Harrell first HPD chief to graduate from NC Justice Academy Mgmt. course

On November 22, Highlands Police Chief William Harrell graduated from the North Carolina Justice Academy’s Management Development Program hosted at the North Carolina Justice Academy’s East and West campuses. The program consists of topical modules, each five days in length, which are scheduled over an 11-month period. Chief Harrell

BOE still struggling with State’s ‘tenure’ law

By Brittany Burns

Macon County Schools’ Superintendent Dr. Chris Baldwin informed members of the board of education last week that the deadline is looming to develop a method to identify the top 25 percent of teachers in the district, as required by a newly established law.

State legislators completely overhauled the state’s tenure law for teachers, essentially eliminating the process early this year. Instead of allowing any teacher to reach tenure status, the new law mandates each school district develop a method to identify the top 25 percent of teachers by June 30. Those teachers will be offered a four-year contract with a small bonus, while all other teachers will be offered continued employment through a one-year contract.

Monday night, Dr. Baldwin once again expressed concern regarding the lack of guidance from the state surrounding what criteria to use when identifying the top 25 percent. In the past, board members have expressed concern on how to compare a math teacher’s performance to a physical education teacher’s performance.

School administrators to receive supplement for 2013–14 school year, too

By Brittany Burns

With drastic budget cuts at the state level and no fund balance to rely on, the two percent supplement historically
Letters - Finaly, affordable healthcare for all

Dear Editor,

Today I visited healthcare.gov on the internet and thanks to the Affordable Care Act, also known as Obamacare, I am now, at age 63, covered by healthcare insurance for the first time in my adult life.

Throughout my life I’ve had financial ups and downs with periods of relative prosperity and at other times, not so much. But, the real reason I never before invested in healthcare insurance is that I was never extremely certain what I was buying. There was always so much fine print written into the policies I felt as if I needed a lawyer to figure out what would be covered and what would not if, God forbid, I need medical care. I couldn’t bring myself to spend the time or money on such an uncertain venture.

But, I am so thankful that is no longer the case because of the Affordable Care Act. Now there are standards the healthcare insurance industry has to live by. All pre-existing conditions are covered and so much more. At healthcare.gov I found a set of clear, affordable choices, all of which will ensure that I will never be financially destroyed because of a catastrophic illness or accident. Tonight I will sleep well knowing that my family and I are much more secure in life.

Thank you President Obama and those in Congress who voted to pass the Affordable Care Act.

Avram Friedman
Dillsboro, NC

Threat of Inflation

Dear Editor,

Our disappearing middle class has been receiving much media attention in recent weeks.

It takes an understanding of economics to uncover the reason behind our disappearing middle class and perhaps a bit of recent history.

The simple answer is that inflation has destroyed any gains the middle class had made during the past 40 some years. If you know history, you know that every time the government raised the minimum wage, inflation followed right behind, destroying savings workers had put aside for retirement, retirees on pensions and gener-

ally wiping out millions of people’s saving accounts. Remember the $1.00 hamburger with drink and fries?

We saw that effect during the Carter administration when we had a raging 22% inflation rate which was only brought under control during the Reagan administration who also brought us under 5% unemployment.

I find it ironic that the average person on the street is in favor of raising the minimum wage and must make them feel good about themselves to support it but what they don't understand is that they are shooting themselves in the foot, and punishing millions of retirees who are unable to compensate for inflation. Add the millions of retirees who have been forced to go back to work to make ends meet due to inflation.

What we fail to comprehend is that the minimum wage begins at the very bottom with the farmer buying his seed corn, fertilizing and planting the corn, getting the crop picked and getting it to the market where the stores must pass along the cost increases to the consumer. It's not simply a matter of paying a fast food worker a higher minimum wage but reaches to the very root of our economy.

Then we are faced with a government that prints more money which devalues the dollar and this of course means it takes more dollars to buy something which is also a cause of inflation.

There are other problems inherent in raising the minimum wage. Companies, along with fast food restaurants, simply cannot pay higher wages to youth who have no job skills which results in very high youth unemployment. Just look at the youth unemployment rate in countries like Italy, Greece, France and Spain and you'll see youth with no hope for a job or a future.

So don't be fooled when a politician tells you we need a higher minimum wage because the only thing they are concerned with is getting you to vote for them. They could care less about the retirees who have spent their lives putting money away for retirement only to see it wiped out by inflation, nor do they care about job prospects for our youth.

Just remember, higher wages require higher wages which require higher wages ad infinitum, a never ending vicious circle.

