Two-hour parking areas & time-frame extended

By Kim Lewicki

Parking regulations are about to change on South Fourth Street. An extended season, an abundance of construction traffic and businesses open year-round precipitated the Town Board’s decision March 3 to designate all of South Fourth Street a two-hour parking zone.

David Fisch of Pescado’s on South Fourth said the lack of parking has severely curtailed his business during the off-season.

“During this time of year is when I usually see my local customers, but because they can’t find a parking spot they are out of the habit of eating in my shop and it’s killing me,” he said. “People say they circle the block three times looking for a spot but can’t find one. This isn’t good for any business on the hill – it’s madness on the hill.”

Gun locks free for the taking

By Kim Lewicki

Gun control is one of America’s ongoing debates and one not likely to end any time soon. But the thing everyone agrees on is the nation’s children should be protected from firearm accidents.

Project Child Safe — a national firearm safety education program — is distributing firearm locks to make sure guns are safely locked up at home.

Experts say most gunshot injuries happen after kids discover loaded guns at home so guns should be kept locked where kids can’t get at them.

The gunlocks, which are free and available at Town Hall. Each packet includes the lock which is meant to secure the trigger and a “how-to” pamphlet.

Dr. Michael J. Harkness, a Pennsylvania doctor committed to gun safety, says: “Gun safety comes in two parts: what the parents do and what the kids do. Parents need to lock their guns and ammunition separately, and hide the keys where children can’t reach them. And kids need to understand that guns aren’t toys and learn how to behave around them.”

According to “Gun Control: Myths and Realities,” by David Lampe with the Cato Institute, in 1997 — the last year for which gun accident data are available — 142 children under 15 years of age died in gun accidents, and the total number
Dear Editor,

Applause to the Highlands Chamber of Commerce for sponsoring the Old Edwards Inn forum, and for choosing a format that allowed an overview of the project, and response to questions from the community, without audience disruption. Mr. De Juan gave an excellent presentation, and I feel that he eased many of the concerns that I have heard expressed from members of the community.

As a community planner, and former Stuart, Fla., mayor and city commissioner, I have been involved in the planning and revitalization of many communities. I have to say that most of these communities would fight for the opportunity to have a project of this nature developed in their downtown area. The developer has: maintained and enhanced the historic character of existing buildings; reflected this character and scale in new buildings; provided on-site parking for guests and employees; saved trees and vegetation, and introduced abundant new landscape; retained employees of Rib Country and the Kelsey and Hutchinson Lodge instead of bringing in people from outside of the community; constructed employee housing; committed to provide employee shuttle transportation; offered the opportunity for community employment; and promised to promote existing businesses, services, non-profits, and arts related groups.

Change is inevitable. We all wish that we could keep our town as we found it. I miss the Galax Theater, Helen’s Barn, The Ox Roast, The Cocky Cardinal, the Five and Dime Store on the hill, and many other businesses, services, non-profits, and arts related groups.

Like many people at the forum, I wondered “What’s in it for me?” I decided the following: (a) my city taxes should be stabilized. The city will not have to provide many additional services for the project, but project taxes will be greatly increased, (b) I will be able to enjoy the Highlands Diner which will provide affordable breakfast, lunch, and dinners, seven days a week, 365 days a year, (c) on special occasions I can have dinner at a restaurant that promises to rival the best found in the country; (d) my favorite existing restaurants and businesses will profit from the guests that the OEI project will generate, (e) downtown (after the dust has settled) will be even more beautiful and pleasing than it is today.

What’s in it for you? The opportunities are endless. Time for the shops to gear up for serious shoppers instead of day-trippers. Time for the Chamber to update their business directory, and work with OEI to promote businesses and events. Time for the city to freshen up the downtown area (after construction).

Time for everyone to see how they can interface with the possibilities that OEI will present. After all, all of the positive qualities of this project are “in it” for you!

Joan Jefferson
Highlands

LETTER-TO-THE-EDITOR POLICY

We welcome letters from our readers. All letters are subject to editing. We reserve the right to reject letters. Anonymous letters will not be accepted. Letters bearing identification and phone numbers can arrive by post or email. Published letters do not necessarily represent opinions of Highlands’ Newspaper. Letter deadline: Monday prior to publication.


FORUM

The Social Security funding crisis is invented - just another way to try and steal your money

By Katie Brugger
Contributor

You may have noticed that Alan Greenspan, chairman of the Federal Reserve, testified last week to Congress that Social Security benefits should be trimmed in order for the government to be fiscally responsible.

Everyone laughed at Al Gore and his “lockbox” in 2000, but he was promising to use the budget surplus to ensure Social Security benefits. Bush promised that the surplus was big enough for both Social Security and his tax cuts, but it doesn’t look like that is working out. Of course, the budget surplus was a mirage, but I think there is more here than just a missing surplus.

I knew in 2000 that the underlying motivation behind Bush’s tax cuts was an attack on government. Conservatives hate big government, particularly social welfare programs like Social Security and Medicare, but these programs are much too popular for Republicans to attack openly, so they are using a stealth campaign. By starving the government of money they will force a reduction, and hopefully (from their point of view) the complete elimination, of these programs.

