

Inside:

Features	pg. 10
Police & Fire	pg. 16
Book Review	pg. 6
Healthy Living	pg. 8
Forum	pg. 2
Florist Tips	pg. 12

Highlands' Newspaper

FREE

Volume 1, Number 2

Locally Owned & Operated

Friday, July 25, 2003

The week of July 25-Aug. 1

• **The Macon Aeromodelers** will hold an "Old Timers" fly-in at the flying field on Tessentee Road in Otto on Saturday, July 26 from 9:30 a.m. to 12:30 p.m. with other models flown afterwards. Spectators of all ages are invited.

• **Our Lady of the Mountains Catholic Church** is holding its annual yard sale on Saturday, July 26 at 9 a.m. Items for sale will include books, old records, toys, kitchen items and linens.

• **Miller-Talley Reunion** is Saturday, July 26, 11 a.m. at the Rec Park. Drink and paper goods will be furnished. Please bring a dish of food. For more information, call 526-2588.

• **Wright Family Reunion** is Saturday, July 26 at 11 a.m. at the Rec Park. Ms. Ellen Greenwald, will portray the life of Jemima Norton Wright.

• **Sunday, July 27, from 2-3 p.m. Scudder's Gallery** will be auctioning local art with proceeds going to Relay for Life. A preview of items is from 1:30-2 p.m. Items include a dinner for two at Café of the Arts, lunch for two at Pescado's, a sterling silver Gorham service for eight, handmade wooden bowls by Boyd, glass creations by Bryant Art Glass, paintings, photography and more.

• **Highlands-Cashiers Chamber Music Festival's** Highlands performances are Fridays at 8 p.m., Sundays at 5 p.m. and Tuesdays at 7:30 p.m. Tickets are \$20, \$5 for students. Performances run through Aug. 8. Call the box office at 526-9060. Tickets for the Gala Festival Finale at WCCCC Aug. 8 are \$100.

• This is the last weekend for the **Highlands Playhouse** performance – Hay Fever, July 24-27. Performances are Tuesday through Saturday at 8 p.m. and Saturday and Sunday at 2 p.m.

• **Christian musician Steve Green** is performing at the Rec Park on Aug. 1 at 7 p.m. Tickets are \$10 available at Jacob's Well and Highlands House of Coffee.

Hospital water line funding in place

By Kim Lewicki

The financial pieces are finally in place for the hospital water line, but the target start-up date of November 1 still looms on the horizon.

"There is a lot of work to do in a short period of time," said Town

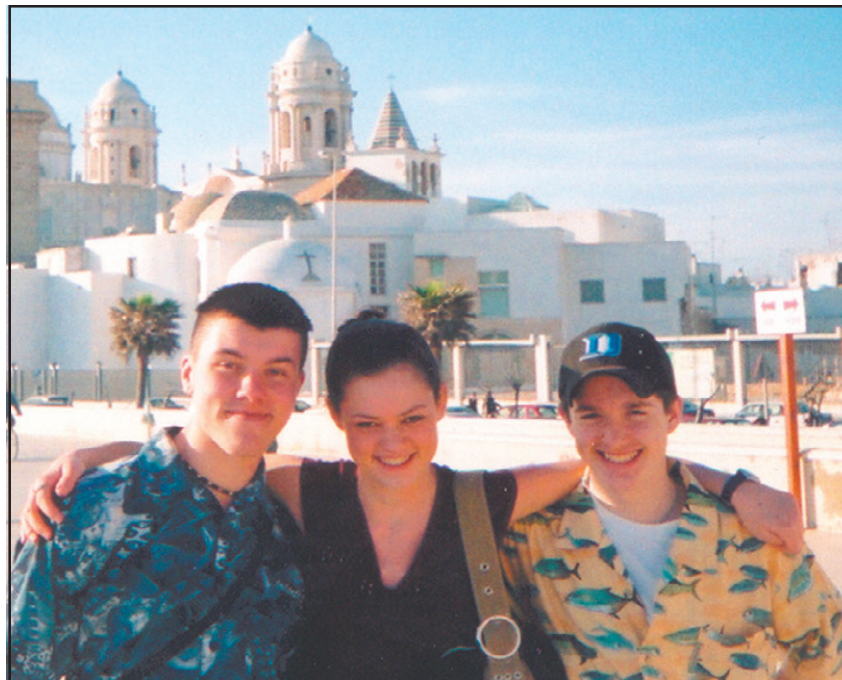
Engineer Lamar Nix.

McGill Associates, of Asheville, is the engineering firm responsible for designing the project, surveying and completing the permitting process, but as lead agency the town is concerned with the timetable.

