



Inside:

Features	pg. 12
Police & Fire	pg. 16
Movie Pix	pg. 6
Healthy Living	pg. 8
Events	pg. 19
HS Sports News	pg. 17

Highlands' Newspaper

FREE

Volume 1, Number 6

Locally Owned & Operated

Friday, Aug. 22, 2003

Aug. 22-Aug. 29

On-going

- Sally Foster Gift Wrap Sales are taking place at Highlands School. All proceeds benefit the school. Please buy, if asked.

Aug. 22

- The Real Thing, Aug. 21-30. Tickets are \$20 for adults and \$9 for children. Performances are Tuesday through Saturday at 8 p.m. and Saturday and Sunday at 2 p.m.

- The Eagle Lady, Doris Mager, will be at the Rec Park for a program on raptors at 7 p.m. During the day she will visit area schools.

- The Highlands Community Players presents "Brighton Beach Memoirs," Fri., Aug. 22-Sun., Aug. 24 at PAC. Show times are 7:30 p.m. Fri. & Sat., and 2:30 p.m. Sunday. Tickets are \$10

Aug. 26

- At Highlands School – Freshman Night 6 p.m.; Junior Night 7 p.m.

- Alain Taulère, owner the Café of the Arts, will host an dinner to benefit the Hudson Library on Tuesday, August 26, from 5 to 7 p.m. Tickets are \$50 per person and available from members of the Library Board of Trustees or at the library. Only a limited number of tickets will be sold. For more info, call 526-3031.

Aug. 27

- Nantahala Tennis Assoc. is having a mixed doubles, tournament, picnic and fundraiser from 3-6 p.m. at the Rec Park. Bring a donation for the Nantahala Tennis Assoc., a covered dish a nonalcoholic drink and a friend. For more information, call Janet Wilson at 526-1552.

Aug. 29

- Hurricane Creek performs at Buck's Coffee Cafe from 8-11 p.m. They play cover and original country-fried rock and blues.

- Swinging on Sequoyah Dinner and Dance, Aug. 29 at the barn owned by Diane and Ray McPhail. Tickets are \$125 with all proceeds going toward the Highlands Historical Society to renovate the Highlands Historical Village. For more info, call Wiley Sloan at 526-5938.

Town asks state to take over part of Bowery Rd.

By Kim Lewicki

The way things are going the back side of Bowery Road could be widened and paved before the first seven-tenths of the road.

At the Aug. 20 Town Board meeting, Brian Burch with NC DOT said that if the town relinquished

ownership of Bowery Road from Sagee Woods on, it would agree to improve it to minimum state standards and maintain it.

Burch said several Bowery Road property owners asked the state to take over the road in hopes that it could be improved.

The first step in the process involved the town passing a resolution requesting the state to take over the road. Next, the state determines if the road is "constructible;" and finally the

▪See BOWERY page 2

Cookies bring smiles abroad



Lt. Col. Brooke Myers, U.S. Army, has been stationed in Balad, Iraq since February. To ease the pangs of homesickness, she threw a birthday party for everyone in her battalion who'd had a birthday while stationed in Balad. Just in time, cookies arrived from home. See story, page 12.

Satulah Trail not closed yet

Kim Lewicki

Ever since the Hobson Subdivision on Satulah Mountain was OK'd, folks have been worried about the short-cut trail to the summit of the mountain being closed to the public.

For about a month, people have been lobbying hard to keep the trail open – trying to figure a way around rights-of-way and easements.

The Highlands Land Trust has an easement right-of-way along the old road bed to the summit, which members say is open to the public. But it's getting to the road bed that's the problem.

In the past, hikers could choose the steep trail or the easy trail to the top of Satulah – a hike that rewards with a view of three states.

▪See SATULAH page 23

Highlands Cable Group clears last hurdle

By Kim Lewicki

Finally it looks like the tide has turned for Highlands Cable Group.

At the Aug. 20, Town Board meeting, commissioners agreed to amend a portion of the town's Cable Television Ordinance to request \$2 million general liability insurance instead of \$5 million as stated in the original ordinance.

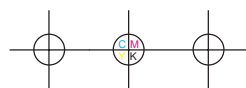
Earlier this month, Highlands Cable Group owner, Nin Bond, asked the board to relax the insurance requirements because since 9/11 getting such high coverage is close to impossible, he said. He has \$2 million in place but was having a hard time getting an additional \$3 million.

Commissioners also amended

the ordinance to include a "holds harmless" clause in case the town cuts into any Highlands Cable Group underground cable during routine utility maintenance or repairs.

Because of clearance issues and pole attachment conflicts with

▪See CABLE GROUP page 23



Wit's End

On Main Street

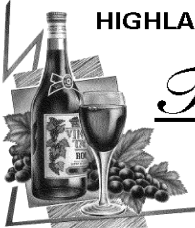
A Highlands' tradition since 1940



Largest collection of
Vera Bradley
in Western North Carolina

526-3160

HIGHLANDS QUICK MART PROUDLY PRESENTS



The Wine Cellar

Corner of 4th and Main St.
Highlands, North Carolina

828-526-3553



Krispy Kreme
DOUGHNUTS

Complete with
walk-in
cigar humidor

A Reasonable View House!



Two bedroom, 2 bath home with a great mountain view, close to town. Fireplace, carport and large deck overlooking the view. Offered at \$535,000. MLS #21697

JOHN CLEAVELAND REALTY

(828) 526-4983

Fax: (828) 526-2453

www.jcrealty.com

Highlands' Newspaper

Highlands' only locally owned & operated newspaper.

FREE on the streets every Friday.

Adobe PDF version at www.highlandsnewspaper.com

P.O. Box 2703

Highlands, N.C.

28741

(828) 526-0782

email: highlandseditor@aol.com

Publisher/Editor

Kim Lewicki

Copy Editor/Proofreader

Tom Merchant

Advertising:

Carol Werner

Production:

Darlene Melcher

All Rights Reserved. No articles, photos, illustrations, advertisements or design elements may be used without permission from the publisher.

Printed by the Asheville Citizen-Times

Asheville, N.C.

Highlands' Newspaper announces addition to staff

T.C. "Tom" Merchant, Jr., formerly of Madison, Fla., and for the last three years a resident of Chestnut Hill, has joined the staff of Highlands' Newspaper as head of the proofreading department.

He began wrapping papers at his father's newspaper, "The Madison Florida Enterprise-Recorder" in 1920 and stayed until he sold the Gazette about 65 years later.

He graduated in Journalism from the University of Florida before studying law at Stetson University, Harvard University, Oxford University and graduating from the University of Florida College of Law. Later he received a M.B.A. degree from Harvard Business School.

His entire business life was in Madison, Fla., where he and his father and mother published the



Tom Merchant

newspaper and operated a commercial printing plant as a partnership.

..... BOWERY continued from page 1

town must give DOT permission to use small urban funds to improve and pave the road.

The state has allocated \$2 million in small urban funds to improve roads in 10 counties. DOT is allowed to use \$250,000 per project per year and Burch said there are 17 projects vying for the funds.

Burch said the state's standard right-of-way is 45 feet to accommodate a 20-foot paved road. The road will be designed for 20 m.p.h. traffic.

"The white line will be at the 18-ft. mark with two feet on each side for walking or bicycling," said Mayor Buck Trott. On top of the curb there'll be a four-foot flat area.

Commissioner Hank Ross was concerned about the design of the road. "Though narrow roads can be difficult at times, I think in keeping with the character of the area and the character of Highlands in general, narrow streets with narrow shoulders are more in character with the town. I don't know why we need a 20-foot wide road," he said.

But Burch said the state has minimum standards but is very "content sensitive" in areas like

Highlands. "We want to do this with as little impact as possible and still meet the minimum state standards," he said.

He said he had no problem dodging rocks, trees or ponds. "We are more than willing to do that," he said. Farther up Bowery in Jackson County where there are 90-degree curves he said the state would not change the alignment of the road drastically so as to change the curves.

"Whenever possible we use the original road bed," said Burch. "It reduces the cost because it's already there."

About 45 people were at the meeting and about 90 percent of them said they wanted the state to take over the road so it could be widened and paved.

Burch said instead of drawing plans the road would be staked out. "We don't do it on paper," he said. "It's better to stake it so people can actually see how it will impact their property," he said.

Commissioners passed the resolution but it's just the first step in the process.

• Obituary •

Mable Marie Henry

Native of Macon County

Mable Marie Henry, age 75, of Lake Becky Road, Mountain Rest, SC died Wednesday, August 13, 2003 at her daughter's residence. She was a native of Macon County, the daughter of the late Mollie Henry. She was a homemaker and was of the Baptist faith.

She is survived by her husband of 55 years, Claude A. Henry, Sr.; three daughters, Louise Henry of Anderson, SC, Patricia Reynolds of Asheville, NC and Irene Wood of Brevard, NC; three sons, Jimmy Henry of Greenville, SC, Carson Henry of Westminster, SC and Claude Henry, Jr of Walhalla, SC; one sister, Nancy Skelton of Seneca, SC. Five grandchildren, three step-grandchildren and six great-grandchildren also survive. She was preceded in death by one grandson.

Funeral services were held Friday, August 15 at 2 p.m. in the Chapel of Bryant Funeral Home in Highlands with Rev. J.L. Sutton officiating.

Jimmy Henry, Dan Carson Henry, Claude Henry, Jr., Phillip Collins, Jason Collins, and John Campbell served as pallbearers. Burial was at Highlands Memorial Park.

Bryant Funeral Home was in charge of arrangements

American Red Cross CPR course

An American Red Cross Adult at the Macon County Public CPR with AED and Infant/Child Health Center on Lakesdie Drive CPR is being offered Friday, Sept. in Franklin. Call Jennifer at 349-5 from 8:30 a.m. until 4:30 p.m. 2439 for information.

MEPHISTO



New For Fall !



Parker



Pastor



Pablo

See these and all the great new styles in Men's and Women's Mephisto's.



HIGHLAND HIKER

Your Favorite
Outdoor Store

Serving Highlands & Cashiers

Notice

Let Us Save Your Hemlocks!



According to a recent survey, Woolly Adelgid is the number one threat to the Native Hemlock in the Southern Appalachians.

Our company has been treating this dreaded enemy for the past several months and have achieved great results.

If you feel that this is your problem or if your trees are suffering from Twig Rust – a common problem for Hemlocks – don't hesitate to give us a call.

We have been in business for 14 years serving the surrounding areas. We are fully insured.

**Ledford's Landscaping
& Maintenance, Inc.**
29 Licksillet Road
Franklin, N.C. 28741
828-524-6959
or 828-524-7999

• Laughing at Life •

with Fred Wooldridge

Bears "R" us theme park

The little missus and I took a small army of grand-kids to Lion Country Safari in Florida, three hundred acres of fenced property which allows you to drive around in your car while African critters run wild.

At one point we had six giraffes resting their tiny, goofy looking heads on our tall motor home.

Apparently giraffes have a hard life, having to support their heads on the end of 10-foot long necks all the time. When they spot a camper, they come over and rest their heads on the roof. Of course, the male giraffes take a power nap. Inside, the kids (that would include me) were bouncing off the walls with excitement.