The Center for Budget and Policy Priorities did a study comparing the needs of Social Security to the costs of Bush’s first tax cut (2001). From their website: “According to the official estimates that the Social Security actuaries and trustees issued in March 2002, the projected long-term deficit in Social Security over the next 75 years — the period used for measuring long-term solvency — equals approximately $3.7 trillion in present value. (Present value is the amount today that, with interest, would exactly cover these future costs.) The trustees’ report also shows that, measured as a share of the economy, the Social Security shortfall equals 0.72 percent of the Gross Domestic Product over the next 75 years.”

Obituary

Loney Everett “Big E” Barnes

Loney Everett “Big E” Barnes, age 65, of Buck Creek Community, passed away Monday, March 1, 2004 at a local nursing home. He was a native of Macon County, a son of the late Thomas Houston Barnes and Anna Mae Alexander Barnes. He was a rock mason and a Baptist by faith.

He is survived by his wife of 46 years, Barbara Talley Barnes, two daughters, Catherine “Cathy” Barnes and Sandra Barnes Adame both of Franklin, NC; two sons, Lonnie Barnes and Doug Barnes both of Highlands, NC; one sister, Lottie Houston of Franklin, NC; seven grandchildren and five great-grandchildren also survive.

Funeral services were held Thursday, March 4, 2004 at 2 p.m. in the Chapel of Bryant Funeral Home in Highlands, with Rev. Oliver Rice, Rev. Bill Wooten, and Rev. Bobby Cloer officiating. Burial was in Buck Creek Baptist Church Cemetery.

Pallbearers were Larry Houston, Tommy Houston, Bill Houston, Brantley Potts, Matt Shaffer, Adam Benidict, Toby Barnes, Casey Barnes, Eddie Oakley and Bryan Reece.

The family received friends Wednesday evening at Bryant Funeral Home in Highlands. Bryant Funeral Home is in charge of arrangements.
Is it Spring yet?

I needed to warm up a bit so I headed for California. I also needed to connect with dear friends that I left behind when I moved. Good to be back but traveling gives me a lot to think about. I decided when I returned to the mountains, it would be *spring in my mind.*

Hmmm. Sounds like a song.

“It is the first mild day of March. Each minute sweeter than before...There is a blessing in the air...”. William Wordsworth

A little time away can get your thoughts swimming. Thoughts about life and the reality about my body, i.e., specifically my weight. Yes, it seems in California, they make them a lot thinner. That said, you will see me working out more at the gym and hiking every day this week and into the summer.

I am also taking a look at my home environment and shaking it up a little. More later. Making changes in our external landscape often changes the internal landscape as well.

I used to think I could just “wing” it but that just doesn’t seem to work for me anymore. As I increase in my years, clarity and focus become more important. How about for you? Remember to carve out time for yourself, even six minutes will work.

“Learn to get in touch with the silence within yourself and know that everything in this life has a purpose.” Elisabeth Kubler-Ross

Shake up your life a bit this week. Move “stuff” around. Make sure you do something fun. Brake for spontaneity. Begin to let your spirit reawaken. *Spring is coming.*

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**Total Body Fitness Center**

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"Make 2004 the year to integrate health & fitness into your lifestyle and make a lifestyle change from the inside out."

Come Check Us Out! First Visit Free.

460 Carolina Way (formerly Elite Fitness) • 526-9083

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**Life Under Construction**

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**New Chamber of Commerce board appointed**

Wick Ashburn of Coldwell Banker Ashburn Real Estate will take over as president-elect of the Highlands Chamber of Commerce on July 1. Allan Schultz will continue on the board as past-president. Stan Cochran of Mirror Lake Antiques will continue to serve as treasurer and chairman of the finance committee.

The new Board of Directors for 2004-2005 is Michelle Hubbell of The Toy Store, Jim Mullen of Regions Bank, Bill Aaron of Southern Hands, Rick Siegel of 4 ½ Street Inn, Debbie Putney of *The Highlander*, Nancy Plate' of OEI’s Kelsey & Hutchinson Inn, and Jan Zehr of Main Street Inn.

Retiring from the board are Barbara Werder and Tom Korreck.
Dear Fred:

Well, elections are over and I guess I am OK with the vote. I do think we need more excitement at town board meetings. (I keep nodding off.) Maybe you should run for office. Highlands could use a guy like you. I just know you would do a grand job and keep everyone stirred up. What do you say?

**Thirsty For Change**

Dear Thirsty:

What do I say? Hmmmm ... let me think about it for just a moment. (Here, I play a little Jeopardy music while I ponder the question, putting my thumb and forefinger on my chin and wrinkle my brow.)

Aaaaaaaah ... you have got to be kidding. Quench your thirst someplace else, please. I would make a terrible politician. For starters, I am stirring up enough trouble writing for this newspaper. I can't take anymore heat right now. Also, don't forget that I am a winter wuss who ceases to function when the temperature is below fifty degrees. Besides, I promised my wife that Highlands would be a town where we would not have to move away from at three in the morning.

I can tell by your question that you are a male. The "noodled off" part gave you away. In addition, you must not have a life. Why else would you attend town meetings? Why do you think they call them "bored" meetings?

Years ago, I learned not to concern myself with things I couldn't control, a "must learn" item for cops, like I used to be. Now, since retirement, I don't even concern myself with things I can control. I don't have a serious bone in my body, have totally lost my fear of death, have the attention span of my toddler grand-kids and the strange ability to see things as they really are not. I sleep good at night because I either have a clear conscience or no conscience. (The little missus says it's the latter.)