"DOT wants to resurface U.S. 64 east during the next paving season so they want to know when the water line project will be finished," said Nix. "A lot is hanging on the permitting process and no one has much control over that

▪See WATER page 3

Friends across the seas



Highlands School exchange student Alex Osteen, right, with other exchange students in Spain last year – Jeremy Bell from New York and Kristen Barret from Alaska. They are in front of the cathedral in Cadiz, Spain. See story page 10.

Rainy weather—blast from past

By Kim Lewicki

Slowly but surely, Highlands is molding over.

People new to Highlands in the last five years say they've never seen so much rain.

People who have lived here forever say "Welcome to the real Highlands."

Over the last five years, drought conditions for Highlands meant hot sunny days and great tomato crops.

But the real Highlands is all about rain say old-timers – it is after all a temperate rain forest. In 1979 Highlands saw 126 inches of rain; in 1915, 111 inches.

Bob Wright, executive director of the Upper Cullasaja Watershed Association (UCWA) which is in the business of tracking Highlands

▪See RAINY WEATHER page 3

Fibber Magee's moving to new quarters

By Kim Lewicki

After seven years at the Peggy Crosby Center, Fibber Magee's Closet is moving on.

Come September, the thrift store extraordinaire will operate out of the cottages on North Fourth Street across from Little Bear Pen Mountain Road.

"We've outgrown our space at the center," said Mary Jellison. "Our customers enjoy themselves while

shopping at Fibber's and I'm afraid we're the cause of too much noise and commotion for the other tenants at the center."

She said customers get pretty excited about the "jewels" they find and the shopping experience often translates into a social event.

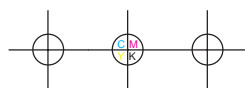
Selling Highlanders' hand-me-downs has translated into big bucks for Fibber's which consequently translates

to big bucks to the Highlands community.

In the 24 years since it opened in 1978, Fibber's has grown from earning \$2,500 in a year to \$60,000 in 2002 and a projected \$65,000 in 2003.

Earnings fund local scholarships, help out the Rec Park, the First Presbyterian Child Care Center, the Highlands-Cashiers Hospital

▪See FIBBER'S page 18



Wit's End

On Main Street
Serving Historic Highlands since 1940
Largest collection of Vera Bradley
in the South
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



Private setting in Mountain Laurel
off Hwy 106. This contemporary home offers 3 bedrooms, 2 baths, a large stone fireplace, vaulted ceilings, wood floors, a large family room and a deck. Lots of glass to bring the outdoors in. Offered at \$435,000. MLS# 50879.

JOHN CLEVELAND 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
(828) 506-1574
email: editor@highlandsnewspaper.com

Publisher/Editor
Kim Lewicki
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.

■ FORUM ■

A place for kids to play

As a parent, I would like to see the town and members of the community give some serious thought to the children of Highlands.

Every parent I know says the same thing, "There's very little for children to do in Highlands."

People who have grown up here say there's less for kids to do now than years ago and that just doesn't seem right or even make sense.

Highlands is richer than ever. As a small town it has enjoyed a budget in the black for years and years. It has state-of-the-art wastewater and water treatment plants. A first-rate summer stock theater, a library that surpasses many in larger towns, a K-12 school that is clean, well-staffed, and safe with the latest with the latest technology. Finally, there are county fields in Highlands for soccer and softball with concession and bathroom facilities which could rival most city parks.

But when it comes to stuff for kids to do in town, there just isn't much. And so kids skateboard, rollerblade and drive scooters in and around the congested business district, itching for a place to jump off from or catapult from – a place to soar.

In most cases, when it comes to building, the geography of Highlands presents all sorts of problems. But dips and curves, knolls and hills are exactly what kids on skateboards want. They want it so badly, they construct scary-looking contraptions just to get some lift. Let's capitalize on that.

Why don't the town and community join forces to con-

struct an all-around skateboard-roller blade-scooter tract in the gravel parking lot used for overflow at the Rec Park. The truth is, the parking lot is only used a couple times a year for what the town fathers intended. The rest of the time it's a place the police have taken to patrolling.

I bet with a little push, the talented landscape and design architects we have in this town could certainly come up with a ingenious track which could serve multi-purposes. Can't you just see it? Pathways that swoop up and down over berms, through tunnels, maybe even around a permanent ice-skating rink that when drained spring through fall could serve as another extension of this "playground" for older kids.

And I bet with the right campaign, whatever money is needed could be raised.

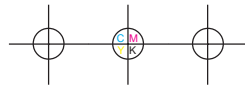
It's true the town doesn't have extra money for newfangled ideas and projects right now. But if Cashiers can raise hundreds of thousands of dollars for an awesome playground and a community center complete with a track and indoor swimming pool for use all year long, why can't Highlands get behind a project that will benefit the youth of the community?

If thousands can be raised for worthwhile projects like Habitat for Humanity, The Peggy Crosby Center, the Highlands-Cashiers Hospital, the Rotary Clubs, the Highlands Land Trust, the Highlands-Cashiers Chamber Music Festival, Martin-Lipscomb Performing Arts Center, and the Highlands Playhouse, can't money be raised for a project that will benefit the children of Highlands?

