford my plan? I do not know what rich people here in Western NC can afford. Do you have any idea how few support through these economic struggles.

I greatly appreciate all of their help and support through these economic struggles.

Thank you again for always supporting our children’s education through all our schools in Macon County.

Cynthia Reed
Assistant Teacher
Highlands School

The Town Board should rethink family coverage

Dear Editor,

I hope the Board of Commissioners will reconsider its ill-advised decision to phase out family health insurance for Town employees over the next four years. When I became Town Administrator in 1995, this progressive benefit had already been in place for many years, and during my tenure it continued to attract and retain competent, hard-working, dependable career employees, employees who raise their children here, go to church, and have a stake in the community.

$281,012 may seem like a lot in savings, but as a percentage of the annual multi-million dollar budget, it is a small price to pay to ensure that the Town continues to attract the kind of loyal employee who can handle the increasingly complex jobs required in even a small municipality. Sometimes spent observing its employees in the Town Office efficiently handling day-to-day operations, or at the Water Plant pumping water from Big Creek and making it safe to drink, or at the Wastewater Treatment Plant keeping the Cullasaja River clean enough to fish, or even on an electric pole during a winter storm restoring power to homeowners, or in a patrol car or fire engine responding to an emergency call, might have been time better spent for some of our Commissioners than debating the exact form of government it wants to have for the past four years.

If the Board is looking for ways to balance the budget, perhaps it should consider eliminating some of the extravagant capital expenditures it has made in recent years, or the thousands of dollars spent on “branding” and “wayfaring,” rather than neglecting its responsibility to the Town’s most valuable resource – its employees.

Richard Betz
Highlands

THANKS

To commissioners

I would like to thank County Commissioners Jim Tate and Kevin Corbin for visiting Highlands School.

While accompanied by School Board member Stephanie McCall, they took time out of their busy schedules to tour our facility, assess what our school needs and graciously greeted faculty, staff and students.

How fortunate we are to have the support of our County Commissioners for the schools of Macon County! With budget cuts on the rise again this year, I greatly appreciate all of their help and support through these economic struggles.

Thank you again for always supporting our children’s education through all our schools in Macon County.

Cynthia Reed
Assistant Teacher
Highlands School

To funeral home

In all the darkness that can occur in losing a loved one, it seems as though we are constantly searching for a light, something to which we can gravitate to and find comfort in. In our time of darkness, Macon Funeral Home was that light. The kindness and generosity shown to us was unprecedented. Larry Buchannon and his staff truly know what it means to be there for a family in such a time of sorrow. Nothing but soft words and sweet smiles were what we received by our family from the moment we stepped through the door. This business is a shining example of unconditional understanding and love. A love that truly makes you feel like family. In closing I would like to say thank you to Macon Funeral Home for all that you do.

The Sanchez Family

See THANKS page 11
... THANKS continued from page 10

The family of Frank W. Derreberry would like to say ‘Thank You’ to all of our good friends and neighbors for reaching out with all the love and prayers, visits, cards and phone calls and food that you all prepared and delivered throughout our father’s illness. Having all of Dad’s good friends and neighbors visit him and pray with him was so uplifting to him and his caregivers during our trials and tribulations.

Special thanks to our neighbors, Duncan and Ann Greenlee who prepared and delivered food every three days throughout and to Jim Globus for his almost daily visits with his old friend as well as Sara Wingfield for dropping by with food and thoughtful visits with Dad and the family. Thanks to our dear friends, Kenny and Lisa Talley for the food, prayers and for being there for us as always. And to Brysons Grocery for the food plate you sent over.

We also would like to thank our Scaly neighbors and friends, Kenneth and Lamar James for their visits with their old friend. And Ellis and Gail Head for all the good country foods that Dad thoroughly enjoyed when he still had his appetite and for just being there for our Dad before, during and after and for being there for us.

Thanks to Daryl Billingsley, J.C. Norris, Dean Green and Gary Wilson for the beautiful music at the funeral service. Dad enjoyed your music so much while living and we are most grateful for your time in playing at his service. Thanks also to Pastor Gary McCall. As you were there for our Mother and Father during their good times and bad there was no better man and sermon for their services. Our parents were so blessed to have you all in their lives as we are so very blessed to have you all in ours.

Thanks also to the Four Seasons Hospice team for all of your assistance for making it possible for our Dad to beat home in his final moments. Without you all, granting his final wishes would not have been possible. And to the Highlands Emergency Council and Kenneth James for the financial assistance in providing the heat we needed during Dads feverish illness. Along with Freeman Gas Co. and their employee Tim Hunter for the one man quick installation at a time of great need. We couldn’t have asked for a kinder and most respectful person for the job.

And thanks to Frontier’s employee, Fred Storie, for struggling to make it possible to get the internet service so that Dad could video chat with his sisters who were also unable to travel and see him before his passing. Your time and persistence is greatly appreciated as well. As usual, when we see the heart of this community, in good times and bad, it is such an inspiration to us all. After the loss of our loved ones when we are left to heal we look back and appreciate living in such a great community and it inspires us to count our so many blessings instead of our so many losses. We sincerely thank you and MAY GOD BLESS YOU ALL.

The family of Frank and Mozelle Derreberry
... PLANNING continued from page 1

The Code Enforcement program is designed to enhance public health, safety and welfare, to protect and maintain property values, to increase the desirability of the town and its image and to improve the town’s overall appearance. This is accomplished by mandatory enforcement methods in inspections and progressive enforcement of code violations where consistency is key, he said.

Kim Lewicki

Country Club Properties

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Mountain Fresh Office: 828-787-2002 • Highlands, NC
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You can view all of our listings at www.ccphighlandsnc.com

FALLING WATERS

Located close to town in desirable Shelby Place. This spacious 4 bedroom, 3 bath home was built by Schmitt Builders as his personal home. Quality finishes throughout, from copper roofed bay windows to the wood floors and heavy moldings. Easy living plan expands for guests/family comfort on the terrace level. Huge screened porch and 2-car garage makes this a great family home! Offered at $595,000. MLS #74675.