We wouldn't get a lot of work done at town hall but we would have a lot of fun not getting a lot of work done at town hall. Our more serious town board members would be on Prozac by the end of the term and I would totally polarize the community. It's a love/hate burden kind of thing that has followed me around for years.

Thanks for the suggestion, but I think I'll stick to writing. By staying out of politics, I just might escape the hot tar bucket and chicken feathers that several Highlanders have promised me.
New dermatologist to open Highlands practice March 15

By Skip Taylor
Contributor

Telephone lines around Highlands-Cashiers Hospital have been buzzing for a couple of months now, and the question most on callers minds seems to be when a new dermatologist will arrive in the area. That question will be answered on March 15 when Paul S. Cabiran, MD opens his dermatology practice on the hospital campus.

In fact, Dr. Cabiran’s office, which is located in offices in Suite 500 of the Jane Woodruff Medical Building, started accepting appointments March 1.

The area has been without a dermatologist since Dr. Morris Minton closed his practice and returned to California in October 2002. There is currently only one dermatologist practicing in this end of the state west of Asheville, and that practice is located 45 miles away.

“Dermatology is certainly in high demand around here. Our physician referral line (526-1DOC) has received numerous calls and so has the front desk. It’s one of the most commonly asked questions that our folks receive out on the street,” said hospital Administrator Jim Graham. “We are excited about welcoming Dr. Cabiran to the hospital’s medical community.”

Cabiran is relocating his dermatology practice from Baton Rouge, LA, where he has been associated with the Ochsner Clinic Foundation. He specializes in general, surgical and cosmetic dermatology, including treatment for dermatitis, acne, psoriasis and other skin diseases, as well as diagnosis and surgical treatment of skin cancers. He also performs mole removals, cyst excisions, leg vein sclerotherapy and will offer several cosmetic treatments such as chemical peels and Botox. He will not initially be offering laser procedures, however.

He says a desire to relocate to an area with less heat and humidity than Baton Rouge and the opportunity to have his own independent practice were factors which led him to open a practice in Highlands. “It’s certainly a beautiful part of the country. It’s a very special place,” he said during a recent telephone interview.

A native of New Orleans, Cabiran’s father and older brother are both physicians, both specializing in internal medicine. He attended the Louisiana State University Medical School in New Orleans, earning his degree in 1991. He performed both an internship and residency in internal medicine at Alton Ochsner Medical Foundation Hospital in New Orleans, before entering the dermatology residency program at the LSU Medical Center.

“The appeal of dermatology for me was the fact that it encompasses so many aspects of medicine. It combines regular medicine with surgery, and it involves patients of all ages, from children to seniors,” he said.

He is a board certified Diplomate of the American Board of Dermatology and is a member of the American Academy of Dermatology.

Second SOAR race set for June 26

Luke Osteen
Contributor

Adventurers from across the country are invited to participate in the Special Operations Adventure Race in Highlands, NC, at 8 a.m. Saturday, June 26.

The grueling course will challenge racers’ running, mountain biking, rappelling and paddling skills. Participants are expected to make their way through the course with only a map and compass – no GPS devices are allowed.

Advance registration is required and check-in will be held at 3 p.m. Friday, June 25. Cost of the 4-8 hour race is $85 for a single entry and $150 for a two-person team.

There are six categories: single male under 40, single female under 40, two-person team under 40, and the Masters Division, which offers the same categories for those over 40.

Proceeds from the event will benefit the Special Operations Warrior Foundation, which provides scholarship grants to the children of Special Forces personnel killed in an operation or training. Since 1980 the Special Operations community has lost more than 370 members, leaving behind more than 400 children.

For more information, call Marianne Vines at 743-2052
years. The projected cost of the tax cut over 75 years amounts to 1.68 percent of GDP, or $8.7 trillion in present value. Thus, the cost of the tax cut over the next 75 years is more than twice as large as the long-term deficit in Social Security.” (www.centeronbudget.org/8-2-01tax.htm) And this was just for Bush’s first tax cut!

Payroll taxes (meaning Social Security and Medicare) were increased in the early 1980’s during the last Social Security “crisis.” The same Alan Greenspan headed the National Commission on Social Security Reform that was supposed to ensure the future of Social Security.

The commission’s recommendation, which was enacted, was that payroll taxes be increased in order to generate a surplus that would build up for the future when incoming payroll taxes wouldn’t match benefit payouts. This money was supposed to be saved to guarantee our retirement.

But Congress has been dipping into this fund for years to conceal the fact that they spend more than the government can afford, and now Bush is giving our retirement money away to the wealthy in huge tax cuts.

[Theincreasedpayroll tax and the Bush tax cuts have created the situation where a multimillionaire and a $36,000 average wage-earner pay the same rate – 30 percent, achieving another Republican goal, the flat tax.]

Princeton economist and New York Times columnist Paul Krugman says in his new book, The Great Unraveling: "But now, thanks to the disappearance of the budget surplus, the excess revenue collected by the payroll tax isn’t being used to acquire assets, or even to pay down the federal debt; it’s being used to cover deficits elsewhere in the budget. We’re not talking small numbers here; only about 70 cents of each dollar in SS revenue is used to pay current benefits. In effect, the other 30 cents has now been expropriated for other uses.”