Later, we dropped off the kids, took our medications to calm us

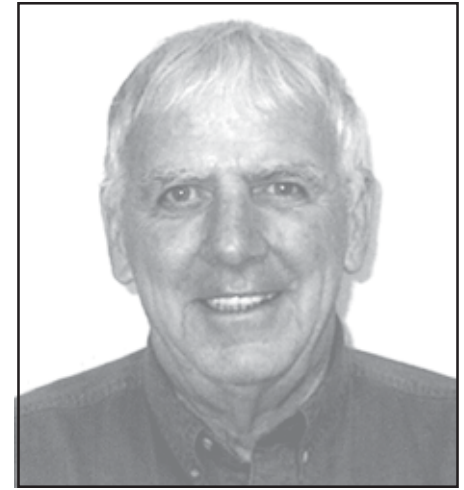
down and headed for Highlands. That is when it hit me. POW; why hadn't I thought of this before. I will open a bear country theme park right in Highlands. I just might call it Bears "R" Us. Here is how it will work.

First I will rent a massive plot of land from the US Forest Service. That should be easy as we all know how generous they are in giving away their land. Look at how much they have and are doing nothing with it. No need for fences in my park since bears are already running amuck here anyway, plundering and looting at will.

After paying an outrageous entrance fee, tourists will pull their cars into my park and be greeted by a friendly host wearing a bear outfit. He will slap a six

ounce slab of oily salmon on their windshields which will guarantee that, before the tour is over, a four hundred pound black bear will be sitting on their hoods eating salmon. As an added feature, they get their windshields licked clean.

Next, the tourists will drive into my bird feeder sanctuary. Here, our customers are treated to a real show. The bears walk up, snatch the feeders from their holders and rip off the lids. Standing upright, the bears tip the feeders upside down causing seeds to pour into their mouths, ears, eyes and several up their noses. But most of the seeds wind up on the ground where a small contingent of squirrels, chipmunks, birds, raccoons, opossums and other critters will scarf up the fallen remains while dodging a



very grouchy bear who has just spilled his dinner. This show will equal the giraffes on the roof trick and have everyone wanting to pay to see it again, which, of course, is OK.

Now on to "toothpaste park" where our tourists are treated to the garbage can show. Hundreds of garbage cans, filled with garbage, are set out for our customers' entertainment. The performing bears tip over the cans, pounce on them with all their weight and squish, out comes the food, like

•See WOOLDRIDGE page 11

August Sale

40%-65% OFF

85% OFF RED TAG ITEMS



Oriental Rugs

In appreciation of our long-time friends and customers, Shiraz is offering wholesale prices to the public on our entire inventory. Any reasonable offer will be accepted! This is an opportunity you will not want to miss!

For the past 18 years, Shiraz has had prominence in the Highlands, N.C. area as the ultimate resource for genuine, hand-knotted Oriental rugs. Shiraz has built a reputation that is second to none.

WE GUARANTEE OUR QUALITY AND YOUR SATISFACTION.

Come see our collection of numerous
antique and contemporary rugs

(828) 526-5759

◆ MAIN STREET ◆ OAK SQUARE ◆ HIGHLANDS ◆

Other show rooms: Naples, FL – Tampa, FL – Sarasota, FL – Orlando, FL



CLEANING ~ REPAIRING ~ APPRAISALS

• Cooking on the Plateau •

"It Just Tastes Better in the Mountains"

The 'good cooking' ladies have put together their favorite recipes in this innovative cookbook.

This Club of 65 members has raised nearly \$42,000 from the cookbook sales for community projects, such as local scholarships.

There has been great support from local businesses who sell the book, such as Highlands Office Supply, Kitchen Gourmet, Dusty's Supermarket and Don's



Village Market. Stop by for copies of this great cookbook.

Apricot Chicken

Serves six

- | | |
|---|---|
| 6 chicken breasts, skinned | Put chicken in baking dish and |
| 1 bottle of Russian or Thousand Island Dressing | pour mixed ingredients over. |
| 1 pkg. of onion soup mix | Bake at 350 degrees in uncovered pan or casserole for one |
| 1 jar of apricot jam | hour. Turn chicken over and |
| Dash of ginger | cook 25 minutes longer, or |
| Mix all ingredients together. | until tender. Serve over rice. |

Highlands Outdoor Tool

Sales & Service in:
Chain saws & Trimmers



(828) 526-4925

2330 Cashiers Road
Highlands, NC 28741

Husqvarna

All your pampering needs from

Head to Toe!



Try our
new
Bath Ice
cream

Main Street - Highlands, NC - 828-526-2051

VILLAGE KIDS
-Great Stuff For Kids-

All the latest
Fall fashions
for your
children and
grandchildren!



**Highlands'
only complete
children's
store!**

Main Street
Highlands, N.C.

828-526-5799

**C
M
S
INC.**

**CASHIERS
MORTGAGE
SERVICES INC.**

**40 years of
combined
banking &
mortgage
experience**

• **Cashiers Mortgage specializes in
the second home market of mort-
gages up to \$4 million.**

- Up to 100% financing
- Land & Construction loans
- Purchase & Refinancing loans
- 24 - 48 hour underwriting approval, most cases

• **Competitive
Pricing**

• **Superior
personal
service**



Joe and Vickie Pearson
Work hard for you 24-7

**Serving Highlands and Cashiers
743-0075**

Located on N.C. 107 in Cashiers opposite Zoller Hardware
cashiersmortgage@aol.com



NEEDLEPOINT OF HIGHLANDS

BARBARA B. CUSACHS

526-3901

VILLAGE SQUARE • 210 N. FIFTH ST.

Beautiful King Mountain flat, view lots

Lot #25. 4-bedroom septic installed. Cleared and ready to build. \$139,000.



Lot #24. 1.67 acres. 3-bedroom septic installed. Cleared and ready to build. \$149,000. Call Sandy Vos (828) 526-5634, 526-5015.

KOPP CONSTRUCTION COMPANY

Office (828) 524-5122 - Fax (828) 524-8156



NAHB

Custom Home Builder

Kenneth Kopp

• Unlimited License - # 47039

Quality Workmanship at Competitive Prices.

Serving
Franklin, Highlands, Cashiers,
and surrounding areas.

WE ARE PREPARED TO START YOUR HOME TODAY!

Stop in this week and check out our weekly specials.

Fresh flowers arriving daily.

Fresh cut orchids available everyday!

Shop from the comfort of your home 24 hours a day

www.bestofthebunchflorist.com



Best of the Bunch

P.O. Box 2727 Highlands, NC 28741

(828) 526-0490



King Mountain Club

3 bedroom, 2 bath home with an exceptional long-range view. Offered at \$639,000. Call Sandy Vos to see anytime.

(828) 526-5634

(828) 526-5015



• Movie Pix •

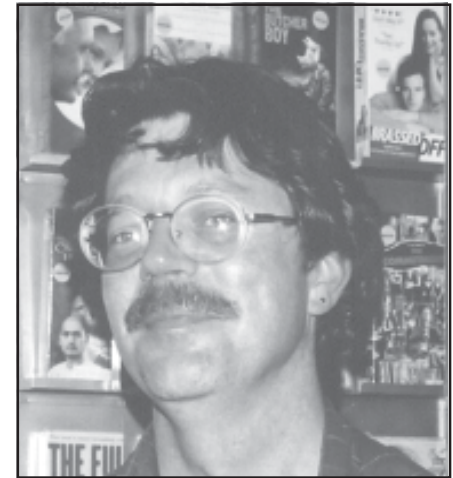
The Video Guy Presents... "Of Mice and Men" 1992 - PG-13

This is a powerful, tear-jerking and brilliant film adaptation of Steinbeck's novel. Screenplay by Horton Foote, directed by Gary Sinise, they handled the material with the care and respect that this work deserves. No flashy tricks, (thankfully) no embellishments, just a beautifully done telling of this classic work.

For those of you not familiar with the book, shame on you! It is the tale of two migrant farm workers in Depression-era California. It takes some time to see the reasons for the close friendship between George (Sinise) and Lenny (Malkovich). George and his retarded friend Lenny share a dream and bonds of friendship that make them different than the rest of the other drifting workers. Against all odds, they start to get closer to the goal of a place of their own, a home and farm.

Casey Siemaszko as the boss's vicious son Curley and Sherilyn Fenn as Curley's beautiful, miserable, flirtatious wife are the lever and fulcrum that tip George and Lenny's world into tragedy.

I have long been a big fan of both Sinise and Malkovich, and really think this movie is the best work in their careers.



Some other great movies with Malkovich are "Shadow of the Vampire," and "Being John Malkovich." Fans of Sinise will want to watch "Albino Alligator," "Apollo 13," and "Forrest Gump."

Other tear-jerking dramas that feature the strength to do right are "To Kill a Mocking Bird," "Escape From Sobodor," "Rosewood," "Triumph of the Spirit," and "Schindler's List." The last three are true stories.

These and about 5,000 other titles are available at Movie Stop. Come by and give a look. Also, don't forget

to read the novel and the Robert Burns poem that inspired the title.

New-release movies rent for \$3.25, regular movies rent for \$2. There's also "Two for Tuesday," excluding new releases, and "Five for Five" - 5 movies for 5 days \$7.

Hours are Monday through Friday 11 a.m. to 8:30 p.m.; Sat. and Sun. noon-8:30 p.m.



• Life Under Construction •

Live & Learn

Dr. Maryellen Lipinski

Let's look at the learning side of life; book reading. Some of my best friends are books.

I read a statistic that only three percent of the population read books after high school. What the other 97 percent may not know is that books could be their friends. Books don't judge you, they don't blame you, and they provide valuable information. They don't talk back. You have the freedom to read the words in whatever manner you choose; fast or slow. You can skip around (for type As or dyslexics) or go line by line. You can dwell on a page for a long time or drift away to places in your mind that feel like home.

Just holding a book can provide comfort, familiarity, and even some security. Writing in a blank book gives it life. Picking up a familiar book may bring a smile.

Books don't rush us; they just allow us to move at our own pace. Now, how often can you do that? Whether we read a book or write in a book, books can be our confidants as we take a journey in our mind by traveling the pages. Books are stacked everywhere in my home. No food, but lots of books. In my hallway several dozen books rest against the wall. A casual bookcase lined up at attention in a vertical fashion. In my bedroom, of course, there is a bookcase, but piles of books find themselves wandering around in corners. Often half of my bed is covered with books.

Part of my love for books came from my education and the



years I practiced purchasing books while in school. They have led me in the direction I am living right now. Journals are part of my collection of books, a gratitude journal, a goal book, my morning pages (random thoughts every morning), and a couple of other journals to record the events in my life. If I don't record things after they happen, I must confess, I forget.

Yes, books are my friends because they keep me sane and give me energy to write. I can always count on books not to change what they just told me. I can reread the exact words again and again.

What books do you need to read now? What books do you want to read? How are they adding to your life experiences?

"We read frequently if unknowingly, in quest of a mind more original than our own." Harold Bloom, literary critic.

If you want to see "Life Under Construction" first hand, come to the Albert-Carlton Cashiers Community Library on Aug. 27 at 7 p.m. It's sponsored by Friends of the Library and there is no charge.