Gentleman’s estate features main house, party shed, guesthouse, pasture, pond, and waterfall! Main house has living room with fireplace, large covered porch to view the apple trees, pasture and pond. Great main level, includes master bedroom and bath, loft, kitchen, dining, great room & porch. Offered at $645,000 MLS# 73087.

Horse Cove small but spacious cottage overlooks pond and mountain views in two directions. Over two acres with a beautiful flat yard. Features fully updated kitchen and baths. Two bedrooms and one bath on the main level, with living, dining, kitchen, and large screened porch. 2 bedrooms and 1 bath on the upper level, den, playroom or office, workshop and utility room in lower level. Offered at $850,000. MLS #74420.

3 bedroom, 1 1/2 bath, great starter home or quiet getaway. Needs some TLC but could be a great starter or retirement home. Offered at $199,000. MLS #74462.
Properties for Sale

**Idyllic Home with Panoramic Views**

Wonderful neighborhood, incredible 180 degree views & a pristine home to match. This spacious, bright and open 3BR/3BA with plentiful decking, playroom, and large sun-porch is perfect for entertaining. Private, gently rolling lot and gardens frame view of Satulah, Blue Valley and Rabun Bald. $768,000, MLS # 74612.

**Walk to Town Under $200K!**

An easy walk to Main Street from this light and bright, 2 BR/2 BA condo! This main level unit features a large sun room with tile flooring, master suite with walk-in-closet, spacious utility room with washer/dryer, and charming patio area. $199,000, MLS #74579.

**Joe Webb Cabin in Mirror Lake Area**

Loaded with charm, this log cabin features two bedrooms, two bathrooms, and a comfortable family room showcasing a beautiful stone fireplace with gas logs. Additional features include a large covered porch, skylights, tongue & groove paneling, fenced yard, and a fountain. Private lot located just around the bend from Mirror Lake. $389,000, MLS #74736.

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Adorable and affordable cabin with lake view, 2 large decks, 3 bedrooms, and 3 1/2 baths. Stone fireplace. Great value at $399,000. MLS 74725. Call Pat Allen Realty Group. 828-200-9179 or 828-526-8784.

Fabulous view home in downtown Highlands on over an acre with flat back yard! Split log, 5 bed, 5 1/2 bath home. Gourmet kitchen, sunroom, great decks. $1,995,000. MLS 74165. Call PatAllen Realty Group. 828-200-9179 or 828-526-8784.
Young at Art, K-12 Opens Saturday, April 7 at The Bascom

The Chicks! It's All Gone to the Birds exhibition opened last Saturday at The Bascom. Susan Glasgow Taylor's Communal Nest, makes a great centerpiece for the exhibition now through June 17 at the Bunzl Gallery at The Bascom.

The Bascom's next exhibition opening, Young at Art, K-12, is this coming Saturday, April 7 with an opening reception from 2-4 p.m. The Bascom is proud to present the annual Art Exhibition in recognition of the creative spirit in children and youth, and the educational and artistic advancement of talented young people. This exhibition, which will be in the Loft Gallery until May 7, is a collaborative project with all schools, both public and private, located on our mountain plateau.

The Bascom is open year-round - Mondays through Fridays, 10 a.m. to 5 p.m. Enjoy workshops, exhibitions, special events and quality programs throughout the year at The Bascom. For more information, to register for Bascom workshop offerings or for more details on all Bascom activities, visit www.TheBascom.org or call 828-526-4949.

Annual EggFestival of fun Sat., April 7

The annual Eggfest, Saturday, April 7 from noon-2 p.m. at the ballfield next to the Community Building for children through the 5th grade. Food, fun, games, inflatable slides, bounce houses and more! Sponsored by the Community Bible Church.
Spring Home Improvement

Get your deck ready for a season of fun!

(StatePoint) As the days get longer, there’s nothing like barbecuing and entertaining friends on your deck. But before you pass out those invitations, make sure your deck has weathered the winter and is ready for its seasonal duty.

The abuse a deck surface takes from the weather, foot traffic, barbecues, and food and drink spills can create both surface and structural problems.

“To make your deck last, clean it thoroughly every one to two years and re-stain every two to four years,” says Mark Clement, host of the radio program “MyFixitUpLife.” “It also helps if your deck is made from a natural, durable wood, such as Western Red Cedar, which holds oil based finishes for an extended period of time. Here’s how to get your deck ready for use:

• Floss Between Planks: Clean between the planks and boards of any horizontal surfaces so rain can drain and air can flow between them. Reducing standing water and increasing airflow will limit the amount of moisture that can collect and stay on the surface of the plank, thereby making your deck last longer.

• Keep the Finish Sharp: Application of a quality wood stain or finish and periodic retreatment over time will prevent discoloration and degradation of your deck and extend the wood’s lifespan. Keep in mind that natural woods that are sustainable and durable, such as real cedar, can take and retain a variety of stains and finishes for more extended periods. Such woods are natural looking, as opposed to the faux finishes used on man-made composite products.

• Elevate Planters: Direct contact between planter boxes and wooden surfaces can trap moisture and leave stains. Elevating them or placing them on rollers will release the moisture and make them easier to rearrange.

• Beware of Welcome Mats: Mats can collect moisture and dry out too slowly, which can lead to water damage and/or wood rot. After precipitation, be sure to dry out the mat and allow the deck to dry.

• Watch Out for Your Grill: Grease from your grill is hazardous to your deck, so place it in an inconspicuous spot with a hard rubber door mat underneath it to keep your deck free of stains. If grease drips onto your deck, use a household cleaner to wipe it clean.

It’s easy to forget that decks need maintenance and care just like your lawn or roof. Routine checks and taking care of the warning signs can extend the life of decks so they can be enjoyed for years to come.

For more advice on caring for decks, visit www.wrcla.org.

Get your deck ready for a season of fun!
...WOOLDRIDGE
continued from page 4

consists of disgusting camel saliva mixed with grains of sand resembling shrapnel and an inordinate undigested amount of crud from their stomachs that is two days old. It smells worse than poop. While sitting around eating our dates and making sure I was at least eight feet away from the nearest camel, I learned that the traditional black rope worn on Arabs’ headscarves is used to tie camel’s feet together. No, no, no, it’s not a sexual thing. Shame on you! It’s to keep camels from wandering off. Think about it…what do you tie your camel to…sand? This black rope is called an Egal. Also note that the all-white outfit is typical summer wear and is called a dishdasha. In Italy, the Italians call it a disha-dasha. (Are you writing this down?)