So, what happened to the middle class? Inflation wiped them out.

Bob Wilson
Franklin, NC

Please help the Hospice House in Franklin

Dear Editor,

Fellow Highlander, I am a member of the Hospice House Foundation Board, and personally involved and committed to the goal of building a Hospice House for WNC.

Right now I am writing to ask for your help. We have been given a CHALLENGE GRANT of $1M by the State Employees Credit Union, (SECU) which is wonderful. But we don't actually get this money until and unless we raise another $2.2M. We are working very hard to achieve that goal. At the moment however, we are especially in need of funds to pay many current expenses, including our mortgage.

I am asking you to please put us on your giving list. I know only too well what a generous community Highlands is so I am urgently seeking your support.

Donations can be directed to the Hospice House Foundation of WNC, a 501(c)3 organization. The address is PO Box 815, Franklin, NC 28744. Please see HHFWNC.org for more details or call me.

Evie Byrnes
Highlands, NC

Advertising in Highlands Newspaper and on Highlandsinfo.com WORKS! For information, about 2014 Advertising Packages in the paper and on the web call 828-526-3228 or email highlandseditor@aol.com.
Town of Highlands
Notice of Public Hearing

NOTICE IS HEREBY GIVEN that a public hearing will be held by the Town of Highlands Board of Commissioners at the Highlands Community Building, 71 Poplar Street, on the 12th day of December, 2013 beginning at 7:00pm, for proposed amendments to the Unified Development Ordinance regarding sign standards.

All interested residents/citizens are encouraged to attend. Copies of the proposed amendment are on file in the Town Clerk's office at Town Hall, 210 N. 4th Street for inspection by all between the hours of 8:00am and 4:30pm Monday through Friday.

Rebecca R. Shuler, CMC, NCCMC
Town Clerk

The Highlands Area Chamber of Commerce and Visitors Center's 2013 Olde Mountain Christmas Sweatshirts were a big hit this year leaving on just a few left for sale. If you are interested in getting one please call 828-526-2112 or email visitor@highlands-chamber.org. They are $20 each.
joined 19 other law enforcement executives in graduating the 25th Management Development Program, out of 64 local and state executive applicants across North Carolina.

“Bill is to be commended for completing this course,” said Town Manager Bob Frye. “I think it speaks well of his continuing commitment to maintaining a high level of professional leadership to the Highlands Police Department.”

The Management Development Program is a year-long experience taught by experts in administration, physical fitness, and Academy Instructors. The program includes an innovative curriculum involving a comprehensive and in-depth examination of the complex issues of law enforcement management and leadership, as well as the actual application of learned management and leadership skills. The North Carolina Justice Academy is the primary training organization for North Carolina criminal justice personnel.

The management development program required Chief Harrell spend more than 11 months navigating through curriculum assignments and a live joint agency emergency preparedness exercise.

A physical fitness endurance component was also executed where the class was tested on weekly physical fitness challenges, to include the capstone at the end, also known as “The Shackleton Expedition Challenge.” The challenge, which had to be successfully completed, consisted of a hike up Mount Pisgah, a 5-mile increased elevation run at Chimney Rock, and a 10-mile railroad bed run in Dunn, NC under preset time limits.

“There were so many take-a-ways and resources gleaned from this experience, such as networking with classmates from all over the state at the local and state level was priceless,” said Chief Harrell. “Spending time with dignitaries such as Governor McCrory at the Executive Mansion and Capitol Building and talking with him and his staff about key issues facing public safety was very rewarding.”

Chief Harrell is the first Highlands Officer to graduate from the Management Development Program.

“I was delighted to learn that Chief Bill Harrell completed Management Development Program for State Law Enforcement Administrators,” said Mayor-elect Pat Taylor who was the Highlands Town Magistrate for several years. “Just to be accepted as a program participant was a very competitive process where only the most experienced law enforcement officials were included. His successful completion of the program will enable the chief to apply the most current and best practices in working with his fellow police officers, community residents and with other area law enforcement agencies. When town employees advance their training and credentials, as in the case with Harrell, it benefits our community and the town’s ability to deliver quality services. Congratulations to Chief Harrell.”
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Macon County currently employs 257 career teachers, meaning only 67 teachers would be eligible to receive the extended contract after being identified as the top 25 percent.

By law, contracts must be offered to teachers no later than June 30. Dr. Baldwin advised the board that he hoped to have contracts offered considerably prior to that deadline. In order to do that, he requested a special work session in January to discuss what strategy should be taken in order to select teacher who would be offered the four-year contract.

