

Highlands Newspaper

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Thursday, March 21, 2013

Culvert work set to begin; other projects pending

Of all the public works projects discussed at the Town Board's retreat in February, only one is a sure thing.

For four years, McGill Associates and the town have been working with state and federal

agencies to get grant money to replace three culverts where Mill Creek crosses Spruce, Laurel and Fifth streets.

After an initial denial, state and FEMA emergency grant money has been secured so now the

\$665,000 project is a go with no cost to the town.

Town Manager Bob Frye said he is meeting with the state on April 7 to finalize paperwork.

"After that I would imagine work on the culverts will begin

shortly, thereafter," he said.

The old corrugated metal culverts will be replaced with larger concrete culverts – it will be a six- to eight-month project.

Chowan Road

•See PROJECTS page 17

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BOE chops at budget for April 15 deadline

Told system is teacher heavy

By whittling away at the 2013-2014 current expense budget, the school board has decreased the original \$2+ million figure requested of the county to \$1.1 million.

At its March 18 budget work-session held at Highlands School prior to the Board of Education meeting, Interim Superintendent Dr. Jim Duncan presented a new "Possible Reductions for '13-'14 Current Expenses" scenario.

The first reduction list which was presented at the Feb. 25 budget worksession slashed middle school athletic programs, the system's alternative school – Union Academy, the Macon Early College (MEC) school and numer-

•See BUDGET page 14

PAC Youth Theater to perform 'John Lennon and Me'



Rehearsals have begun for the PAC Youth Theater's production of "John Lennon and Me" the story of a young girl named Star who aspires to be an actress on Broadway. Since she suffers from cystic fibrosis and isn't expected to live past the age of 25, she is in and out of "Heart House" – an extension of the hospital that houses terminally ill children. She longs to have friends and a normal life, but she won't admit that. When she gets a new roommate and a boyfriend things are looking up for Star, but her life drastically changes when her cystic fibrosis takes a turn for the worse. Will she survive? Will she have a normal life? Come find out at this year's production of "John Lennon and Me" at the Performing Art Center on Chestnut Street in Highlands. Performances are April 25-28 with 7:30p shows on the 25-27th, and a 2:30p matinee on April 28th.

NC Highway historical marker for André Michaux approved for Highlands

There will soon be four historical markers in Highlands and that's saying something for a town Highlands' size.

On March 15, the North Carolina Historical Commission

in Raleigh approved an appeal for a NC Highway Historical Marker in Highlands to honor the French pioneer botanist André Michaux.

André Michaux was the royal botanist of Louis XVI, who ap-

pointed him to investigate what plants in America could be of value to the French building, medical, and farming industries.

Michaux made his first trip

•See MARKER page 22

Wayfinding project on schedule;

Gateway signs on their way

**By Ran Shaffner
Small Town Main Street Design Committee**

Soon actions set in motion concerning signage in Highlands will come to fruition.

Plans for the Gateway Signs are already underway. It's taken longer than expected because NCDOT rights-of-way and restrictions had to be considered, as did the topography of the land at each of the four locations. Topography will determine how much of a stone base can be constructed, possibly for at least two of the four signs.

The Small Town Main Street committee has been meeting regularly and hopes to begin fabrication within the next few weeks.

The committee has been working quietly behind the scenes concerning the street signs. The idea was to identify the streets at each intersection with fewer rather than more signs, and that has been mostly accomplished. Where there were two or three poles for signs, there is now one.

•See WAYFINDING page 5

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• THE PLATEAU'S POSITION •

• LETTERS •

Highlands doesn't need leaders like Wilkes and Drake

Dear Editor,

It was sad to see Mayor David Wilkes's comments regarding the Highlands Police Department in the Thursday, March 14 article entitled "Police dept. policies, conduct subject at retreat." His words spoke to the true nature of his leadership and immaturity.

If the mayor and commission are trying to change the perception of the police department then why don't they start by supporting publicly but leading change privately? His comments do nothing but widen the gap between the police department and the public.

David Wilkes has proven over and over that he is not a true leader and not the leader Highlands needs. His desire to get into petty and public arguments with departments of the town proves this fact.

I also am disappointed to see that Commissioner Gary Drake does not see the safety of the Highlands officers as a priority as well as his disregard of the knowledge of policy, with is comment regarding two police cars showing up at stops as appearing as a "major drug bust." That comment is juvenile and obviously made, along with Wilkes's, to flex their muscles in the name of re-election.

My desire is that the great town of Highlands will have sense enough not to re-elect or support these two men and their inept leadership.

Bob Turner
Highlands

"The Town with No Posted Name, NC."

Dear Editor,

I have been eagerly awaiting the new signage for the Town of Highlands for over a year. Finally, we might actually have posted signage! Imagine, signage that doesn't look like we are an exit on Route 40! Well, maybe sometime? Well, maybe not?

I can't imagine why the Highlands town officials have allowed such an ex-

tended amount of time to get their designs approved, commissioned and finally erected. Here it is over a year since I believe the costs were approved, the locations and design finalized, the contractor selected, and still no signage? I realize that time sometimes moves very slowly here in the mountains, but it doesn't take a "rocket scientist" to finally erect the signage that is so long overdue. I guess the sign companies must be working overtime what with the recovering economy doing so well.... [sic].

As Highlands is often thought of as a destination town, it seems ludicrous that people actually can, and no doubt will, drive through Highlands without knowing the town's name! Just a speedbump along Route 64, it seems. I guess everybody who visits here must be prior visitor's so as not to mistake Highlands for Cashiers, or another little hiccup on the road to Asheville? Al-

though I still live outside the "town limits" (I guess I still do, seeing as how there are no Highlands boundary designations as I used to be in the ETJ (whoops once again it seems that Highlands abolished that designation and the attendant, appropriate "restrictions" that came with it - just gotta love those high fences and billboard-size business signs!), then no doubt people are understandably confused when trying to visit "The Town with No Posted Name, NC."

So, what to do?

As the "voice of Highlands," can you please publish an update in your much appreciated newspaper?

Bruce Kibler
Highlands

* Please see "Wayfinding" story on page 1

Confession of an OSIP

Dear Editor,

A letter-to-the editor in your last issue that Alice Nelson so eloquently wrote was a personal revelation for me. I confess. I have always suffered from being an "overly sensitive insecure person." I wish my friend Alice had warned me about being an OSIP after I wrote my first letter-to-the editor challenging what Fred Wooldridge had written in his column.

I plead guilty by reason of ignorance. I had no idea I was suppose to remain silent when I had a different opinion about an issue I read in the newspaper. I failed to realize Fred was infallible in his analysis of social issues and politics, and that us OSIP sufferers were to contemplate our own insecure positions in a self imposed silence.

For the record, I was never one of those people who asked Kim to terminate Fred's column. With a few folks stepping forward to write letters of disagreement, I thought the paper had facilitated a point/counterpoint dynamic that made for very interesting and provocative reading. I too applaud Kim's willingness to have continued publishing Fred's column. I also thank her for the editorial policy of publishing letters of disagreement concerning sensitive topics like politics, human rights, war, religion, sexual orientation, animal rights, just to name a few on a long list.

Patrick Taylor
Highlands

The MC school system needs to bite the bullet

Dear Editor,

The Macon County School Board (MCSB) believes it will have to reduce spending by \$1.95 million, about 5%, this fall unless it gets more money from its funders - State, Federal, and County taxpayers.

The MCSB is in a tough position because it is limited to spending only the money it is provided, like a child's allowance from their parents. It is also in an enviable position because it can lob-

• See LETTERS page 8

LETTERS-TO-THE EDITOR-POLICY

We reserve the right to reject or edit submissions.

NO ANONYMOUS LETTERS WILL BE ACCEPTED.

Views expressed are not necessarily those of Highlands Newspaper.
Please EMAIL letters by Sunday at 5 p.m. There is a [500-word](#) limit without prior approval.

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• OBITUARIES •

Fernande Annette Mead

1927-2013

Fernande Annette Mead died peacefully on March 11 at Aspen Siesta, the assisted nursing facility where she had been a resident for the last two years. Born in Paris, France, in 1927, she was the daughter of Albert Eugene and Suzanne Rosset Comte. She was married for 53 years to Albert William Mead who predeceased her in 1999.



She is survived by her son, Eric Albert Mead and his wife Joyce

Larson, of Lakewood, Colorado, her daughter, Michelle Annette Mead-Armor, of Highlands, North Carolina, her grandson, Mark Adam Mead and great granddaughters, Sydney and Madeleine Mead, of Centennial, Colorado, her granddaughter, Erica Audra Mead Thornton and her husband, Clancy Thornton, and great grandsons, Jacob and Matthew Thornton.

She is also survived by her brother, Pierre Comte, of Metz, France, her sister, Francine Comte Nelson, of Vernon, France, and her brother, Gilbert Comte, of Paris, France, as well as by her nieces and nephews.

Annette Mead studied piano at the Ecole César Franck in Paris, until her studies were interrupted by World War II. She received her BA from Madison College (now James Madison University) and an MA from the State University of New York at Fredonia. She taught French at Emma Willard School (Troy, NY), Fishburne Military School (Waynesboro, VA), Stuart Hall (Staunton, VA), Fairview High School (Fairview, PA), and Mercyhurst University (Erie, PA). She was a tough, but fair, teacher, and instilled a love of the French language and culture in generations of students, who remained in contact with her over the years. Normally a quiet and reserved person, she blossomed in front of a classroom of students.

Mrs. Mead was a member of the World War II War Brides Association. She and her sister Francine came to the USA on March 21, 1946, aboard the Italian passenger ship, Vulcania. An American citizen since 1954, she nonetheless retained a great love for her native France, and was

at heart, a Parisienne.