Dr. Maryellen Lipinski is a psychologist by profession and an international professional speaker. She coaches individuals to obtain their goals in life and works as a Realtor at Village Realty to help them find a home in these majestic mountains. Her book, *Random Thoughts and Mine Always Are. Conscious Detours to Creative Power* will make you laugh, cry, and think! www.maryellenlipinski.com



Welcomes New Visiting Physicians In

Cardiology And Ear, Nose & Throat

William W. Wharton, III, MD
Fellow in Cardiology

Of Asheville Cardiology, Assoc., Asheville, NC

Local Office: Oxford Medical Building
Schedule: Second & Fourth Wednesdays
Appointments by Calling: 800-544-7489

Medical School: University of Virginia
Residency: Letterman Army Medical Center
Cardiology Fellowship: Duke University Medical Center



Chrisroper T. Wenzel, MD
Otolaryngology (ENT)

W. Carolina Ear Nose & Throat Specialists, Waynesville NC

Local Office: Suite 500, Woodruff Medical Building
Schedule: Second and Fourth Thursdays & Fridays
Appointments by Calling: 526-1DOC (526-1362)

Medical School: Duke University
Surgical Internship: Duke University Medical Center
Otolaryngology Residency: Duke University Medical Center



Shannon E. Hunter, MD
Otolaryngology (ENT)

W. Carolina Ear Nose & Throat Specialists, Waynesville NC

Local Office: Suite 500, Woodruff Medical Building
Schedule: Second and Fourth Thursdays & Fridays
Appointments by Calling: 526-1DOC (526-1362)

Medical School: University of North Carolina
Surgical Internship: Duke University Medical Center
Otolaryngology Residency: Duke University Medical Center



Mantle Ridge

Water, underground utilities and septic permits. Convenient to Highlands Cove and Trillium Links Golf Communities.

Lot 5

3.9 acres \$125,000

Country Club Properties
(828) 526-2520
email: ccp4info@aol.com

John Cleaveland Realty
(828) 526-4983
email: jcrealty@dnnet.net

THE SUMMER HOUSE TIGER MOUNTAIN WOODWORKS

The Area's Most Complete Home Furnishing Center

Gifts - Accessories - Custom Furniture

2089 Dillard Road
Highlands, NC 28741
(828) 526-5577
tigermtn@smnet.net

*Highlands-Cashiers
Gynecology*

C. Willis Sherrer, MD

General & Surgical Gynecology

A Fellow of the American College of Obstetricians and Gynecologists, Dr. Sherrer is the former head of GYN services at Piedmont Hospital in Atlanta. He now provides complete general and surgical gynecology care to area women (excluding management of pregnancy issues) on a full-time basis.



Dr. Willis Sherrer

For Appointments:

**Call (828)
526-2817**

Now With Offices in

Highlands and Clayton

• Healthy Living •

Activity and Energy

by Bonnie Powell

Ages ago, when the food supply was not so predictable and humans couldn't count on three meals a day plus snacks, their bodies learned how to store energy in the form of fat. Our bodies still store energy, even though the food supply now makes the practices unnecessary.

This ability to store energy, coupled with a plentiful food supply has created a problem for more than one-third of the population. We put calories in the energy account but seldom draw enough out, so our energy balance grows and grows – the consequences of taking in more than we expend.

The energy comes from the food sources we consume in the form of protein, carbohydrates and fat.

Protein provides amino acid – the building blocks used to construct cell walls, muscle tissue, hormones, enzymes and a variety of other molecules.

Fitness training build proteins, enzymes for aerobic training and contractile proteins (actin & Myosin) for strength training.

Protein is important in an active life. Essential amino acids, those that can't be synthesized in the body expend on getting them in proper combination of plant protein or quality lean-animal protein. Excess intake of protein, which is often accompanied with fat (eggs, meat, fish, poultry and dairy products) leads to the storage of energy in the form of fat and is not a major source of energy at rest or during exercise. In a performance diet, protein intake should be 15 percent of the total calories consumed.

Carbohydrates are a major source of energy. They are available in simple and complex forms. Simple sugars such as glucose, fructose and sucrose (refined sugar composed of molecules of glucose and fructose) contain energy but few nutrients and often empty calories.



Complex carbohydrates found in potatoes, corn, beans, rice and whole-grained products like bread and pasta come with important nutrients and fiber.

Fruits contain simple sugars, but provide important nutrients. Most sugars you eat get into the blood and complex carbohydrates such as potatoes (high glycemic load) can enter the blood as quickly as table sugar. Thus an excess intake of carbohydrates does not become a supply of quick energy. It is oxidized, which conserves fat. In a performance diet, active people and athletes suggest 60-65 percent of caloric intake from the 45 percent typically consumed.

Fat is the most efficient way to store energy, with 9.3 calories per gram versus the 4.1 and 4.3 calories per gram for carbohydrates and protein, respectively. Dietary fat is broken down and absorbed in the small intestine. The fat is eventually dumped in the blood stream for transport to cells for energy or stored in tissue.

There are many ways to acquire fat, but only one good way to remove it – physical activity. Eat unsaturated fats rather than saturated fats, which facilitates cholesterol synthesis. A performance diet recommends 25 percent of the day's calories from fat.

We expend energy (burn calories) even when asleep. If you stay in bed for 24 hours and do nothing, you will expend 1,600 calories. This is

•See HEALTHY LIVING page 23



NC State announces Highlands School teachers 'Multimedia Mania' Winners

Contest sponsored by HyperSIG —
International Society for Technology in Education

By **Kim Lewicki**

Highlands School teachers Jane Chalker (Great Beginnings) and Denise West (Fourth Grade) won second place in the elementary division of the Multimedia Mania contest.

Their classes collaborated on a multimedia computer program entitled "Exploring Ocean Life." Multimedia Mania is an international awards program that identifies exciting models of effective classroom uses of technology.

"Everything in the program was created by the students," said Chalker. "The artwork and the story." Even the artwork that went into creating the title, said West.

West said every child in both classes wrote the story and in the end bits were taken from each child's written essay to make the story in the program.

"They even have a joke part," said West. "What does Scooby Do do in the ocean? He goes Scooby

diving."

Different segments of the interactive program available on the Highlands School website include: Talk Like an Oceanographer, View a Puffer Fish, Read About Coral and several others.

Teacher and student First Place Winners of this year's competition will receive their awards, free software and travel expenses to the National School Board Association's Technology + Learning Conference on October 22-24 in Anaheim, Calif..

As second place winners, Chalker's and West's classes don't get anything – just the satisfaction of a job well done.

The international panel evaluated projects using a rubric that placed a strong emphasis on the creative use of multimedia to address curriculum standards. Final judging took place at North Carolina State University's College of Education in late June.



West and Chalker demonstrated "Exploring Ocean Life," on a media center computer at Highlands School



Southern Heritage Wood Products, Inc.

– Fine Custom Cabinetry, Furniture and Millwork –

"We've built our business on Honesty,
Integrity & Service."

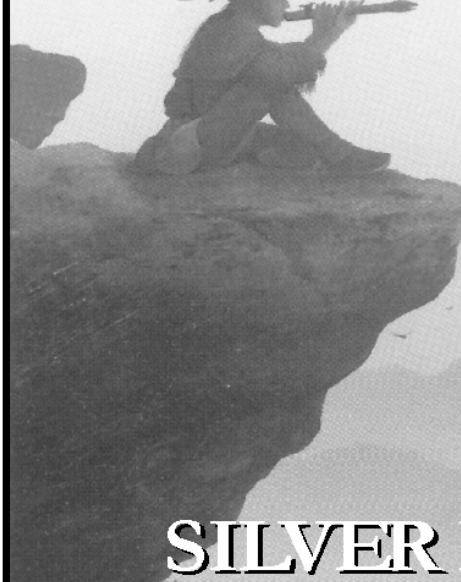
Mike Maloy & Richard Watson
828-349-1819 • woodcabs.com

Get your car washed....here



A "hands-on" car wash is conducted three days a week, weather permitting, at the Texaco Station on the corner of Oak and Fourth streets. Mark Baumgardner and T.J. Hanson can be seen working away most Thursdays, Fridays and Saturdays. The cost is \$15 for an exterior wash and \$25 for a total wash which includes vacuuming, tire blacking and window washing inside and out. To schedule "a detail" call 526-3553.

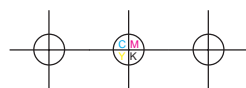
Native American Jewelry, Arts & Crafts



- Sterling Silver Jewelry
- Drums
- Candles
- Smudge Sticks & Incense
- Herbal Teas
- Dream Catchers
- Stone Fetishes
- Books
- Minnetonka & Pendleton

SILVER EAGLE

651 5th Avenue South • Naples, FL 34102 • 239-403-3033
PO BOX 422 • Mountain Brook Center • Highlands, NC 28741 • 828-526-5190



Breast cancer victims send mother hiking Mt. Kilimanjaro

By Jodie Munro O'Brien
Contributor

Jane Webb feels like God has called her to hike up Mt. Kilimanjaro.

Jane will join a breast cancer survivors group from her home state of Alabama in October and travel to Tanzania, Africa, where they will hike up and down the famous mountain Sept. 28 to Oct. 6 hiking, with plans to reach the summit on Oct. 4.

At 66-years-old, Jane will be the oldest member of the eight-person hiking group, which will include four breast cancer survivors from Alabama, two photographers and the hike leader - who will be the only male.

Although Jane herself is not a victim of breast cancer, two of her children have suffered from the disease, so Jane will be hiking in honor of both of them.

"My daughter Julie was diag-

nosed when she was 37. At the time, her son, Knox, was 18-months old. Julie died when she was 40," Jane said. "I will be hiking during the same month that Julie died."

Jane said another daughter - 34-year-old Libby - has been a breast cancer survivor for two years. "I felt like this was a calling. Libby was the one who sent me the brochure about the hike. She said she'd like to help sponsor one of the girls making the trip ... after I read the brochure, I sensed I might need to do this, too," Jane said. "Everyone asked me if I was crazy!"

Jane's application to join the 'Climb for the Cause' - described as 'Alabama women daring to make a difference in the challenge of diagnosing, treating and curing breast cancer' - was accepted at the beginning of 2003. She has been in training since February.



Jane Webb with her hike leader at Medicine Bowl in Wyoming this past July. She's been practicing for her the Mt. Kilimanjaro hike all over the country.

"I started testing myself. I started walking up some of the hills I thought no one should walk up. I try to walk between five

to seven miles and up all the hills around Highlands Falls at least

■ See Kilimanjaro page 14

Treasures From Abroad

A New
Shipment
Just Arrived!



HUGE Selection
Of Antiques From
Europe & Far East

828.349.1600



"North Carolina's Largest Antique Mall"
1281 Georgia Rd. ~ Franklin, NC



... WOOLDRIDGE continued from page 4

Highlands' Newspaper - Friday, August 22, 2003 - Page 11

toothpaste out of the tube. Later, tourists can purchase these totally demolished cans, which are now only four inches in width, as souvenirs. I predict that they will be waiting in line to pick up these \$30 keepsakes.

And finally, everyone is herded into the "bear jamboree" show. Adults will be asked to hold small children and shield their eyes. Mechanical devices, carrying fake

people who look like they are from New York City, are rushed toward the bears while saying "shoo, shoo, go away." These completely shredded dummies will also be on sale after the show.

Since bears are very dangerous, we will be unusually strict about everyone obeying our rules. Violators committing unbearable (ha) acts, like rolling down their windows, or worse, exiting their

cars will be required to drink three full glasses of Cullasaja River water as their punishment.

After leaving the park, tourists will be led into a safe area where we will attempt to relieve them of even more of their hard earned cash by offering them additional mountain junk, like authentic plastic Cherokee Indian tomahawks, made in China, and other related stuff, like dried bear chips,

not to be confused with potato chips. (This is very important) Also, our customers will be astounded to learn that their entrance fee included one free coupon to visit the restrooms.