Sure it can.

– Kim Lewicki

We welcome letters from our readers. All letters are subject to editing. We reserve the right to reject letters. Anonymous letters will not be accepted. Letters bearing identification can arrive by post or email. Published letters do not necessarily represent opinions of Highlands' Newspaper.



..... RAINY WEATHER cont. from page 1

rainfall says as far as rainfall is concerned, "this is an average year for Highlands."

"This year's rainfall is ahead of 2002 at this time by 13.56 inches," said Wright, "but compared to the 30-year average used by the National Weather Service, we were behind 2.75 inches at the end of May."

But by June 30, Wright said rainfall was 1.66 inches ahead for the first time this year with 11.28 inches falling in June.

Though people are having a hard time working on their tans this summer, all the rain and humidity are driving sales of dehumidifying products like dehumidifiers and Damp-Rid way up.

Jack Gass, manager of Wal-Mart, said dehumidifier sales are up four or five times higher this season

compared to last.

"Dehumidifier sales are up 40 percent and Damp-Rid sales are 55-60 percent higher this year," said Gass. "I can't keep the stuff on the shelves."

Lowe's system manager, Rick Westerman, said the day after a good rain people flock in for anything to dry out their houses.

"We've seen a substantial rise in window and floor fan sales and a 37 percent increase in dehumidifier sales over last year," he said.

If the past three months' rainfall figures are any indication, July's rain figures don't stand to decrease.

In April 2002 5.58 inches fell compared to 8.73 inches in April 2003. In May 2002, 5.51 inches fell compared to 10.47 inches in May 2003. In June 2002, 4.80 fell compared to 11.28 in June 2003.

..... WATER continued from page 1

except the agencies that handle it."

DOT's next paving season runs April through November.

To insure it never has to worry about its wells running dry again, hospital administrators asked the town if the hospital could hook into the town's water system. The town board said yes, "as long as the town doesn't have to pay for anything."

It's taken close to two years to come up with the money needed. But most of the \$1.35 million project which involves 12,000 feet of water line along U.S. 64 east is being funded by grants.

A \$450,000 STAG grant allocated by Congress brought in the biggest chunk of money; followed by a Rural Center grant of \$400,000; an ARC grant of \$200,000; \$200,000 allocated by the hospital for the project with the county coming through with the balance needed of \$101,300.

The town is fronting the money, and the county is paying the town back out of its 2003-2004 budget.

"It's our way of endorsing the project," said County Manager Sam Greenwood.

Nix said it's important that the project start on time because of weather and the 2003-2004 tourist season.

"We want it done before the season starts next year and DOT wants it done so it can pave the road before the traffic gets heavy in May," he said.

Meanwhile, McGill has started surveying. After that comes the design phase and finally the permitting process.

Once the permits are approved, the town will bid out the job, and award the contract.

If all goes well, the project will break ground by November 1.

July Sale

40%-70% OFF

85% OFF RED TAG ITEMS

In appreciation of our longtime 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



Shiraz

ORIENTAL RUG GALLERY

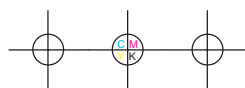
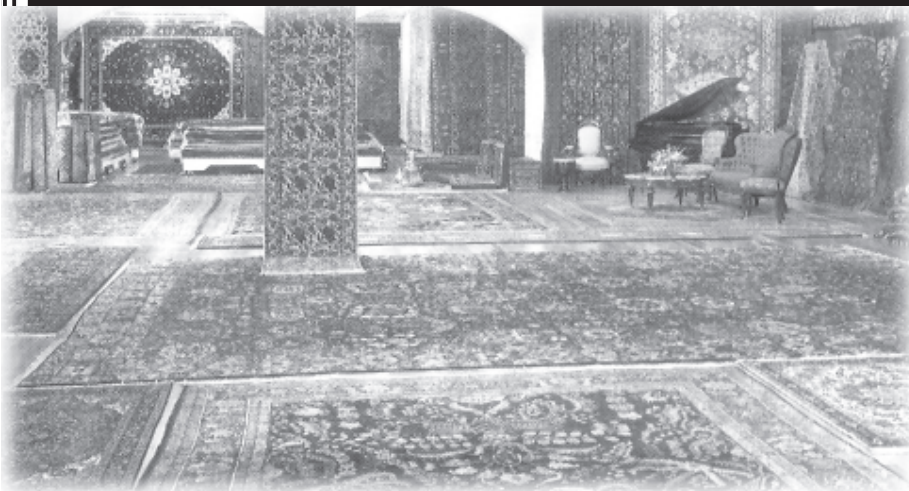
(828) 526-5759

◆ MAIN STREET ◆ OAK SQUARE ◆ HIGHLANDS

Other show rooms:

Naples, FL – Tampa, FL – Sarasota, FL – Orlando, FL

CLEANING ~ REPAIRING ~ APPRAISALS



Are you ready for a **STIHL®**?