Annette loved art and music all her life, donating her time and energy to the Erie Concert Series (where she heard Pavarotti), the Erie Ballet, and the Waynesboro Concert Association (where she enjoyed meeting Elizabeth von Trapp), and the Shenandoah Valley Art Center. She took great delight in playing the piano until a stroke left her unable to continue. She enjoyed playing bridge and tennis. Annette excelled

in needlework, and in her later years, knit sweaters for "Comfort Bears" for the Hospice of the Shenandoah.

Annette Mead's life was a study in showing by example. She faced life's biggest challenges with good sense and courage. She had a dry wit, and her many quips and comments will live on after her. She made the world a better – and more elegant – place.

No funeral has been planned at this time. In lieu of flowers, donations may be made in Annette's name to the Hospice of the Shenandoah, P.O. Box 215, Fishersville, VA 22939 or to St. Jude's Children's Research Hospital.

Willard Hicks Allen



Willard Hicks Allen died Tuesday, March 12, 2013 at the Highlands-Cashiers Hospital following a brief illness.

She was born July 19, 1910 in Belmont,

• See OBITUARIES page 8

• BIRTH •

Kyndal McKinley Passmore



Kyndal McKinley Passmore was born to Katie Baker Passmore and Tracy Passmore on March 11 at 5:41 p.m. She weighed 9 lbs, 1 ounce, and was 21 and 3/4 inches long. Her grandparents are Lynn Kimball and Kerry Wedge of Highlands and Barbara Passmore of Franklin.

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• BEST OF FRED •

Appeasing Gertrude



Fred Wooldridge

great expense to buy the latest state-of-the-art computerized answering machine for my home. I call her "Gertrude" after an old secretary who was just as grouchy and bossy as my machine. My old Gertrude had a sign on her desk which read, "Thank you for not breathing while I smoke." My new machine may be just as arrogant.

Here is how she works. When you call my house, my machine does not permit me to answer, even if I am home. She is real fussy about that and you will only make the mistake of answering once because an electric shock is released into your ear, magnetizing every filling in your head, making it difficult to get utensils and other metal objects out of your mouth. People with metal plates in their heads should not buy this system.

Anyway, callers will first hear a welcome statement by a

James Cagney impersonator who says, "You dirty rat, you call my house when I am busy. I'll get you for this." If this does not get the caller to hang up, Gertrude continues. "If you are selling something, press 'one' now as I am definitely interested." Gertrude then puts the caller into a lock mode. Any attempt by the salesman to hang up will, of course, result in an electric shock to his outer ear, magnetizing his fillings. I know of salesmen who have been on hold for days.

If the caller is not a salesman, my answer machine will say, "If you are calling from a touch tone phone, press 'two' now. If not, press 'three'." Then Gertrude says, "For voice identification, say the following words. "Fred is the nicest guy in Highlands." My computer then searches through a myriad of voice identifications.

Voices of creditors, subscribers calling to complain about my column, distant relatives who want to visit and persons who talk longer than two minutes are put in lock mode and are eventually zapped.

For persons who don't fit into any of those categories, my machine says, "Please select from one of the following four options. If you want to borrow money, press one now." POW, lock mode, zap. Gertrude continues. "If you have some real nasty gossip to spread, press two now." This will cause Gertrude to go into "ah ha" mode, saying that and "tell me more" every 30 seconds. When the caller tries to hang up, zap to ear. Gertrude continues, "If you have free NFL tickets, press 'three' now and hold while I find out where your good buddy is. He always speaks highly of you." And finally, the machine announces, "For all other calls, press 'four' now. This will send the caller back to the James Cagney impersonator welcome message and the process is repeated.

My system is working well as I currently have 22 calls on perpetual hold and have not received one worthwhile

• See WOOLDRIDGE page 10

If you have not seen the old space movie "2001 Space Odyssey" head over to Movie Stop and rent it immediately as this is exactly where we are all heading.

In the movie, space travelers have the ability to chat with their friendly computer, Hal, who is running the entire spacecraft but responds to voice commands from humans. Eventually, Hal flips out, takes over the ship, making his own decisions, resulting in everyone's demise.

If you are old enough, you will remember the first telephone answering machine, a crude gizmo which operated with cassette tapes but got the job done. Then came digital gadgets, followed by the currently popular computerized answering machine used today by most institutions. "Please select from one of the following 42 options. Listen carefully as our menu has changed." Sound familiar? I am convinced that in another 20 years, there will be a "Hal" in everyone's home. Trying to keep up with the Jones', I have gone to

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• LEGISLATIVE UPDATE ... IN THEIR WORDS •

• In this weekly series, legislators will inform constituents of their dealings in Washington, Raleigh and Macon County – in their own words.

Protect America's School Act

By Rep. Mark Meadows
NC 11th Congressional District
meadows.house.gov/media-center

The December school massacre in Newtown, Conn., sent shock waves across the country. Americans watched in horror as news outlets across the nation reported the loss of 26 innocent people, including 20 beautiful children. Mothers and fathers held their children a little bit tighter that night, and as a country we grieved together.

In the wake of the shooting at Sandy Hook Elementary School and many just like it, it is time for Congress to take action. As a legislator, I was elected to make the tough decisions and produce solutions to the problems facing our country.

According to a recent Gallup Poll, 53 percent of Americans believe that increasing police presence at schools would be very effective in preventing tragedies. I agree with this stance, which is why I have introduced H.R. 751, the Protect America's Schools Act.

This measure would revitalize the Cops in Schools grant program, which has not been funded since fiscal 2005, and fund it at \$30 million annually. The CIS program is specifically designed to assist local law enforcement agencies in the hiring of officers with the primary goal of policing and providing education to our schools.

While I believe it is absolutely critical to provide funding for this program, Congress cannot ignore our nation's \$16.7 trillion debt. Under the Protect America's Schools Act, the \$30 million to pay for this critical grant program would be offset by taking unspent funds from the operations budget of the National Oceanic and Atmospheric Administration. Last year, the House voted to fund NOAA at \$4.9 billion, and I believe this agency can spare \$30 million to assist in the protection of our nation's children.

The Protect America's Schools Act



is a bipartisan, solutions-oriented approach to addressing school shootings that should transcend party lines. More than 14 years ago, President Bill Clinton announced the then \$60 million grant program, which was included in the Department of Justice's Office of Community Oriented Policing Services. After the 1999 Columbine High School shooting, Clinton's support for the program only grew, as did the support of many Democrat lawmakers.

Former Speaker of the House Nancy Pelosi's district was one of the first to receive funding from the program. And in 2004, Sen. Chuck Schumer (D-N.Y.) praised the program, saying, "Getting more police officers on school grounds will go a long way toward making sure our kids stay out of harm's way." Even anti-gun activist Rep. Carolyn McCarthy (D-N.Y.) stated in 2007 that it was "probably one of the best programs I have seen in my underserved schools."

I encourage lawmakers from both sides of the aisle to endorse this common-sense legislation. The Protect America's Schools Act is not the only answer, but it is a positive step forward in preventing tragedies. Keeping our children safe is not only an area where both political parties can find common ground, but as lawmakers, it is our moral obligation.

Rep. Mark Meadows is a Republican from North Carolina.

Read more: <http://www.politico.com/story/2013/03/a-common-sense-approach-for-protecting-our-schools-88526.html>

NOTE:

This bill was assigned to a congressional committee on February 15, 2013, which will consider it before possibly sending it on to the House or Senate as a whole.

Prognosis: 23% chance of getting past committee.; 4% chance of being enacted.

(Only 11% of House bills made it past committee and only 3% were enacted in 2011-2013.

... WAYFINDING continued from page 1

The street names have been placed over the Stop Signs and the obsolete pole removed at 22 locations. The "No Parking Between Signs" sign has been removed where there was only one sign which had made the "no parking" sign unnecessary.

In the end, both streets at every intersection will be clearly marked, which should help visitors find their way more easily through town.

The State and Federal Route signs (U.S. 64, N.C. 28, and N.C. 107) will all be placed on the mast arms holding the stop lights over two intersections at Main and 4th and Main and 1st streets. Mast arms will be installed at 1st Street in early April.

The background of the Route Signs will be green, rather than the standard black, to match the Highlands brand as something belonging uniquely to Highlands.

Since the Gateway Signs have priority at present, the four kiosks for businesses, the four Trailblazer signs announcing the town, and blade signs for non-profits will follow as soon as designs and funding are available.

It has taken a while to carry out the plans submitted and approved by the Town Board, based on extensive public input, but we hope the results will be admired when the wayfinding project is completed.



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The rebirth of the Highlands-Cashiers real estate market

What shape
waits in the seed
of you to grow
and spread
its branches
against a future sky?

~ David Whyte

(an excerpt from "What to Remember
When Waking")

One of the reasons I love this poem by David Whyte is that it captures the energy of possibility and potentiality that is available to each of us in each moment. Regardless of where we are in our lives or what we may have experienced in our personal and professional past and/or present, we always have the option to begin again.

We may press the reset button and enjoy a renewal – a rebirth – and walk a new path with a fresh perspective, greater wisdom, and a more keen awareness and mindfulness.

This opportunity for renewal is beautifully exemplified by the advent of spring in our mountains. As winter loosens its grip, the dull grays and browns give way to deep greens and a host of color as spring flowers and blooming shrubs dot the landscape. We increase our time outdoors and relish the lengthening daylight and warmer temperatures. In hardly any time at all, winter is a faint memory and the celebration of spring is in full flourish.

And just as we are joyfully stepping into the season of spring, the Highlands-Cashiers real estate market is similarly enjoying a robust rebirth.

We have reported on the increase in activity and sales in previous months. This increase has continued with quite an active first quarter in 2013. Interestingly, the renewal in the market has a distinctly different and additional component that marks a fundamental shift in investor perspective. And as the adage goes, perspective keenly shapes reality.