As our very happy customers drive away, they are greeted by another waving host in a bear outfit who is wearing a sign which says, "Thanks for visiting, bear with us again sometime."

• Fine Dining & Dining w/a View •

Wine Spectator "Best of Award of Excellence"

Dinner- 5:30 p.m.

Open 7 days a week

Reservations recommended

Call 526-4906

Open for the 20th Season

Ristorante Paoletti

440 Main Street

Fine Italian dining since 1953

Nick's AT THE COVE

Casual elegance - fine cuisine - spectacular views

In Highlands Cove Clubhouse Highway 64 east

Lunch 11:30 a.m.
Dinner 6 p.m.

- Sunday Brunch
- Tuesday Seafood Buffet
- Thursday Country Buffet

Full Liquor License

787-2456

Excellence in hospitality and cuisine!

Cafe of the Arts

~ Elegant indoor dining overlooking Main St.

~ Casual outdoor dining on our Oak St. covered deck

~ Entertainment

Call **526-5166** for reservations

Main St.

Nick's

"Fine food for particular people."

- Brunch & lunch 11 a.m.
- Dinner - 5:30 p.m.
- Wine List (Liquor brown bagging permitted)

- Prime Rib daily
- Fish specials
- Pasta
- Hand-cut veal & steaks

Corner of U.S. 28 & Satulah Road

526-2706

... ON THE VERANDAH RESTAURANT

- Wine Spectator "Award of Excellence"
- Entertainment
- Serving dinner with a view

7 nights 6 p.m. until...

Sunday brunch 11 a.m.- 2 p.m.

Call **526-2338** for reservations

1536 Franklin Road

Hand-Cut Steaks - Fresh Seafood - Wild Game Specials - Pasta - Chicken

Open 7 days 5:30 - until...

Reservations appreciated

(828) 526-3380

Directly behind Hampton Inn off Hwy 106

EXCELLENT WINE LIST

The LOG CABIN

Wolfgang's ON MAIN RESTAURANT

474 Main Street

Serving dinner 7 nights through October, 5:30 until...

Call 526-3807 for reservations

Chef Wolfgang Signature Specials

- Wine Spectator's "Best of Award of Excellence"
- Outside dining

www.wolfgang.net

Jack's at Skyline Lodge

Flat Mountain Rd.

Highlands Mountaintop Dining with a view

Serving dinner Mon.-Sat. 6 p.m.- until...

- Casual attire - Piano music -

Call **526-2121** for reservations

Jim White's Pesce Restaurant

Serving lunch Tues. - Sun. 11:30-1:30

Serving dinner Mon.-Thur. 5:30-9:30; Fri. & Sat. 5:30-10

Call 526-1032 for dinner reservations.

3601 Cashiers Road

Seafood - Pasta - Steak

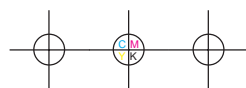
In Historic Helen's Barn 3 generations of Fine Italian Cooks

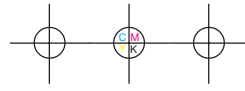
The Gaslight Cafe

Dinner Mon.-Sat. 5:30-until

Call 526-4188 for reservations

Hand-cut Steaks - Chicken - Seafood - Italian Specialties - Complete Wine





Cookies from home bring smiles abroad

By Jodie Munro O'Brien
Contributor

It was perfect timing. U.S. Army Lt. Col. Brooke Myers was throwing a birthday party for her troops in the middle of the Iraqi desert when the restaurant-made cookies arrived from Highlands Falls Country Club.

Brooke, 41, daughter of Nancy and the late U.S. Army Col. John Myers, has been deployed to Iraq since February from her base in Heidelberg, Germany. She is commander of the 208 Finance Battalion, 5th Corps, and is quartered in Balad, about 45 miles north of Baghdad. They took over an abandoned compound which had been the Iraq Air Force Academy. She keeps in touch with her mother via email and an occasional phone call.

"Brooke was having a birthday party for everyone in the battalion who'd had a birthday since they had been in Iraq," Nancy said. "They had asked the civilian technician who traveled with them, to bring back some charcoal and hamburgers when he returned from his most recent trip to Italy."

They were playing silly games for the party when the cookies arrived – on Sunday, July 27 – right as the party was in progress. Gary Warren, general manager at HFCC, said the 12-dozen assorted cookies were sent because Brooke is a member's daughter. "And word had gotten out that Brooke loved the club's cookies," he said.

"My battalion was elated to receive the cookies. It made their day," Brooke said in a phone call to her mother.

Nancy said while Brooke's battalion was enjoying the fresh cookies, a U.S. tank arrived and saw the cookies and asked if they could have some too. "I can just see them on top of their tank, with weapons in one hand and a cookie in the other," she said.

Nancy is hopeful that Brooke and her troops will be home in a few months. "If another Corps comes in to replace the 5th Corps, she and her troops hope to be back in Germany by Christmas. This is nothing definite, but it gives them

something to hope and plan for," she said.

again with hamburgers and hot dogs brought over from Italy.



Lt. Col. Brooke Myers, U.S. Army, has been stationed in Balad, Iraq since February. Her mother, Nancy, lives in Highlands.

Through emails, Brooke has described to her mother some of the action they have seen.

One email told about how on July 4 the 5th Corps compound was hit by four mortars, wounding 18 soldiers. One soldier was so seriously wounded he was air evacuated to a hospital in Germany. Nine of the wounded soldiers were able to return to duty after being cared for.

After cleaning up the damage following the attack, the battalion built a fire outside and, in typical American spirit, says Nancy, roasted their 4th of July picnic, once

Brooke told Nancy the mortar attacks continued until the last week of July, when they called in a UAV – a small, unmanned aircraft like a drone.

It hovered over the area until it found the field there the mortars had been launched, picked up the trail from the heat of the vehicle tires and followed the trail for five miles, then descended to five meters over a house and car until the Infantry arrived, and ensured that further attacks were no longer a threat.

One other incident that made the news in the U.S. was when troops in

"Baghdad is beautiful in many areas where Saddam and his puppets lived, and dirt poor for others. The decorated tile mosque domes are some of my favorite sites. The palaces are beautiful and huge and cavernous inside, but what a waste when so many went hungry. He had about 100 palaces and ordered three feasts a day to be made in each one, so they were ready for him at a moment's notice. When he didn't show, they were ordered to throw food in the Tigris River and they could not eat it themselves or feed the poor. He was a very cruel man. Evidently, Uday was more cruel."

- Lt. Col. Brooke Myers, U.S. Army, in a personal email to her mother, Nancy Myers.

Brooke's battalion found two caches of gold in late May. In an email, Brooke writes: "This week my troops in Baghdad found 1174 gold bars, then an additional 999 ... they weighed either 32 pounds or 66 pounds each. My troops loaded them into a 2 and a ½ ton truck, and on the road to the Baghdad airport, all the tires blew from the weight of the gold! What a trip." Brooke has told Nancy that she, along with many of her fellow soldiers, have been invited to Iraqi homes. These Iraqis are working with the Americans in various capacities.

According to Brooke, behind their compounds lie beautiful gardens and handsome living quarters. "Knowing so many nice Iraqis has made it doubly hard to cope with the bad ones who cannot understand all the improvements in progress," Brooke said in an email. "These small numbers are making their fellow citizens suffer longer in the heat and go without water by destroying repaired utilities." Some of the improvements

Brooke was referring to include her unit alone spending over \$10,000 to redo a secondary school in their area. They have hired local workers who are putting in toilets, sinks and water. The school had nothing before. The school will then be painted inside and out; new windows, desks, chairs and books will also be furnished.

They are only one among hundreds of other units restoring schools throughout the country. Brooke's unit has also been working on a new Iraqi currency.

"It will be a Swiss dinar, and they expect to have it in circulation around October, to replace the current bills with Saddam's face on them," Nancy said.

Nancy, who has been a member of Highlands Falls since 1990, is proud of her career-soldier daughter and the duties she is performing in Iraq.

"I don't like it (Brooke being in Iraq), but that's what she has trained for at West Point, and as I believe anyone in the service should."



– Carpe Diem Farms –

Business with a tender touch

By Barbara Lawrence
Contributor

Sue Blair had a dream and a goal. "I took the blinders off, simplified my life and embarked on a journey to wholeness. Now I have the power, strength and ability to make this dream and passion come true.

Sue was on the International Board of Directors for Kappa Alpha Theta, a women's sorority, established in 1870. One day while sitting at a board meeting, she envisioned an idea of creating a non-profit organization to empower individuals facing life changes, to realize the opportunities and possibilities that abound. Having recovered from a traumatic divorce, she was ready to take responsibility for her own life and future, and to help others do likewise.

"My dream was to have a very special farm, where people could come to find peace, a place to contemplate and discover possibilities within themselves. A safe place for children to explore, play and learn through and about animals."

Carpe Diem Farms off Buck Creek Road, is a sanctuary for people coming to a crossroads in life, for relaxation and awakening of spirit. It is a joyful, playful place where children and adults can be energetic or peaceful. One way this is accomplished is by communicating, riding and caring for the horses. "Horses mirror our emotions; they teach us so much about how we are feeling. They also have unconditional love, loyalty, integrity and spirit. They can nurture and comfort us. We can't lie to a horse!" said Sue.

The Nature Center, Literacy Council of Highlands and Highlands Country Club Camp are some of the many groups which



Photo by Barbara Lawrence

Sue Blair, owner of Carpe Diem Farm, believes in the power of animals to heal and calm the human heart.

come to Carpe Diem.

Sue is especially proud of "Gar's Kids" named after her brother who was killed in a car accident. It's an interactive camp for boys and girls aged 5 – 13.

Funding for this program started with a memorial gift in his honor, and Highlands Rotary Club donated \$1,000 to begin an endowment fund.

"Gary was a champion of kids

and made a tremendous impact on their lives. My brother made children feel special, he really listened to them" Empowering children is what the Gar's Kids program emphasizes. It began as a one-week scholarship program and evolved into three summer day-camps which include therapeutic riding programs.

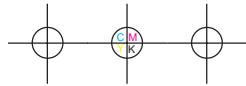
Sue's ultimate goal is to have housing for a week-long camp for

Support our Students, SOS, a Macon Program for Progress program. This will provide after-school and summer programs for children. "My plan is for up to 60 children attending a six-day camp, with lessons in photography, horse riding and education, arts and crafts and time for creek-play."

Sue Blair has had strong emotional support from her parents who have always believed in her, she said. She remembers, "They told me I could be anything I wanted to be, but when I was determined to open Carpe Diem Farms, they thought the plan was just too large. I just saw it as a goal that had to be met. There was no other option in my mind, so I got about doing it."

Sue works 24/7, does the bookkeeping, takes care of the horses, teaches and "somehow I make sure all the bills get paid." The community has played a huge role in making the farm a success. Volunteers have helped with fundraisers. Recently the highly successful 'Be a Star for a Child' was held at "Deadeye's Barn" This event, which included an auction and country dinner, with music provided by the Bishop Brothers, raised funds for the children's camp. "Deadeye" was a well known builder in Highlands who gave generously of his time and money to lovingly improve the old barn.

When you come to visit Carpe Diem Farms you will be enthused by Sue's dedication and passion. She needs all kinds of volunteers to help with the programs. You can call her at 526-2854 or e-mail her at www.carpediemfarms.org to find out about the many ways you can participate in the dream that is Carpe Diem Farms.