And here’s a bulletin on eating dates you probably don’t know. Never, never, never eat dates while in the Middle East. If you do, it will ruin your date eating experience forever as they are to die for. Nothing like that taste exists in the states. Anyway, the war didn’t start so it’s still on my bucket list.

Next week, I’ll be writing about the sex life of a camel and will explain why two humps are always more better than one. Don’t miss it. Oh, and I may have made some of this up. Yathink?

As of today, I’m Moving Back to Mars and Fred’s new thriller, Deceived, can be read on your Kindle or Nook. Enjoy.
Spring into Shopping this Easter!

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Jolie’s...
Spring Home Improvement

Tips to get your kids gardening this Spring

(StatePoint) Spring is here and it’s time to think about your garden again. This year, as you cultivate your thriving plot, think about ways to get your whole family involved in gardening – which makes for a great fresh air activity. Not only is gardening a terrific way to spend time with your kids, but it also regularly gets them outside and away from their TVs and computers. Here are some tips to get your little couch potatoes growing potatoes instead:

Teach
Kids are never too young to learn how plants grow and where their food comes from. In fact, growing a garden is an ideal hands-on lesson in life science, ecology and nutrition, and is a lot more fun than simply hitting the books. However, some of the concepts of gardening may be difficult for younger kids to grasp. Fun age-appropriate learning activities and ideas can be found online, at such websites as MiracleGro.com/kids.

Grow
Giving your kids their very own gardening projects will help motivate them to cultivate their green thumbs.

A gardening set designed with kids in mind is a great way to get them started. For example, Miracle-Gro Kids offers a variety of flower and vegetable gardening sets that provide an optimal environment for growth, and an opportunity to watch plants progress both indoors and outdoors. Be sure to invest in age-appropriate tools for your children to use, so they can dig in the soil and water the plants right alongside you.

Harvest
Now it’s time to enjoy the fruits of your labor, literally. Once your plants are ready for harvest, work with your kids to find great-tasting recipes they will love, incorporating the foods grown by you. From vegetable pizza to salad to fruit smoothies, the nutritious meals you plan and make together will be extra satisfying when you know the ingredients came from your own backyard.

Enjoy
You’ve worked hard pruning, weeding and watering your plants, and now, you have a blooming garden to show for it. Don’t forget to teach your children the importance of appreciating the beauty of nature. Take a break to sit back, relax and enjoy your garden, as you contemplate what crops and flowers to include the following year.

Cultivating your garden and watching it grow need not be a solitary activity this spring. By getting your children involved in the process, you will teach them valuable skills they can use for the rest of their lives.

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Highlands Area Upcoming Events

- All libraries in the Fontana Regional Library System will be closed on Friday in recognition of the Good Friday holiday. We will be open again as usual Saturday, April 7, 9am – 5pm.
- At Community Bible Church, Pastor Gary Hewins answers questions skeptics have formed about the validity of the resurrection of Jesus Christ in “Life-points ... real life, real answers.” 7 p.m. in the family auditorium.
- Community Stations of the Cross, at noon. Gather at the Catholic Church parking lot. (If rain, meet in auditorium.
- The Nantahala Hiking Club will take a 7.5-mile moderate-to-strenuous hike with an elevation change of 900 ft. on the Boogerman Trail in Cataloochee Valley in the Great Smoky Mtns. Park. Call leader Keith Patton, 828-456-8895, for reservations. Visitors welcome but no pets please.
- At the ballfield next to the Community Building, Eggfest, 12-2 p.m. Egg hunt for kids through 5th grade. Food, fun, games, inflatible slides, bounce house and more!
- At CBC, Pastor Gary Hewins will preach on “Raising Questions About the Resurrection” in the newly renovated sanctuary with a new 120-seat balcony at 10:45 a.m.
- Easter Sunday Community Sunrise Service 6:45 a.m. at Nature Center Amphitheater.
- The Nantahala Hiking Club will take a 4-mile strenuous hike to Rhapsodie and Dismal Creek falls in Panthertown with two steep climbs and several stream crossings. Meet at the Cashiers ball park parking lot near the post office at 9:30 a.m. Call leader Carl Blozan, 743-1765, for reservations. The hike is limited to 15 people.

Rotary Club and Highlands Country Club partner for May tournament

On Monday, May 7 you have the opportunity to play the most history rich club on the Highlands Plateau. The Rotary Club of Highlands is holding their 23rd Annual Golf Tournament at Highlands Country Club on May 7. An 11am shotgun start will include lunch at the turn, a tee gift, silent auction as well as snacks and beverages on the golf course. Registration for the event is officially open by calling Brian Stehler, tournament chair at 787-2778. Hole sponsorships are available for the event and priced at $100. Other sponsorship opportunities are also available.

This 1928 Donald Ross gem was home to golfing legend, Bobby Jones. He used the course to practice which helped him achieve the Grand Slam of golf. That meant he won the US and British Opens as well as the US and British Amateur Tournaments. Highlands CC Head Golf Professional, Ken Mattis recently said, "Rotary is a special group and we are proud to partner with Highlands Rotary and host the Tournament again this year." In addition to the Rotary Golf Tournament, Highlands CC is also home to Annual Bob Jones Invitational, an amateur golf event that raises money for the Highlands-Cashiers Hospital.

Be a Part of The Bascom's 2012 Mountain in Bloom Garden Festival

Call for Flower Show Entries

Priscilla Wilson, chair of the 2012 Mountains in Bloom Garden Festival Flower Show is pleased to announce that this year’s event will again be held at The Bascom on Friday and Saturday, July 13 and 14 from 10 am to 5 pm. The juried flower arrangement and photography entries will be showcased throughout the art center’s early 1800s hand-hewn post and beam barn.

Entries are now being accepted for the flower arrangement division and the photography division.

The Flower Arrangement division includes six classes: Interpretation; In the Biedemeier Style; "V" is for Vase; Fired and Flowered; Mass Blass; Waterfalls of the Highlands-Cashiers Plateau; Who’s Wearing Flowers; and the Celebrity Challenge. Photography classes include “Focus on Flora” and “Scenic Settings.”