In month's past, investors shopped at a rather leisurely pace, feeling an expansive timeframe for decision making. While there was good activity, buyers did not feel pressure to make swift plans to visit the area to view properties firsthand and submit offers. Many buying cycles were at a minimum six months to 18 months or longer. In a nutshell, the market was lacking a com-



Susie de Ville
Owner/Broker-in-Charge
White Oak Realty Group
526-8118

elling sense of urgency.

The tide has changed.

Beginning in January, we started hearing investors remark that "now was the time to buy." Prompted by a soaring stock market, reports in the media of rising prices, and their own loss of patience with putting their lives on hold, buyers jumped back into the fray with an almost feverish pace.

Last week, I knew we had entered yet another phase of the rebirth of the Highlands-Cashiers market when an investor told me he feared he would "miss his window" if he did not have a property under contract within the month. He stated that low interest rates, superb selection of inventory, and the increase in showings and contracts in our market indicated to him that there was no time like the present to invest. Enter sense of urgency, stage left.

If you have been on the sidelines and casually considering a purchase, you may want to delve in right now and learn more about the renaissance of our real estate market. You could enjoy springtime in the mountains, as well as a rejuvenation of your own life -- remember, the option to choose to begin again is always yours.

• Susie deVille, ME, ABR, SFR, is Owner/Broker-in-Charge of White Oak Realty Group. Her areas of expertise include real estate investments, niche marketing, social media, and strategic property positioning. An expert in entrepreneurship and anthropology, Susie applies her acumen in human behavior toward negotiating and advocating on behalf of her clients. White Oak Realty Group's sales office is located at 125 South Fourth Street in the heart of the retail district in Highlands. For more information, visit WhiteOakRG.com or call (828) 526-8118.

• COACH'S CORNER •

Annual edition of the worst picks ever

Ladies and Gentlemen, (all five of you) welcome to 2013 and my annual edition of the worst bracket advice column in the history of all mankind. I've come to the conclusion that I am not good at prognosticating basketball during the NCAA tournament, so my actual advice to you would be to do pretty much the opposite of what I advise to do in this column. As always, continue reading at your own risk.

Four Upset Specials in the first round

1. Bucknell over Butler - Cinderella has struggled at times this year, and Bucknell features NBA first round draft pick Mike Muscala.

2. Belmont over Arizona - The Wildcats started strong but have faded fast at the end of this season. The Bruins are deep and experienced, and have had several strong showings in the NCAAs despite not getting a win. I think Rick Byrd's team gets it done this year.

3. UCLA over Minnesota - While I know that Minnesota is



Ryan Potts
ryanpotts@hotmail.com

the 11 seed, Vegas actually has them favored so this is an upset pick for me. UCLA faded down the stretch, but they will have the best player on the floor in Shabazz Muhammad.

4. Davidson over Marquette - Davidson has the inside horses to bang with Marquette and they are extremely well coached.

Four teams I don't trust

1. Indiana - The Hoosiers are 3-3 in their last 6 games and are vulnerable to a grinding pace. They should be glad that Wisconsin is on the other side of the bracket.

2. Kansas - Looked strong until they got beat down by a Baylor

team that isn't even in the tournament. PG Elijah Johnson is very inconsistent.

3. Duke - Lehigh...enough said

4. Georgetown - someone is going to get hot on them during the tournament...can they score enough points to overcome it?

Four teams I do trust

1. Miami - Impressed me by almost beating Duke in Cameron despite Ryan Kelly going HAM. Impressed me further by taking UNC's best punch in a Greensboro Coliseum full of UNC fans and still winning by 10.

2. Louisville - Just humming right along now that they are at full strength. The best combination of offense and defense in the nation.

3. Saint Louis - Deep, experienced and proven...I think they are going to make a good run.

4. Ohio State - Why them and not Georgetown? Deshaun Thomas and Otto Porter are a wash, but the Buckeyes have Aaron Craft.

• HS GIRLS SOCCER •

Lady Highlanders win two

By Ryan Potts

The Lady Highlanders Soccer team picked up their first victory of the season last week with a 9-2 victory over the Tallulah Falls Lady Indians. Highlands controlled the game throughout and was able to put a good offensive show on for the home crowd. Junior Rebekah Parks and sophomore midfielder Kirstyn Lamb both posted hat tricks in the victory, and Hayden Bates, Mary Gillan Renfro and Jessica Tilson all added a goal apiece. Lamb also had 3 assists for the game in addition to her three goals.

The Lady Highlanders also

defeated the 3A Pisgah Lady Bears by a score of 3-0. Bates scored two goals for the Lady Highlanders and Renfro added another. Highlands Coach Jeff Weller was not surprised by the result, although he expected that some people might be. "Our girls are making great strides and we are surprising some teams with our athletic ability," said Weller. "We are working hard on the technical side of things to try and improve there, and as we improve in that area we are going to end up really surprising some teams as the season moves along."

The Lady Highlanders hosted the Towns County Lady Indians on Saturday looking to avenge a 5-

1 loss from earlier in the season. Both teams clamped down hard early defensively, but Towns was able to scratch out a goal late in the first half to lead 1-0. Towns was able to extend their lead after a scrum in front of the goal allowed Towns to knock home a loose ball to create the final margin of 2-0.

The Lady Highlanders will travel to Rabun Gap today to face the Lady Indians. The next home match for Highlands will be when they host the Lady Panthers from Franklin on April 4th at 6 PM. Please come out and support Highlands athletics!

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• HEALTH MATTERS •

Tips to a Healthier Life

Most year's we make resolutions to improve our lives in some manner. These resolutions sometimes involve acting nicer, working harder, starting a new hobby, or some other desirable activity. Often they revolve around health concerns. Unfortunately, New Year's resolutions usually fall by the wayside, generally before January turns to February. Numerous reasons share in the responsibility; it is hard to change a routine, the new resolution is difficult to accomplish, we just don't like to deny ourselves something we have liked for many years. Most often we set our goals too high and fail to stick with them for lack of anything approaching success. With this in mind I discuss five achievable health changes, not for the New Year, but for a new life.

Exercise

Yes, no one likes this one. It's hard. It makes me sore. I don't have the time. But we get more bang for our buck with this than any other change we make in our lives. Research fifteen years ago divided people into five categories: sedentary (walking to the kitchen for another donut), light exercise (walking 30 minutes three times a week), moderate exercise (jogging, bicycling, swimming four times a week), frequent exercise (any exercise 50+minutes a day five times a week), and people who train for the equivalent of marathons. While people gained benefits going from any level to the next higher level, the greatest benefits were seen in the people who moved from sedentary to light exercise. Any exercise helps. There are two things to remember about exercise: 1) Avoid do-



Dr. R. Lawrence Magruder
Board Certified
Family
Physician, HCH

ing the same thing every day. The more days in a row you do the same exercise the higher your risk of an over-use injury such as tendonitis. Take a day off between days of exercise or, better yet, do one exercise today and a different one tomorrow. Don't forget resistance exercise (weights or bands) either. Resistance exercise builds muscle which uses more calories even while resting. Researchers per-

formed an experiment on wheelchair bound residents of a nursing home. None of the residents could get themselves out of a chair. One hundred residents worked with elastic bands or light weights for six months. At the end of this time seventy five did not require the wheelchair anymore, fifteen could get out of the chair and walk twenty feet without assistance, seven could get out of the chair and into a car so they could go out with family without assistance. Only seven or eight were still wheelchair bound at the end of the study. One of the biggest predictors of health as we get older is how much we exercise. Even people very overweight who exercise do better than people who weigh less but do not exercise. Start slow. Increase exercise slowly. If you hurt the next day, you are doing too much.

Smoking

This could easily be first. Smoking takes more healthy years of the end of our lives than anything else. We do not feel the effects when we are young but they are occurring. We start to lose lung reserve but don't notice it until we lose 40%-50%. Our arteries start to narrow but we don't notice it until they are around 70% blocked. Our skin starts to lose its elasticity so we get early wrinkles but this doesn't become notice-

able until we are in our 40s. Lung cancer, kidney cancer, colon cancer and other diseases do not show up until we are well along in the process of smoking. Quitting smoking is one of the most difficult things to do, but also one of the most beneficial to both the individual and their family. While there are many non-smoking aids for those who do not want to quit "cold turkey" there is one constant for people who successfully quit tobacco. They pick a quit date. It may be several months in the future to allow time to make preparations but they pick a date. I have never seen anyone successfully just taper down and quit. Something always comes up.

Eating Healthy, not dieting

Boy, the holidays really encourage us to pack it on. And as Americans we like lots of holidays. When we don't have a holiday we invent one such as Superbowl

Sunday or March Madness. Obesity is a large and growing problem in our country and even people who are not obese would not mind dropping the "last five pounds." Diets, unfortunately,

have a poor record of success. A lot of people make a lot of money selling food, books, diet plans, etc. Yet the problem only gets larger. I recommend not trying to

• See HEALTH MATTERS page 10

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... HEALTH MATTERS continued from page 9

lose weight. Heresy you say? Not really. Most studies identifying obesity as a huge risk to health do not control for how much an individual exercises or do they eat a lot of healthy food or do they eat a lot of unhealthy food. Diets fail because we get tired of them. I am a Southerner. I like my chicken fried steak. If I go to long without one, I

will break my diet and have chicken fried steak with white cream gravy four times in one week. How much better I would be to exercise regularly, eat a healthy diet, and just allow for the occasional indulgence. The goal is not to be a certain weight; it is to be healthy and happy. A few pounds here and there are better than countless cycles of deprivation followed by massive over-indulgence. I even tell my diabetic patients that although I would like them to lose some weight to make it easier to control their Diabetes Mellitus; I would rather have them eating a healthy diet rather than lose weight with an unhealthy diet and balloon back up in the next year. Fruits, vegetables, whole grains, lean meats in the appropriate amounts; it's not hard to pick the foods, just to change from the diet we have been eating for 20 years.