This isn’t just the opinion of liberals. Dr. Paul Craig Roberts is a former editor at The Wall Street Journal and senior research fellow at the Hoover Institution, a conservative think tank. In 1999 he wrote (“Tax Cut Undercurrents,” from Newsmax.com archive): “In the 1980s, the Greenspan Commission got legislation enacted that raised the inflow of payroll-tax revenues substantially above the amount needed for Social Security benefit payments. Ostensibly, the extra or ‘surplus’ revenues were to go into a ‘trust fund,’ where they would accumulate and be used to cover the future gap indicated by demographic projections.

“In reality, there is nowhere for government to park such huge sums of money. The payroll-tax revenues were spent on general expenditures and saved the government from having to cut spending. If the Social Security and Medicare payroll tax can be used to finance federal aid to education, housing subsidies, national defense and food stamps, then general tax revenues can be drawn on to pay Social Security and Medicare benefits.”

Social Security is one of the great legacies of Franklin D. Roosevelt’s New Deal programs. Social Security has virtually ended poverty among the elderly, and has enabled great numbers of the middle-class to retire in comfort.

If George Bush is re-elected, watch out for Social Security. One of Bush’s top priorities will be to “privatize” Social Security, that is, create individual retirement accounts. This is just a formula for transferring large sums of money out of middle-class retirement funds into the pockets of stockbrokers and investment houses.

Conservatives are free to believe that this country would be better off without Social Security and other entitlement programs. But if they want to eliminate them they should not be using deceptive tactics but instead should be making their case openly and honestly to the American people.

... FORUM continued from page 3
'Importance of Being Earnest' live on stage at the Performing Arts Center

By Dean Zuch
Contributor

The Highlands Community Players winter play, "The Importance of Being Earnest" by Oscar Wilde, opens Thursday, March 4 and runs through Sunday, March 7, at the Martin-Lipscomb Performing Arts Center on Chestnut Street in Highlands NC.

This delightful comedy, first produced in London in 1895, has endured as one of the greatest and most popular works of literature due to its brilliant wit and humorous social satire. It pokes fun in a light-hearted way at the British aristocracy, the literary world, marriage, manners, women, men, and love, creating some of the most memorable characters in theater history.

The plot concerns two eligible young bachelors, Jack Worthing (played by Stuart Armor) and Algernon Moncrieff (Derek Taylor) who attempt to woo and win two desirable young women, Gwendolen Fairfax (Madeleine Davis) and Cecily Cardew (Megan Lewicki).

Gwendolen's mother (who is also Algernon's aunt) the formidable Lady Bracknell (Virginia Talbot) is determined that no one shall wed her daughter who fails to meet her aristocratic standards.

Under the guardianship of her uncle Jack and the watchful eye of her governess, Cecily is also "off limits" to her suitor. While the young people play the game of love, the Reverend Chasuble (Dean Zuch) attempts to win the favor of Miss Prism, the governess (Ronnie Spilton). And then there's the nonexistent, ever-ailing character of Bunbury, whom Algernon uses as an excuse whenever he wishes to decline an invitation or escape a family duty. Two proper British butlers (Bill Atkinson and Stan Cochran) complete the cast.

The director is Tanji Armor; the assistant director is Mary Adair Leslie and the stage manager is Ginny Harris. Thomas Graig designed the set; Jim Gordon designed the lighting and John Williams, the sound. Donna Cochran was the set dresser.

The HCP box office is open from 10 a.m. to 2 p.m. though Saturday at the Performing Arts Center. For the 2:30 p.m. Sunday matinee the box office opens at 1 p.m.

At other times, leave a reservation request, your name, and phone number on the HCP answering machine. The telephone number if 828-526-8085.

Tickets are $10 each and may be picked up at the Performing Arts Center or purchased at the door if seating is available. HCP is not able to accept credit cards, but you may pay by check or cash.

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With the help of John Ashcroft, I have obtained a super-secret list of vital importance to national security. I now hold the email address of every consequential figure in the United States today. With this knowledge, I could gain money, position, or even political office. Instead, I will quiz you my loyal readers, in a shameless attempt to fill my own email inbox. Please send your guesses as to the owners of the following emails to goofoti32@aol.com. The person who gets the most correct will get a warm fuzzy feeling inside followed by absolutely nothing!

1. SultanofSweat@drycleaning.com
2. Huckhound@nomoretears.org
3. Herbal@gigolo.com
4. Pete@oompaloompa.net
5. Polishpower@callthebleepingame.com
6. DocDean@AAAARGHHH.gov
7. Glasseye@brownnose.espn.com
8. Arad@sellout.com
9. Bonds@lmclean.com
10. Saddam@Bubbaismynewboss.com
11. Osama@targetpractice.net
12. JD12@albino.net
13. Boilermaker@Imalsoaclient.com
14. Badtoupee@Yessssss.com
15. Theboss@tool.org
16. General@kissmy$#.com
17. Bpacker@fudge.net
18. Thegrin@tater.org
19. Bradybunch@Amluckyorwhat.com
20. JohnKerry@clevernessescapesme.gov
21. GWB@strategerie.gov
22. Diesel@offensivefoul.com
23. Mushroomhead@2x4.dump
24. SuperW@stump.org
25. Deadheadredhead@HORRIBLE.com
26. Spacemountain@whooo0000.com
27. O@diettytowomen.com
28. Orangegoblin@brother.com
29. Cleanyourroom@mother.nag
30. Biggoofy@pulitzer.org

2003 Karate world champions announced

The results are in and Highlands has reason to celebrate.