After the criteria is set, Dr. Baldwin hopes to have a policy in place with directives toward identifying the top 25 percent established for the board to review during the April meeting, with anticipated approval coming in May.

The board showed unanimous consent in finding an agreeable date to hold the work session next month.

Historically, teachers in North Carolina who have five years of experience, were deemed eligible for tenure status, essentially guaranteeing them the right to due process before termination of employment. Tenure was originally established to secure terms of termination, including inadequate performance, neglect of duty, insubordination, physical or mental incapacity, and habitual alcohol abuse. The new legislation eliminates the long-term job security, and even limits any sort of job security beyond a year to the top 25 percent of teachers.

Though districts across the state are scrambling to establish criteria to identify the top 25 percent, the process will become obsolete by 2018, when any sort of tenure or employment longevity with payment compensation will be eliminated entirely.

Under the new law, beginning June 30, 2018, career status will end for all teachers in North Carolina. Teachers who have taught less than three years in a district will be eligible for one-year contracts, while teachers who have taught more than three years in a district are eligible for one-, two- or four-year contracts as long as they are considered proficient based on as yet to be determined evaluations.

Call or email about 2014 Advertising Packages in the paper and on the web!
828-526-3228
highlandseditor@aol.com
The Rotary Club of Highlands honored the November Highlands School Scholars of the Month at its December 3 meeting. Pictured with Nicole Lui, School Counselor, and Rick Reid, club President, are: Sayla Roman, middle school winner, Anna Stiehler, elementary school winner and Javier Montalvo, high school winner.

The Rotary Club of Highlands partnered with the Highlands police department and the Macon County Sheriff’s Department to sponsor Shop With A Cop Bingo. All proceeds went to support the program which matches a child with an officer to purchase holiday gifts for the child and family. Carter Mosely won the final SUPER BINGO game and is shown with another young Bingo player and several of the participating officers, including Highlands police chief Bill Harrell and Macon County Sheriff Robbie Holland.
The 400 seats are filling up fast for the annual Christmas Day Dinner at The Hudson House. If interested, call 526-9419 today!

Serving begins at 11am and continues until 5pm by reservation only. Fare features turkey, ham, and tenderloin, and all the sides, fabulous desserts and a glass of wine or other beverage. $35 for adults, $15 for children under 12. Kids under 5 eat free. To reserve, call 526-9419. Leave your name and a number for confirmation.

Christmas Day Dinner reaching capacity
Highlands Christmas Parade

Photos by Kim Lewicki
**Highlands Area Upcoming Events**

**Thurs., Fri., Sat., Sun. through Dec. 22**
- The movie Hunger Games: Catching Fire at The Highlands Playhouse. Showings are Thurs.-Sun., 4 and 7 p.m. Tickets are $8. Call 828-526-2695 for advance tickets.

**Mon/Wed/Fri**
- Step Aerobics with Tina Rogers at the Rec Park at 8 a.m. $5 per class or monthly rate.
- Zumba at the Rec Park 9:05-10:05. $5 per class or monthly rate.

**Tues/Thurs**
- Step Aerobics with Tina Rogers at 5:30.

**Thurs., Dec. 12**
- Town Board meeting at 7 p.m. in the Community Building. New Mayor Pat Taylor and new commissioners Amy Patterson and Donnie Calloway will be sworn in during New Business.
- HCP's annual FREE Holiday Reading “Christmas From Around the World” at 7:30p at the Performing Arts Center. Directed by Vangie Rich. Wonderful reading and music followed by a cookie and punch reception.
- The Macon County Cancer Support Group will meet Thursday at 7 p.m. in the cafeteria of Angel Medical Center on Riverview Street in Franklin. This is the annual Christmas Party. Please bring your favorite finger food and an inexpensive gift to exchange. Even if you have never attended the group before, feel free to come and celebrate Christmas with them and another year of life!!
- At noon, The League of Women Voters of Macon County will host a program about Kid’s Place, at noon in Tartan Hall of the First Presbyterian Church in Franklin. Holiday desserts and coffee will be served.

**Sat. & Sun., Dec. 14-15**
- The Community Christian Choral Concert will be held at the Episcopal Church of the Incarnation, corner of 5th. & Main Streets on Saturday and Sunday. Both performances will be held at 5 p.m. Classical, Christmas carols, plus a sing-a-long! A reception will follow the Sunday performance.