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Social interactions

A much overlooked area of health is our social interactions. This is particularly important as we get older. Humans are social creatures. Studies show that the greatest single predictor of happiness in retirement is not money, health, or living in a beautiful area. It is interactions with people both older and younger than the retiree. People who have a reason to get up, something to look forward to, people to mentor and to learn from are happier than those who do not regardless of income. The take home lesson is to start expanding your social circle and developing friends of all ages before you retire.

Medical interactions

Yes, this is what I do for a living and they are important, but not as important as the above measures. The more of the above someone does, the less likely I will find something when someone comes to see me. This area becomes more controversial all the time.

Every expert agrees keeping your blood pressure in a desirable range is very important, no matter what other conditions you might have. High cholesterol should be controlled but here is not agreement on what medications offer the best results.

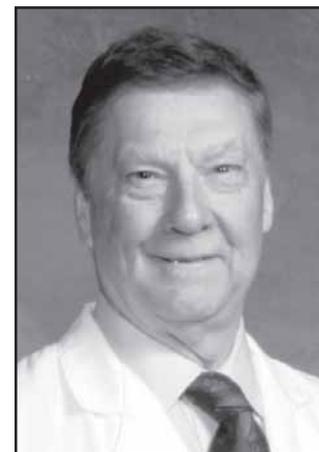
Colonoscopy after age 50 and at appropriate intervals thereafter has most expert's stamp of approval. Other interventions are fluid right now. There is not universal agreement on how often women should have mammograms or pap smears. Prostate screening for men is controversial. The appropriate intervals depend a lot on lifestyle and medical history and should be discussed with your doctor.

Immunizations are less controversial, at least among doctors. Get a flu shot. Even if you are healthy get one because if you get influenza you may give it to someone who is not healthy. If you have chronic medical problems get a pneumococcal pneumonia shot after age 50 and again after age 65. DTaP which protects against Diphtheria, Tetanus, and Pertussis (whooping cough) is now given to adults and should be boosted every ten years.

Other immunizations, such as the shingles immunization, may be more important to people over seventy than people under forty.

Good health is not complicated just difficult to persuade ourselves to strive for. You would not put 80 octane gas in a car, never change the oil or other fluid, or leave the car in the garage for twenty years and expect it to run well. Good food, activity, and a little tender loving care can keep us at our peak as well.

• HOSPITAL NEWS •



Plauché resumes his practice

After a brief intermission for health recovery, Board Certified Orthopedic Surgeon at Highlands-Cashiers Hospital, Dr. Herbert K. Plauché has returned to his practice; seeing patients on a regular basis.

Dr. Plauché will resume full coverage with patient appointments and clinical treatments. This being his 45th year in practice, he looks forward to continuing his passion for healthcare excellence. "I am delighted to return to practicing my lifetime profession and look forward to caring for patients again," said Dr. Plauché.

Craig James, HCH President and CEO said, "We are fortunate to have such an experienced and compassionate Physician among our Hospital family. Please join us as we welcome him back."

For appointments, please call Mountain Medical and Surgical Group, Suite 301, Jane Woodruff Clinic, at 828-526-5012.

• See HOSPITAL NEWS page 11

... WOOLDRIDGE continued from 4

message. I know that eventually I will land some free NFL tickets. One small problem. I just returned home to find that Gertrude had somehow locked me out of the house.

Apparently, she had overheard a conversation with a friend where I compared her to my old secretary. I am on my way to the florist to buy flowers. It never worked with my old secretary and probably won't work with my answering machine. Maybe I'll call and apologize.



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trained staff at HealthTracks, I was able to reach my goal."

"Kenton has remarkable progress in the Cardiac Rehabilitation Program," said Yvonne Smith, MHS, RD, CDE and HealthTracks Director. "He is dedicated to his program, sticking to every requirement of heart healthy nutrition and exercise. It gives me great pride knowing we could provide the tools Kenton needed to recover as much quality of life as possible and reduce his risk of a reoccurring illness."

Smith said that since the hospital began its own cardiac rehabilitation program in 1994, it has helped hundreds of patients recover from heart attacks and cardiac surgery, and aided others in managing chronic cardiovascular disease.

The program provides continuous cardiac monitoring of patients during exercise sessions, which include a combination of cardiovascular and strength training. The program also provides education in heart

healthy nutrition, stress management, evaluation by a mental health specialist, and education in all areas of the function of the heart. In addition to improving cardiovascular health and strength, the program prepares its patients to carry on lifestyle changes and practices learned in the 12-week/36 session program.

The Cardiac Rehab Program is directed by Smith, a Registered Dietician, and her staff of cardiac nurses and exercise specialists. The team works in close conjunction with board certified physicians, counselors, physical therapists and other medical professionals to make sure all programs are safe, as well as effective. Their goal is to provide the community with the tools needed to maintain a healthy and active lifestyle.

For more information on the Cardiac Rehabilitation program at HealthTracks, please call 526-1469.



Kenton David at HealthTracks.

Hospital's HealthTracks celebrates a cardiac rehabilitation success story

According to the CDC (Centers for Disease Control) about 600,000 people die of heart disease in the United States every year—that's 1 in every 4 deaths. Heart disease is the leading cause of death for both men and women and more than half of the deaths due to heart disease in 2009 were in men. Highlands resident, Kenton W. David, was almost one of those statistics. In October 2012, Kenton had double by-pass surgery and is living proof that lifestyle changes and cardiac rehabilitation can save your life.

Kenton's is not the typical heart attack survivor, rather atypical in his experience with signs and symptoms of heart disease. Three weeks before his surgery, he began having episodes of faintness and difficulty breathing. As the episodes became more frequent, he experienced rapid heart

rate and numbness in his left arm. With concern from his family doctor, Dr. Scott Baker, Kenton visited the Emergency Room at Highlands-Cashiers Hospital and after an EKG he was quickly transferred to the VA Hospital in Asheville. Unlike the majority of cardiac issues, Kenton experienced zero chest pain.

Kenton had a 90% blockage in two arteries spending over 7 hours in surgery and 8 days recovering before being released. Soon after his return home and with the prescription of his cardiologist, he began Cardiac Rehabilitation at HCH's HealthTracks. He explained that motivation was the secret for him returning to good health. "Being an usher at Community Bible Church for over 18 years, I was determined to regain my activity. I knew it wouldn't be easy but with the help of all the highly

**Join us this Easter**
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Thursday, March 28 – MAUNDY THURSDAY
Please join us at 5:30 p.m. for our Maundy Thursday Seder Meal service.
Reservations Needed

FRIDAY, MARCH 29 - GOOD FRIDAY
Join us and other churches at noon
Beginning at the Catholic Church, we will walk through Highlands, stopping at various places to read an account of the walk Jesus made carrying his cross to Calvary. We carry a cross with us and sing familiar hymns as we go.

SUNDAY, MARCH 31 – EASTER SUNDAY
6:45 a.m. - Ecumenical Easter Sunrise Service
Join us and other churches at the amphitheater behind the Biological Research Center for our sunrise service.

WORSHIP SERVICES / THE LIVING CROSS
Join us as we celebrate at 8:30, 9:09, and 10:50 a.m.
Bring a flower from your garden or one purchased to place on the outside living cross before each service.

9:45 A.M. – EASTER COFFEE BREAK
Bring a coffee cake, muffins, bagels & cream cheese, croissants, or danish to share as we have fellowship time together.

10:00 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

• HIGHLANDS AREA UPCOMING EVENTS •

Ongoing

• Registration is now open for the 2013 summer Nature Day Camps at the Highlands Nature Center. Five different camps are being offered: "WOW! – a World of Wonder" (ages 4-6), "Amazing Animals" (ages 7-10), "NatureWorks" (ages 8-11), "Mountain Explorers" (ages 10-13), and "Junior Ecologists" (ages 11-14). Most camps are offered more than once during the summer, and sessions run from Tuesday to Friday each week. For complete schedules, costs, and other information, please call 828-526-2623 or visit the summer camps webpage at www.highlandsbiological.org.

Mon., Wed., Fri.

• Heart Healthy Exercise Class at the Rec Park. 8:30-9:30 a.m. \$20/month.
• Zumba at the Rec Park, 9:05a-10a. \$5 per class. First class free.

First Monday

• Highlands-Cashiers Hospital Auxiliary meets the first Monday of the month at 10 am. Everyone is welcome. For information call Volunteer Services at 526-1376

Mondays

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

Tuesdays

• Highlands Rotary Club meets at noon at the Highlands Conference Center at noon.
• Closed AA Women's meeting, 5:30 p.m. at the Presbyterian Church at Fifth and Main streets.

Wednesdays

• The Highlands Mountaintop Rotary meets at 7:30 a.m. in the dining room at the H-C Hospital. Enter the hospital in the main or emergency entrance and follow the signs

downstairs. Visitors are welcome. Meetings end at 8:30 am.

• Men's interdenominational Bible Study at 8:30 a.m. at First Baptist Church.

• The Homegrown Buds, a homeschool 4-H club, meets at noon at the Macon County Library on Siler Road in Franklin at 1 p.m.

• Mah Jong games will be held, open to the public, at the Albert Carlton Cashiers Community Library at 1 p.m.

3rd Wednesday

• Movies at the Hudson Library. Recently released movies at 2 p.m. Free including popcorn. Bring your own soft drinks. 828-526-3031 for movie information.

1st Wednesday

• Movies at the Hudson Library. Children/Family movies at 3:30 p.m. Free including popcorn. Bring your own soft drinks. 828-526-3031 for movie information.