Rick Yinger, 14, finished the year ranked Number Five in the World among 14-15 year old black belts. While other teenagers are at home playing video games or hanging out with their friends, Rick is spending countless hours training at his karate school and perfecting his fighting skills.

He traveled to California, Massachusetts and Florida and many places in between to battle his way to the top.

“Rick was ASKL Champion last year and it was a big step for him when I moved him up in age and belt level to get the experience. In 2003 he wasn’t focused on points, that will come later with his talent and ability and determination. 2004 should be his break-out year after a full year of national experience,” said his instructor Dustin Chovanic.

The 2004 tournament season is already under way and Rick fought his way to a first place finish at the Newnan Open last weekend. There were no other entrants in his division so he chose to fight up to the 16-17 year old black belts and he pulled off an impressive 5-1 win.

Rick teaches classes at the Highlands Rec Center on Monday and Wednesdays and can be reached at 526-4318 for more information. He trains at Dustin Chovanic’s American Kenpo Karate Academy located on the Highlands Road in Franklin.

Rick would like to thank his many generous sponsors from years past and remind everyone that donations to cover his growing travel expenses are greatly appreciated. Checks can be mailed to Box 463 in Highlands.

Attention contest lovers

Ryan Potts

Rick Yinger with his class at the Rec Park.

Highlands Eateries

Brick Oven Pizza
526-4121
Mtn. Brook Center next to Movie Stop
Made-to-order pizza, calzones & salads
Open for lunch & dinner year-round

Buck’s Coffee Cafe
384 Main Street
Coffee, grilled sandwiches, desserts & wine
Open 7:30 a.m. - 6 p.m., Sun.- Wed.
Until 11 p.m., Thurs., Fri. & Sat.
Live Entertainment Thurs., Fri. & Sat. evenings

Hilltop Grill
Fourth & Spring “on the Hill”
“Quick Service Not Fast Food” – 526-5916
Hamburgers, fries, sandwiches & salads
Mon.-Fri. 11 a.m. to 3:30 p.m.

Don Leon’s
526-1600
Dillard Road next to Farmer’s Market
Cajun & European specialties
Sandwiches & more
Thurs. - Sun. 11 - 4

Highlands Hill Deli
526-9632
4th Street across from Old Edwards Inn
Made-to-order sandwiches, green & fruit salads, ice cream
Open 7 days a week 10 a.m.-5 p.m. MTW and 10 a.m.-8 p.m. Th., Fri., Sat. Sun.

Pescado’s
526-9313
Fourth Street “on the Hill”
Fresh Mexican
“The fastest food in town”
Lunch 7 days: 11-3; Dinner: Tues.-Sat. 5-8:30

SPORTS PICKS

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Calling all travelers – trip to benefit Macon County Senior Games

Macon County Senior Games/Silver Arts will gain $1,200 for its program if 16 people sign up by March 15 for an eight-day, $559 per person bus tour of Vermont June 20-27. “We already have 24 people but we need 16 more,” said Teresa Holbrooks, Senior Games coordinator for the Macon County Recreation Department, which is cosponsoring the trip with Diamond Tours, Inc., of Florida. “The tour is open to anyone, not just seniors.”

Holbrooks said the tour company will give the Senior Games $1,200 if the county can fill at least 40 seats of the 48-seat motor coach. This contribution will be combined with other funds raised by volunteer-run flea markets, hot dog sales, and car shows held throughout the year. Money raised will be used not only for county local games expenses April 28-May 15, but also to help Macon medal winners take part in the fall State Finals Games in Raleigh.

A tour down payment of $75 per person is due when signing up by March 15, and the remaining $484 per person must be paid by April 1, Holbrooks said.

The tour price includes all hotels (including four nights in the Burlington, VT area); 12 meals; a dinner cruise on Lake Champlain; a demonstration of maple syrup being made; and tours of a teddy bear factory, Ben & Jerry’s Ice Cream factory, the Shelburne Museum, and the Cold Hollow Cider Mill. For additional details, call Holbrooks at (828) 349-2090.

Historical Society fundraiser

The Highlands Historical Society has pewter plates for sale to raise funds to help complete the Highlands Historical Village on Fourth Street. The society hopes to open the Village to the public this year. Paving the driveway and sidewalks will lead to landscaping and final finishing touches. Plates are $75 and are available by contacting any Highlands Historical Society board member.

Overall health of Macon County – good and bad

By Sally Hanson
Contributor

Year three into the Macon County health assessment indicates specific health problems exist across the board from children to seniors in the county but there’s good news, too.

Because of the assessment, health care officials now know what problems exist and how to help.

At the Feb. 25 meeting of Healthy Carolinians, officials learned health priorities for the future center around five items — access to health care, childhood obesity, tobacco use, substance abuse, and community health. They also heard about the county’s strengths.