The show will also feature juried horticulture entries in the Dave Drake Studio Barn. Balentine, the lead sponsor for Mountains in Bloom, will present the award in the Horticulture Division for most outstanding display of a native plant, single or collection, that is indigenous to the Highlands-Cashiers Plateau.

To submit an entry in the flower arrangement or the photography division, please visit www.TheBascom.org/mountainsinbloom and visit the flower show registration page or stop by The Bascom and pick up a form. The Mountains in Bloom Flower Show is free and open to the public.

The 14th annual Mountains in Bloom Festival is a multi-day garden festival (July 13-15, 2012) in the mountain resort community of Highlands, NC. More than 1,200 people attended last year’s event. Mountains in Bloom features a tour of magnificent mountain gardens, a flower show, a Benefactor Tour of the “Southern Highlands Preserve” in Lake Toxaway and the “Flower Drum Song” Benefactor Party at The Farm at Old Edwards. Proceeds benefit The Bascom, a nonprofit visual arts center. For more information, visit www.TheBascom.org/mountainsinbloom or call 828.787.2896.

Balentine is the lead sponsor for the 2012 Mountains in Bloom Garden Festival. Additional support is provided by Delta Air Lines, Old Edwards Inn and Spa, The Outdoor Lights, the Laurel Magazine, Sysco Food Service, Franklin Ford and Moss Robertson Cadillac.

The Bascom is open year-round Monday through Saturday, 10 am to 5 pm and Sunday, 12 noon to 5 pm. Enjoy workshops, exhibitions, special events and quality programs throughout the year at The Bascom. For more information, to register for Bascom workshop offerings or for more details on all Bascom activities, visit www.TheBascom.org or call 828.526.4949.
Hayden and the leader of her adventure throughout the farm.

Hayden and the leader of her adventure throughout the farm.

By Hayden Bates

“Blaaack,” my host father repeated numerous times with a strong Brazilian accent. “And Gordinha…is what again in English?” he continued in Portuguese during our daily English lesson. “Fat,” I answered.

“Ahh…haha, so you believe that your family from the US will recognize you now that you’re Faaaaat and Bllaaack?” he smiled with pride using his new English vocabulary and laughed to himself. I joined in as well, remembering the skinny pale girl that had arrived in Brazil seven months ago.

My American family would soon be arriving for a week-long tour of my “home” state, Minas Gerais, Brazil and they would indeed encounter a very different girl waiting for them at the airport. Not only have I gained the common exchange student kilos and a Brazilian tan, but I have also grown in faith, maturity and confidence. I am now accustomed to city life, new activities and a new language. This year of growing up has had its associated growing pains, but they are far outweighed by the joys of new experiences. While this is a year of significant change, some things will remain constant such as my love of the Lord, my family, nature, learning and long runs.

I explained to my host family that my mom used to call me “a rainha de fruta,” or “fruit queen.” I suppose this too could be added to the list of things that haven’t changed. Upon arriving here, I fell in love with the berries that filled the trees of my local park and stained my hands purple. Stomach aches were common from the exotic Jabujaca. I also adore the cherries and mangos that can be found throughout the city, and I’m currently enjoying guavas as they come into season.

Each month has presented its unique blessings, and I have learned to simply enjoy the seasons as they come. During November and December, when the rains frequently flooded my city, Para de Minas, I learned to appreciate the sunny days. As temperatures have recently dropped into the 60’s, we are bundled up and preparing for the cooler months of autumn.

Observing another natural cycle with greater attention, I often look up to the night sky, searching for the same bright stars that illuminate the dark sky back home and remind me of the friends and family there. I have watched the moon, hovering over city lights, pass through its phases seven times, and, just as my favorite fruit trees change, every season of my exchange offers new challenges and exciting opportunities to grow.

An exchange year offers its share of challenges especially with language barriers, as fluency and accents ordinarily take years to develop, and my deep southern roots often provide a strong contrast with Brazilian culture. However, for every challenge I encounter there are numerous joys experienced with each little success.

There are the unexpected language milestones such as dreaming, watching movies, listening to music or even cursing in Portuguese. I’d like to think that my occasional inability to think of English words or my poor English grammar is more a testament to my success in Portuguese and a symbol of a new found accommodation.

Portuguese has recently begun to better express my emotions and thoughts, and I often find words that don’t fully translate. For example there’s “Aproveita” (defined as: make the most of, enjoy, take advantage). I repeated this to myself as I entered my first class with the street dancing team. “My body will never move like that;” I remember thinking as I watched the fast pace of the talented crew complete moves that were most certainly Brazilian. I had to overcome the immediate urge to run, as I looked to my new friends. With big smiles they coaxed me into the dance studio. After months of practice, the music began, the curtains opened and the applause from the crowded auditorium reverberated in my ears; Brazilians are very animated people. The lights shone brightly on the stage, “Aproveita,” I repeated to myself and the routine began. I have learned to love such moments of success and personal progress.

Soon after accepting the invitation to go for a horseback ride through my host family’s farm, I reminded myself of my inexperience with the sport. This would be yet another adventure. Following quick lessons to trot and even gallop by a cousin half my age, we were declared ready. The definition of a “good horse” can vary. To my cousin, “good horse” meant that it would run without stopping. Only later did I learn of the many broken bones that this “good horse” was responsible for. Some things are better left unknown.

“Aproveita,” I repeated to myself as we headed for the distant mountains, traversed rivers, stumbled across wa-
terfalls and often became a bit “pergidas” or lost. This adventure took us on roads throughout the countryside with the smell of cattle, fresh fruit and coffee creating a uniquely Brazilian combination. As a respite from the galloping, we slowed enough to acknowledge the colorful homes of neighbors who shared afternoon coffee, children playing in the roads with homemade soccer balls with the classic Namar (the Brazilian soccer phenomenon) haircut, enormous ant hills and the cows and chickens wandering about. Venturing through the vast farms, I decided mangos taste even better with a little dirt and on horseback. “Foi uma aventura,” (It was an adventure) I said with a smile as we arrived back to the farm house an hour after we were expected to return. The smile was not a simple result of surviving the past four hours, with my mud-covered tennis shoes, thorn-scratched arms, and hands aching from anxious rein holding. I smiled with genuine happiness. I was in Brazil.

