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Dining & Lodging Map Inside Highlands' Newspaper

FREE

Volume 1, Number 7**Locally Owned & Operated****Friday, Aug. 29, 2003**

Aug. 29-Sept. 5

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.

- There is a "Teacher Wish List" for teachers at Highlands School. They need everything from paper to pens. Call 526-2147 to see how you can help.

- Sally Foster Sales have been extended at Highlands School until Sept. 2. Or, you can order on-line at Sally Foster.com, account number 605265. All orders with payment are due in the homerooms by Sept. 2.

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.

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.

Sept. 10

All senior class parents are reminded to join the PTO and attend a Senior Planning Meeting, Wed., Sept. 10 in the school cafeteria.

HS gym bid in – work could start in 45 days

By Kim Lewicki

It was a night of "yeses" for Macon County Schools.

At the Aug. 25 Macon County Commissioners continuation meeting, commissioners gave Superintendent Dr. Rodney Shotwell the go

ahead on the Highlands Gymnasium and voted to allocate the school district much needed funds.

As lowest of seven contenders, Shenaut Construction company won the bid on the \$2.6 million project – a project that came in

about \$600,000 over the initial quote.

But Shotwell said across the board everything costs more in Macon County. "In Tennessee a similar project came in at \$73 sq. ft., but

▪See GYM page 13

Diver makes repairs at Sequoyah Dam

By Kim Lewicki

Last Thursday morning on your way down the Franklin Road, you may have noticed a floating dock perched precariously on the edge of the Lake Sequoyah Dam.

It wasn't daredevil kids looking for a thrill – the dock was literally a "jumping off place" for scuba diver Dave Roth. He's been taking care of Highlands' underwater repairs for years.

Some years ago, the valve that's used to regulate water flow at the dam broke. The town crew put a metal flap over the hole in the pipe, but with Roth's help a more permanent solution was possible.

Folks at the Neo Corporation were able to find parts to fit the circa 1926 valve and fabricated the

▪See DAM page 22



Photo by Kim Lewicki

Roth's sons regulated the air pressure in the balloon and the other handled radio communication.

Bowery Road case still pending court action

Kim Lewicki

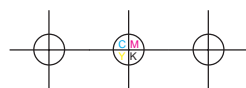
When word came down the pike that the Court of Appeals had ruled in the town's favor concerning Bowery Road, some people got pretty excited. But the story's far from over.

On Aug. 3, the Court of Appeals consolidated two cases because they

were identical, said Town Attorney Bill Coward. "These two cases asked the court to keep the Town from condemning the property on Bowery Road," he said. "But before that decision could be made, the town filed 12 cases to condemn the properties needed to improve the road."

The town asked the courts to dismiss the two cases blocking the condemnation – one filed by Nelson et al and one by Michael Wentz. Judge Downs granted the town's motion and dismissed the cases on the grounds that the reasons cited in

▪See BOWERY page 13



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Advertising:

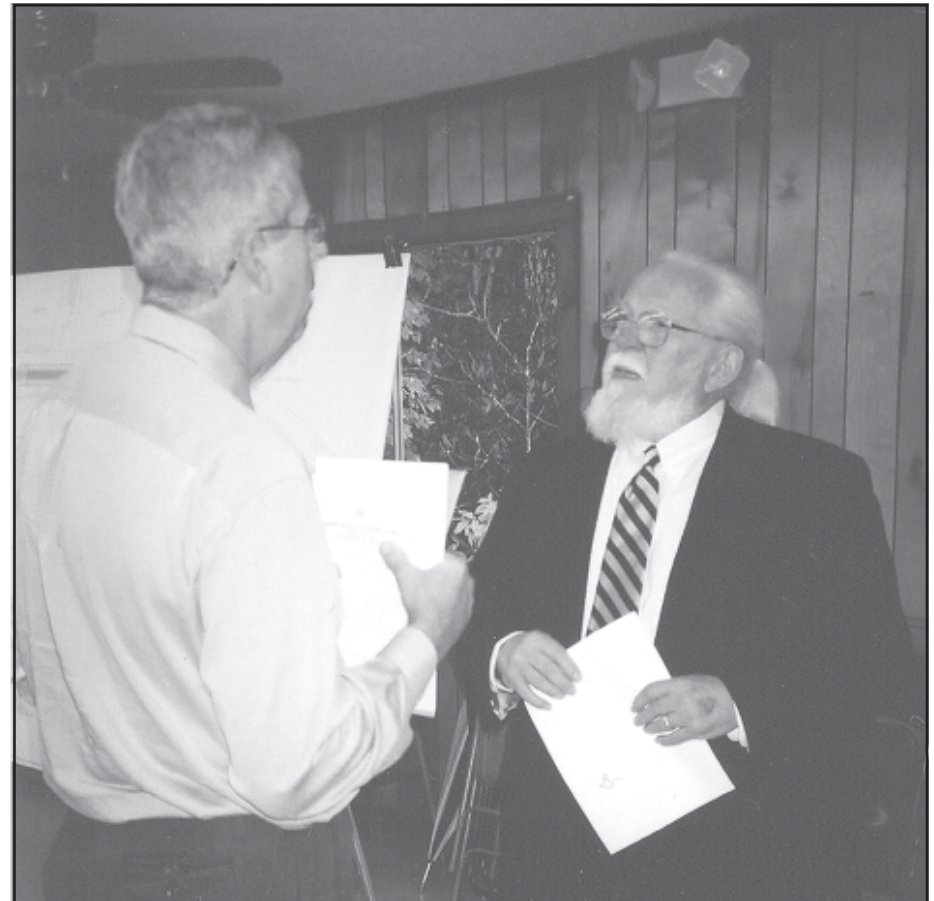
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Production:

Darlene Melcher

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Printed by the Asheville Citizen-Times
Asheville, N.C.



Mayor Buck Trott voices his concerns about the Russell Bridge closing at the Aug. 21 public hearing in Satolah.

Authorities listen to locals about Russell Bridge closing

On the map it doesn't look like much. A simple bridge over a river in the wilds of Georgia.

But to residents who live in Georgia and work and go to school in Highlands the prospect of the Route 28 bridge closing for a year is unacceptable.

At the Aug. 21 public hearing held at the Satolah Firehouse, scores of folks turned out to let GA DOT and federal officials know how they felt about the bridge closing.

Both Town of Highlands Commissioners and Macon County Commissioners signed a resolution requesting at least one lane of the bridge be left open, or an alternate bridge be built while the Russell Bridge is improved.

"We're concerned about answering mutual aid calls between our fire and rescue department and Satolah's said Mayor Buck Trott. "There's also the economic

impact to consider."

Oil and gas deliveries and building supply deliveries are routinely made in and out of Highlands via Route 28.

A final decision is still about two years away but federal officials admitted they were struck by the "remoteness" of the area. Construction is tentatively scheduled for the 2006 fiscal year.

GA DOT says the bridge is "functionally obsolete" because it doesn't meet the traffic demands of today's cars and trucks. The bridge was built in 1936. DOT says the bridge will cost \$1.25 million with a 50-mile detour versus \$1.75 million if they leave one lane open for traffic.

Public comments on the issue will be accepted until Sept. 2. Write Harvey Keepler, State Environmental/Location Engineer, GA DOT, 3993 Aviation Circle, Atlanta, Ga., 30336-1593.

• Letter to the Editor •

Thanks for listening

Dear Editor,

Thank you. The residents of Satolah, Ga., thank the Town of Highlands for its active and timely support regarding the Russell Bridge situation.

Mayor Buck Trott and the Town Council and the Chamber of Commerce have shown the highest level of civic responsibility and political will to urge what is right. They have urged that access over the Chattooga at this bridge must remain open during construction, a stand heartily endorsed by your friends and neighbors in Satolah.

Thank you, also, to all Highlands residents and readers of Highlands' Newspaper who stand shoulder-to-shoulder with us on this issue. More than 110 people attended the firehouse information meeting held by the Georgia DOT last week, a wonderful turnout for a school night.

Finally, let us also give a hearty pat on the back to members of the Satolah Volunteer Fire Department and its Ladies' Auxiliary, who helped set up the meeting room and parking areas and, perhaps most importantly, provided soft drinks, coffee and cookies to all.