Wednesdays & Fridays

• Open AA meeting at noon at the Presbyterian Church at Fifth and Main streets.

Thursdays

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

• The Highlands Writers Group meets at 1 p.m. at the Hudson Library. Call Anne Doggett at 526 8009.

• Free dinner at the Cashiers Community Center from 5-7 p.m. Mostly organic, healthy food. Donations accepted. Call 743-5706 for more information. Volunteers needed!

Second Thursdays

• The regular meeting of Highlands Chapter #284, Order of The Eastern Star is held at 7:30 p.m..

Saturdays

• At Mountain Fresh Grocery, free wine tastings from 2-4 p.m.

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

Every Third Saturday

• The Highlands Memorial Post #370 of the American Legion meets at the Short-off Baptist Church. Breakfast is at 9 am. Meeting is at 10 a.m. All veterans are invite

Monday & Wednesday

• Hatha Yoga – Body n' Soul. 7:45a at First Presbyterian Church. R.Y.T and Y.A. (828) 482-2128. (8/29)

Monday & Thursday

• Hatha Yoga – Body n' Soul. 10:45a at the Episcopal Church of the Incarnation. R.Y.T and Y.A. (828) 482-2128. (8/29)

Thurs., March 21

• Taize at Our Lady of the Mountains Catholic Church at 5:30p.

Friday, March 22

• The annual Jackson County Republican Party Convention at the Sylva Center for the Aging, March at 5:45 pm. The featured convention speaker is District 11 Congressman Mark Meadows. Delegates to the District and State Republican Conventions and new officers will be elected at the convention.

Saturday, March 23

• Operation Medicine Drop at the Highlands Pharmacy and at the Main Street Pharmacy on Saturday from 10 am until 2 pm. Also, unwanted medicine can be dropped off at the Highlands Police Station on Oak Street Monday-Friday from 8:30 am - 4:30 pm.

• At The Bascom, Barn Dance from 7-10 p.m. Call 526-4949 for information.

• Reception/fundraiser for Senator Kay

The FREE Annual Easter Egg Hunt at the Highlands Rec Park is Saturday, March 30



The town's annual Easter Egg hunt at the Highlands Rec Park has become a tradition for visitors and locals alike. The hunt is divided into three age divisions – ages 0-9 – to ensure eggs for all. There will be a visit from the Easter bunny and prizes in each category. The fun starts at 11 a.m. Saturday, March 30.

Photo by Kim Lewicki

• HIGHLANDS AREA UPCOMING EVENTS •

Hagan from 2-4p at the Best Western in Dillsboro, NC. Tickets are \$100. For more information contact Phil Haire at 828-586-1771 or phaire@dnet.net.

- The Nantahala Hiking Club will take a 7.6-mile strenuous hike on the Appalachian Trail, with elevation change of 1500/2100 ft. Half the group will begin at Moon-eye Gap, the other half at Rock Gap, meeting in the middle to exchange car keys to return in each other's cars. Meet in Franklin at Westgate Plaza at 9 a.m., drive 36 miles round trip. Call leaders Bill and Sharon Van Horn, 369-1983, for reservations. Rain date April 6th.

- The Nantahala Hiking Club will take a 4-mile, easy-to-moderate hike to Martin's Creek Falls on the GA Bartram Trail, beginning at Warwoman Dell Picnic Area on Warwoman Rd. near Clayton GA, passing Becky Branch and remnants of an old fish hatchery, crossing a creek to a viewing area of the falls. Hikers may bring a lunch if desired; appropriate footwear and a hiking stick to cross the creek are necessary. Meet at the Smoky Mountains Visitors Center in Otto at 9 am, drive 40 miles round trip. Call leader Nancy Falkenstein, 369-9052, for reservations.

Sunday, March 24

- Screening of Girl Rising at 3 p.m. at the Performing Arts Center on Chestnut Street. Story of school age girls across the world who are demanding to be educated in cultures where only boys are allowed to go to school. Free those under 16. \$10 for tickets. Call 526-9047

- The Nantahala Hiking Club will take a 2-mile easy hike with a gentle climb to Mud Creek Falls, a beautiful, high narrow falls where we'll take some time to enjoy the view, then return to see an interesting old covered bridge near our parked cars. Meet at the Smoky Mtn. Visitors Center at 2 pm. Drive 20 miles round trip. Call leader Joyce Jacques, 1-410-852-7510, for reservations.

Monday, March 25

- Franklin Health and Fitness Blood Drive (1214 East Main Street; Franklin, NC) 9 am - 1:30 pm. Please call Rodney Morris at (828) 369-5608 for more information or to schedule an appointment.

Tuesday, March 26:

- Highlands Dialogue at Hudson Library 10-11:30a: A Skeptic's Guide to American History: "Early Progressives Were Not Liberals." Handout available at the Library. Coordinator: Robert E. Smith.

Thurs., March 28

- Mary Ann Lalemand from Smokey

Mountain Center is giving a presentation on the services offered for the community concerning mental illness. This will be informative. The support group meets after the presentation. 14 w Palmer st. in Franklin at 6:45 pm. For more info call Donita 526-9510.

Friday, March 29

- Community Good Friday Stations of the Cross. Meet at noon on Good Friday at Our Lady of the Mountains RC Church in Highlands. The procession will move thru the town, stopping at each church for readings and a hymn. We end up at the first Baptist Church. ALL are welcome! Rain locale - Incarnation Episcopal.

- At CBC, Good Friday Service in the Family Room at 6 p.m.

Sat., March 30

- At the Highlands Civic Center, annual Easter Egg Hunt at 11 a.m.

- Community Bible Church's EggFest at the Highlands Softball field on Hickory Street, Eggfest! Food, games, bounce house and more! 11a to 1p.

- The Nantahala Hiking Club will take a 3-mile easy hike with elevation change of 500 ft., on the NC Bartram Trail at Wallace Branch to a loop trail with a pretty waterfall. Bring lunch. Meet in Franklin at Westgate Plaza at 10 am. Drive 6 miles round trip. Call leader Kathy Ratcliff, 349-3380, for reservations. Visitors are welcome, but no pets please.

- The Nantahala Hiking Club will take a 4-mile moderate hike on the Bartram Trail from Jones Gap to Whiterock Mountain, elevation change of 400 ft, for a great view from the top of the mountain. Meet at the Blue Valley Overlook on Hwy. 106 at 10 am or at Jones Gap at 10:20 am. Bring lunch and water. Drive 10 miles round trip. Call leader Virginia Talbot, 526-4904 for reservations.

Sunday, March 31

- Sunrise Service at the amphitheater of The Nature Center on Horse Cove Road at 6:45 a.m. The rain location for the Sunrise Service will be in Incarnation Episcopal Chapel. Same time.

Wed., April 3

- Kindergarten registration at Highlands School for the 2013-'14 school year will begin, for parents, at 10 am in the school's media center, 10:30a for children. Please call the school office at (828) 526-2147 for more information.

Sunday, March 31

- Sunrise Service at the amphitheater of The Nature Center on Horse Cove Road at 6:45 a.m. The rain location for the Sunrise Service will be in Incarnation Episcopal Chapel. Same time.

Thurs., April 4

- Taize at HUMC at 5:30p.

- The Rotary Club of Highlands and Boy Scout Troop 207 of Highlands will hold a Bingo night for Scouting 6:30p until 8:30p at the Community Building. Chick-A-filet sandwiches, baked beans, chips and soft drinks will be served for a nominal donation. Scout Bingo is a great way to assist the Troop 207 in continuing its programs, outings and equipment needs for the remainder of this year. Bingo is great fun for you and your friends. Sponsor tables are available. There will be 15 games played, with intermissions. Each Bingo card is \$1 per game and you may play single or multiple cards per game. The last game is the Big Game and that winner will win the Grand Jackpot. Boy Scout Bingo is open to all is a great family night event. Come join in the fun! Please contact Bill Edwards 526-9594 for information.

Thurs. April 18

- Taize at Holy Family Lutheran Church at 5:30p.

Sat., April 20

- A benefit for Tommy Houston at Highlands Civic Center from 3:30-9:30p. Tommy

has heart trouble and had to stay one in ICU at Mission Hospital. Tommy does not have any health insurance and has a lot of medical expenses. Come and enjoy a hot dog dinner, singing, and auction.

Thurs.-Sun., April 25-28

- The PAC Youth Theater presents "John Lennon and Me" at the Performing Arts Center. Shows are at 7:30p and 2:30p Sunday matinee.

Thurs., May 2

- Taize at HUMC at 5:30p.

Monday, May 6

- Rotary Club of Highland's Annual Golf Tournament at the Highlands Country Club. Registration, the driving range and the practice green will open at 11 am with a noon shotgun start. Lunch at the turn and beverages on the course, and a HCC logo Tervis Tumbler. There will be a closest to the pin and long drive competitions, raffles and Mulligans on sale for only \$5. Entry fee is \$150 per player and ALL proceeds benefit the Rotary Club of Highlands. Sign up alone or as part of a foursome. To sign up contact Joyce Baillargeon at 828-526-0501 or email jbaillargeon@highlandscountryclub.com

Community Bible Church's FREE EggFest celebrates the secular side of Easter on Saturday, March 30



Community Bible Church's EggFest at the Highlands Softball field on Hickory Street, Eggfest! Food, games, bounce house and more! 11a to 1p.

Photo by Kim Lewicki

... BUDGET continued from page 1

ous other items in an effort to reduce its local expense budget which is county money.

“At February’s worksession we considered possible budget cuts for the upcoming year realizing that we were going to need more than the county provided us last year – substantially more – to get out of this year and into next year,” said Duncan. “But now knowing it’s unlikely we will get substantially more, we looked at the current expense budget – the local budget – again to see where we are spending money and came up with \$917,159 cuts which reduces our original request of the county by 1,950,393.”