..... Kilimanjaro continued from page 10

three or four times a week. Jim Whitehurst has taken me up the Kelsey Trail from Cashiers to Highlands, and up Yellow Mountain," Jane said. "Charlie Juen-gling and I also climbed Mt. LeConte near Gatlinburg."

"And you need as much practice going down hill as you do going up," she said. Jane and her family also traveled to Wyoming in July, where she hiked a number of mountains, including Medicine Bow Peak, a mountain of 12,500 feet - hikers drive up most of the mountain, and then trek the remaining 2,500 feet.

Jane said she feels like God has called her to embark on this journey. One way she is raising money for the cause is by selling prayer flags.

"I feel if God has called me to do this, then he will get me up there," she said. "I feel a real calling for the prayer flags too - they have become a mission for me."

The flags are 12- by 18-inches, and are \$100 each (\$85 of which

is tax deductible), and she will be carrying one in honor of Libby, and one in memory of Julie.

"People are able to purchase a prayer flag, and write anyone's name, or whatever message they like, on the flag - to honor a survivor or in memory of a victim - and we will pray over those individuals during our climb. Then, we will fly all of the prayer flags and pray over them at the top of the mountain," she said. Jane said she has heard many touching stories about cancer victims or survivors while she has been selling the prayer flags.

"I feel I have had some things revealed to me," she said. "We will pray for everyone on the flags individually. The flags have become part of my heart. I will carry the ones I have sold personally." Jane said a prayer flag can remember any cancer victim - it does not have to be a breast cancer victim.

Each climber can name her own specific recipient of monies donated. The majority of the

money Jane raises will be donated to the University of Alabama Center for Palliative Care. The remainder will be donated to other cancer-related projects of choice. It all depends on how much money the climbers can raise.

Jane said she chose the UAB Center for Palliative Care, as she "knows these funds will be used specifically for supportive and curative care for breast cancer patients and survivors."

In a letter she sent to friends explaining her quest, Jane describes palliative care as "a collaborative effort of professionals from a variety of disciplines aimed at shielding and protecting patients from the violence of disease." She said there was no such program to help Julie, with the UAB Palliative Care Center being established in November, 2000. Libby was fortunate enough to be able to be the beneficiary of this care.

"This kind of service cannot be available to most patients or

survivors yet, because of inadequate funding and lack of insurance coverage to help pay for it. Palliative care basically can be divided into several segments such as supportive care, care provided in conjunction with curative care, and for some, the hospice program. This program needs community support to move it forward," Jane said.

Jane said her family now takes an annual trip with Libby and the rest of their family who can go. "That's one thing we regret not doing with Julie - after we found out Libby had cancer, we decided to take an annual family trip. This will be our trip this year," Jane said. Although Libby will not be hiking Mt. Kilimanjaro, she will be there supporting her mother. Jane said she is looking forward to the challenge of climbing the famous mountain.


"I am extremely excited about the trip, yet I do periodically have moments of anxiety. I think

▪ See Kilimanjaro page 22

• Highlands Specialty Food & Wines •

Fine Wine Cellar DEAN & DELUCA FOODS AT THE FALLS ON MAIN ~ Gourmet Cheese & more! ~ LIVE MUSIC Friday and Saturday 7 p.m. 526-5210	HIGHLANDS WINE & CHEESE SHOP 
---	---

 WILD THYME GOURMET	August Wine Selection Wine from Down-Under: The Australian Sampler Speciality condiments Fresh bread ~ preserves gourmet dressings 490 Carolina Way ~ 526-4035
---	--

Home of the famous "Dusty Dogs" 	DUSTY'S RHODES SUPERETTE "Celebrating 52 years in Highlands" Fresh local produce daily Prepared ready to take hors d'oeuvres, bread, pastas, cookies & entrees Mon-Sat 8 to 6 493 Dillard Rd. 526-2762	"We cut the BEST steaks in town while you watch!"
---	--	--

Brysons Food Store, Inc.	
The absolute finest and largest wine selection in the whole area!	
Tastings every weekend. "Ask for Nan."	
~ A wonderful selection of specialty cheese, gourmet foods, crackers and waters.	
~ Atkins products available.	
~ A great selection of domestic and imported beers.	
Highlands Plaza 526-3775	Mon.-Sat. 7:30 a.m.-7:30 p.m. Sun. 9 a.m.-6 p.m.

Gift Baskets & Food From Around the World	
	COLONEL MUSTARD'S  Specialty Foods
Town Square/ Main Street 526-8697	





Come join us in Highlands for the Art Walk 2003 Festivities! Sept. 19-21.

Here is just a sampling of the many programs and events that will be occurring. For more information, please call this year's Co-Chairs, Mary Adair Leslie at 828-526-2673 or Thom Corrigan at 828-526-8348.

**At the Highlands Nature Center
10 a.m. – 2 p.m.**

- Paint Your Own T Shirt...Black and white Children's Art Walk T Shirts will be for sale. An artist will be available to assist children in painting and decorating their very own T-Shirts. The only expense is the cost of the shirt.

- Glitter and Face Painting...For the fun of it, have a glitter or paint decoration on your face. Let everyone know that

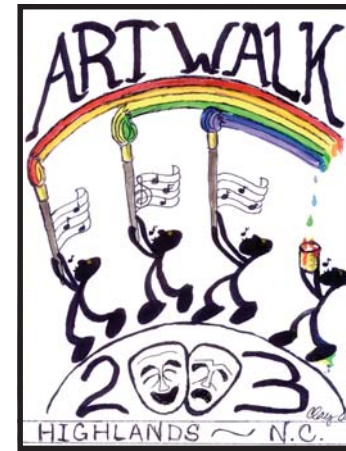
you have been to the Children's Art Walk.

- Paint a Birdhouse from The Bird Barn... The Bird Barn and the Speckled Hen Condiment Shop have birdhouses for you to paint. The birdhouses have been put together by kids from Project Challenge and are ready for the creative artist to show his talent.

- Paper, Paint and Chalk...For all young

artists, The Toy store is providing an easel, paint and chalk for you to create your very own work of art to be displayed in our Children's Clothesline Art Show. Ribbons to be awarded!

- 11 a.m. Amphitheater Thea and The Green Man They will bring magic to the stage with their music in a special show for young audiences...you might even experience the



joy of Puff the Magic Dragon!

- noon: Amphitheater Drama Class An intro to the art of drama by an instructor from The Alliance Children's Theater in Atlanta. Lots of fun and a big hit with last year's participants!

- 1 p.m.: Amphitheater Brian Starr Brian brings his Kids Rock and Roll Show from Chicago to High-

lands. Brian puts fun, laughter and music into all his performances. For kids of all ages!

- TREATS!! Cookies and Lemonade...An old-fashioned lemonade stand will be operated by the Girls Club of Highlands, with homemade treats and lemonade. Proceeds go to the Girls Club of Highlands.

- Hot dogs will be provided by Fresser's Eatery for all those hungry artists! Popcorn...With all the great entertainment, it wouldn't be right without a bag of popcorn. Kilwin's of Highlands is providing popcorn at the Amphitheater.

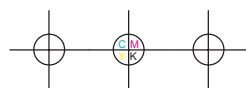
The Highlands Nature Center is located down Main Street past The Falls On Main, across from Sunset Rocks.

Brandon's Painting & Pressure Washing

- Honest • Dependable • Reliable
- Fully Insured
- Mold & Mildew Removal
- Exterior & Roof Cleaning
- Exterior & Interior Painting

Owner Operated
FREE Estimates
524-6887

Covering Jackson, Macon and Rabun counties



•Police & Fire Departments log •

The following are the Highlands Police Department log entries for the week of Aug. 13-19. The only names are of public officials and/or people who were arrested.

Aug. 13

- At 8:35 a.m., a motorist was cited for driving with an expired registration at U.S. 64 and Spring Street.
- There was a collision at U.S. 64 and Main Street. There were no injuries.

• At 8 p.m., officers responded to a complaint of loud music at a residence on the Franklin Road. They were told to turn it down.

Aug. 14

• At 5 a.m., officers on patrol found an open door at Chandler Inn. All was secure.

• At 6:32 a.m., a motorist was cited for speeding 52 mph in a 35 zone at U.S. 64 west and Hickory Hill Drive.

• At 3 p.m., officers responded to an accident in the Gates Nursery

parking lot. There were no injuries.

• At 6 p.m., officers assisted a motorist who had locked his keys in his car at a boat ramp on Lake Sequoyah.

• At 11:30 p.m., officers were called to a Highlands residence concerning noise. The occupants were told to quiet down.

• At 9:15 p.m., officers responded to a noise complaint at Highlands Village Square. They were told to quiet down.

Aug. 15

• At 11 a.m., a resident on Zermatt Circle was issued a letter concerning an animal complaint.

• At 12:35 p.m., a resident on Oak Lane complained about a barking dog on Brookside Lane.

Aug. 16

• At 10 a.m., officers responded to a hit-and-run accident in the parking of Mitchell's Motel. There were no injuries.

• At noon, a resident on Oak Lane complained about a barking dog on

Brookside Lane.

• At 2:55 p.m., officers responded to an alarm at First Citizen's Bank. All was secure.

• At 3:42 p.m., officers responded to a call of someone shooting off fireworks on Carolina Way.

Aug. 17

• A little past midnight, officers responded to a complaint of noise coming from a party at ...on the Verandah.

• At 7:50 a.m., officers responded to an alarm at First Citizen's Bank. All was secure.

• At noon, a hiker reported losing a cell phone possibly when hiking Whiteside Mountain.

Aug. 18

• At 8:15 a.m., Walter Lee, 37, of Highlands, was arrested for simple assault.

• At 8:30 a.m., officers responded to an alarm at Kilwin's on Main Street. All was secure..

• At 10 a.m., officers responded to an alarm at a residence on

Ravenel Ridge. All was secure.

• At 10:15 a.m., officers responded to an accident on Cobb Road. There were no injuries and damage is estimated at less than \$1,000.

Aug. 19

• At 7 a.m., a landscaper reported a leaf blower missing from the back of his truck.

• At 1:53 a.m., officers responded to an alarm at a residence on Ravenel Ridge Road. All was secure.

The following are the Highlands Fire & Rescue Department log entries for the week of Aug. 13-19.

Aug. 18

• The department responded to an alarm at a residence on Kline Road. It was set off by workers.

• The dept. was first-responders to assist EMS with a medical call at a residence on Williamsburg Court. The victim was transported to Highlands-Cashiers Hospital.

• Beauty Salons for hair, skin & nails •



Rita's Cottage of Feminine Care

Full Esthetician Care - Amber Welch

Highlands, NC Microdermabrasion • Full body waxing
Hair designer & skin care
828-526-3742

Mountain Magic

Complete Beauty Care

Nails ♦ Hair ♦ Tanning

Highlands North Carolina

828-526-4049

A uniquely intimate
salon & day spa

Creative Concepts
&
Body Works

Sharon Taylor N.C. Lic.#1429

Hair • Facials • Manicures
Pedicures • Tanning
Waxing • Massages
• Makeup •

Laurel Street Highlands, NC

828-526-3939



Images Unlimited

"Give the Gift of Touch"

Hair ■ Nails ■ Jurlique Facials ■ Bronzing
Waxing ■ Reflexology ■ Full Body Wraps
Massage Therapy ■ Gifts

Services provided by NC Licensed Massage & Bodywork Therapist
Spring Street Highlands, NC

Salon 526-9477

Spa 526-8832

All Seasons Salon

All phases of Hair design for men & women.