Carol Austin
Joseph Gatins
Ron Leslie
Kelly Munger
Satolah, Georgia

Highland Hiker

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• Laughing at Life •

I will miss the cliffs

(an unusual lifetime event)

By Fred Wooldridge
Contributor

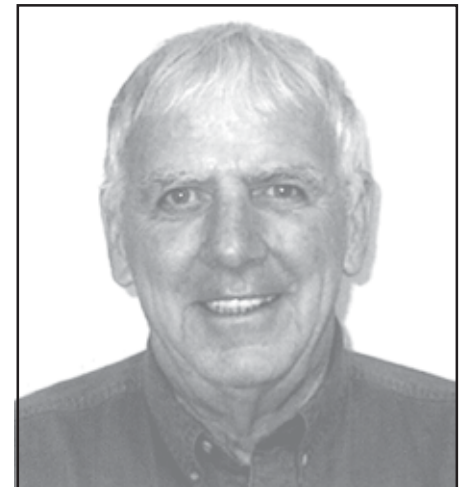
Having come to Highlands each summer since 1968, my mind is filled with adventurous memories of my 35 years here. Allow me to share this once-in-a-lifetime event that few people have ever experienced. It is my attempt to show you why I love the peace of Highlands and feel blessed to be here.

After 14 years of teaching rappelling on the cliffs of Highlands, I sold the business to my assistant instructor, Dave Lindsay, brother of well known Highlanders, Jane Chalker and Mae Schmidt. Just being out on those cliffs with my customers, for all that time, without an injury, makes me believe that I am watched after.

The sale of the business brings to mind another major life event, August of 1974, when I graduated from the Miami SWAT (Special Weapons and Tactics) school. Our tiny cabin in Clear Creek was barely dried in. What I would do with the rest of my life and why I am here in Highlands today hinged in the balance on that test day.

I stood on the roof of the 14-story, gutted and abandoned Biscaya Hotel in Miami Beach's famed South Beach. It was the last test of a very long, hard 12-hour day. The temperature was 90 degrees with matching humidity. Loaded with equipment, I attached myself to the rappel line. Sweat poured from my body and my heart raced.

Backing toward the edge of the roof, I pulled the gas mask down over my face and checked the seal. Lifting the safety from my M16 rifle strapped to my chest, I shouted through the mask, "time." The instructor started his



stopwatch as I leaned backwards, stepping off the roof and disappeared from his sight. Adrenaline poured through my body.

Dropping quickly to the 10th-floor window, I pulled a stun grenade from my belt, rolled myself upside down to obtain good position and tossed it through the window below me. In seconds it exploded, ripping off plaster and breaking the sink in the bathroom. I descended into the smoke filled room, pulled the rifle from my chest and spotted the target of a man pointing a shotgun at me. I opened fire, putting three cardboard rounds into his chest while running backwards toward my entry point, intentionally falling backwards out of the window. I continued my descent, dropping so fast I feared spraining an ankle. I hit the ground hard, pulled the gas mask from my face and gulped for air.

The instructor standing next to me on the ground pulled his cigar from his mouth, smirking, blew smoke into my face, making me cough. "You took three seconds too long. Do it again." Sweat blurred my vision of his smirk. Silent, careful not to drop my head, or speak, I turned and headed for the stairs. "Only kidding, you actually had 15 seconds to spare. Take off your gear," the instructor laughed.

I had just completed the hardest curriculum I would ever experience. The school is the finest in the country, boasting a 40

▪ See WOOLDRIDGE page 11

A passion for people...and art



Diane McPhail

By Barbara Lawrence
Contributor

As an art teacher and therapist, Diane McPhail has a passion for people. "My teaching is a means of awakening joy in people," said Diane.

She teaches children from middle school up and also has adult classes. Diane finds as children get older, their creativity sometimes becomes constricted. "In our society the arts are not properly nourished and rewarded," she said.

Diane said she tries to correct this through her lessons. She invites her students to work with mediums such as paint and clay. "Through art, people can find freedom and

self discovery. I am non-judgmental and I give them freedom to explore and discover. Adults tend to be self-judging in a negative manner, so when I look at their painting, I don't ask 'does this look like a sunrise?' rather 'does it work for you?' I just ask that my students be willing to explore with their art.

In her art therapy sessions, Diane finds that the art experience has a healing quality. "My clients find a way to express themselves and find insights into things that were always there but couldn't be seen at the time. When I am working as a therapist it is not my job to

■ See McPHAIL page 10

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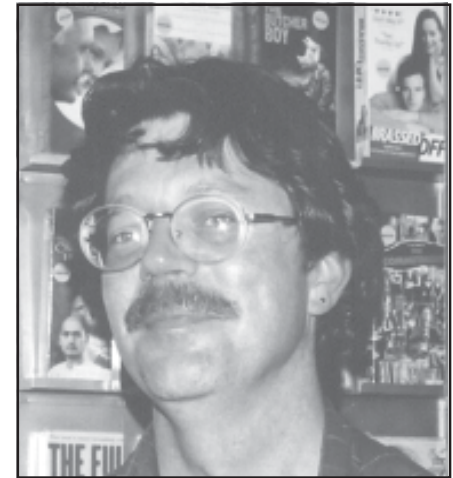
• Movie Pix •

The Video Guy presents: The Frisco Kid

1979-Rated PG

Directed by Robert Aldrich

Starring Gene Wilder &
Harrison Ford



This is another one that was panned by critics, but everyone else has enjoyed it thoroughly.

The store line: The not overly bright Avram Belinski is chosen to leave Poland to become a rabbi of 1850s San Francisco's growing Jewish community. His trip across America is filled with encounters with bad guys, Indians, bank robbers and Amish elders. After one too many mishaps, he teams up with Harrison Ford (the aforementioned bank robber) and from there it's a Buddy movie, and a good one.

Wilder learns needed survival skills and confidence; Harrison Ford learns to curse in Yiddish. Since not that many people understand Yiddish cuss words, the movie maintains its PG rating.

Critics complained it was overly cute and too many comic gags, but real people with real lives seem to really enjoy it. It is silly, it is filled with comic gags (Loved the "captured by Indians bit," terrific supporting cast), and it does end up with a kind of

forced dramatic ending, but it is fun. Wilder and Ford work well together and people like Buddy movies and for some reason I can't explain, the

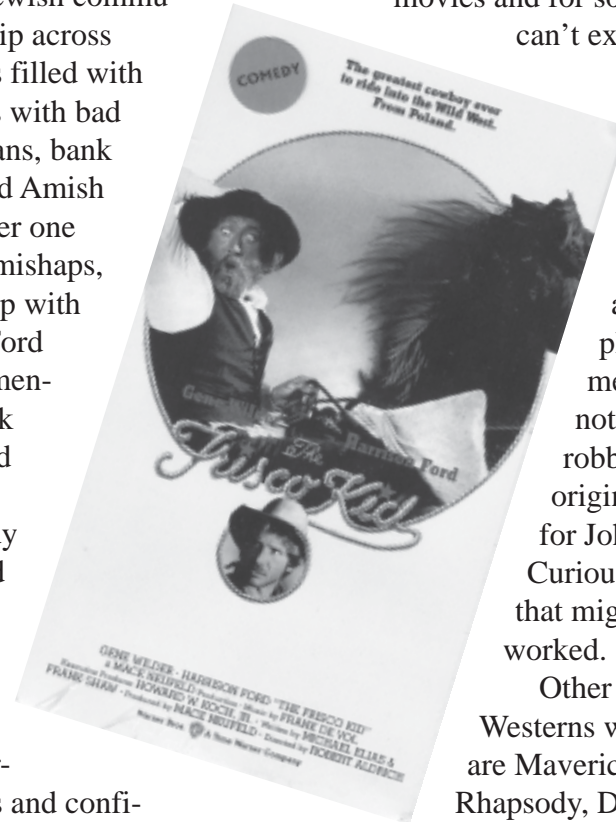
"hopeless nerd bumbling toward eventual success" is an appealing plot line for me. A side note, the bank robber role was originally written for John Wayne. Curious about how that might have worked.

Other comic Westerns worth seeing are Maverick, Rustlers, Rhapsody, Disco Kid, Zorro the Gay Blade, Zorro, and The Villain.

These and about 5,000 other titles are available at the Movie Stop. Come on by and give them a look.