**Sat., Dec. 14**
- Santa in Town Square from 11a to 3p.
- The Highlands Plateau Greenway will have its monthly work trip this Saturday. Anyone interested in participating, please register with Ran Shaffner by emailing highlands.greenway@nctv.com or leaving a message at 828-526-5622. We’ll meet at the large upper parking lot (near the pool entrance) behind the Rec Park at 9:00 AM for a brief orientation session. 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.

**Sun., Dec. 15**
- Christmas Handbell performance at the Highlands United Methodist Church during the 10:50 service. All are welcome.

**Wed., Dec. 18**
- Christmas Handbell performance at the Highlands United Methodist Church at 6p. All are welcome.

**Sat., Dec. 21**
- Santa in Town Square to hear Christmas wishes from 11a to 3p.

**Sun., Dec. 22**
- Christmas Cantata at the 10:50 worship service at the Highlands United Methodist Church. All are welcome.

**Mon., Dec. 23**
- Red Cross Blood Drive at Lowe’s, 0717 Franklin Blood Drive (Georgia Highway; Franklin, NC) 11 am – 3:30 pm. Please call Stacy Lawson (828) 349-4654 for further information or to schedule an appointment.

**Saturday, Dec. 28**
- Red Cross Blood Drive at the Otto Community Blood Drive at the Otto Community Center - Meeting Room (Highway 441 South; Otto, NC) 8 am – 12:30 pm. Please call Phyllis Castle at (828) 524-3473 for further information or to schedule an appointment.

**Wed., Dec. 25**
- Highlands Annual Christmas Dinner is at the Hudson House at Highlands Country Club from 11 a.m. to 5 p.m. by reservation only. The buffet dinner will feature turkey, ham, tenderloin, and all the sides including Donna Woods’ now famous dressing and a dessert buffet is included. The cost is $35 for adults and $15 for children under 12. Kids under 5 are free. To reserve you place at the table to join friends and family, and to become a sponsor or make a donation, call 526-9419.

**Now Showing at The Highlands Playhouse ‘Hunger Games: Catching Fire’**

**Thur.-Sun., Dec. 12-15**
At Highlands Playhouse: Hunger Games starring Jennifer Lawrence, Josh Hutchenson, Liam Hemsworth. Showtimes are 4 & 7:30p. Thursdays through Sundays. For tickets in advance call 828-526-2695. Hunger Games will show each week Thurs.-Sun. through Dec. 22.

**Met Opera live in HD at PAC on Dec. 14**
**Students admitted FREE**

Due to the generosity of Beverly & Marc Pittman, Cindy & Rick Trevathan and Sandi & Bob Trevathan students will be able to see (for NO Charge) the MET Opera Live in HD: Falstaff by Verdi on December 14 at the Highlands PAC. Falstaff is a family friendly, humorous opera. Starring Ambrogio Maestri singing the role of the blustery Sir John Falstaff, opposite a marvelous ensemble cast, including Angela Meade and Stephanie Blythe. An undisputed master of Verdi’s final comic masterpiece, James Levine conducts Robert Carsen’s acclaimed production, the first new Met Falstaff since 1964. Tickets: $24 for Adults are available online: www.highlandspace.org or by calling: 828.526.9047 507 Chestnut Street, Highlands.
**SECU offers $1 million match for Hospice House in Franklin**

The release highlights SECU Foundation representatives and Credit Union volunteers and staff gathering with community leaders and supporters of the SECU Hospice House of Western North Carolina for a formal presentation of the Foundation’s $1 million grant for the Hospice House. The on-site presentation ceremony in Franklin, North Carolina, marks a momentous occasion – helping bring the first inpatient hospice facility to the healthcare community and citizens of the six-county area of Macon, Swain, Graham, Clay, Cherokee and Jackson Counties.

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This week, readers and musicians of the community are primed and ready to present the Highlands Cashiers Players annual Holiday Program, Thursday, December 12, 7:30 p.m. at Highlands Performing Arts Center on Chestnut Street.

The theme is “Christmas Around the World” with personal stories of Christmas experiences in Australia, Brazil, China, Germany, Latvia, Mexico, and Viet Nam, as well as the history of Santa Claus, and the popularity of poinsettias in American Christmas celebrations.

The stories will be interspersed with music of the season by talented local musicians -- Malinda Womack, violin; Les Scott, singer/guitarist, and singers Vangie Rich and Wayne Coleman introducing a new composition by Betty Holt.