Barbara Green
828-526-0349 (W)
828-526-3460 (H)

Village Square
208 Oak Street
Highlands, NC 28741

To advertise your salon or
beauty shop here,
call 526-0782

•Highlands School Varsity & JV Volleyball •

By Erin Bronk
Contributor

Lady Highlanders volleyball got off to a good start this season as they took on the Franklin Panthers last Thursday, Aug. 14.

The Junior Varsity surprised the Panthers in the first game of their match with a 25-19 win. They lost the well-fought second game 20-25, and the final game of the match 11-15.

The Varsity lost in three games but demonstrated some great teamwork. Both teams are looking forward to playing Franklin again later in the season. Coach Rawlins

said, "I saw some things we can work on but I saw a lot of good things, too." The quality of play bodes well for the teams' conference chances this season.

This year also marks the first season that rally scoring is being used in Western North Carolina high school volleyball. Rally scoring is used by college teams and means that a point is scored every time the ball is put in play. This makes for fast-paced, exciting games.

Varsity players this year include: Rosalind Ashburn, Angela Aspinwall, Kayla McCall, Jessica Potts, Margie Potts, Caitlin Rawlins,

Iyali Ruiz, Anna Claire Sims, Janice Talley, and Alana Wilson.

The JV is Ramsey Ashburn, Rebecca Ashburn, Tiffany Austin, Sarah Bates, Katie Bryson, Maggie Dearth, Stephanie McCall, Callie Rawlins, Maggie Rogers, Angela Sanchez, Toni Schmitt, Anna Trine, Leslie Wilson, and Rebecca Wyatt. Both teams are coached by Rick Rawlins. David Tilson is doubling as manager and timekeeper. Chris Mouchet is helping out as videographer.

Come cheer the Lady Highlanders on. All-sport season tickets are on sale now, call the

school at 526-2147 for more information. Concessions will be available for all home games.

Upcoming VB Games

Aug. 25	Walhalla	H	5 p.m.
Aug. 28	Rosman	H	5 p.m.
Sept. 2	Swain	A	5 p.m.
Sept. 4	Hiw D	H	5 p.m.
Sept. 9	Blue Rge.	A	5 p.m.
Sept. 11	Franklin	A	5 p.m.
Sept. 16	Nantahala	A	5 p.m.
Sept. 18	Cherokee	H	5 p.m.

• Day Trips & Family Excursions •

Headwaters Outfitters

Family owned and
operated
Est. 1992

Canoeing - Kayaking - Tubing
~All ages
~Group rates

We invite you to explore the
French Broad River, the 3rd
oldest river in the world.

828-877-3106

Transylvania County, NC
www.headwateroutfitters.com

Mountain Down Rappelling

A fun, safe and
exciting activity for
the entire family!

- Begin on flat ground and
move up at your pace

Highlands, North Carolina
828-506-9540

DILLSBORO RIVER COMPANY, LLC

Great Family Rafting!

Even kids as light as 40 lbs!
Located just across from historic
downtown Dillsboro



Highway 441 Dillsboro, NC
(Toll Free) **1-866-586-3797**
828-506-3610

www.dillsbororiver.com

Jackson Hole Trading Post



FREE ADMISSION



- Gem Mine
- Rock Shop
- Gift Shop

524-5250

Fun for the entire family

Will
design &
custom-
make
jewelry



Open 7 days a week
10 a.m. to 4 p.m. thru Oct.
9 miles from Highlands
9770 Highlands Road



- Gold Panning
- Gem Mining
- Nature Trails
- Day & Night
Tours / Over-
night Lodging

Experience Historical
Homestead living just like
original settlers!

Family Fun!

Highlands, NC 828-526-4511

(Toll free) 1-866-296-8687

www.wilsonenterprisesinc.net/paradise

- The Secret's Out -

Come To Arrowmont &
Get One Of The Best Horse Ride
Programs To Be Found

We Guarantee It!

- Majestic Trails
- Beautiful Horses
- Extensive Safety Program

• Ring Time to Ensure Compatibility
**Plus, an Incredible FREE Bonus
When You Call Today & Reserve**



<http://www.arrowmont.com>
828-743-2762 or 800-682-1092

Cashiers, Highlands, Franklin, Sylva, Cherokee

OFF-ROAD SIGHTSEEING TOURS

DAILY AT 9am & 1pm

GREAT FOR ALL AGES!

GEOLOGICAL HISTORY-PIONEER LIVING

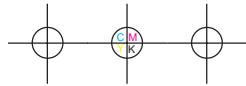
Three hour tours in vintage
Land Rovers to a pioneer cove.
Experience a thrilling ride
while learning accurate historical
information about the
Highlands area.

FEATURED ON



Reservations: **828.526.9628**

www.HIGHLANDSAFARI.com



• Highlands Eateries & Light Fare •

Backroom Deli

526-2048
In Highlands Pharmacy on Main St.
Made to order breakfast favorites and
lunch, too.
Open Mon.-Fri 8 a.m. - 3 p.m.

Buck's Coffee Cafe

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

Bryson's Deli

Breakfast and Hot Lunches everyday.
Made to order sandwiches with
Boars Head meats & cheese.
Daily specials.
Fresh made salad and soups.
Hot dogs - 2 for \$.99

The Best Fried Chicken Anywhere!
Deli Trays made to order.

Highlands Plaza Mon.-Sat. 7:30 a.m.-7:30 p.m.
526-3775 Sun. 9 a.m.-6 p.m.

Pescado's
on
Fourth
Street,
"on the
Hill"
dishes
up
fresh
Mexi-
can
fare...
fast.



Bryson's Meat Market

We sell only USDA Prime Black Angus and
choice meat.
"We will cut anything special for you."
Daily Seafood deliveries. Special orders welcome.
Rotisserie chickens, ribs, turkey breasts,
pork loins - daily.

You want it, we'll cook it!"

Highlands Plaza Mon.-Sat. 7:30 a.m.-7:30 p.m.
526-3775 Sun. 9 a.m.-6 p.m.

Hilltop Grill

526-5916
Fourth & Spring "on the Hill"
"Where the locals eat"
Hamburgers, fries, sandwiches & salads
Mon.-Fri. 11 a.m. to 3:30 p.m.

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

The Pizza Place

526-5660
On Main Street
Pizza, specialty sandwiches & salads
Eat in or carry out
Open for lunch & dinner

Brick Oven Pizza

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

Don Leon's

526-1600
Dillard Road next to Farmer's Market
Cajun & European specialties
Sandwiches & more
Tues. - Sun. 11 - 7

Highlands Hill Deli

526-9632
Fourth Street across from Old Edwards Inn
Made to order sandwiches,
green & fruit salads, ice cream
Open 7 days a week 10 a.m. - 10 p.m.

Sports Page

526-3555
314 Main Street
Made-to-order specialty sandwiches &
salads, soups, & desserts
Open for lunch Mon.-Sat. 11 - 4

**To advertise your
eatery here,
call 526-0782**



**Meats, Seafood &
Prepared Foods**
Open 6 days,
8:30 a.m. - 7 p.m.
Closed Sundays
526-5241
Dillard Rd. next to Farmer's Mkt.





• Upcoming Events & Activities on the Plateau •

On-going

- Support Highlands School with a banner about your business to be displayed in the gymnasium all year long. Call 526-2147 for details.

- Tickets are on sale for Highlands Playhouse summer season. The Real Thing, Aug. 21-30. Tickets are \$20 for adults and \$9 for children. Performances are Tuesday through Saturday at 8 p.m. and Saturday and Sunday at 2 p.m. For more information, call 526-2695.

Aug. 22

- The Eagle Lady, Doris Mager, will be at the Rec Park for a program on raptors at 7 p.m. During the day she will visit area schools.

- The Highlands Community Players presents "Brighton Beach Memoirs," Fri., Aug. 22-Sun., Aug. 24 at PAC. Show times are 7:30 p.m. Fri. & Sat., and 2:30 p.m. on Sunday. Tickets are \$10

Aug. 26

- At Highlands School – Freshman Night 6 p.m.; Junior Night 7 p.m.

- Alain Taulère, owner the Café of the Arts, will host a dinner to benefit the Hudson Library on Tuesday, August 26, from 5 to 7 p.m. The menu will include an appetizer, salad, entree (choice of salmon or chicken), dessert, drink and two glasses of wine. Regis Moreira will entertain at the Oak Street piano. Tickets are \$50 per person and available from members of the Library Board of Trustees or at the library. Only a limited number of tickets will be sold. For more info, call 526-3031.

Aug. 28

- There is a Bolivian Dinner at HUMC at 5:30

p.m. Typical Bolivian food will be served. A \$25 per person donation is requested. All proceeds will benefit the 2004 mission trip to Bolivia.

Aug. 29

- Hurricane Creek performs at Buck's Coffee Cafe from 8-11 p.m. They play cover and original country-fried rock and blues.

- Swinging on Sequoyah Dinner and Dance, Aug. 29 at the barn owned by Diane and Ray McPhail. Tickets are \$125 with all proceeds going toward the Highlands Historical Society to renovate the Highlands Historical Village. For more information, call Wiley Sloan at 526-5938.

Sept. 2

- There will be a free health fair at Highlands School. Students' height, weight, vision, teeth will be checked and they'll also be checked for lice. Their BMI index will be calculated, too.

Sept. 7

- There will be a "Steak Dinner" at the HUMC with all proceeds benefiting the 2004 Bolivia Mission Trip. Call the church to make a reservation so they know how much steak to buy. 526-3376.

Sept. 8

- There will be a "Breakfast Buffet" at HUMC with all proceeds going toward the 2004 Bolivia Mission trip. There will be an egg & cheese casserole, french toast casserole, fruit, biscuits, sausage.

Sept. 9

- Highlands Rotary Liberty Gala, at Highlands Country Club. Proceeds from this every-other-year event support the arts and

Highlands Playhouse

"The Real Thing"

Tues., Aug., 12 – Sun., Aug. 31



Love, writing, politics, pop culture. Put them together and you've got "The Real Thing."

Rehearsals began last week for the final production in the Highlands Playhouse 2003 Season. The Real Thing, Tom Stoppard's comedy of love, passion, marriage, art, politics and so much more will run at Highlands Playhouse from Aug. 21 through Aug. 30.

"I'm thrilled to be doing this play — it's my favorite play of all-time", says Adam Heffernan, Highlands Playhouse artistic director and director of The Real Thing. "This has been such a great summer at the Playhouse — we've had three solid crowd-pleasing hits, and now it's time for The Real Thing. We have an amazing company of actors and designers assembled to tackle this script. Rehearsals are going really well and I can't wait until opening night. I think this could be the biggest success of the summer."

Set to pop music of the 50s, 60s and 70s, The Real Thing is the story of Henry Boot, a successful English playwright as he navigates the world of love and passion while trying to satisfy his artistic ideals and still pay the alimony. Henry's always managed to use writing as a substitute for feeling, but now that he's been confronted with the love of his life — the real thing — his world begins to spin a bit faster than he'd like.

Performances of The Real Thing at Highlands Playhouse are Tuesday through Saturday at 8 p.m., with matinees on Saturday and Sunday at 2 p.m. Tickets are \$20 for adults, \$9 for children under 18. Please call the box office at 526-2695 for reservations and information,

youth of Highlands through donations and scholarships from Highlands Rotary. Dinner, prepared by Chef Mark Bennett and Silent and Live Auction tickets are \$125 per person. Sponsor levels are \$100, \$250 and \$500.