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.

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• Life Under Construction •

"Letting go"

with Dr. Maryellen Lipinski

I've got some big decisions looming in my immediate future. Mostly these are decisions that will be made by others, and so that means they are partly out of my control. Yuk, no control? Imagine.

I wonder what that really feels like to have no control. It's true, we cannot control other people, places and things, but oh how I try to do just that sometimes. Don't you?

What I am peering into this week is learning to deal with and spend time in my head with only those things I can control. I can control how I work toward my goals and I can control that I put my best foot forward to make it happen. And I can control my attitude about what is happening in my life. Even when things happen that I really did not want to happen. For example, when other people make decisions that don't lean in my favor.

On the surface, the things I cannot control may appear to be a lot, but are they really? Learning what I can't control is one thing. Knowing this and learning to "let go" is another.

What to do? Joh Kabat-Zinn talks about letting go as a powerful inward maneuver. It's an invitation to cease clinging to anything—whether it be an idea, view, time, or desire. It is about making a conscious decision to release with full acceptance into the stream of present moments as they are unfolding.

It is now 7 am on a Sunday morning. When I finish this column tonight, I'll let you know how I did. I'll be working on not holding on with my mind.



The question? Will letting go bring a deeper satisfaction than clinging on to something?

I will also be working on mindfulness. In essence, that is about wakefulness. It's about seeing the possibilities of each present moment as it unfolds. I'm hoping that this will help me focus on the present and "let go" of future events that I cannot control. Too much future thought insists that we shade the present and really do not enjoy the moments around us.

It's Sunday evening. It's been a lot of work but I "let go" just in time. Don't you wonder what happened? Well, let's just say, I'm back to drawing up a new set of plans and working on renovating the future, if only a little.

What do you need to "let go" of in your life that you are giving too much power and energy? Maybe the following book, "Wherever You Go, There You Are," by Joh Kabat-Zinn can guide and comfort you and shed some wisdom on living in the moment.

There really is no running away from anything. Sooner or later, things that you don't want to deal with and try to escape from, catch up with you. There is no successful escaping from yourself in the long run. Why not be "at home" wherever you are?

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

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• Healthy Living •

Balance your life

by Tina Rogers

One of the keys to healthy living is balance. God has designed our bodies to require a certain amount of calories in order the function properly. Our bodies need rest, our bodies need motion, and our bodies need spiritual refreshing. To do all of these things properly you need balance in your life.

Our bodies do need food in order to survive, but you do not have to starve yourself or deprive yourself in order to maintain your weight. The word balance comes in to play as we must balance our food intake with the amount of movement we do.

Eating healthy is common sense really. Too much fatty foods equals too many calories which equals excess fat. Eating a balanced diet of fruits, vegetables, meats and a small amount of fat is really not hard to do once you set your mind to eating healthy.

Today's fast paced lifestyle can deprive us of precious hours we need for rest. How many nights have you burnt the midnight oil night after night and end up feeling irritable, sluggish and just downright tired. When we feel like that it is no wonder we can't find the energy to exercise.

When you are low on energy how often do you look for sugar laden foods to give yourself a quick boost of energy. Therefore, you sabotage your healthy eating habits. Each person requires a different amount of sleep and we all know the amount we require



in order to feel good. Sleep should be a priority in our lives. Once again there is that balance of rest in order to function properly and feel good.

As to motion that is the exercise element in the equation of balance. Each person picks his or her form of exercise as I discussed in my previous article. The key here is to move. In order

to burn calories a person has to move and move on a consistent basis and for a set amount of time. Again it is balance and making exercise a priority in you life.

Research has found that people who have a spiritual basis in their life are able to better handle lives matters with calm and optimism. A spiritual person takes time out each day for prayer or meditation which can set the tone for his day.

If you find that one or more of these elements is missing in you life then I encourage you to find a time to sit back and reflect on your life and how you feel. I challenge you to try to find balance and see if you don't feel better. I dare you!



• Florist Tips & Secrets •

Summer's Jewel

By Nancy Ostema
Cosper Flowers

Almost daily I am asked what kind of bush is growing behind our store, Cospers Flowers at Highlands Plaza.

Not knowing anything about it, I decided to dig into my collection of magazines and see what I could find on the subject. As usual Southern Living Magazine had it covered. It is a white bouquet butterfly bush (buddleia Davidii) A fast growing, woody stemmed shrub that requires well drained soil and full sun.

Sad to say, this past winter our bush had major freeze damage its trunk and it split open. We thought all was lost so I decided to trim it in hopes it would spring back to life.

No sooner had I started trimming it, a lady came out of the post office and asked, "Are you sure you should be pruning that bush at this time of year?"

I acted as if I knew what I was doing and informed her of the damage to the trunk and our hopes of saving it.

Enough said, but I won't tell you what I was really thinking.

That evening my Southern Living Magazine had arrived and a wonderful article was in the March issue. It said to prune from mid-February through mid-March. Lucky for me, it was the third of March.

When I arrived at the shop a



few weeks later, the maintenance crew had sawed the bush off to the ground. I could not bring myself to trim so drastically. The crew must have known what they were doing because, guess what? It is back full of blooms and butterflies are everywhere.

I have been trying to maintain it properly by removing the old blossoms directly above a set of leaves at the base of the flower, and new buds are to follow. I



was also interested to see if you could use them in a bouquet.

You can by clipping the woody stems at an angle early in the morning and placing them in water immediately.

When you are ready to arrange, make a new cut at a wide angle to allow more exposed surface to be in contact with the water.

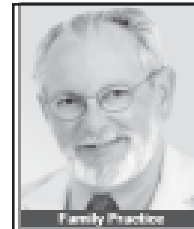
If you would like more information about this plant, stop by Cosper Flowers and read my article on "Summer's Jewel in the Eyes of a Butterfly."



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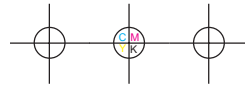


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Each week, various florists in town will be submitting columns – sharing their secrets with our readers.



• Sports Pix •

It's that time again, when the kids are rollin' back to school and the leaves are beginning to show a little life.

Fall is a great time of year, not only because of the smell of the leaves and the slight chill in the air, but also because it means the start of football season.

Some may think that football is a synonym for testosterone-laden behemoths destroying each other for the enjoyment of alcoholics everywhere, but the fact remains that football appeals to people of all age, class and race.

While baseball may be known as the National Pastime, football has become the choice of a new generation. (Pepsi officials may write their advertising checks to the Ryan Potts poorhouse foundation).

There have been several theories as to why football has become so popular, and each one has merit. Some think that the short sixteen game season makes every game count more. Others think that the salary cap and parity have made fans of all cities believe that their team is a serious contender, and thus attendance is high everywhere, not just in large market cities.

Another theory is that new

styles of play focus on limiting the mistakes of players and therefore allow less talented teams to win more games. This provides greater opportunities than the schemes of past teams, and gives coaches a chance to win without a ton of superstars.

Whatever the explanation, the fact remains that the NFL is currently the most popular league in the US, and a billion-dollar industry that reaches into video games, marketing, computers, food service, tourism and most importantly, merchandise sales.

Unfortunately, when you are a New Orleans Saints fan, football brings a different sense of excitement. It's kinda like Grandma's extra special chili – it's great when you are eating it, but you know what the end result is always going to be.

I have been a Saints fan for as long as I can remember – drawn at first to the team by the black and gold colors and the rushing exploits of Craig "but Iron Head what's with this thingy?" Heyward. (Zestfully clean readers will understand that one).

I am in my twelfth season as a fan of the Saints, and I have seen



Ryan Potts

the semi-glory days of Bobby Hebert and Pat Swilling, the embarrassment that was the Mike Ditka era (yes Superfans, if Ditka faced a hurricane – or even a stiff breeze in New Orleans, nature would win out), and the current group of Saints that are infinitely talented (until the month of December).

Older fans will remember the days of Archie Manning, Tom Dempsey and the "Aints," proving that more than one generation of Bayou faithful know suffering. Last year was a perfect example of what lies in store for any future Saints fans.

In November the Saints were sitting atop the NFC South, in prime position to gain homefield throughout the playoffs. As usual though, the Saints choked down the stretch with losses to the Vikings, Panthers and Bengals, three teams who finished under .500 for the year.