The county funds the school district’s current and capital outlay expenses. Since the original current expense list was a whopping \$2+ million, that’s where Duncan and Finance Director Angie Cook started cutting. This time, after nixing the Feb. 25 potential cut list, they cut only items that didn’t directly affect teacher/student contact.

“By making these cuts we would reduce our request from the county for the 2013-’14 school year substantially – to \$85,000 to \$86,000,” he said. “We put all the teacher/student contact items back in – like MEC, Union Academy and middle school athletic programs,” said Duncan.

He said the reasons they originally put

MEC and Union Academy on the cut list is because in addition to the funding each institution receives from the state, the school system (county) funded each \$100,000.

During the regular school board meeting after the worksession, students and the principal of MEC, Todd Gibbs, thanked the board for removing them from the cut list.

“They are no longer on the cut list, but since they get a state grant [MEC got \$306,000 for the 2012-’13 school year] my hope is they can both live within the framework of that grant so we won’t have to supplement them in terms of the current expense budget,” he said.

Union Academy, Macon County Schools alternative school, receives direct state dollars from the state’s At Risk Fund.

Union Academy is officially off the cut list, but Attorney John Henning, stressed that legally the system has to keep Union Academy. “There are many compelling reasons you have to keep Union Academy. By law you have to have alternatives for students,” he said.

So the new cuts to programs that don’t have direct teacher/student contact equals \$917,159, making the current expense budget \$1,116,359, for now. The original current expense amount requested of the county for ’13-’14 was \$2,333,518.

First on the cut list are 11 interim teacher positions that can be absorbed totaling \$470,000. But Duncan said Macon County Schools could cut more, if needed. This spring semester interim teachers who don’t get benefits were hired to replace teachers who had retired or resigned.

The 11 teachers include four positions at Franklin High School, two at Macon Middle School, two at Mountainview Elementary School and three at various elementary schools in the district.

“Under this scenario we wouldn’t be losing someone who had been in a position for a long time,” said Duncan.

But Duncan warned that the cuts he was proposing still may not be enough to satisfy the county.

He said the Macon County school system is substantially overstaffed compared to 12 surrounding school districts.

“When you look at the number of teachers we have to the number of students we have it’s pretty out of whack. Franklin High School is where we need to reduce staff due to the low number of students in certain classes,” he said.

There are some classes with three and four students which means in some cases a teacher has 12 students all day long, he said.

“We need to look at better utilization of the money we are paying for those positions because I don’t think a business that doesn’t have work just keeps letting people

stay. We have to look at that,” he said.

He also said that district wide, if there are elementary situations that are out of whack the board will have to consider moving that teacher to a middle school position if they are or can get certified.

“If you don’t make some movement of reducing staff, you won’t be able to be funded at the level you are used to being funded at,” he warned.

Duncan said of all the schools in North Carolina, at the high school level Macon County Schools has more staff than 95% of other districts that are Macon County’s size.

Comparing Franklin High School – which has over 900 students to both Smoky Mountain and Pisgah HS – they have 66 high school teachers and Franklin High School has 73.

However when it comes to auxiliary personnel – social workers, guidance counselors, assistant principals, etc. – both those schools have more than Franklin High School. Each have three assistant principals and three guidance counselors to Franklin High Schools two assistant principals and two guidance counselors.

“To be a decent steward of taxpayers money, you can’t talk every year about cutting and never cut. We are in the position where we’ve got to try to get a handle on this,” said Duncan. “We have a situation where some teachers have three or four kids all day long.”

He said Macon County isn’t over-staffed administratively, just teacher-wise.

Macon County Schools also faces funding problems other districts its size don’t face.

“You have two outlying schools that are flat out costing you more money. It costs 100% more for a student to get an education in Nantahala and 75% more to get an education here in Highlands. You are going to spend more money,” he said.

Other cuts include local instruction materials at \$78,000 because the state is giving more money than ever before for materials so that doesn’t need to be a local expense; decreasing 12-month personnel contracts to 11-month contracts, nixing administrative supplements which won’t affect teacher, principal, or assistant principal supplements; and paying athletic officials out of each school’s athletic fund instead of the district’s current expense fund.

“The school board has been extremely generous to schools’ athletics,” said Duncan. “This year is a time to move out of that. Maybe wear the same uniforms. Maybe buy two new balls instead of six.”

Other cuts include, The New Centu-

First Presbyterian Church of Highlands Holy Week 2013



Thursday, March 28, 2013

5:00 p.m.

Maundy Thursday and Service of Tenebrae

A worship service of Remembrance of the final hours of Christ’s life.

The service will include Holy Communion.

Friday, March 29, 2013

12:00 noon

Stations of the Cross

Sponsored by the churches of Highlands.

Meet at Our Lady of the Mountain Catholic Church
Rain—Episcopal Church

Sunday, March 31, 2013

6:45 a.m.

Ecumenical Easter Sunrise Service

Sponsored by the churches of Highlands.

Service held at the Highlands’ Biological Center Amphitheater.

11:00 a.m.

Easter Sunday

Communion Service

Sermon by Rev. Dr. Lee Bowman

9:30 a.m. Sunday Church School - *All Ages Welcome*

Call 828-526-3175 for more information or visit www.fpchighlands.org



471 Main Street

PO Box 548

Highlands, NC 28741

Rev. Dr. Lee Bowman, Pastor



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MARCH 29 · 6 PM
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NIGHT OF WORSHIP · STATIONS OF THE CROSS

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SUN, MAR 31
@ 10:45 AM



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• SPIRITUALLY SPEAKING •

Embrace the household of God

Dr. Mark Ford
First Baptist Church
of Highlands

The word ecumenical refers to ecumenism and its Greek derivative, a word which relates to an embracing of the whole "household" of God. It is simply a word that churches use to describe their relationship with each other as they pursue mutual cooperation, recognition of each other's ministries, and affirmation of our common faith in Christ.

The modern ecumenical movement began in 1910 marked by a concern for mutual understanding and respect through dialogue and our common witness to the Gospel. This is in keeping with the unity our Lord prayed for in John 17:21. In some circles – which is concentrically getting smaller – this is called ecumenics, or the study and practice of ecumenism.

In John 17:21, Christ prayed for this unity of faith and purpose for a significant reason – "that the world may believe that You sent Me." It is evident that if Christ wanted this unity, then we as His followers, regardless of tradition or practice, should pursue this cooperation with due diligence. The world needs this witness of cooperation to encourage its own potential faith in Christ. In light of this, the arguments brought to bear against this position often strike one as artificial, strained, and downright sectarian at times. Christian unity is above all a matter of reconciliation – the world's reconciliation with God and our reconciliation with one another. Other disagreements beyond our common faith as put forth in Philippians 2:1-11 are penultimate at best.

Dietrich Bonhoeffer, the World War II martyr of the German church, was an early advocate of ecumenical pursuits. In his theology of the church and sociality, Bonhoeffer taught that Christ calls us to see others through His eyes. This would lead to some very practical effects which includes refraining from judging people, resisting our desire to impose our will and ideals on others, praying for one another, forgiving our enemies, regarding ourselves and others as sinners forgiven by the grace of God, and helping one another with deeds of love and mercy. From his earliest writing, Bonhoeffer would define the church as "Christ existing as community" (Sanctorum Communio), and by its very nature transcends all human divisions and challenges all human propensities to

• See SPIRITUALLY page 19

John 3:16

• PLACES TO WORSHIP •

Proverbs 3:5

BLUE VALLEY BAPTIST CHURCH

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

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Catered dinner - Wed. 6pm

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Sky Valley, GA
Church: 706-746-2999
Sundays: 10 a.m. – Worship
Holy Communion 1st Sunday of the month
Wednesdays: 9 a.m. Healing and Prayer w/Holy Communion

CHRIST ANGLICAN CHURCH

Rector: Jim Murphy, 252-671-4011
Worshipping at the facilities of Whiteside Presbyterian Church,
Cashiers
Sun.: Holy Communion - 9 a.m.; Adult Forum - 10:45 at Buck's
Coffee Cafe, Cashiers

Mon.: Bible Study & Supper at homes - 6 p.m.

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

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

CLEAR CREEK BAPTIST CHURCH

Pastor Jim Kinard
Sundays: School – 10 a.m.; Worship – 11
Wednesdays -- 7 p.m.

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10:30am: Middle & High School; 10:45am: Children's Program,
10: 45am: Worship Service

Wed.: 5pm Dinner (\$7 adult, \$2 child), 6pm CBC University

EPISCOPAL CHURCH OF THE INCARNATION

Rev. Bruce Walker • 526-2968
Sundays: Education and choir rehearsal, 9 am, Holy Eucharist Rite
II, (sanctuary), 10:30 am
Thursdays: Holy Eucharist, (chapel), 10 am

FIRST BAPTIST CHURCH

Dr. Mark Ford, Pastor • 526--4153
Sun.: Worship 10:45 a.m.; School – 9:30 a.m.
Wed.: Men's Bible Study 8:30 a.m., Prayer Meeting – 6:15 p.m.,
Choir – 5 p.m.

FIRST PRESBYTERIAN CHURCH

Dr. Lee Bowman, Pastor • 526-3175
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Labor Day; School – 9:30
Mondays: 8 a.m. – Men's Prayer Group & Breakfast
Wednesdays – Choir – 7

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Rev. Carson Gibson
Sunday School – 10 am, Worship Service – 11 am
Bible Study – 6 pm

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828-421-9172 • 165 S. Sixth Street
Sundays: Worship – 11

HIGHLANDS CENTRAL BAPTIST CHURCH

Pastor Dan Robinson
670 N. 4th Street (next to the Highlands Civic Center)
Sunday: Morning Worship 10:45 a., Evening Worship, 6:30 p.
Wednesday: Prayer Service, 6:30 p.