Sept. 13 & 14

- Telling TTouch Training for companion animals at Carpe Diem Farms. Dogs, Saturday from 10 a.m. to 4 p.m. & Sunday, 9 a.m.-noon; Cats, Sunday, 1-5 p.m. The cost is \$75 per person for Dog sessions and \$25 per person for Cat sessions. Dog class limited to 15 dogs, no limit on humans. For more information, call 526-2854.

Sept. 19-22

- Art Walk 2003 Festivities begin. Children's ArtWalk takes place at the Highlands Nature Center 10 a.m.-2 p.m. For more information, please call this year's Co-Chairs, Mary Adair Leslie at 526-2673 or Thom Corrigan at 526-8348.

Sept. 22

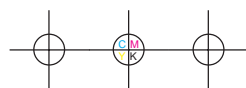
- Healthy Carolinians is hosting a benefit golf tournament at Highlands Cove. Proceeds will go toward organization to help assess and develop health and safety resources for Macon County. \$100 per player or \$400 per team. For more information, call 349-2426.

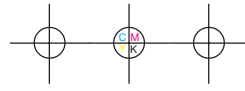
Sept. 27

- Special Operations Adventure Race—a triathlon with all proceeds benefiting children of fallen warriors.

Oct. 4

- The Martin-Lipscomb Performing Arts Center will host a benefit performance "Scenes From A Life: The Story of Albert Schweitzer, for the children attending the HCCDC, Sat., Oct. 4.





... Spiritual message

Open Hearts – Welcome the Stranger



Rev. Eddie Ingram
Scripture: Matthew
25:31-46

Being a born again Christian means being welcomed into a new family.

It is a great feeling to be welcomed into a family that is not your original one. Just like my best friend's mother, who welcomed me into her home while in college one weekend and did my laundry, God has welcomed us into God's family and deals with our dirty laundry – the sin of our life. This is the miracle of baptism.

When have you been welcomed as a stranger into someone's home? How did it make you feel?

Just like any family, God's family has certain family traits that are true of its members.

According to our scripture, God's family feeds the hungry, quenches thirst, welcomes strangers, clothes the naked, takes care of the sick, and visits those in prison. The focus today is on hospitality as a family trait of the family of God. As Christians, we cannot look at a stranger and not see Jesus if we have God's heart (verse 40.)

How does this verse change the way we look at strangers in our midst?

This concept is counter-cultural, considering the perception in our society that the stranger cannot be trusted and is dangerous.

Christian hospitality challenges our assumptions about strangers, as well as our preconceived assumptions about what the stranger should know and how a stranger should act. Sunday after Sunday in some worship service at some church a stranger is not being made to feel welcome because of these preconceived notions and assumptions.

Can you remember the first time you went to a new church? How were you made to feel?

True hospitality will spare no expense for the sake of welcoming the stranger.

In Matthew 26 Jesus appeared at Simon the leper's home and a woman in the house anointed his head with costly oil. The disciples protested because of the cost, but Jesus praised her for her hospitality and gracious heart.

Where has your "counting the cost" gotten in the way of being hospitable?

How much time, money, effort, will you/your church spend to welcome the stranger?

■ Places of Worship on the Plateau ■

Blue Valley Baptist Church

Rev. Oliver Rice, Pastor (706) 782-3965
Sundays: School – 10 a.m.; Worship – 11 a.m.
Sunday night services every second and fourth
Sunday at 7 p.m.
Wednesdays: Mid-week prayer meeting – 7 p.m.

Buck Creek Baptist Church

Sundays: School – 10 a.m.; Worship – 11 a.m.
First Saturday: Singing at 7:30 p.m.

Christian Science Services

On the corner of Spring and Third streets
526-2830

Sunday: Morning Service – 11 a.m.
Wednesday: Evening Service – 7 p.m.
Tuesday & Friday: Study room open 2-4 p.m.

Church of Jesus Christ of Latter Day Saints

NC 28 N. and Pine Ridge Rd., (828) 369-8329
Rai Cammack, Branch President, (828) 369-1627
Sundays: Worship – 10 a.m.; school & primary
classes – 11 a.m.; Women's & Men's Org. – noon
Tuesdays: Women's Org. – 6:30 p.m.; Library – 6-8
Wednesdays: Boy Scouts of America mtg. – 6:30
p.m.; Young women's activities – 6:30 p.m.

Clear Creek Baptist Church

Pastor Everett Wilson, (828) 743-3379
Sundays: School – 10 a.m.; Worship – 11 a.m.;
Prayer – 6:30 p.m.
Evening Service – 7 p.m.

Community Bible Church

(Evangelical Presbyterian Church
Steven E. Kerhoulas, Pastor, 526-4685
3645 U.S. 64 east
Sundays: School – 9:30 a.m.; Worship – 11 a.m.
Tuesdays: Women's Bible Study – 9:45 a.m.
Wednesdays: Supper – 5:30 p.m.; Bible Study –
6:30
Thursdays: Guys Sr. High Discipleship – 6 p.m.

Episcopal Church of the Incarnation

Rev. R. Michael Jones, D. Min., Rector: 526-2968
Sundays: Holy Eucharist – 8 a.m.; 9 a.m. & 11 a.m.;
Adult Class – 10 a.m.; Children's – 11 a.m.
Tuesdays: Men's Cursillo @ Hampton Inn – 8 a.m.
Wednesdays: Supper and Program @ First
Presbyterian Church – 6 p.m.
Thursdays: Women's Cursillo Group @ Library –
9:30 a.m.; Holy Eucharist – 10 a.m.

First Baptist Church

Dr. Daniel D. Robinson, 526-4153
Sundays: Worship – 8:15 a.m., 10:45 a.m., 6:30
p.m.; School – 9:30 a.m.; Youth – 6:30 p.m.; Choir
– 7:15 p.m.
Wednesdays: Dinner – 5:30 p.m.; Team Kids – 6
p.m.; Student & Adult Prayer – 6:15 p.m., Choir –
7:30

First Presbyterian Church

Rev. J. Hunter Coleman, Pastor, 526-3175
Sundays: Worship – 8:30 a.m. & 11 a.m. (child care
at 11 a.m.); School – 9:30 & 9:45.
Wednesdays: Children's Devotions – 9:30 a.m.;
Supper – 6 p.m.; Choir – 7 p.m.
Thursdays: Bible Study – 10 a.m.
Sat: Adventistas del Septimo Dia – 10 a.m. & 5 p.m.

Highlands Assembly of God

Rev. Scott Holland, 524-6026, Sixth Street
Sundays: School – 10 a.m.; Worship – 11 a.m.
Wednesdays: Prayer & Bible Study – 7 p.m.

Highlands Seventh-Day Adventist Church

Wednesday evening prayer & Bible Study
Call Lloyd Kidder at 526-9474

Highlands United Methodist Church

Pastors Eddie & Kim Ingram, 526-3376
Sundays: School – 9:30 & 9:45 a.m.; Worship –
8:30 & 11 a.m.
Wednesdays: Supper – 5:30 p.m.; Bible Study &
activities – 6 p.m.

Macedonia Baptist Church

8 miles south of Highlands on N.C. 28 S in Satolah
Pastor Rusty Wolfrey, (706) 782-8130
Sundays: School – 10 a.m.; Worship – 11 a.m.;
Choir – 6 p.m.
Wednesdays: Bible Study and Youth Mtg. – 7 p.m.

Mountain Synagogue

St. Cyprian's Episcopal Church, Franklin 369-6871
For more information, call (706-745-1842, (706)
754-3334 or (828) 293-5197

Our Lady of the Mountains Catholic Church

Rev. William M Evans, Priest
Parish office, 526-2418
Fridays: Mass – 9 a.m.
Saturdays: Mass – 4 p.m.
Sundays: Mass – 11 a.m.

Scaly Mountain Baptist Church

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

Scaly Mountain Church of God

Pastor Allen Melton
Sundays: Radio Program 1340 AM – 8:30 a.m.;
School – 10 a.m.; Worship – 11 a.m.; Evening – 6

Shortoff Baptist Church

Pastor Rev. Baker Crane
Sundays: School – 10 a.m.; Worship – 11 a.m.
Wednesdays: Prayer & Bible Study – 7 p.m.

The Church in the Wildwood

Horse Cove Road
Old-fashioned hymn-singing led by lay people.
Every Sunday Memorial Day - Labor Day at 7 p.m.

Unitarian Universalist Fellowship of Franklin

526-9769
Rev. Maureen Killoran (part-time)
Sundays: Worship – 11 a.m.

Westside Baptist Church

Interim Pastor, Terry Dixon
Services in the basement of the Peggy Crosby
Sundays: Fellowship – 11 a.m.; Worship – 11 a.m.

Whiteside Presbyterian Church in America

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





• HIGHLANDS AREA SERVICE DIRECTORY •

**PORCELAIN • CRYSTAL • SILVER
CUT GLASS RESTORED**
New Hope for Family Heirlooms
**Professional Restoration
Services**
P.O. Box 1421 Highlands, NC 28741
828-526-3742



Ledford Landscaping & Maintenance
We treat hemlocks for Woolly Adelgid and other trees for twig rust with great results.



- Complete Landscape & Design Services
- Grounds Maintenance
- Residential
- Commercial

524-6959 524-7999

Larry W. Wooten
d/b/a James Collision Auto Glass & Detail
Phone (828) 526-1506
FAX (828) 526-9113
65 Brooks Road
Highlands, NC 28741


NBG BUILDERS INC.
Custom Homes • Remodeling • Additions
Unlimited License • Insured
Bud Neidrauer
526-4780

Highlands
AUTO DETAILING





Enhance Your
Automotive
Look



• interior
• exterior
• wash & wax

Jason Woods
526-5428


Wayah Insurance Group
526-3713 • (800) 333-5188
P.O. Box 607
Highlands, N.C. 28741
Fax: 526-3689



Auto • Home • Commercial • Life • Health
472 Carolina Way, Highlands

Quality Service Since 1967
Hedden Bros.
WELL DRILLING INC.
73 Holly Hills Road - Franklin, N.C. 28734
(800) 325-9591 - Work (704) 369-9591

TONE WOOD
Woodworks by Jim Meiring
Owner/Craftsman
P.O. Box 1001 Highlands, NC 28741
(828) 787-2124
jim.meiring@verizon.net


**ANDY'S
Heating & Air, Inc.**
Licensed Contractor
Sales, Service & Installation
Sheet Metal Fabrication
We service all brands
Free Estimates




Andy Mitchell
Office: (828) 524-0268
Fax: (828) 349-0788
It's Hard To Stop A Trane.

Pressure Washing
"It's All I Do"
FREE Estimates
Gary Miller (828) 526-0722

828-526-2579 828-526-9805

Tom James  **James**
Wrecker Service Tire and Auto

Large, Small and Flatbed Wreckers
Local and Long Distance Towing
U-HAUL Rentals 828-526-1926


Country Club Properties
Jennifer Garrabrant
Sales Associate

"Let me help you find your
perfect mountain getaway!"

Wright Square
(828) 526-2520 (828) 526-HOME
e-mail: yourmtnhome@yahoo.com

*Wholesale Down Comforters
and More!*
526-4905
Laura Ashley Bed 'n' Bag
Open Mon. - Sat.
Behind Wachovia ATM

LEAVESOUT®
STOP GUTTER CLUTTER!