This year the Saints look loaded on offense, with a top-5 QB in Aaron Brooks and pro-bowlers Deuce McCallister and Joe Horn as playmakers. The defense is also much improved, with first round pick Johnathan Sullivan and free-agent stud Tebucky Jones looking to increase overall team speed. Unfortunately, while the lineup looks good for the Saints, the history of the team does not – leading this fan to remain in nervous anticipation for the season to begin.

Much like that giant bowl of chili, I will sit down to watch the Saints, excited and forever hopeful, but come December, I will be paying for it with the heartburn and heartache of a true fan.

I'll be back next week with my picks for the season – in case anyone cares. If not, then get ready for the first appearance of super-homer. Saints in 2004!

... McPHAIL continued from page 5

teach art, for instance I do not teach composition or color theory. I am very non-directive. There is no critique of the finished work; nor do I analyze the work," she said. "We usually just talk about it afterwards. I believe that a person's art is his or her own unique language. As a therapist, I know how to ask the right questions that can help people make their own interpretations."

Diane says that people know how to heal themselves and the job of a therapist is to help them listen to their own inner wisdom. "You know, I always trust the person's image as it emerges and I consider myself just a witness," she said.

Diane and her husband Ray McPhail, a real estate developer, have been married 37 years, and have a son and daughter. They are the "delighted" grandparents of 21-month-old twin boys.

Diane and Ray have renovated the Old Mill in Highlands and turned it into a one-of-a-kind home. Diane has a master's degree in Studio Arts and another in Clinical Art Therapy and was the director of a major gallery in Atlanta for 10 years. She also supervised art therapy at the outpatient mental health program at Northside Hospital, in Atlanta. She has taught color theory and book construction at Atlanta College of Art. Her work includes the design

and creation of a 13-figure sculpture garden exhibited for many years in Lennox Park in Atlanta.

In Highlands, Diane has always been involved with community projects, recently the Storytelling Festival, the Birdhouse Extravaganza and she is also an active Rotarian. She is excited about one of her new projects; developing a 'learning through art' for the Literacy Council of Highlands. "I am designing a way to use the art experience as a way to help ESL students to improve academic and vocabulary skills," she said.

Presently Diane is completing a dissertation for a Doctorate in Ministry. Diane leads a yearly series of four retreats on spirituality which

is forming the basis of her dissertation. "This is for people seeking something of the sacred they are missing in their lives." This year's series of four, four-day retreats starts the weekend of October 23, and there are still a few openings.

"I feel now that in a way I had been homeless all my life, until we found our home here in Highlands. As soon as I walked onto the property I immediately sensed that I had found the place where I belonged," said Diane.

If you would like to participate in Diane's art classes, therapy or retreats, please call 787-1485 or e-mail her at dianecmcphail@earthlink.net





... WOOLDRIDGE continued from page 4

Highlands' Newspaper - Friday, August 29, 2003 - Page 11

percent failure rate. Of the many things I learned about street survival and tactics, rappelling is what I disliked the most. I went on to command the SWAT teams, but I never took rappelling out of the training process, mostly because of the discipline it demanded from the officers.

How does a man who disliked rappelling so much wind up in the rappel business in Highlands?

Blame my three children. They persistently begged me to teach them. I finally bought equipment and took them to a 20-foot cliff.

My youngest was only five. I found mountain rappelling very different from rappelling from helicopters and buildings. I fell in love with the sport and the rest is history.

Retiring in 1989, I started my own rappel business. With the

help of Selwyn Chalker and others at the Highlands Recreation Department, I re-honed my skills to meet the needs of tourists and children, removing the many dangers found in combat rappelling.

Now, I am no longer intimidated when rappelling Whiteside Mountain. The adrenaline does not flow anymore and that scares me. It was time to retire. I will

miss the cliffs and the excitement of rappelling. I will not miss the rain, the lightning and the wet ropes.

It has been 29 years since that instructor blew cigar smoke into my face. I will never forget him. I didn't blow smoke in Dave's face when I turned the operation over to him. I'm hoping he'll remember me without it.

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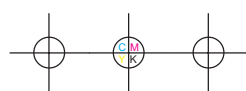
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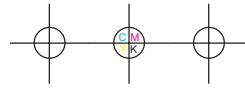
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• Cooking on the Plateau •

Labor Day Specials

It's that time of year – time to celebrate all of us who labor. Most people think of grilling out or picnicking over traditionally long Labor Day weekend, so this week we will feature yummy, but easy fare. No one, not even the cook, sure labor hard over Labor Day weekend.

This week's recipes are taken from Wildcat Country Club's cookbook, "Wildcat Seasons." It's available in area stores for \$19.95. All proceeds go toward the Wildcat Scholarship Fund and local charities.

Here are two grilled specialties to fit any budget.

Grilled Hamburgers Supreme

1/4 cup plus 2 Tbls. ketchup
2 Tbls. molasses

1 1/2 Tbls. Worcestershire sauce
1 small onion cut into fourths
1 clove garlic
1 tsp. parsley flakes
1 tsp. salt
1/2 tsp. pepper
1/4 tsp. nutmeg
1/4 tsp. cinnamon
3 pounds ground round steak
Combine first 10 ingredients in food processor or blender and process until smooth (don't over process). Add to ground round, mixing well. Shape into six patties about 3/4-inch thick.

Grill patties 3-5 inches from slow coals for 5-7 minutes on each side or until desired degree of doneness. Yield Serves six.

Grilled Rack of Lamb Madeira

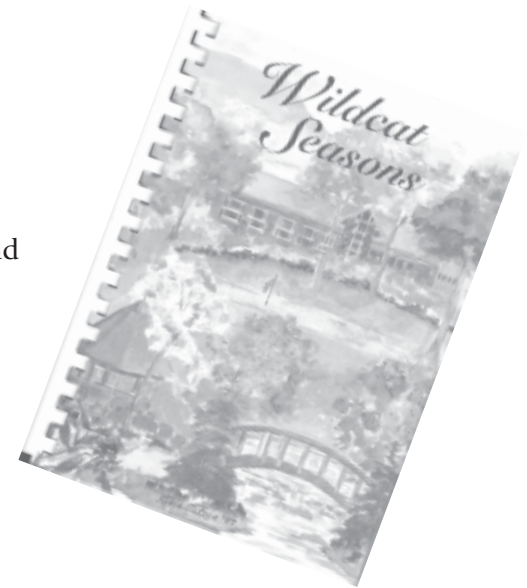
Dominick Sanchez, Nick's Restaurant

6 lamb racks, salt, pepper and garlic powder
1 cup olive oil
5 shallots, minced
1 med. carrot, diced
1 med. onion, diced
2 cups diced mushrooms
3 celery stalks diced.
1 tsp. cracked black pepper
1/2 tsp. minced garlic
2 bay leaves
2 Tbls. fresh thyme
2 cups Madeira wine
3 cups beef broth
1 Tbls. concentrated beef-flavored liquid bouillon
3 Tbls. all purpose flour
Trim lamb of excess fat and skin; sprinkle with seasons, Set aside.

Saute shallots, carrot, onion, mushrooms and celery in olive oil until tender. Add pepper, garlic, bay leaves and Madeira; simmer

until reduced by half. Stir in beef broth and bring to boil; reduce by two-thirds. Season with liquid bouillon. Mix flour and 1/2 cup of sauce and stir into mixture to thicken. When thick, strain sauce and reserve.

Grill lamb on preheated grill to doneness desired. Cut into chops and arrange on a plate with sauce on bottom. Garnish with fresh mint or rosemary. Yield. Six servings.



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... GYM continued from page 1

here it's about \$100 a sq. ft."

The bid included eight alternate bids which were separated out to include paving the parking lot, ceramic tile in entry areas, ceramic wall tile in the locker and bath areas, new air-conditioning and heating in the old gym, acoustical treatment for the old gym and wood flooring in the new gym.

Commissioners said they were surprised the package didn't come with the "extra" items. "You would think a gym would come stocked with a wood floor," said Commissioner Bob Simpson.

Commissioner Ricky Bryson agreed but said paying for the extras later would just cost more money. "I want to put these things in now versus later. What costs \$23,000 now is going to cost a lot more later."