My exchange here in Brazil has taught me to embrace adventures as they come, such as the New Years celebration. Despite my previous misconceptions, I have learned that weekends are not a time to rest and that returning home to roosters crowing is not uncommon. New Years, like so many other Brazilian celebrations, ended as the sun rose. The night included the eating of numerous courses of rice and beans (the daily duo), churrasco (barbeque) that included everything from pigs’ noses to chickens’ hearts, and our favorite dulce de leite (sweet caramel dessert). After individual instruction from every host brother, cousin, father and old man of the town, we danced the Brazilian Forro and Samba until dawn. Participating in the Brazilian tradition, I wore white and ate 3 grapes while making three “pegidas” (requests) to God. As we “Ching-Ching-ed” (said cheers) to the New Year, screams broke out among the party, and I soon found myself hiding in the bathroom from the fireworks that rained down upon the family farm.

Brazilians enjoy any chance to throw a party, exemplified well by the infamous week of Carnival. Throughout this week, weekends, roads are blocked off and parties and parades take place from dusk until dawn. This week has confirmed my belief that Brazilians have a seemingly superhuman source of energy and they love to dance in a manner that appears to be more wild jumping and running than anything else. I couldn’t help but believe I was a bit Brazilian as we danced through the crowded streets, alongside the elaborate parades that looked out on the ocean shore. Only in Brazil.

While enjoying new traditions and experiences with friends and family in my new home, I have learned to also appreciate the incredible family, friends and supportive community I left back home. Though many miles away, I still enjoy my long walks and fresh fruit from my local park. I appreciate sunrises and sunsets across the skyline of my city, above the farmland and on the beautiful beaches. I am learning to relax and enjoy naps, daily café, and to pray…a lot. This time abroad has taught me to embrace new adventures, whether it be horseback riding across the farm or the week of Carnival at the coast. If I keep up my current pace, I will return home with a small savings account, big duffels, many kilos gained and incredible memories. Yes, I am happily fat, black and very Brazilian.

Grande Abraços! (Big hugs to you all!)
Over the past thirty years there has been a great deal of debate as to whether resistance training is an appropriate form of exercise for children and teenagers. Most concerns with resistance training for children (teens are also grouped in the category of children) have centered on the perceived possible damage that might occur to the child’s body. While many people could see the benefits of children using resistance training as a mode of exercise, many parents and health practitioners felt the dangers of resistance training outweighed the benefits. Amongst many, the biggest concern society had with resistance training for children in regards to safety was damage to the child’s growth plate. However, over the past fifteen years or so, insurmountable research has been done concerning the safety of resistance training. Nearly all of this research has been deemed beneficial and safe avenue for child exercise. So... here is what you need to know about it!

Resistance training is a very effective form of exercise for children. Resistance training can help improve a child’s motor skills, body composition, self-esteem, strength and athletic performance. At a time when society has placed a huge concern on fighting obesity while children are leading sedentary lifestyles, resistance training is a very beneficial form of exercise that can help reduce obesity and improve cardiovascular health. Resistance training has been shown to enhance children’s mood and give children a better perception of self. Also, when a child’s exercise program is designed properly, it can aid children in learning proper body mechanics, enhancing their motor skills, thus improving their sport performance.

Most importantly, resistance training for children IS SAFE! In fact, it is a safer form of exercise than participation in youth athletics. More injuries occur to the growth plate in both contact and non-contact sports than resistance training activities, especially when the resistance training programs are designed and observed properly. Further more, resistance training programs for children can help prevent injuries!

Most injuries related to childhood resistance training occur when children workout at home unsupervised. Often times the biggest culprit of injury in these circumstances occurs when children drop weights and other equipment. Resistance training programs for children become even safer when the ratio of supervision to participants is lower and exercises are functional in nature. Those designing a resistance program for children should have either a degree or certification in fitness and a firm understanding of the cognitive, emotional and physical needs of children. Also, a childhood resistance training program should focus more on learning the proper performance of exercises and increasing repetitions as opposed to increasing the weight or the amount of resistance.

R. Garrett Tandy Jr., M.A.Ed., Titleist Performance Institute CGFI, Personal Trainer
Highlands youth teams make history with undefeated seasons

By Ryan Potts

The Highlands Biddy League Eagles and the Highlands Junior League Eagles made history last Tuesday by becoming the first two Highlands teams to win Macon County League Championships in the same season. In addition to both teams earning championships, they both finished the season unblemished, which is also noteworthy in that Highlands has also never had two undefeated county league teams in the same season.

The Biddy League Eagles, coached by Ryan Gearhart and Justin Watson, finished their season at 14-0 with a win in the championship against the Franklin Yellow Jackets. The Eagles won their championship in a thrilling game that finished with a 27-25 score. Representing the Eagles were Destin Gearhart, Colby Harris, Sage Potts, Jordan Powell, Jimmy Passmore, Pablo Jimenez, Taj Roman and Noah Carver.

The Junior League Eagles, coached by Carla Gates and Brent Harris, also finished their season with a record of 14-0. They defeated the Franklin Yellow Jackets by 18 in their championship game in an outstanding performance. The Eagles roster consisted of Mattson Gates, Joey Harris, Harrison Shomaker, Cole Wilkes, Drew Chalker, Ben Avery, Caden Smolarsky, Logan Houston and Luke Nix.
### Places to Worship