There is a strain on health care resources due to the large number of part time residents in Macon County. There are shortages of both primary care physicians and dentists.

Macon County also offers no primary care clinic for those without health insurance. The statewide rate for residents without health care coverage is 16.3 percent, while in Macon County it is at 19 percent. Also, while there are lower death rates from all causes, there is a problem with liver disease in Macon County. Hepatitis C is becoming more prevalent, and death rate for liver disease and cirrhosis is higher in Macon County than in the state.

Access to health care is being addressed in several ways. One is to establish a primary care clinic for those without insurance, and these will include OB-GYN services. Another is to keep advocating for the establishment of a satellite Veterans Affairs Clinic in our county.

Childhood obesity is a problem both in the region and the nation. Data gathered by the Macon County Schools Health Fairs found that almost 22 percent of students in elementary schools were overweight in 2003. In 2002, the number was 17.4 percent. There is also a slightly higher rate of child abuse, neglect and dependency than statewide.

Officials said childhood obesity can be conquered with the addition of physical education and activity facilities which can be accessible to the public. Electives in physical education at the high school level would also help to accomplish this goal. Annual Health Screening Fairs will be continued, and parents can be educated regarding nutrition and physical activity recommendations.

Macon County has a high incidence of mothers who smoke during pregnancy. The statewide rate is 14.6 percent, while our countywide statistic is 26.2 percent. This accounts for the lower birth weight Macon County mothers average, which is 1.4 percent higher than the statewide occurrence.

Tobacco education efforts will be continued. Tobacco Cessation resources will be sought, and more tobacco-free campuses including hospitals and businesses can be established.

Substance abuse is being combated by the Task Force especially created for this cause. Substance abuse education needs to be continued for the community, and additional substance abuse detoxification services will be advocated.

Community health will focus on distributing health related information through dispatch services notification, as well as using the local church network to get information to the community. A countywide website for healthcare resources is also in the works. Opportunities for the elderly and also for learning Spanish as a second language are being researched as well.

The local mission centers around assessing and developing health resources for residents. Six major areas of accomplishment were highlighted by Stan Polanski with Macon County Health Department. The first achievement leads health programs in the schools.

Through health fairs, the School Health Advisory Council, the Youth Risk Behavior Survey (YRBS), and the introduction of school nurses, the Healthy Carolinians have improved the future health of Macon County’s students.

The Medication Assistance Program is the second major accomplishment for the group. Many people in our county have difficulties obtaining the medication they have been prescribed. With the help of Angel Medical Center, First Baptist Church, Carenet, the MCPHC, the DSS, and also local doctors, many citizens have been able to receive these much-needed medications.

Another problem for the county is the accessibility of dental care for those without adequate insurance coverage. “The MCPHC and LBJ Job Corps, along with Macon County Schools and Highlands-Cashiers Hospital, have come through for our citizens and helped provide dental care for uninsured and underinsured citizens,” said Polanski.

The Asthma Coalition is another area of accomplishment. This group was formed to investigate the increasing rates of asthma and to try to make a difference. The two remaining achievements are the Tobacco Education Program and the Substance Abuse Task Force. Both were created to increase drug awareness in the county and get help to those who need it.

Polanski also mentioned the strengths Macon County has shown through this assessment: ”We have a low age-adjusted death rate for both heart disease and cancer, as well as all causes on average,” he said. “There are low property and violent crime rates, and low abortion rates, too.”

In comparison to other areas, Macon County has a low rate of hospitalization due to asthma of children, and the teen pregnancy rate is also declining.

The strengths include two hospitals, a progressive school system, well-trained EMS and first-responder crews, a transporation program, a Head Start program, many recreation activities, many willing volunteers who help with home-delivered meals and health services for the elderly, specialized adult daycare, and medication assistance.

For more information, call Program Director Kathy McGaha at 349-2426 or at kmcgaha@maconnc.org.
SPIRITUALLY SPEAKING

Using spiritual gifts

Steve Kerhoulas
Community Bible Church

I
n our home, one of our favorite fruits is the banana. We eat a lot of them! When the banana is at its peak in color and texture it is a delicious fruit. But after sitting for a while, turning brown, then black and starting to ferment on the inside, that banana is not going to be eaten. It is thrown away with the other banana.

In thinking about the importance of using our spiritual gifts, the above illustration came to mind. God has given each of us gifts to be used in the body for the common good (1 Peter 4:10). These gifts are like the banana – either they are put to use or they sit and ruin over time. In the gospel of Matthew, Jesus taught on the importance of using the gifts we have been given! We must use them and not bury them. When was the last time you used your gift? Is it at its peak? Or is it starting to turn brown?

Think about it!
Opinions abound about upgrading MC library system

Visiting library consultant Ronald A. Dubberly got plenty of opinions from community and business leaders Monday on what improvements the Macon County Public Library needs to meet the county’s projected future population growth.

Two groups of community club and business leaders met in the library with Dubberly and suggested these space and service needs in the years ahead:

- Library should be open later than the current 7 pm.
- The building is dated. It should be upgraded with better lighting, graphics, and signs.
- More space is needed for storage and library collections.
- More computers for those students and adults without them at home.
- A larger reference area with more technical and scientific content.
- Larger staff.
- Crowded conditions in the Highlands Hudson Library; more space needed.
- More parking space.
- Cubicles for quiet, individual study.
- Better meeting rooms with modern audiovisual facilities for community group use.
- A mobile book and computer unit to reach those unable to come to the library.