Shotwell said from a custodial point of view the ceramic areas are easy to clean and hard to destroy. "The alternative would be hard plastic

dividers," he said.

At the Aug. 25 school board meeting that followed the commissioners' meeting, board members voted to accept Shenaut Construction's bid. Once the Local Government Commission approves the initial finance package the project will begin.

"The package should be approved within the next 30 to 45 days," said Shotwell.

County Commissioners also allocated \$700,000 to the school district to make up for state cuts and under-funding. "The state funded us based on 2000-2001 enrollment figures which changed quickly once school started. It doesn't fund until the following year," said Shotwell.

Commissioners OK'd \$350,000 out of capital reserves and agreed to fund an additional \$350,000 to cover increases in costs and budget cuts, roof repairs and 65,000 for a new activity bus to be shared between the high schools.

... BOWERY from page 1

those two cases were identical to the defenses the landowners asserted in the condemnation cases.

The Court of Appeals affirmed Judge Downs' dismissal, holding that it is "established law" in the State that "you can't obtain an injunction if you have an adequate remedy at law," he said.

Judge Downs ruled that an injunction against condemnation is not a proper way to assert defenses. Since there was dissent among the three-judge panel, the landowners can appeal the decision to the Supreme Court.

"Each defence the landowners have asserted is a matter that can be cleared up, making way for the re-filing of cases," said Coward. "Even if the present Town Board tires of this project and the contributors to the escrow fund tire of the expense, a future Town Board can still take action to widen the road, after an environmental assessment or whatever conditions might be required." The case will be heard Oct. 15.

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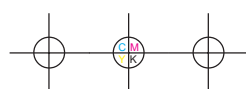
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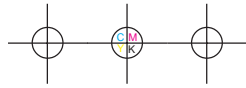
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• Questions & Answers •

In this weekly column area therapists will answer just about any question put to them.

Carole Light, Ph.D. is a clinical psychologist in private practice in Highlands – 828-526-9769

Living in an unhappy marriage

Question:

I am 42 years old and have two children 15 and 19. I am very unhappy in my marriage, but when I try to tell my husband he says, "What you see is what you get." He is not interested in changing or in improving our marriage. What are my options?

Answer:

The only person you have any ability to change is yourself. So, paying close attention to what the source of your unhappiness is, is the first step. There may be other steps you alone can take to improve your sense of well-being. If you are fighting a lot, notice if it is the same issue over and over, and see what your part is that triggers him, or how he triggers you. Change that, and the whole system may change.

Also notice your timing in bringing up your unhappiness. If it is during or shortly after a fight, he may still be defensive. You might carefully pick the time and way you talk about your unhappiness, and suggest ways for you to change, too, that might improve his life.

In many marriages both people have formed unrealistic expectations of each other and of themselves, which upon disappoint-



Carole Light, Ph.D.

ment leads to discontent. Such beliefs as: "If you love each other you will never hurt one another," or "he should think or feel the way I do about things," or "if she really loved me, she'd know what I need without my having to spell it out...I do that for her." When both people readjust their expectations, a great deal of disappointment and hurt dissipate.

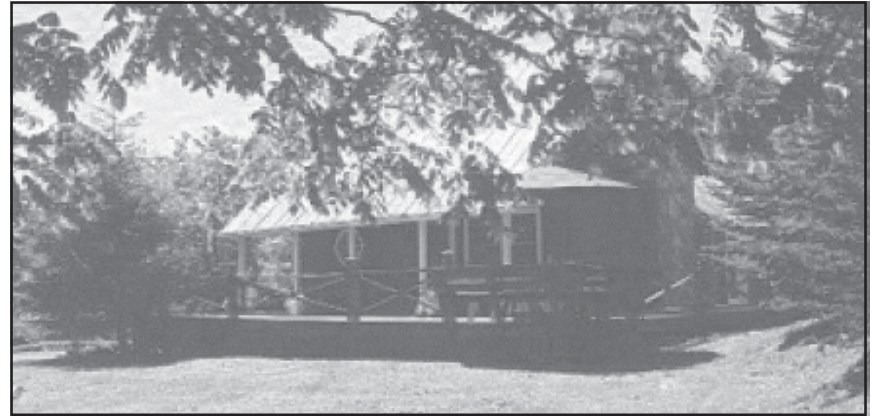
There are some situations where the best option is to separate, or to prepare your financial independence so that separation seems possible in the future. Especially if your unhappiness stems from repeatedly being treated disrespectfully or from being hurt physically, and your husband refuses to change, then the option to end the marriage may be the right course to take.

It is an important model for your children not to settle for a relationship where one is the victim of abuse.



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Ear, nose and throat physicians open practice

By Skip Taylor
Contributor

Otolaryngology is the latest medical specialty to become available to area patients through Highlands-Cashiers Hospital.

Drs. Christopher T. Wenzel and Shannon E. Hunter, of Western Carolina Ear Nose and Throat Specialists, are expanding their Waynesville group practice to the Highlands-Cashiers area. They began seeing patients here last Friday. Their new office is located in Suite 500 in the Jane Woodruff Medical Building on the hospital campus.

Initially, they plan to come to Highlands twice per month.

Commonly known as Ear, Nose and Throat, or ENT for short, otolaryngology is one of the most commonly needed specialties not already being offered locally, say hospital officials.

"During a recent survey of area physicians, ENT was the medical field most often needed that is not now available here," said Jim Graham, hospital administrator. "The hospital has been looking at ways to make this specialty more convenient to our patients for several years now, and we are very pleased to be working with Dr. Wenzel and Dr. Hunter to realize

that goal."

Dr. Wenzel, who is originally from Western North Carolina, returned to his native Haywood County and began his medical practice three years ago. His father was a general surgeon in Haywood County for 30 years.

The younger Dr. Wenzel earned his medical degree from Duke University School of Medicine in 1995, before going on to perform both his surgical internship and his residency in otolaryngology—head and neck surgery also at Duke, where he was chief resident.

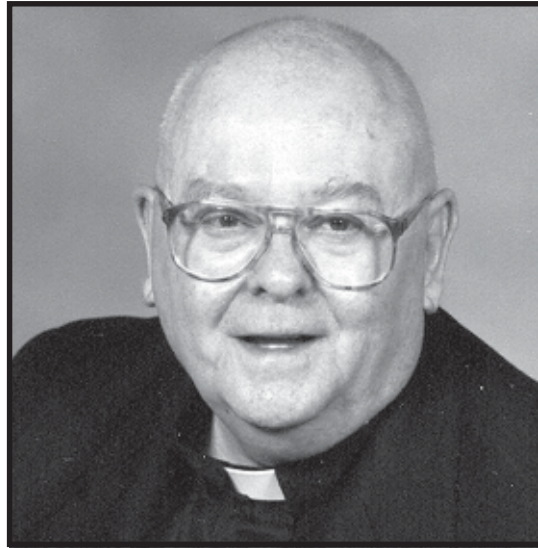
He is a fellow of the American College of Surgeons and member of the American Academy of Otolaryngology, the American Association of Facial Plastic and Reconstructive Surgery, and the American Academy of Sleep Medicine. He is board certified in otolaryngology.

A native of Winston-Salem, Dr. Hunter completed her residency in otolaryngology—head and neck surgery at Duke earlier this summer, joining Western Carolina Ear Nose and Throat in July. She earned her medical degree in 1998 from the University of North Carolina

■See DOCTORS page 23



... Spiritual message



Father Bill
Our Lady of the Mountains
Catholic Church

The saying was hard and just some of the disciples stayed with Jesus because they had no place else to go. The saying that was so difficult was the one concerning Jesus giving us his flesh to eat and his blood to drink. You need to ask yourself the very same question right now. Have you stayed because you have no where else to go? Do you believe in the true presence of Jesus in the Eucharist?

You know, a recent survey gave us the figure that about 60 percent of Catholics did not believe Jesus was truly present. This means that 60 percent of Catholics in our church aren't really Catholics. We don't know what they are, but we do know that they are not Catholic. Maybe for them, this is just a good show and they have come here to be entrained. If the last statement is your answer, you might as well leave and go someplace else for your entertainment.

When the church changed radically a few years ago, in the aftermath of the Second Vatican Council, a lot of people left, but some people stayed because they had no place to go. And we know, of course, that even at its worst, the Catholic Christian vision of reality is the most convincing, so staying was the best thing to do – for them then and for us now.