Everyone is invited to attend this cheerful evening of stories and music. No tickets are necessary. The Holiday Program is the Highlands Cashiers Players Christmas gift to the community.
It’s A Wonderful Life Here on The Plateau

If you are reading this article, you must be one of the fortunate persons who choose to call the Highlands/Cashiers Plateau their permanent home. As magical as the month of December is, most of the summer residents are quick to descend to warmer climates when the temperature bounces down in the 30s for one night in October. At this special time of year, let us reflect on what makes this place we call home so unusual.

According to Tom Earnhardt, a lawyer by profession, in his newly published book, “Crossroads of the Natural World”, North Carolina has as much geological, climatic and ecological diversity as any place on the planet. His enlightening book provides an interesting history of the geology and development of North Carolina. It is a scientific compilation of why so many of us are in awe of this natural environment that we call home. Some interesting facts from the book as well as from other sources about this area include the following:

1. The early Appalachian mountains were once 20,000 feet high but now are worn down to their present height by 300 million years of erosion.
2. The American West mountains are only 50 million years old or younger.
3. Dinosaurs roamed the earth up until 65 million years ago.
4. Whiteside Mountain is purported to be the oldest mountain in the world at over 300 million years old.
5. Glaciers never moved through this area which explains the existence of rare plants obliterated in other areas.
6. The Eastern Continental Divide is the ecological boundary where plants and animals from northern and southern ecosystems come together.
7. Every 1,000 feet in altitude...

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Falling Waters is protected by the North Carolina Planned Community Act and our own covenants designed to enhance your enjoyment and future property values. Owner financing available.

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From Main St., take Hwy. 106 (The Dillard Road) 1.8 miles just past the Glen Falls sign, turn right on Mt. Laurel Dr., go 3 tenths of a mile turn left on Moonlight. The entrance is on the right.
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You’re Not Alone - A Doctor’s take on common gastrointestinal symptoms

Frequent and bothersome gastrointestinal (GI) symptoms are more common than you may think. While estimates may vary, five percent to 15 percent of adults in the United States may suffer from CIC. According to a survey, the majority of adults with these conditions may experience disruptive symptoms three to five days per month. Recurring abdominal pain and constipation, including hard stools, and infrequent and incomplete bowel movements, may indicate IBS with constipation or, if you have these symptoms with little to no abdominal pain, chronic idiopathic constipation (CIC). Adults report that these symptoms impact their daily activities.

Research also shows that only 40 to 50 percent of these sufferers plan to talk to their physician about their GI symptoms within the next year. Experts say that part of the problem is patients are uncomfortable discussing the specific symptoms of IBS-C or CIC.

“Patients often get embarrassed talking about their bathroom habits with a physician,” says Dr. Steven Lamm, internist and author of “No Guts, No Glory.” “There is no need to feel self-conscious.”

You are not alone. Dr. Lamm recommends preparing for your appointment ahead of time to ensure a more effective conversation. Be ready to discuss the following with your doctor:

• Do you have fewer than three bowel movements a week?
• Do you feel abdominal pain?
• How often do you experience hard stools associated with constipation?
• Do you have fewer than three bowel movements a week?

You are not alone. Dr. Lamm recommends preparing for your appointment ahead of time to ensure a more effective conversation. Be ready to discuss the following with your doctor:

• Do you have fewer than three bowel movements a week?
• Do you feel abdominal pain?
• How often do you experience hard stools associated with constipation?
• Do you have fewer than three bowel movements a week?


...INVESTING continued from page 15

tude is equivalent to traveling 300 miles north which is the reason why our “Island in the Sky” hosts numerous cold weather plants and animals usually found farther to the north.

8. Rain forests host the greatest diversity of life on the planet.

9. North Carolina is the epicenter of North/South diversity where arctic air and tropic air converge.

10. With varied topography and climate that is simultaneously subtropical, temperate, and subarctic, North Carolina is a meeting place for living things more commonly found far to the north and south.

We heard Tom Earnhardt address a group recently, where he autographed one of his books for us after the event. His words say: “You live in one of the most beautiful places on this planet.”

We agree and are so grateful to have you-our neighbors and friends-also enjoying this wonderful life on the Plateau. Happy Holidays!

• Jody and Wood Lovell own Highlands Sotheby’s International Realty which recently changed its name from Exurbia after proving themselves as leaders in the local real estate market over the last 14 years.

Jody is once again the top producing agent on the entire Highlands Cashiers MLS in 2013. With two locations, one in The Old Edwards Inn Complex and one at the gate of Cullasaja Club, Call them to help you with your real estate needs at 828 526 4104.

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2013 HS Homecoming Dance ‘Masquerade’

Photos by Lisa Osteen
Has Christmas begun for you?