Asking by Dubberly to name the most important considerations if a new library had to be built, these were some of the answers:

- A central location to most of the county’s population.
- Since many people visit other locations when they make a trip to the library, it should be near shopping areas.
- Adequate parking and easy access into and out of the library parking lot.
- The library’s location near the high school is a plus.
- Better electronic access to the library via home computers.

Groups represented at the Monday sessions included the Cowee, Upper Cartoogechaye, Otto, Carson, and Holly Springs community development organizations and the Kiwanis and Lions clubs plus two Rotary clubs from Highlands and one from Franklin.

Also attending were Randolph Bulgin, chairman of the Macon County Board of Library Trustees; Karen Wallace, Macon library manager; and Gail Findlay, director of the Fontana Regional Library.

Dubberly’s final report is due to be presented to the County Board of Commissioners April 5. Two public forums—one in Franklin and one in Highlands—will be held in mid-March to seek comments from residents. In the meantime, staff in the Franklin, Highlands, and Nantahala libraries welcome any ideas people have.

Dubberly is managing partner of Dubberly Garcia Associates, Inc., of Atlanta and Denver. The firm has prepared similar space need studies for many libraries throughout the nation.
Photography by Cynthia Strain
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Manager of Fidelia Eckerd Living Center at Highlands-Cashiers Hospital. Full-time, 40 hours per week, day shifts, but must be flexible. Responsible for operations of 80-bed LTC facility, including financials, budgets, payroll adjustments, survey preparation, marketing, policy/procedures, QA, safety, and environment. Works closely with Assistant Manager (DON) to maintain an Eden environment for our residents. Candidates with previous LTC and Eden Alternative experience preferred. Pay depends on experience. Excellent benefit package. Pre-employment substance screening. For details call: Mary Osmar, Human Resources, 828-526-1301.

Police Chief Jerry Cook shows how to secure an automatic pistol. The lock will secure automatic pistols and shotguns, revolvers, and bolt-action rifles.

Does your child or grandchild dream of seeing their name in Broadway lights someday? Do they have an over-abundance of creative energy and a wild imagination? Do they like to tell stories or recreate their favorite scenes from movies? If this is the case, The Instant Theatre Company has a summer activity especially for them. "The Instant Theatre Summer Acting Classes" is the official title, and starting this month, ITC will be accepting applicants for the three 2-week sessions.

Session One will be for children ages 10 to 13 and will be instructed by Instant Theatre Artistic Director, Adam Heffernan. The dates are June 14-25.

Session Two is aimed at children ages 6 to 9 and will be instructed by professional actors Sara-June and Jeff Treadwell, both actor/teachers from Seattle who have both worked at the world-acclaimed Actors Theatre of Louisville among other theatres. The session will run from June 28th through July 9th.

Session Three is aimed at teenagers, specifically ages 14 to 18. The Instructor will be Max Vogler, a professional actor from New York and frequent guest star on NBC’s Law & Order. The session will run from July 12 through the 23.

Classes will be from 12:30 p.m. to 3:30 p.m., Monday through Friday with a public performance on the last day (a Saturday). The cost of the classes are $150 per session which is payable upon sign-up. There is a limit of 12 participants for each session. Scholarships are available.

During the winter months the ITC offers children’s acting classes once a week for free.

For more information call the Instant Theatre Company at (828) 526-1687 or e-mail at info@InstantTheatre.org.
Police & Fire Report

The following are the Highlands Police Department log entries for the week of Feb. 19-25. The only names are of public officials and/or people who were arrested.

Feb. 26
- At 3:15 p.m., officers responded to a call from the Stop and Shop when a U-Haul trailer damaged a light on the building canopy.
- At 4:50 a.m., officers responded to a complaint of a barking dog on Zermatt Circle.
- At 7:45 a.m., officers responded to an alarm at the Old Edwards Inn. All was secure.

Feb. 28
- At 10 a.m., officers responded to a noise complaint at the Old Edwards Inn construction site where workers were loading wood and stacking bricks.
- At 5:30 p.m., a motorist was cited for driving without a license.

March 2
- At 1:13 a.m., a motorist on Wilson Road was issued a warning citation for driving with one headlight.

March 3
- At 7:20 a.m., a motorist was cited for speeding 41 mph in a 25 zone.

The following are the Highlands Fire & Rescue Department log entries for the week of Feb. 27-March 3

Feb. 27
- The dept. was first responders to assist EMS with a medical call at a residence on Highlands Point Road. The victim was transported to Highlands-Cashiers Hospital.

Feb. 29
- The dept. responded to a fire alarm at Club Drive. It was a false alarm.
- The dept. responded to a fire alarm at V-Z Top. It was set off by workers.

PARKING continued from page 1

Owners of other businesses on South Fourth agreed — The Christmas Tree, Highlands Whole Life which are open all year and Mirror Lake Antiques set to open March 26 — all said there is “zero parking” on the hill for customers or employees.

The lack of parking is attributed to an abundance of construction in the area — Old Edwards Inn, Highlands Community Child Development Center, the Craig building and renovations to other buildings on the street. “We’re seeing more construction at one time than ever before,” said Commissioner Herb James.