But as often happens with a vision, even with a good vision of valid Christian Faith, over time it becomes clouded and distorted. As the vision was institutionalized, it became encoded by the Pharisees, encrusted by the stubborn and rigid by the small-minded – and still is, in the minds of many.

We all began well, as you know. Along with God, Jews and Christians saw creation as good. Not bad or indifferent, but positively

■ See SPIRITUAL page 18

■ 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.

Lutheran Church of the Holy Family – ELCA

Rev. Pam Mitcham, Pastor,
2152 Dillard Road – 526-9741
Sundays: Worship/Communion – 10:30a.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
Aug. 31: Rev. Melvin Shuler, a pentecostal preacher
will preach. For more information call 526-3212.

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

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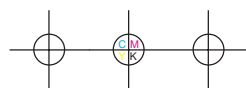
526-9769
Rev. Maureen Killoran (part-time)
Sundays: Worship – 11 a.m.

Westside Baptist Church

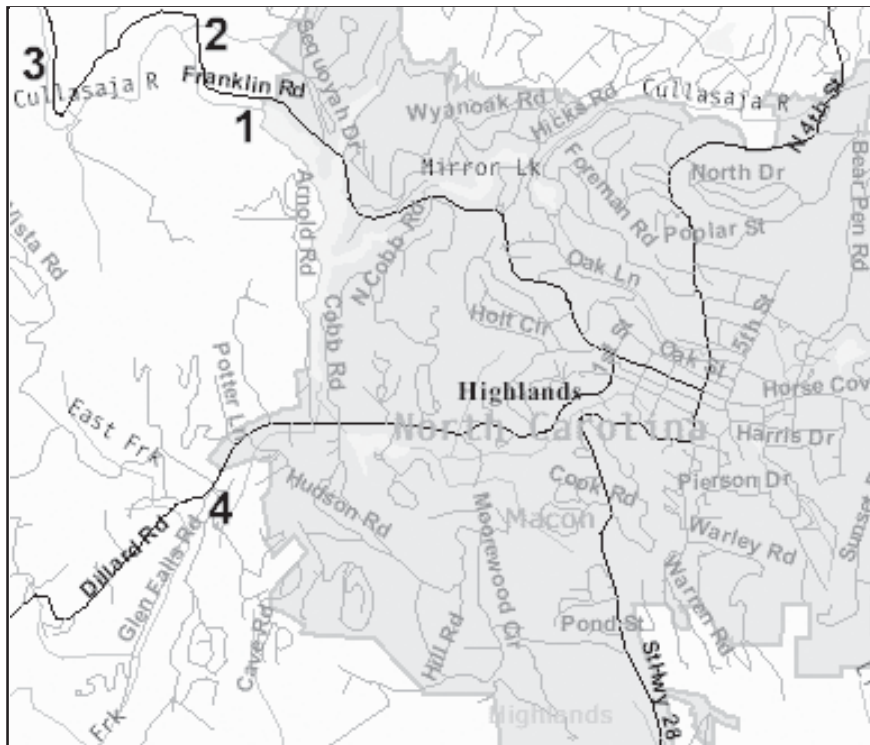
Interim Pastor, Terry Dixon
Services in the basement of the Peggy Crosby
Sundays: Fellowship – 11 a.m.; Worship – 11 a.m.

Whiteside Presbyterian Church in America

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



■ Waterfall Hikes ■



- **1) Kalakaleskies Falls:** Located off Hwy. 64W about 1 1/2 miles from town on the Cullasaja River. The Sequoyah Dam is at the head of these falls. There are 18 small falls within a quarter mile, each paralleling US Hwy 64 west.
- **2) Bridal Veil Falls:** This picturesque fall cascades over US Hwy. 64W about 2 miles from town. Cars may even drive under this waterfall.
- **3) Dry Falls:** On US Hwy. 64W, about 3 miles from town. Parking is provided by the Forestry Service where a path is taken to the falls. They are certainly not dry.
- **4) Glen Falls:** Located off a dirt road 3 miles south of town on Hwy. 106. The turnoff is marked by a U.S.F.S. sign. Glen Falls is composed of a series of 3 large falls dropping approximately 60 ft. each on the east fork of Overflow Creek in the Blue Valley area. The one mile foot trail down to the falls is steep.

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... SPIRITUAL continued from page 17

good. Not against us or neutral, but actually for us. It was God's little acre over which we had been set as stewards. But since then, we have learned to control and plunder God's little acre.

But before we learned how to do all of that, God graced our earth in the person of his son. He came not as a tourist, but as a native; not to visit, but to stay; not as a spectator but as a participant. And since then, in spite of the work of Satan, the world has become more than good – it is far better.

Heaven has been joined to earth in Jesus Christ. This is Christian truth – so believe it. If it is true that Jesus shares our DNA, then we share His divinity, just as the prayer in the mass indicates when the priest mingles a little water with the wine and says: May we come to share in the divinity of Christ as He has come to share in our humanity. And since rocks and lilies and pandas and humans are the same physical stuff in different arrangements, then all of creation has been Christianized and Christified. It all smells of God.

That's what we believe. But we don't experience it any more in its initial state. We no longer feel it with its primitive passion because we have tamed or hidden reality. We have civilized our faith; we have cultivated our religious taste. We did all that damage with our highest human faculty, our mind. We reduced reality into a system – we have succeeded in putting ideas between God and ourselves.

For example, marriage was originally a celebration of sex, the fullest expression of human love, the validation of the most physical intimacy possible, the validation of human love. It is supposed to be joyful and exuberant and not sin at all. But in our puritan Catholic vices forced on us by the Irish and French Jansenists, we have squeezed marriage into a contract for reproduction and child support and now it is no longer supposed to be a pleasure.

What happened to the sheer joy of human love?

The idea of penance, reconciliation, confession began as a celebration of second chances, an orgy of divine forgiveness, a confirmation that goodness prevails no matter what, a solemn promise to get it right the next time. But in our legalism, we reduced confession to a license to commit the same sins over and over again. Still most people, when they go to confession, use the old-fashioned grocery list: Bless me Father for I have sinned; it has been one day since my last confession and I told 37 lies and I had 22 impure thoughts.

The ideal of Anointing of the Sick began as integrating the process of dying into the life process, a sharing in the suffering of Jesus, a saving penance for the church, the culmination of a life lived in Christ. But in our quest for certainty, we made that anointing into a last-minute reprieve for a misspent life – the so called "last rite." At least now, the Anointing of the Sick has been restored to a sincere prayer for healing and forgiveness.

These are caricatures, to be certain, but they ring true enough for us to recognize. So how can we transform our Christian mistakes and stupid little superstitions into a realistic Christian spirituality? We can do it only by a return to reality, a return to the Christian sense of the way things truly are.

Starting with love. If God is love, then we will meet God in every act of love, as insignificant as a cup of water given; as small as the smile of someone you like. If you take God really seriously, your most intense experience of God might just well be making love to the person you really love the most. And I don't care if you are both 95 years old.

Or, consider prayer. Prayer is simply relating with the one who loves you more than you can imagine, the one you should love more than anything else. How

■ See SPIRITUAL page 23

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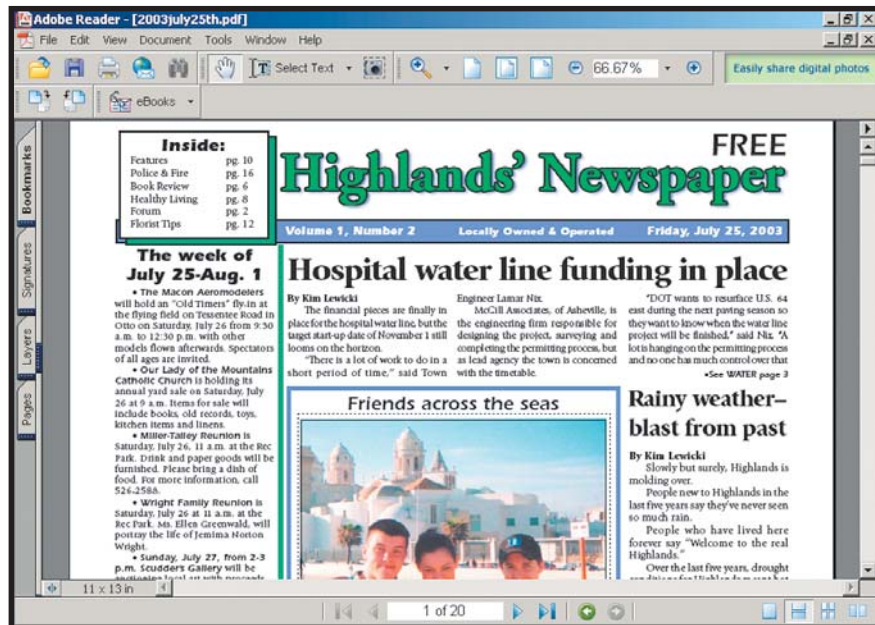
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• Police & Fire Log •

The following are the Highlands Police Department log entries for the week of Aug. 20-27. The only names are of public officials and/or people who were arrested.