HIGHLANDS UNITED METHODIST CHURCH

Pastor Paul Christy 526-3376
Sun: School 9:45a.; Worship 9:09 & 10:50.; Youth Group 5:30 p.
Wed: Supper; 6; 7:15 – children, youth, & adults studies; 6:15 –
Adult choir (nursery provided for Wed. p.m. activities)
Thurs:12:30 – Women's Bible Study (nursery)

HOLY FAMILY LUTHERAN CHURCH – ELCA

Chaplain Margaret Howell
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Worship/Communion – 10:30

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Pastor Roy Lowe, (828) 526-8425
Sundays: School – 10 a.m.; Worship – 11
Choir – 6 p.m.

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

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St. Cyprian's Episcopal Church, Franklin
828-369-9270 or 828-293-5197

MOUNTAIN BIBLE CHURCH

Pastor: Clayton Lopez • 828-743-9704
Independent Bible Church
Sundays:10:30 a.m. at Big Ridge Baptist Church, 4224 Big Ridge
Road (4.5 miles from NC 107)

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

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Mass: – Sun: 11 a.m.; Thurs & Fri.: 9 a.

SCALY MOUNTAIN BAPTIST CHURCH

Rev. Dwight Loggins
Sundays: School – 10 a.m.; Worship – 11 a.m. & 7
Wednesdays: Prayer Mtg. – 7 p.m.

SCALY MOUNTAIN CHURCH OF GOD

290 Buck Knob Road; Pastor Alfred Sizemore • 526-3212
Sundays: School – 10 a.m.; Worship – 10:45 a.m.; Worship – 6
p.m.

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

SHORTOFF BAPTIST CHURCH

Pastor Rev. Andy Cloer
Sundays: School – 10 a.m.; Worship – 11
Wednesdays: Prayer & Bible Study – 7

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

Youth 8th - 12th grades meet the 2nd Sundays 5 - 7:30 p.m

WHITESIDE PRESBYTERIAN CHURCH

Cashiers, Rev. Sam Forrester, 743-2122
Sundays: School – 10 a.m.; Worship – 11

... **BUDGET** continued from page 14

ry Scholars contact will be reduced but the fewer hours won't affect the number of students or the program; requesting that principals use district cars to run errands and make district deliveries rather than paying an allotment; nixing paying for teachers to renew their National Board Certification.

"If they want their National Board renewal they can spend \$1,100 to get the \$4,000, \$5,000, \$6,000 in salary increase," said Duncan.

So now the Current Expense increase request from the county is \$1,116,359 instead of the original \$2,333,518 figure.

Duncan said so far no one from the county level has balked at the requested capital outlay budget, which is separate for the current expense budget. After a donation to Franklin High School, the capital outlay budget for '13-'14 is down to \$334,000 from \$347,000.

"I assume that is still in the budget. There hasn't been much discussion since it was proposed but that amount doesn't address the safety issues to the tune of \$363,000+ which have been added since. I don't think anyone is going to give the

school system money for security upgrades we need in every single school," said Duncan. "But if we don't get what we need in the current expense budget we may need to accept less in capital outlay."

The security upgrade figure doesn't include six Student Resource Officers requested by Sheriff Robert Holland which are estimated to cost \$507,000 with a recurring cost of \$316,950.

Duncan said he is trying to get closer to a budget he can present to the county commission by April 15, which is when it has been requested. He presented the new cut list to County Manger Jack Horton and Finance Director Lori Hall Tuesday and will report their reaction back to the school board.

In other School Board news, after the second reading of the Social Networking Policy Attorney Henning said teachers could "friend" students as long as the relationship is conducted in a professional manner as in "real life."

Following a Closed Session, Barry Woody was named principal of Franklin High School, effective July 1, 2013 pending contract negotiations.

— **Kim Lewicki**

... **PROJECTS** continued from page 1

Town Engineer Lamar Nix said he has considered repairs to Chowan Road for more than a year and has exhausted all alternatives – none of which he feels could be justified fiscally.

Since Chowan Road is technically a town road, NC DOT isn't responsible for it, but due to the scope of work and the fact that it empties onto US 64, which is a state road, the agency has agreed to help with the project.

A portion of the road past the three homes just up from US 64 has been closed because where the road narrows the embankment is falling away.

"Since failure of Chowan affects both of us, I suggested the state work with us to fix it and they agreed," said Nix.

NC DOT has offered the oversight, management, labor and some materials to stabilize the embankment and secure the edge of the road. A Tecco Mesh with a 30-40 year lifespan will be fastened onto the embankment from Chowan to US 64.

The estimated cost to the town will be \$150,000 which includes paving after stabilization and installation of a guardrail and

proper signage.

Because the road is so narrow, Nix suggested making it a one-way street from US 64 to Wyanoak – except in front of the homes below the failed portion, where it is wide enough for two-way traffic.

Commissioner Brian Stiehler said he's heard people don't want it opened.

Nix said it still needs to be patched so water won't further erode the area.

"Regardless, this is a good opportunity to stabilize the road, especially since DOT has agreed to the project. Whether it is opened to traffic is a board decision," he said.

He said the road hasn't gotten any worse in 12 months, but there hasn't been any traffic on it.

Frye said all public works projects are on the table for discussion for inclusion in next year's budget.

"I won't know which ones we will move forward on until after the Town Board's first budget meeting on April 25th. After that I'll have a good idea of what projects we will focus on for FY '13-'14," he said.

— **Kim Lewicki**



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• BUSINESS/ORGANIZATION NEWS •

Book dedicated to library staff



John Gaston (left) and Dr. Creighton Peden present a copy of their latest book, "Bernard Eugene Meland's Unpublished Papers" to Mary Ann Sloan and Hudson Librarian Mary Lou Worley. The dedication of the book reads: To The Staff of the Hudson Library, Highlands, North Carolina Who have been so helpful in so many ways for so many years.

SCC students establish school journalism club

Student newsletter in the works
On February 19, students and faculty at Southwestern Community College officially established the school's first ever Journalism Club.

The club seeks to practice journalism, raise awareness of its importance as the service of a free society and encourage excellence in its practice. The club will monitor and support all forms of the journalistic media and track its ongoing evolution, particularly how it relates to SCC and the communities it serves. It is the goal of the club to inform the SCC community of the issues, events and changes it faces, as well as give it a voice to be heard.

"Ultimately, the club hopes to establish the school's first-ever student newsletter—for students, by students, be it online or printed," said club president Davin Eldridge, an SCC college transfer student and local newspaper reporter. "The club already consists of some outstanding students and faculty with a firm grasp on the concepts of journalism, and an eagerness to employ them."

According to Eldridge, months of hard work and planning have went into the club's establishment and pursuits. "We are proud to announce our official recognition by the school and our involvement in our communities," said Eldridge upon the club's official recognition.

The club currently has 11 active members, some of whom already work in local media.

"I am very excited about the new journalism club here at Southwestern Community College," said club faculty advisor Chris Cox, an English instructor at SCC for 22 years. Cox is also a contributing columnist for Smoky Mountain News.

"It is thrilling to see a group of students taking such an active interest in the creation of a publication for our college community," Cox continued. "I have long believed that the free and open exchange of ideas, opinions, and information is crucial to the health and well-being of any society, large or small. I believe this group of students is ready to proceed in that spirit, and I am excited to be involved in that in my role as faculty sponsor."

In the coming months the club will be active in the community in pursuit of sto-

ries befitting a collegiate readership, promoting the rich atmosphere of hyper-local journalism, as well as initiating fundraisers to help fund its efforts.

"I would like to thank Southwestern Community College for its support of our club's mission, as well as club members Amanda King, Keith Giles, Kellie Wilcox, Michael Sanders, Jessica Waldron, Jana Thompson, Amberly Rogers, Ellina Smith, Shaneka Allen, Matt Nelson, Christopher Cox and Brandi Hutchinson for their hard work and enthusiasm in helping establish this club," concluded Eldridge.

Those interested in joining or supporting the school's club may contact club president Davin Eldridge via email at DavinLEldridge@gmail.com.

If you would like more information about this topic, or to schedule an interview with club members, please contact Davin Eldridge at 828.342.6873, or email him at DavinLEldridge@gmail.com

V-Day at FELC



Mountain Garden Club (MGC) members celebrated Valentine's Day with the residents at Fedelia Eckerd Living Center. Individual vases of fresh flowers were prepared by MGC members, who then personally delivered the flowers to each resident. Pictured left to right are: Caroline Cook, President of MGC and Elsie Randolph.



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Members: Take advantage of the early bird discount. Sign up for any adult workshop or class before March 31 and get 10 percent off!

• BUSINESS/ORGANIZATION NEWS •

MountainTop Rotary inducts new member



The Rotary Club of Highlands-MountainTop inducts new member Danielle R. Koman during a club assembly last month. Koman, a Family Nurse Practitioner, joined the medical staff at Highlands-Cashiers Hospital in July 2012. Danielle Koman is a graduate of Husson University in Bangor, ME, where she completed a Family Nurse Practitioner Master's program graduating Sigma Theta Tau. Koman, her husband Matt and son Cooper, have enjoyed the relocation and look forward to becoming involved in the Highlands-Cashiers communities. Pictured are Callie Calloway (left) and Danielle R. Koman, FNP.

Town Scholarship Golf Tournament

Thursday, June 13, 2013 marks a special date in Highlands. Wildcat Cliffs Country Club will host the annual Scholarship Golf Classic.

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

In succeeding years Jack Brockway along with other prominent concerned citizens became increasingly involved in the development and promotion of the Town of Highlands Scholarship Endowment Fund which at the time exceeds \$780,000.