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<th>Contact Information</th>
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<td><strong>Clear Creek Baptist Church</strong></td>
<td>3645 Cashiers Rd, Highlands, NC</td>
<td>828-526-8245</td>
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<td><strong>Community Bible Church</strong></td>
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<td>526-2968, Reverend Bruce Walker</td>
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<td><strong>First Baptist Church</strong></td>
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<td><strong>Goldmine Baptist Church</strong></td>
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<td><strong>Highlands Central Baptist Church</strong></td>
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<td><strong>Highlands United Methodist Church</strong></td>
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<td><strong>Holy Family Lutheran Church-ELCA</strong></td>
<td>Chaplain Margaret Howell</td>
<td>2152 Dillard Road-526-9741</td>
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<tr>
<td><strong>Mountaineer Bible Church</strong></td>
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<td>828-782-3965</td>
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<tr>
<td><strong>Mountains Baptist Church</strong></td>
<td>3645 Cashiers Rd, Highlands, NC</td>
<td>828-369-9270 or 828-293-5197</td>
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<tr>
<td><strong>Mountains Synagogue</strong></td>
<td>85 Sierra Drive, 828-524-6777</td>
<td>828-293-5197</td>
</tr>
<tr>
<td><strong>Our Lady of the Mountains Catholic Church</strong></td>
<td>Rev. Dean Cesa, pastor – Parish office</td>
<td>828-526-2418</td>
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<td>828-526-2418</td>
</tr>
<tr>
<td><strong>First Presbyterian Church</strong></td>
<td>Dr. Lee Bowman, Pastor</td>
<td>828-369-9270 or 828-293-5197</td>
</tr>
<tr>
<td><strong>Unitarian Universalist Fellowship</strong></td>
<td>85 Sierra Drive, 828-524-6777</td>
<td>828-526-2418</td>
</tr>
</tbody>
</table>

### Proverbs 3:5

> Trust in the Lord with all thine heart; and lean not unto thine own understanding.

### Spiritually Speaking

**Ostrichian philosophy**

Consider the whimsical ostrich. A bird swift afoot that cannot fly, quite ungainly in appearance and movement, an excellent source of protein and hat plumage, and all of this while they practice a quite silly method of dealing with danger. They hide from it (or so they think). If they find themselves losing the footrace from danger, they bury their head in the sand as if to say that if I cannot see the danger, then it cannot see me. If I can’t see it, it is not there.

Too often we humans tend to mimic the behavior of the ostrich when there is a portion of God’s Word, the Bible, that doesn’t sit well with us. We avert our eyes from those godly standards or biblical truths that call for more than we are willing to give. Whether the passage deals with judgment, our favorite sin or the sin of others, or perhaps a “too hard to believe” miracle we are wont to believe that if we don’t see it or if we just ignore it, then it is not there. Employing a variation of the ostrich technique we rationalize things away as if they don’t exist.

Christians are not guiltless in this regard either. Sharing the good news of Jesus Christ’s resurrection, loving one another as we love ourselves, believing inexplicable miracles, biblical morality, and giving God a tithe of income seem to be examples of dangers to be avoided in the venerable tradition of the ostrich, according to general church behavior. How sad?

Why do we avert our eyes, so to speak? Perhaps because we hope that whatever it is will either change or just go away? Or, maybe because we just don’t like the idea of being obedient, of having anyone other than ourselves authoritative in our lives? Whatever the case, this “Ostrichian Philosophy” does not serve us, the Church, the world, or God well. As ostriches, we soon find ourselves looking for lurking predators, hiding from danger. There is no such thing as less dangerous. Indeed, oftentimes the act of averting the eyes or burying our heads actually hastens disaster.

In the book of Acts, chapter 20, the apostle Paul is quoted as saying, “I have not hesitated to proclaim the whole counsel (will) of God.” Paul’s point was that the good, the bad and the ugly commandments, behaviors, etc. have been and will continue to be part of his teaching. As we finish Lent and move into Holy Week, to the Resurrection and beyond, let us be resolute in considering the “whole counsel of God.” For the sake of ourselves and for that of others. Let us be mindful of not only the niceties of our Christian faith but also of the unsettling portions. Let us lift our heads out of the sand and really avert the danger that lurks, fixing our eyes on the One risen above. Then we will be truly safe.
Mayor David Wilkes said the more transparent the process is the more employees will understand what goes into these kinds of decisions and how the implications affect everyone. Commissioner Brian Stiehler said there are more creative ways of dealing with this rather than just axing the whole thing.

The other big issues Tuesday night involved the Planning.

The Unified Development Ordinance was supposed to be adopted but was tabled once again due to a number of inconsistencies found by Commissioners Amy Patterson and John Dotson and because Patterson wanted more discussion concerning the relationship between the Town Manager and the Zoning/Planning Director.

Inconsistencies in the UDO included home-based and home occupation businesses in zones R1, R2 and R3 as well as the new Conditional Overlay Zoning ordinance.

The Planning Board discussed initiating the new Conditional Overlay Zone (to replace the Conditional Use Zoning part of the ordinance) over several meetings. The new zone could be used to circumvent the normal underlying zone requirements on a piece of property so uses not usually allowed in the underlying zone might be allowed with Town Board supervision and control.

The problem is, unlike the Fencing and Lighting ordinances that were OK’d Tuesday night with public hearings set for May 1, the Planning Board’s recommendations about the Conditional Overlay Zonenever made it back to the Town Board for discussion or a public hearing prior to inclusion in the UDO.

“The UDO was supposed to reflect what was in our existing code, in other words, all the previous ordinances were to be in it minus new ordinances that may come along the way,” said Dotson.


Town Attorney Bill Coward agreed that more discussion was needed concerning the Conditional Overlay Zone, as well as other issues and reminded the board that every time a major change is made to the UDO a public hearing is required.

Commissioner Gary Drake asked Commissioners Patterson and Dotson to compile a list of inconsistencies and issues so that they can be dealt with at the April 17 Town Board meeting and the UDO can be passed once and for all.

The other Planning issue concerned the temporary encroachment of four, 2-top tables in the public right-of-way in front of SweeTreat Deli on S. 4th Street.

At its March 23 meeting, the Planning Board was asked to make a recommendation about allowing the tables, and though everyone agreed outside dining is a plus, per the town’s ordinance, temporary encroachments aren’t allowed on public sidewalks.

Placement of the tables leaves the required minimum five feet of walking space for pedestrians, which is supposed to be applied when private property borders town property, but in this case, it’s beside the point since it’s illegal.

Carlton said his neighbors – White Oak Realty Group and Richard Delaney, CEO of Old Edwards Hospitality Group – haveno problem with his request. This was reiterated Tuesday night by Commissioner Drake who said he got positive feedback from neighboring businesses.

But at the Planning Board meeting, member Linda Clark asked “How can we recommend something to the Town Board if it’s prohibited by the ordinance? Are we supposed to suggest changes to the ordinance? I just can’t make recommendations about something that is prohibited.”