Aug. 20

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

Aug. 21

- Officers are investigating a breaking & entering with a larceny of golf clubs from Highlands Country Club pro shop.
- At 8:55 a.m., a motorist was cited for driving with an expired registration at Fourth and Spruce streets.

- At 9:12 a.m., a motorist was cited for driving without an inspection sticker or registration at N.C. 28 and Third Street.

- At 9:54 a.m., a motorist was cited for driving without an inspection sticker at Main and Fourth streets.

- At 12:30 p.m., a resident on Paul Walden Way told police that his dog was attacked by another dog while on a walk with his daughter.

- At 2 p.m., officers responded to an accident on U.S. 64 west. There were no injuries.

- At 4:15 p.m., officers responded to a dispute between a customer and proprietor at the U.S. 64 Stop and Shop.

Aug. 22

- At 7 a.m., officers responded to a domestic dispute at a residence on Raoul Road.

- At 9:40 a.m. officers responded to an alarm at a residence on Sagee Road. All was secure

- At 9:45 a.m., officers responded to an accident on Third and Main streets. There were no injuries.

- At 10:30 a.m., officers responded to an accident on Holt Knob Road. There were no injuries.

Aug. 23

- At 6:40 a.m., a motorist was cited for speeding 34 mph in a 20 zone.

- At 8:02 a.m., officers responded to an alarm at a residence on VZ-Top. All was secure.

Aug. 24

- At 8:50 a.m., a motorist was

cited for driving without an license or inspection sticker at N.C. 106 and Spring streets.

- At 1:35 p.m., a purse was found on a bench on Fourth Street. It was returned to the owner.

- At 5:15 p.m., a motorist was cited for improper passing at U.S. 64 and N.C. 106.

- At 6:18 p.m., officers responded to a domestic dispute at a residence on Wahoo Trail.

Aug. 25

- At 1:20 a.m., officers responded to a noise complaint at a residence on Old Farm Road.

- At 9:30 a.m., a motorist was cited for driving with an expired registration at Third and Spring streets.

- At 1:20 p.m., officers responded to an alarm at a residence on Warren Road. All was secure.

- At 2:12 p.m., officers responded to an alarm at a residence on Bowery Road. All was secure.

The following are the Highlands Fire & Rescue Department log entries for the week of Aug. 20-27.

Aug. 21

- The depart. was first responders to assist EMS at a residence on Worley Road. The victim was transported to H-C Hospital.

Aug. 22

- The department responded to an alarm at a residence on Donald Ross Road. It was a false alarm.

Aug. 23

- The depart. was first responders to assist EMS with a call on Flat Mountain Road. There was no transport.

Aug. 24

- The depart. responded to a small kitchen fire at a residence on Satulah Falls. There was minimum damage.

- The depart. was first responders to assist EMS at a residence on Highlands Mountain Club. The victim was transported to H-C Hospital.

Aug. 24

- The depart. was first responders to assist EMS with medical calls at residences on Wilson Road, Flat Mountain Road and at the Highlands Rec Park. All the victims were transported to H-C Hospital.



• 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. 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.

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.

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.

- The Audubon Society will host a field trip to Horse Cove for local birds and early fall migrants. Meet at Town Hall at 7:30 a.m. For more information, call Edwin Poole at 526-2775.

Sept. 9

- The last Hudson Library cooking classes is today, Tuesday featuring chef Nick Siegel owner of Cyprus Restaurant. He will teach how to cook International cuisine. Contact the library at 526-3031 for more information.

- Highlands Rotary Liberty Gala, at Highlands Country Club. Proceeds from this every-other-year event support the arts and 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. 18

- The Audubon Society will host a field trip to Caesar's Head State Park. Date may change due to weather. Meet at Town Hall at 7:30 a.m.. For more information, call Edwin Poole at 526-2775.

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 info, call Mary Adair Leslie at 526-2673 or Thom Corrigan at 526-8348.



Photo by Cynthia Strain

On Tuesday, Sept. 2, Don Hendershot will present a program on raptors at the Highlands Plateau Audubon Society monthly meeting. Don will concentrate on local raptors and migrants one might see at Caesar's Head. The program begins at 7 p.m. at the Highlands Rec Center.

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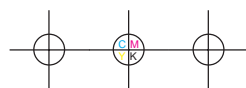
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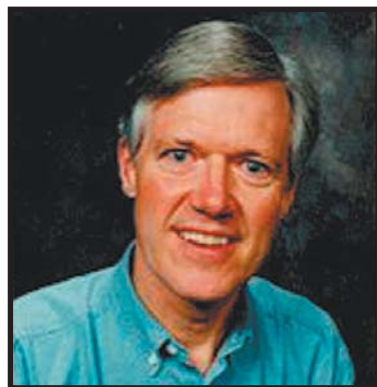
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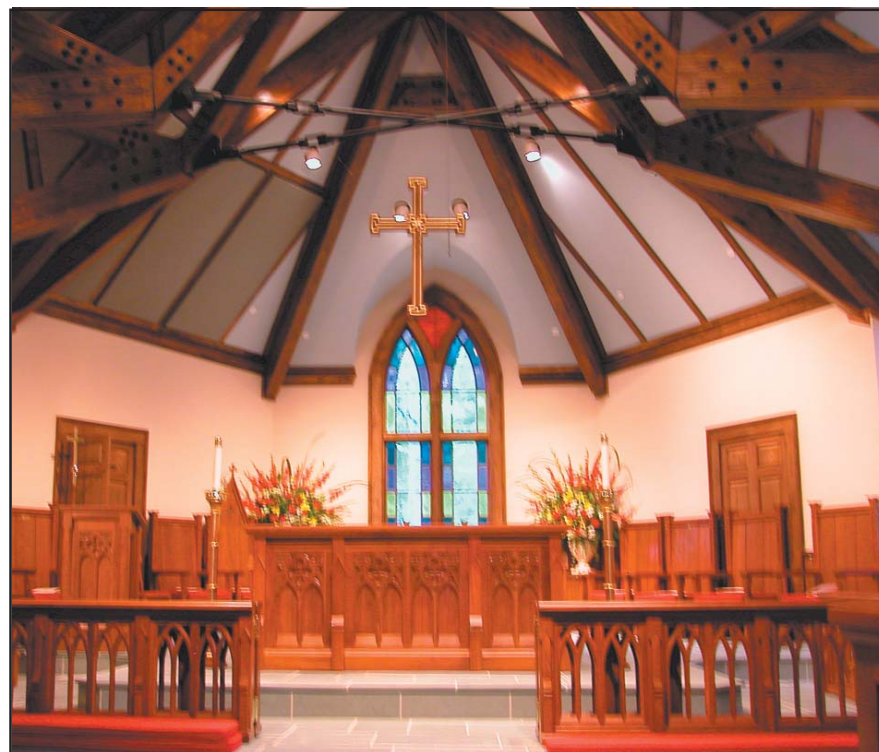


Photo by Kim Lewicki

The Highlands community has watched with interest as the extension to the Episcopal Church moved from the planning stages to the building stages. Finally, it is complete and beautiful. It took a little over a year to construct – fast for Highlands' standards – and about \$3.5 million, but now 240 people can sit in the sanctuary at one time. The old sanctuary, which will still be used for small services and perhaps even winter services, holds 90 people. On Aug. 29, Bishop Robert Johnson, Bishop of the Episcopal Diocese of Western North Carolina dedicated and consecrated the structure to a full house.