Through the ensuing years, various Clubs including Highlands Falls, Cullasaja, and now Wildcat Cliffs, have graciously provided each of their unique golf course and clubhouse facilities for the purpose of creating an annual one day "fund drive golf tournament." The historical generosity has been essential in building and sustaining the endowment fund with the ultimate goal of providing financial and moral support to our young highland school graduates.

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

The Rotary Club Golf Tournament

Mark your calendar for Monday, May 6th 2013. This is the date set for the Rotary Club of Highland's Annual Golf Tournament. As in the past, the event will take place at Highlands's most prestigious country club, the Highlands Country Club.

Registration, the driving range and the practice green will open at 11 am with a 12 noon shot gun start. Each participant will receive lunch at the turn and beverages on the course, as well as an HCC logo Tervis Tumbler. Players will also have a chance to win terrific prizes. There will be a closest to the pin and long drive competitions, raffles and Mulligans on sale for only \$5.

This is a wonderful opportunity to play Highlands Country Club's Donald Ross designed course, once home to amateur golfer, the great Bobby Jones.

Entry fee is \$150 per player and ALL proceeds benefit the Rotary Club of Highlands.

Sign up alone or as part of a foursome, and get ready to enjoy an afternoon of great golf on a beautiful and historic course. To

sign up or receive more information contact Joyce Baillargeon at 828-526-0501 or jbaillargeon@highlandscountryclub.com

... SPIRITUALLY from 16

conflict and divisiveness.

In these troubled and uncertain days that we live in, we as followers of Christ can find strength in our mutual faith and common causes for love, justice, peace and mercy under the auspices of our one Lord.

A world in search of grace and love, forgiveness and hope, will hear it best when our churches promote a harmonious symphony of our mutual faith in Christ and the reconciliation of His Gospel.

Without efforts in this direction, the followers of Christ will continue to send forth discordant sounds that only irritate and repulse. Let the world around us hear the beautiful notes we agree on, and far less the divergent notes of our particular take on the Song of Redemption.

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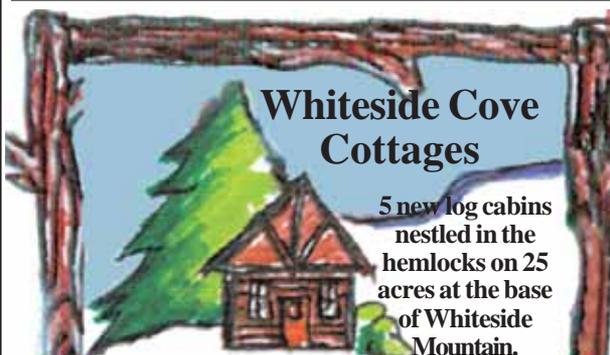
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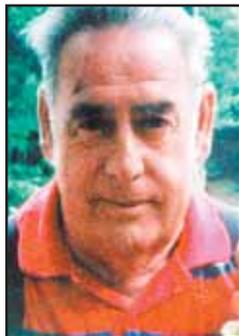
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... OBITUARIES continued from page 8

Freeman Denver Rice

Freeman Denver Rice, age 70, of Franklin died Monday, March 18, 2013. Born in Jackson County, he was the son of the late Barney and Rosa Kelly Rice. He was married to the late Doris McKinney Rice. He owned his own landscaping business; liked to play bluegrass music and was of the Baptist faith. He was a loving father and grandfather.



In addition to his parents and wife, he was preceded in death by a son, Michael Rice.

Funeral services will be held Friday, March 22, at 2 pm at Heady Mountain Baptist Church with Rev. Johnny Norris and Rev. Burliss Powell officiating. Burial will be in Pleasant Grove Baptist Church Cemetery. Pallbearers will be Robert Rice, Daryl Rice, Kenneth Rice, Chris Rice, Maverick Riddle and Brad Rice. The family will receive friends Thursday evening from 6-8pm at the church.

Bryant-Grant Funeral Home is in charge of arrangements.

Mr. Rice is survived by his daughter, Rosa Robinson and husband Kenneth of Tuckasegee; two sons, Mitchell Rice and wife Susan and Tony Rice all of Cashiers; two brothers, Doyle Rice of Cashiers and Rev. Oliver Rice of Satolah, GA, and 16 grandchildren.

• POLICE & FIRE REPORTS •

Highlands PD log entries from Feb. 7. Only the names of persons arrested, issued a Class-3 misdemeanor, or public officials have been used.

Feb. 7

• At 8 a.m., officers responded to a one-vehicle accident at Hickory Hill Road and US 64 west.

Feb. 26

• At 5:30 p.m., officers were asked to check a building on Spring Street where the lights were turned on.

Feb. 28

• At 4:45 p.m., officers received a report of two counterfeit \$50 bills passed at Fibber Magee's Closet on Laurel Street.

Feb. 27

• At noon, a case involving obtaining money/property by false pretenses involving \$4,647.50 where services were offered and paid for but not performed was reported by a resident on Hudson Road.

The Highlands Fire & Rescue Dept. log entries from March 6.

March 6

• At 9:36 a.m., the dept. responded to a one-vehicle accident where a driver slid off US 64 east. There were minor injuries but no transport to the hospital.

March 7

• At 8:30 a.m., the dept. responded to an alarm set off by workers at a residence on Lost Trail Road.

• At 9:24 a.m., the dept. responded to a call about a person slumped over the steering wheel of a vehicle in the vicinity of Hospital Drive. They were unable to locate the vehicle.

• At 8:10 p.m., the dept. was first-responders to assist EMS at a residence on NC 28 south. EMS transported to the hospital.

March 8

• At 9:05 a.m., the dept. responded to a two-vehicle accident on US 64 west. There were no injuries.

• At 9:38 a.m., the dept. was first-responders to assist EMS with a medical call at a residence on Chestnut Hill Drive. EMS transported to the hospital.

• At 7:46 p.m., the dept. responded to a one-vehicle accident on NC 106. There were no injuries.

• At 9:12 p.m., the dept. responded to a chimney fire at a residence on Buttermilk Lane. It was out upon arrival. Walls were checked with a heat camera. All was OK.

March 9

• At 6:24 a.m., the dept. responded to a Co2 alarm at a residence on Ring Road. It was probably set off by an unvented gas heater. The cabin was evacuated and the gas company was called.

• At 6:29 p.m., the dept. was called to a residence on Moorewood Road about the smell of gas.

March 10

• At 9:30 p.m., the dept. responded to a fire alarm at a residence on Skylake Drive. It was false.

March 11

• A little after midnight, the dept. was first-responders to assist EMS at a residence on Wood Lily Way where a 102 year old female had fallen on the floor. EMS transported to the hospital.

... MARKER continued from page 1

to North Carolina in June of 1787, when he crossed the Highlands plateau. He returned to North Carolina seven years later, for which he is honored by five State Historical Markers.

But it was his first trip to North Carolina in 1787 that helped him overcome his dread of the wilderness and forged his fearless nature, which made his later journeys possible. It was his discoveries of many rare and beautiful plants on this first trip that inspired his future visits to the state, including his finding of *Shortia galacifolia*, the plant that made him world famous because it was so rare botanists couldn't find it again for a 100 years.

The request for a Historical Marker honoring Michaux in Highlands was turned down by the NC Marker Advisory Committee in 2002 and again in 2009 because there were already five Michaux markers in the state. But the appeal this year by Ran Shaffner of the Highlands Historical Society to the NC Historical Commission was successful, because the previous mark-

ers celebrated later visits without recognizing Michaux's all-important first visit to North Carolina.

The monument will be erected in Highlands, at a date yet to be determined, in Miss Reba Bridgers Park, a part of the Highlands-Cashiers Land Trust, at the corner of 4th Street and Foreman Road. At that time representatives from the NC. Department of Archives and History, the International André Michaux Society, and southeastern universities associated with the Highlands Biological Station will attend the dedication. The public will be invited

The other three historical markers in town are for botanist Thomas G. Harbison, which was erected in front of Town Hall in 2003, and one each for conquistador explorers Hernando de Soto and Juan Pardo.

The De Soto marker is at Main and Third streets in front Mountain High Lodge. The Juan Pardo marker is on 4th Street next to Highlands Inn.

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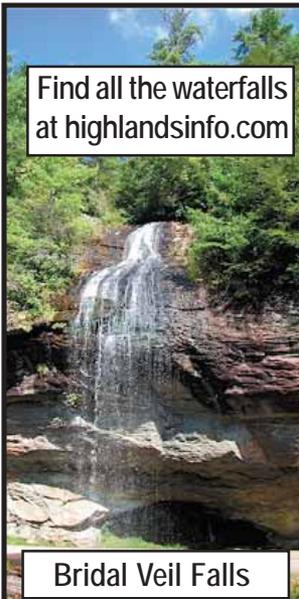


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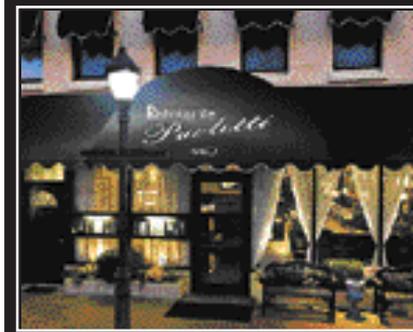
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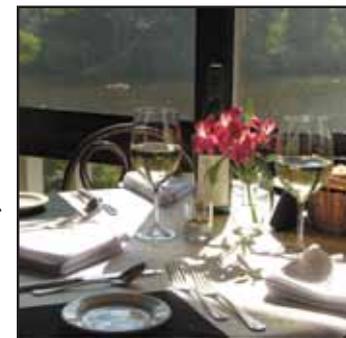
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