The ordinance concerning permanent and temporary encroachments on town sidewalks and rights-of-way is about 30 years old and Carlton suggested the town look at changing the ordinance to reflect modern times.

He also noted that the rocking chairs in front of Highlands Inn are on the town sidewalk and leave little room for pedestrian traffic.

Years ago, when requests for benches on sidewalks – public and private — was first brought up, the board said the rocking chairs could stay because they’d been there before ordinances were adopted and so were grandfathered in.

Benzs like at Paoletti’s, tables and chairs like at The Ugly Dog Public House, and outdoor merchandise like at the Dutchman are all allowed on private property as long as they don’t encroach on town property which is the public sidewalk.

Clabo said Town Attorney Coward said the way the ordinance is now written, the tables and chairs at SweeTreat Deli are not allowed and if the town allows them, it isn’t enforcing its ordinance and it will be setting a precedent.

Instead of requiring them to be removed, Tuesday night the board charged staff to make a list of all items on sidewalks – public and private — and to present it at the April 17 meeting. At that time they will discuss the issue again.

In the meantime, the board agreed to allow the tables and chairs on the sidewalk until the next meeting.

Kim Lewicki
Soccer and baseball teams win first games of season

By Ryan Potts

The Lady Highlander soccer team traveled to Tallulah Falls on Tuesday to face the Lady Indians in a non-conference matchup. The Lady Highlanders were able to use their speed to dominate possession early, and were finally able to take the lead after a corner kick from Emily Munger ricocheted off of a Tallulah Falls defender into the net for a 1-0 lead. The Lady Highlanders then doubled their lead just before the half on a lengthy goal from Freshman Kirstyn Lamb. In the second half, Highlands was able to pour it on, getting another goal from Lamb and two header goals from Sophomore Rebekah Parks, and Freshman goalie Ashlee Maitland held Tallulah Falls scoreless in goal for the 5-0 victory. The Lady Highlanders outshot the Lady Indians 42-3 for the game.

The Highlander baseball team traveled to Cherokee Tuesday to face the Braves in a Smoky Mountain Conference matchup. The Highlander bats were alive and well early in the game, as Isaac Beavers was able to drive in the first of his three RBI’s and give Highlands an early lead. The early lead was all the Highlanders would need, as Freshman pitcher Davis Moore was very sharp in a complete game effort for Highlands. Moore received a great deal of support from his teammates in the form of 11 runs, as the Highlander offense was able to provide a comfortable margin in an 11-3 victory.

… FUNDING continued from page 1

er submitting a joint application requesting the release of funds from the Public School Building Capital Fund, which is the Lottery distribution.

For Macon County the damage looks like this:
• Flexibility cut FY-11-12: -$1,264,969;
• Estimated Flexibility Cut: -$1,483,397;
• Estimated increase schools give back: -$218,428;
• Edujobs money given to Macon County: $1,022,720;
• Edujobs money in FY-11-12: $221,851.

Macon County EduJob money drop is -$440,279.

“We have been anticipating the discretionary cut and have attempted to save every penny possible in our local, state and federal funding streams to offset the state cuts to PK-12,” said Macon County Schools Superintendent Dr. Dan Brigman. “This coming budget year is a repeat of the current budget year where we had a $1.2 million discretionary cut when the General Assembly passed the state reductions down to the local level. We have now exhausted all federal stimulus, stabilization and JOBS funds which preserved educational services throughout our school system.”

An explanation of the various cuts follows:

Flexibility Cut FY-11-12: The money school systems had to give back to the state in the fiscal year that began July 1, 2011. School systems receive funding based on the number of students they serve. Flexibility cuts require they hand a portion of that money back.

Estimated Flexibility Cut: The amount of money school systems will have to hand back to the state in the fiscal year that begins July 1, 2012, if lawmakers do not make changes to the state budget.

Estimated increase in reductions: The estimated increase in dollars school systems will have to hand back between fiscal year ‘12-‘13 and fiscal year ‘11-12. It is based on current year enrollment numbers, so final tallies will shift when new enrollment figures are available.

Edujobs money given to schools: Edujobs was a federal grant program designed to keep school districts from firing teachers. It expires this summer.

Edujobs money in FY-11-12: The total amount of Edujobs funding school districts had available to use in FY-11-12. Any money left over can be used until September of this year.

Jobs schools funded with Edujobs: The number of jobs in each district, as counted by the State Dept. of Public Instruction, which each school district paid for with the federal funding. This number is calculated in “full time equivalent” positions. Two half-time jobs equal one full-time job.

Schools drop in funding: The total amount of money that school systems have to work with in the current fiscal year which they stand to lose if lawmakers do not change the state budget.

The General Assembly wrote a two-year budget June of 2011. Budgets are usually adjusted in the second year. How much can be adjusted to compensate for the budget cuts is unknown.

- Kim Lewicki
Highlands PD log entries from March 22. Only the names of persons arrested, issued a Class-3 misdemeanor, or public officials have been used.

March 22
• At 1:20 p.m., officers responded to a two-vehicle accident at Cobb Road.
• At 11:30 p.m., officers on patrol found an open window at Highlands School.

March 25
• At 2:17 p.m., Taylor Thomas Earman, 36, of Highlands, was arrested for DWI on Lower Lake Road.
• At 12:20 p.m., officers responded to a two-vehicle accident at Spring and Church streets.

March 28
• A breaking and entering of a home on Horse Cove Road was reported. Nothing was missing, but video surveillance revealed 2 males and 3 females entered the home. The case is under investigation.

March 29
• At 10:20 p.m., officers responded to the report of a fight between two men at N. 4th St. No charges were made.

March 30
• At 3:33 p.m., officers assisted a motorist with a dead battery on Main Street.

March 31
• At 2 p.m., officers told people selling puppies on Main Street to desist.

April 1
• At 9:20 p.m., officers on patrol found an open door at Highlands Country Club.
• At 11:25 p.m., officers responded to a noise complaint at The Ugly Dog Public House.
• During the week, police officers responded to 8 alarms and issued 17 citations.

Highlands F&R Dept. log entries from March 19.

March 19
• At 1:36 p.m., the dept. was first-responders to Main Street where a woman fell down a set of stairs. She was taken to the hospital.