... DAM continued from page 1

rest. Before installing the new valve, Roth went under to insert a balloon-type apparatus in the pipe to keep water from pouring through when the metal flap was removed.

Once the new valve was welded into place, the balloon was removed.

"We've known we've had to do this for a long time," said Town Engineer Lamar Nix. He said a working valve is a necessity. "If we had to lower the water to repair the water or sewer line that goes across the Cullasaja River below the dam – or if we have to repair the dam itself we need to stop the water flow."

Last year diver Roth cleaned the

inside of the Buck Horn water tank on Satulah while the water was in it. "He went in there with a vacuum cleaner-like machine hooked up to a pump outside and sucked all the dirt out of the bottom of the tank."

The Lake Sequoyah valve repair cost about \$15,000 but that includes a new control wheel set near the pump house so workers don't have to risk going near the dam when opening or closing the valve.

Roth said when he was standing under water in Lake Sequoyah at the edge of the dam he stood on about eight feet of silt. But that's another story.

... SPIRITUAL continued from page 18

complicated can that be? But we have depersonalized prayer into a process, a program, a problem to be solved. We need to throw away our prayer techniques and just do what comes naturally. And what is that? Just a sincere talk with someone we love – like God.

Presuming that God is always available, if we cannot pray, maybe that is because we don't love God more than anything else. Is it not even easy to be silent in the presence of one we love, because that too, is communication with the beloved? Maybe we just try too hard.

Consider work. Producing and selling and fixing and building things – being creative – are these not the ways we work with God in transforming physical reality? Work is carrying on the continuing

work of creation with God. Work is humanizing our natural environment. Work is not just a jog; it is far more than making a living. Our work is our vocation – our mission in life. Our very work is holy because it is transforming God's gifts into something humanly meaningful and even beautiful.

What do we do now? Maybe we should stop playing at being Christian. Maybe we should get a real life. Maybe we should take ourselves seriously, experience ourselves as a unique child of God – we should let God love us crushingly and hug Him right back.

Ask God his plan for each day and then ask Him what you can do to bring it into being. Then do it – with vigor and with joy.

... DOCTORS continued from page 16

School of Medicine at Chapel Hill, where she was summa cum laude and a Distinguished Medical Scholar. She performed her surgical internship at Duke before undertaking her residency in otolaryngology there as well.

She is a member of the American Academy of Otolaryngology, the American Association of Facial Plastic and Reconstructive Surgery, and the American Academy of Otolaryngic

Allergy, and she is a candidate for the American College of Surgeons. She has also undergone special training in hyperbaric and diving medicine.

Drs. Wenzel and Hunter accept self-referred patients and patients referred from a physician.

Appointments may be made by calling 526-1362 during regular business hours, Monday through Friday.

Learn to cook from a pro

The last Library Cooking Class for 2003 will be held on Tuesday, Sept. 9. Nick Siegel, chef at the Cyprus Restaurant will provide "hands on" instruction on preparing and serving International cuisine.

Chef Siegel opened the Cyprus Restaurant as a neighborhood restaurant in June of this year "to offer interesting food at reasonable prices." The Library Cooking Classes have been a popular part of the Highlands summer season for many years.

Contact the library at 526-3031 for more information.



Siegel's family owns ...on the Verandah

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Highlands Falls Country Club. This 3 bedroom, 2 bath in the Laurelwood Golf Villas features views of the 11th fairway, a pond, and mountains in the distance. The interior has been fully renovated, with a new kitchen and baths, all of top quality materials and workmanship. Exterior has been freshly painted, and has a 2-car garage. Equity Membership is available at market rate. Membership requirements. Offered at \$575,000.



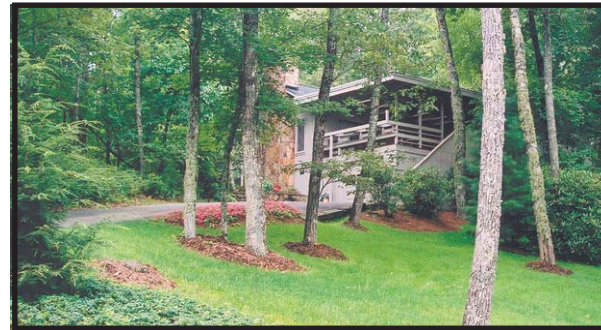
Close to town. Wonderful three bedroom, 2 bath home with a view located about one mile from town on Hwy 64, the Cashiers Road. Offered at \$239,000.



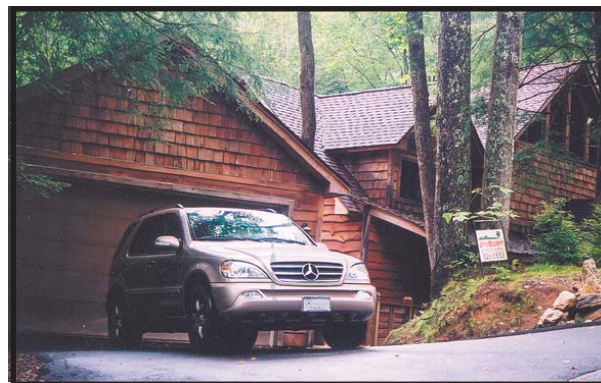
Casual Mountain Elegance. Charming 4-5 bedroom, 5.5 bath, Southern Living design home on private cul-de-sac featuring spectacular views of Satulah and Brushy Face Mountains. Main family room includes massive 2-story native stone fireplace. Lower level family room in pine with stacked stone fireplace. Master includes cozy sitting area with the third stone fireplace. Granite countertops in kitchen and master bath. Many custombuilt-ins including desk and bookcases in fifth bedroom/study. Elegant high-end window treatments and extensive professional faux finishes. Wide plank pine flooring throughout two upper floors. Two car garage including large unfinished room above. This gem has loads of curb appeal. Asking \$1,095,000.



New Listing with a Nice View. Located in Flat Mountain Estates. Three bedrooms, 2 ½ baths, living room with cathedral ceiling, screened porch, deck, fenced yard, 2-car garage with unfinished bonus room. \$595,000 furnished.



In Wildwood. This adorable 2 bedroom, 2 bath home is located in Wildwood Subdivision. Large living room with woodburning fireplace has 2 large double sliding doors that access large covered porch. Large master bedroom with Jacuzzi tub, master bath has a sliding door that also accesses the large covered porch. On over an acre of land with beautiful landscaping and a great garden spot which now occupies a dahlia garden. A must-see! Offered at \$339,000.



Retreat to the Mountains. This 3 bedroom plus large den and loft, 3 and 2 half baths home sits on over an acre of land in Laurel Falls at Skyline. The main floor, with beautiful hickory floors throughout, consists of cathedral ceiling living room with floor to ceiling rock fireplace; a large commercial kitchen to bring out the gourmet chef in you; master bedroom and bath and a nice powder room for guests. The upper floor consists of a large loft area that would make a great office or pool table area; a second master bedroom and bath and big walk-in closet. The lower level boasts a den or TV watching room with a powder room for guests, laundry room and a guest bedroom and bath. Offered at \$750,000, furnished.



Located on a small knoll overlooking a lush meadow, This stone manor sits amidst the weeping evergreen trees and affords a serene pastoral setting. Custom-crafted by a local Highlands stone mason for his personal residence, and lovingly renovated by the current owners. This residence will stand the test of time. Four bedrooms, four baths, plus guest quarters in the lower level. Lovely wood floors and custom trim. Don't miss this one if you want a historical old home to make your own. Offered at \$695,000.



In-Town Living. Located on North Drive, Little Bear Pen Mountain, this contemporary ranch plan features a large great room with stone fireplace and a three bedroom, two bath split plan. Don't miss the Spectacular Mountain View from this one if you are searching for a view home with in-town living. Offered at \$795,000.



Just Charming. Charming three bedrooms, 2.5 bath home less than a half-mile from the post office. Recently remodeled paying particular attention to maintaining the charm of Highlands with pine walls, wood floors, cathedral ceiling in the new dining area, new appliances and plenty of room for hobbies/crafts or office space. There is almost an acre of land with a spring on the property. Listed partially furnished at \$345,000.