By Pastor Paul Christy
Highlands United Methodist Church

Well it is that time of year when we all start thinking of fires in the fireplace, egg nog and mistletoe. It is the time of year when we make travel plans, spend time with family friends and go shopping (either online or in a store). It is that time of year when our thoughts turn to what gifts we can give and wonder at what gifts we will receive.

Yes, it is that time of year when we walk down the street and people seem to be in a great mood. There are smiles all around and we tend to treat each other differently. It is that time of year we call the Christmas rush and wonder if we will accomplish all that we need to accomplish. Is that time of year when it is easy to get caught up in the hype and wonder why we do this year end and year out.

Now why am I wondering about this time of year? Because for a lot of the world, that is what this time of year is really about. It is about the parties, the gifts, the trips and the rush. But I constantly need to remind myself what this time of year is really about.

I know you are thinking, “Well this guy is a preacher and we know what is coming. He is going to tell us all the clichés… ‘Jesus is the reason for the season’ or he is going to tell us that this time a year should be about deepening your faith and going to church.”

But hang on with me because when I think about this time of year it all of the above.

Instead of telling people what this time of year is really all about, I wonder if we shouldn’t show people what this time of year is really all about. Now what does that mean?

Several weeks ago I was at the Highlands-Cashiers Hospital visiting and as I was preparing to leave some nurses came up to me and asked if the church I serve would be willing to help a homeless man out by giving him a motel room for the evening. I told them that I thought we could and it was one of those weeks when it had rained for a few days and the temps were really cold and the nurses had him in the ER but they couldn’t keep him any longer. We talked for a bit and the nurses told me they had fed him, washed his clothes and he would be ready in a few hours. They told me that he had slept out under a porch the night before and almost had hypothermia, and if I didn’t mind, they would call me when he was ready.

Sure enough, in a few hours they called and I went to this man who had walked from Athens, GA to Highlands, NC and I took him to a local motel. On the way to the motel, this man and I talked, and he said, “You know preacher, I didn’t think my life would turn out this way, but it has and now I am trying to make the best of things. Thank your church and thank this town for loving people they do not know. Sometimes life throws you unexpected twists and turns and you have to make the best of them. But you know preacher, this town is a special place.”

You see Christmas has already begun for me because...
I saw the love and grace of Christ in some nurses at our hospital, and in the way this town helps others. So you see, isn’t that what this time of year is really all about? It is about helping, loving and caring and sharing with others. I want to thank Highlands for being a place that is unlike any other place I have ever lived. You care and you share with others, you do not judge, you love and isn’t that why God sent us His Son because He loved the world?

Yes Christmas has begun for me and it began with a conversation I had with some nurses at the hospital and I saw how they cared for others and then it was seen in the face of a man who was down on his luck who reminded me, it is the simple things in life that matter.

Has Christmas begun for you yet? Look around and see where you can share and care for others. You see, that’s when Christmas begins. Are you ready for it? I hope that we are.

...SPIRITUALLY SPEAKING from page 18

In Highlands secular and religious converge the Saturday after Thanksgiving to welcome the Christmas season. Photo by Kim Lewicki
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Highlands PD log entries from Oct. 21. Only the names of persons arrested, issued a Class-3 misdemeanor, or public officials have been used.

Oct. 21
- At 3:30 p.m., officers responded to a call of simple assault, communicating threats and disorderly conduct involving juveniles at a school bus.

Oct. 31
- At 4 p.m., officers responded to a two-vehicle accident near Highlands School.

Nov. 11
- At noon, officers responded to a call about the theft of a wheelbarrow at a residence on 5th Street.

Nov. 20
- At 2:15 a.m., officers were called to the Lodge lobby on Spring Street regarding a person who had entered the premises and fallen asleep on the sofa.

Nov. 24
- At 12:01 p.m., officers responded to a two-vehicle accident on NC 28.
- At 1:47 a.m., officers responded to a call of someone driving when over the legal limit of an impairing substance on US 64 west.

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...HEALTH MATTERS from 16

symptoms, including dietary and lifestyle changes and taking laxatives. Also, keeping a symptom diary may help identify triggers that exacerbate symptoms.

Keep in mind, over-the-counter laxatives and stool softeners may help with occasional constipation, but they are not approved for long-term use without physician supervision and are not approved for IBS-C. If you are a candidate, a physician may prescribe FDA-approved medications for these conditions.

With open and clear communication between patient and doctor, managing bothersome symptoms may be possible.
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