March 20
• At 1:45 p.m., the dept. was first-responders to a residence at Highlands View concerning an allergic reaction to a sting. The person was taken to the hospital.
• At 3:48 p.m., the dept. was first-responders to Persimmon Lodge Road where someone had fallen and broken their hip. They were taken to the hospital.

March 22
• At 11:35 a.m., the dept. was first-responders to a residence on Hammond Road.
• At 3:45 p.m., the dept. was first-responders to a residence on Dendy Orchard Road.
• At 4:09 p.m., the dept. was first-responders to Main Street where a woman had fallen. She was taken to the hospital.
• At 8:39 a.m., the dept. responded to a vehicle accident on Club House Trail where the driver drove into a ditch.

March 27
• At 7:29 p.m., the dept. provided mutual aid to Cashiers on a controlled burn on Yellow Mountain.

April 3
• At 10:30 a.m., the dept. provided mutual aid to Cashiers concerning a controlled burn of 100 acres on Yellow Mountain.

April 4
• At 8:30 a.m., the dept., was first-responders to a residence on NC 106. The patient was taken to the hospital.
You know us as RUNNERS, but don’t forget we are also NC REAL ESTATE BROKERS. You can count on us every step of the way to get you to the finish line. We train hard for races, and we will work equally hard for you!

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Martha Betz 828-200-1411
Country Club Properties betzrealtor@gmail.com

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**SATURDAY APRIL 7TH** - 8am- 3pm. 120 Log Bridge Circle. Highlands, NC.

**WANTED**

DEPENDABLE HOUSEKEEPER NEEDED for rental home in Highlands - please call 404-323-9444. (st. 3/22)

FAMILY WITH SUCCESSFUL BUSINESS IN HIGHLANDS LOOKING FOR HOME WITH LEASE OPTION. Range $1,250 to $3,000 per month depending on location and size. Please call 828-787-1673. (st. 2/29)

**REAL ESTATE FOR SALE**

$149,000 -- 3 bed, 2 bath manufactured home. 6 miles from downtown in Clear Creek/Blue Valley. 3.55 acres. Workshop. Closing cost assistance. 828-526-8191. (5/2)


**SERVICES**


ACUPUNCTURE & HEALING ARTS — Herbs, bodywork, women’s health, healthy weight, all ailments, wellness. 828-526-0743. (7/19)


HANDYMAN SERVICE – electrical, plumbing, pressure cleaning, painting, carpentry, yardwork. References. Call Al Edgar at 332-7271 (cell) or 369-6245. (st. 3/8)

CRAWLSPACE MOISTURE PROBLEMS? Musty smell in your home? Call 828-787-1673. (St. 4/28)


2/12 SINGLE-WIDE WITH GREAT VIEW AND PRIVACY, backs to national forest and move-in ready. $89,000. 526.1971 or 482.2050.

$103,000! LOWER CLEAR CREEK, 5.5 miles from Main Street. 2 Lots .55 & .95 acres. Septics installed. Borders National Forest. 2005 2/bed, 2/bath. Very cozy with fabulous view. Call 828-482-2050. (st. 11/11)

**ITEMS FOR SALE**

RIDING LAWN MOWER -- Husqvarna yth2348 with Trash Trailer. Lightly used. $1,200. Call 526-4067. (4/5)

2/2 SINGLE-WIDE WITH GREAT VIEW AND PRIVACY, backs to national forest and move-in ready. $89,000. 526.1971 or 482.2050.

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2012 Town of Highlands Boards and Committee Vacancies

The Town of Highlands has current and upcoming vacancies for the following Town Boards and Committees:

1. Zoning Board ~ 1 Alternate position
2. Planning Board ~ 3 openings
3. Appearance Commission ~ 2 openings
4. Scholarship Committee ~ 2 openings

Board and Committee applications can be accessed at www.highlandsnc.org or at Town Hall. For more information, feel free to contact the Town of Highlands at 828.526.2118. (4/26)
Fifth graders graduate from D.A.R.E. program

Left: Last week the DARE Graduation was held for the Highlands School fifth grade. Police Officer Ronnie Castle taught the classes. Teachers are Tracy Hedden and Christine Murphy. The program teaches children the importance of staying off drugs and alcohol.

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Now Offering Cabinets (SOLID WOOD)
Unfinished Red Oak and Hickory builder-grade options, as well as Pre-finished custom cabinets at big-box store non-wood prices!

Macon County GOP holds annual convention

Left: The Macon County Republican Party held its Annual Convention Saturday, March 31, at the Macon County Community Building in Franklin. About 60 members attended.

Representative and Speaker Pro-Tempore Dale Fowell was the Keynote Speaker. Senator Jim Davis also spoke. The Marin Corps League Color Guard presented the colors and Lt. Colonel John Crawford (Ret.) (Airforce Reserves) led the Pledge of Allegiance. GOP Chairman Chris Murray presented Mr. Crawford with a medallion with the original “Army Air Corps emblem in appreciation for his service to country.

The annual convention is required by both Republican and Democrat parties to handle their required yearly business. The Gem Country Republican Women’s Club served light breakfast foods for the event.

Right: The Rotary Club of Highlands honored the March Highlands School Scholars of the Month at its March 27 meeting. Shown with Highlands school counselor, Thomas Jessup, and Rotary club president, Bill Futral, are the High School winner, Taylor Hunter; Elementary School winner, Mary Eliza Tate and Middle School winner, Carrie McClure.

Photo by Carol Bowen

Photo by Carol Bowen

GOP Chairman Chris Murray presented Mr. Crawford with a medallion with the original “Army Air Corps emblem in appreciation for his service to country.
Friday, April 6
- Community Stations of the Cross, at noon. Gather at the Catholic Church parking lot. (If rain, meet in Incarnation Episcopal's main sanctuary.)

Saturday, April 7
- Annual Town Easter Egg Hunt at the Rec Park at 10 a.m.
- At the ballfield next to the Community Building, Eggfest, 12-2 p.m. for kids through 5th grade. Food, fun, games, inflatable slides, bounce house and more!

Sunday, April 8
- Easter Sunday Community Sunrise Service 6:45 am at Nature Center Amphitheater.