Commissioners agreed construction traffic and congestion won’t last forever but suggested the business atmosphere is changing in town as the “season” lengthens.

“When we first adopted the parking ordinance, we agreed to revisit it to see how it was doing,” said Commissioner Amy Patterson. “The truth is, our season is longer than Oct. 31 and starts earlier than May 1.”

This year, two-hour parking will go into effect March 17 through November 30 all over town.

Construction continued from page 1

them elsewhere — mostly where construction equipment is now parked or stored.

“We haven’t needed an ordinance like this because it hasn’t been a significant problem until now,” said Town Administrator Richard Betz.

Betz said 57 parking spaces are being taken up by Old Edwards Inn construction paraphernalia on east and west Spring Street, Fourth, Church and Main streets.

“We just spent thousands of dollars to make Spring Street available for parking and now there aren’t any spaces,” said Mayor Buck Trott. Herb James suggested the town adopt an ordinance to make sure the town’s rights-of-way are kept clear of construction material.

Commissioners agreed that business owners doing construction on their property should be allowed to block the right-of-way directly in front of their shops for a certain amount of time.

“There will be an incidental need for business owners to use the right-of-way in front of their businesses for short periods of time and that can be done without the town’s permission,” said Commissioner Hank Ross. “It can be handled by the Town Administrator or someone else with a simple application.”

The ordinance will be finalized at the March 17 Town Board meeting. Until then, Old Edwards Inn and others will be asked by letter to move all construction vehicles and materials out of the town’s rights-of-way by March 17.

“The town shouldn’t have to bear the brunt of Old Edward Inn’s construction,” said Commissioner Amy Patterson. “I think there has been a poorly planned staging of the whole thing.”

A public hearing isn’t needed to add the new segment because it will be part of the town’s general ordinance.

Running pays off for Rec Park

Mary Jellison and Richard Betz check out the new treadmill received at the Highlands Civic Center, being put to good use by Andrea Schmitt. Jellison represents the Woman’s Club, which donated $2,000 toward the treadmill; the Woman’s Club donates thousands of dollars to the community each year for worthy projects. Betz represents the Highlands Roadrunners Club, which donated $1,000; the Roadrunners Club funds athletic scholarships and fitness-related projects in Highlands through funds raised in its annual Mountain Lakes 5-K, scheduled this year for May 1.
**Upcoming Events**

**March 8**
- Highlands School Science Fair projects due.

**March 9**
- Highlands Democratic Precinct Meeting at the Highlands Rec Park, 7 p.m. All are welcome.
- Highlands School general PTO meeting and Science Fair viewing at the school at 6:30 p.m.

**March 10**
- Free Yoga by Yoga Luna. This offer to give everyone with an interest in the yoga process a chance to experience a class before making any decisions. Everyone is welcome even with no prior experience. Choose your time of day. 8 a.m. to 9:15 a.m.; 9:30 a.m. to 10:30 a.m.; 12:10 p.m. to 12:55 p.m.; 4 p.m. to 5 p.m.; 5:15 p.m. to 6:15 p.m. For further information call 526-1022. Yoga Luna is located at 265 Oak St.

**March 11, 17, 24, 31**
- Highlands Wine & Cheese Shop at Falls on Main presents a four-week seminar on wine tasting, food and wine matching, and general discussion at 5:30 p.m. $95 per person includes the wine, the Wine Bible and one white and one red wine glass.

**March 12**
- How do you identify trees in the winter without leaves? "Buds and Bark" Workshop Friday, 1:30 p.m. to 4 p.m. Highlands Nature Center. It's free.

**March 13**
- Arthur & Katie strumming and singing at Buck's Coffee Cafe from 8-11 p.m.

**March 13-14**
- The North Georgia Community Players present "The Odd Couple," 7 p.m. Friday and 3 and 7 p.m. Saturday and 7 p.m. on Sunday. Tickets are $15 for reserved seats and $10 for general admission. The performance is at the Rabun-Gap Nacoochee School. For more information, call (704) 212-2500.

**March 14**
- The Auditions for The Instant Theatre Company's "1st Annual Cabin Fever Variety Show" are March 13 at PAC, call (828) 526-1687 or e-mail info@InstantTheatre.org for an audition appointment.

**March 15**
- The movie Chariots of Fire 7 p.m. at PAC. Two British runners compete for England in the 1924 Olympics. Starring Ben Cross, Ian Charleson, Nigel Havers and John Gielgud. It’s free but donations are accepted.

**March 15**
- Recycling & Environmental Fair 10 a.m. to 3 p.m. at The Factory in Franklin. Educational program with awards distributed for participation.

**March 20**
- 1st Annual Cabin Fever Variety Show Produced by The Instant Theatre Company at 7:30 p.m. at The Martin-Lipscomb Performing Arts Center.

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**Relay For Life efforts rewarded**

Over the last three years, the Highlands-Cashiers team has raised more than $500,000 for cancer research. Last year, $235,000 was raised. This year’s goal is $250,000. The kickoff is April 10. The relay is Aug. 20 in Cashiers.

Molly Gilbert, American Cancer Society rep. presented Mayor Buck Trott and Bud Smith, Relay for Life co-chairs, with a trophy.