Greg Hall-The Chimney Sweep
Sylva - 828-586-6904
Cashiers - 828-743-2660
Franklin/Highlands - 828-524-9910

Free Estimates
www.LeavesOut.com • The Ultimate Gutter Cover •



John Koenig & Zac Koenig

"Building on a
foundation of
integrity"

(828) 526-4953
www.koenighomebuilders.com



Photography by Cynthia Strain
Offering photography services for events
and special occasions, mountain landscapes.
Call (828) 526-9227 or email


FINE HOMES & ESTATES

Broker-in-charge
Alton Zander Attaway
Assoc. Broker
Tim Smith
Sales Agent
Jerry M. Huie

Phone: (828) 526-1021
Fax: (828) 526-0803
www.century21poss.com

In Wright Square

Larry Holt
"The All 'Round Handyman"
Cleaning Services, Yardwork,
Caretaking, Security
526-4037 home
226-6494 cell

Dr. Kit Barker, L.A.c., F.S., Ph.D
Microcurrent Pain Therapy Skin Care
"Eastern Philosophy Meets Western Technology"
▪ Hot Stone Massage ▪ Massage ▪ Facials ▪
▪ Microdermabrasion ▪ Permanent Cosmetics ▪

Call 526-1566
5 Cottage Row
Highlands




AROUND THE HOUSE OR IN THE HOUSE
From small remodels, to decks, to
pressure washing - there is never a job
that can't be done!
For free estimates, call
Charles Robinson
526-9915

Serving Investors Since 1887
Stocks • Bonds • Mutual Funds • CDs • IRAs • Options • Rollovers
• Insurance • Annuities • Financial Planning

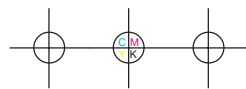


Marybeth Brody - Financial Consultant
470 S. Street, Suite 2 (Across from Peggy Crosby Center)
Highlands, N.C. 28741
828-787-2323 • 888-489-2323
marybeth.brody@agedwards.com

Member SIPC • 2003 A.G. Edwards & Sons, Inc.



1258214311M-278-1103



..... Kilimanjaro continued from page 14

anyone my age who is not devoted to aerobics or mountain climbing would have them. I exercise regularly, but I have never been a super athlete."

The women of Mt. Kilimanjaro, climbing for themselves and their sisters and mothers and friends, will give hope to those thousands of women and their families who face breast cancer today and in the future.

- Breast cancer is the leading cause of cancer in American women, and the second deadliest. Approximately 212,000 women will be diagnosed with breast cancer this year. This disease also occurs in men (about one percent of the diagnosed cases), and it directly affects them by attacking their mothers, sisters, and daughters - those they cherish. Two thirds of all cases are diagnosed over the age of 40.

- Early detection is still the best opportunity to lower death rates. New treatments as well as better methods of drug delivery and surgery are emerging, but not fast enough for the almost 40,000 women who will die from this disease this year.

- Climbing Mt. Kilimanjaro will show the world that breast cancer is devastating but can be beaten!

The expedition will begin in the rain forest at 7,000 feet above sea level, and climb upwards for six days through five ecological zones, with temperatures ranging from 80 degrees to -10 degrees.

The climbers will reach the summit in snow at 19,340 feet. Jane and Charles Webb have been members of Highlands Falls Country Club since 1997.

Anyone who would like to donate to the 'Climb for the Cause' or who would like to purchase a prayer flag, can call Jane at 526-8668.

They can also donate any amount they choose to the Community Foundation of Greater Birmingham, Climb for the Cause Fund, 2100 First Avenue North, No. 700, Birmingham, AL 35203.

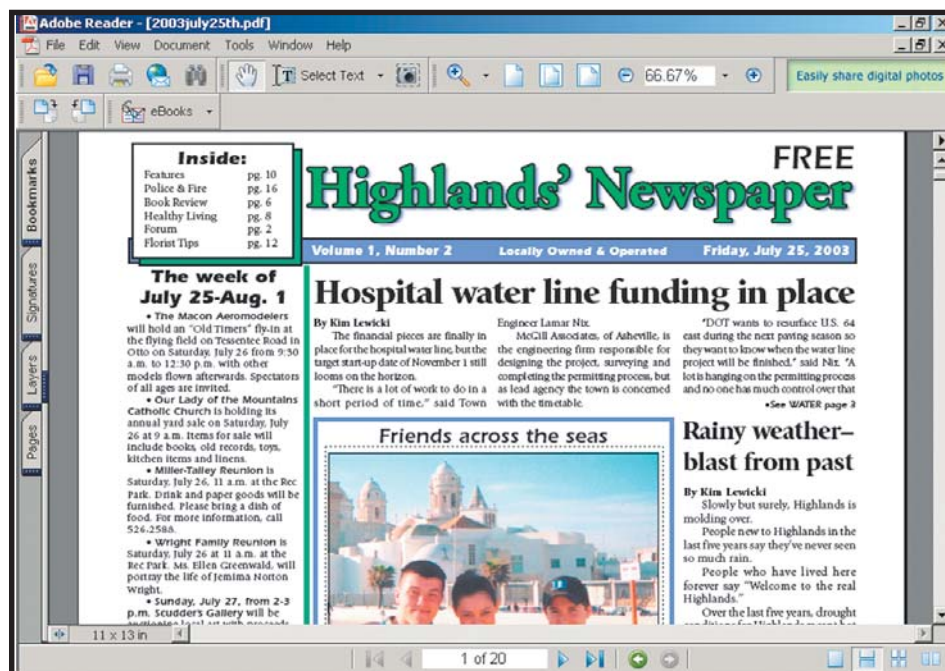
Thousands walk for cancer



On Friday, Aug. 15, folks from Highlands and Cashiers participated in the Relay for Life, raising more than the \$170,000 targeted.

Highlands' Newspaper Internet PDF version

One minute download with high speed connection



\$12/year subscription

- The Internet way to subscribe to Highlands' Newspaper.
- Each week a PDF version of the newspaper is on the website at www.highlandsnewspaper.com.
- If you're a subscriber, you get a password.
- It's easy to use, easy to read and the only sure-bet way to get an exact replica of the complete newspaper - advertisements and all - as soon as the paper is published.
- Read it anywhere!

Highlands' Newspaper PDF Subscription - \$12/year

Name: _____

Address: _____

Telephone: _____

Email: _____

Send check to: Highlands' Newspaper
P.O. Box 2703
Highlands, N.C. 28741

Never lose touch with Highlands - your year-round home or your home away from home. Delivery is never a problem - rain or shine Highlands' Newspaper is ready when you are



..... HEALTHY LIVING continued from page 8

your basal metabolism. Energy expenditure can go from 1.2 calories per minute during rest to more than 20 calories per minute during vigorous exercise.

Walking expends about five calories per minute. Jogging burns 10 or more and running can expend 15 to 20 calories per minute. Your energy expenditure depends on the size of your body. The greater the body weight, the higher the caloric expenditure.

If you want to burn off excess fat, consider moderate exercise. Fat utilization increases over time with more fat being burned after 30 minutes of exercise. Moderate activity can be continued for hours

without undue fatigue, allowing for significant fat metabolism and caloric expenditure. One study has shown that fat is more likely to burn in the morning because of the overnight fast while sleeping.

Caloric expenditure serves as a useful guide to exercise intensity because intensity is directly related to calories expended per minute.

If you don't get aerobically hot the fat will not be utilized for energy, the body will use the body's muscle and bone) lean body mass/frame) for energy conversion.

Think of it like this: You can't fry chicken in cold fat, nor can we tap into our fat reserve unless we get hot.

Bonnie is the director of HealthTracks at H-C Hospital.

..... SATULAH cont. from page 1

Older and younger people usually opt for the "easy" trail. They've been able to drive to the end of the road, park by the town's water tank and then hike the old road bed to the top.

Now, with the subdivision coming, that route has been cut off, unless someone gives hikers permission to park in the vicinity.

"A large number of full time and part-time Highlands' residents have become very concerned about the possibility of losing public access and parking to the popular short hike across Satulah Mountain," wrote, Julian Franklin. "We would like the town to consider several possibilities to provide for perpetual access and limited parking."

Several years ago, the town received property from the Haack family to erect the water storage

tank. Since its town property, people were hoping the town could create some parking spaces for hikers around the storage tank.

But at the Aug. 20 Town Board meeting, commissioners learned that the previous owners stipulated that "the property be used only for the purpose of installing and maintaining one water storage tank, together with the necessary appurtenances and equipment."

Even though the restriction is stipulated in the deed, commissioners agreed to talk or write to the Haacks to see if they will allow the town to construct some parking spaces.

Lewis Doggett, a frequent hiker of Satulah said preserving the trail for the enjoyment of visitors and citizens should be paramount to the town.

Loveable critters need homes



Copper is a one-year-old, flat-coated Retriever mix. He has a wonderful temperament, similar to a Golden Retriever's. Good with babies, children, other dogs and cats, Copper would make an ideal family pet. You can see Copper at the CHHS shelter on Highway 64 in Cashiers. Phone 743-5752 for information.

Swinging for the Historical Society



Swinging on Sequoyah Dinner and Dance, Aug. 29 at the barn owned by Diane and Ray McPhail. Tickets are \$125 with all proceeds going toward the Highlands Historical Society to renovate the Highlands Historical Village. A few tickets are still available. For more information, call Wiley Sloan at 526-5938.

..... CABLE GROUP cont. from page 1

Northland Cable, Bond has decided to go underground to get around having to change out poles to satisfy clearance requirements.

His underground cable infrastructure will run through a strong-walled conduit and above that, but still a foot underground, will be a bright, orange tracer warning of the infrastructure below.

As part of Bond's three-part agreement with the town, he supplied Town Engineer Lamar Nix with a detailed make-ready plan of the first node of construction in town. Before the extension was granted, Bond had to supply the town with a cost-estimate plan and proof of financial backing, the insurance policy and a detailed make-ready plan.

In the first node - the Hicks Road area, Mirror Lake area and the Little Bearpen area - there are 368 poles, 121 of them with a clearance problem, said Nix.

"That means there will be a

significant amount of underground work," he said.

Bond said he understood the ramifications of the project and was prepared to deal with them.

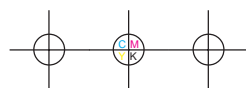
Commissioner Herb James wanted to make sure Bond was responsible for getting his own right-of-way for laying underground cable.


"We can give him permission to attach to poles, but we can't give him permission to go underground on someone else's property," he said.

There are 1,800 poles in town - about 10 nodes - and with the construction franchise extension in place, Bond said he expects to have the job done in the next 12 months.

Meanwhile, the town will notify Northland that it doesn't need a \$5 million insurance policy either.

A public hearing and two readings of the amended ordinance aren't required for the cable ordinance amendment.





Cyprus

International Cuisine

Daily Regional Menus

Sunday - Provence

Monday - Iberian & Italian

Tuesday - Thai Night

Wednesday - Caribbean

Thursday - Japanese

Friday - Mediterranean

Saturday - South American

Exceptional Value:

Lunch Entrees - \$6.95

Dinner Entrees - 15.95

Open 11 a.m. to 11 p.m. everyday

Great Bar Scene Every Night

Call 828-526-4429 for reservations

Located in the Great Things! Shopping Center, on the Dillard Road