Highlands Outdoor Tool



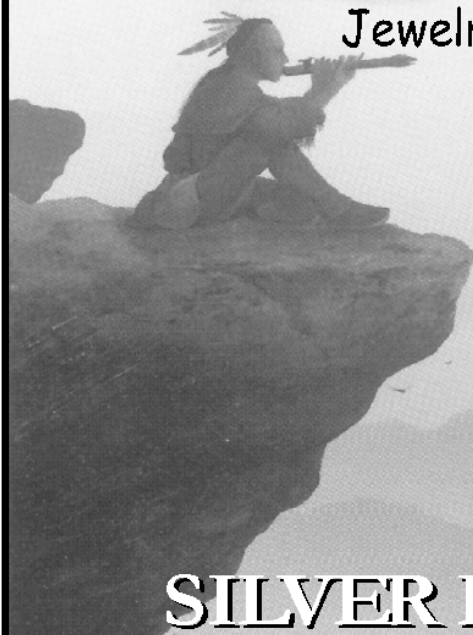
Sales & Service in:
**Chainsaws &
Trimmers**

(828) 526-4925

2330 Cashiers Road
Highlands, NC 28741



**Native American
Jewelry, Arts & Crafts**



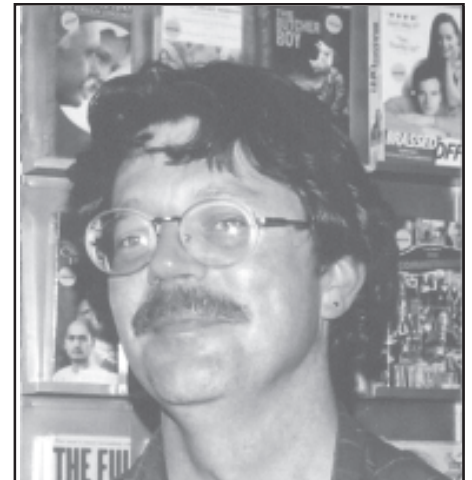
- Sterling Silver Jewelry
- Drums
- Candles
- Smudge Sticks & Incense
- Herbal Teas
- Dream Catchers
- Stone Fetishes
- Books
- Minnetonka & Pendleton

SILVER EAGLE

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

■ Movie Pix ■

Stuart "Video Guy" Armor presents Shirley Barrars' 1996 "Love Serenade"



It's a comedy, it's about romance but it's not a romantic comedy.

This truly bizarre Australian, played entirely by just four superbly talented actors, is a stunning piece of work.

The story line is seemingly simple. Ken Sherry, radio personality extraordinaire, moves from the big city of Brisbane to the sticks. Two sisters, Vickie Ann and Dimitry, vie for his affection.

George Shevtson gives a flawless performance as the loathsome Ken Sherry. You hate this guy before he even delivers his first line.

Miranda Otto as the dim and defective Dimitry is charming. Rebecca Firth is delightfully wretched as Vickie Ann, but big praises must go to the smallest role of Arnold, Chinese Restaurant owner, played by John Alanso. His few lines are delivered in a perfect deadpan monotone. His rendition of John Denver's "Lineman for the County" can't be described or explained.

The sound track is heavy on Barry White and it is artfully and

subtly used to play on and off the story line.

Rated "R" for some sexual content and more violence than you'd think.

Other truly bizarre Australian comedies

available are

"Laugh Till
You Hurt
Yourself,"

Category Area,
Children of the
Revolution,
Welcome to

Woop, Woop, Cosi,
Murriels' Wedding,
Pricilla, Queen of the
Desert, and quite
possibly the greatest
thing to come our of the
land down under, since
Fosters, Strictly Ballroom.

These and about 5,000
other titles are available at
Movie Stop Video next to Brick
Oven Pizza. Stop on in 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 for 7
days. Hours are Monday through
Friday 11 a.m. to 8:30 p.m.; Sat.
and Sun. noon-8:30 p.m.



Stuart Armor, owner of the Movie Stop, will be submitting movie
"reviews" regularly.

• The making of a newspaper •

The first question everyone asked me when I announced I was publishing Highlands' Newspaper was "How do you make a paper?"

The fact that we live in a digital world has changed the way everyone does business – including

the publishing world.

Making this process work involved a multitude of technology know-how on both ends. Highlands' Newspaper had to be "on the same page" as the commercial printing division of The Asheville-Citizen Times. (Like every

newspaper press shop, down-time on the press is filled with commercial printing jobs.)

Once the newspaper was designed on the computer, with the text and graphics imported from the various software applications used to

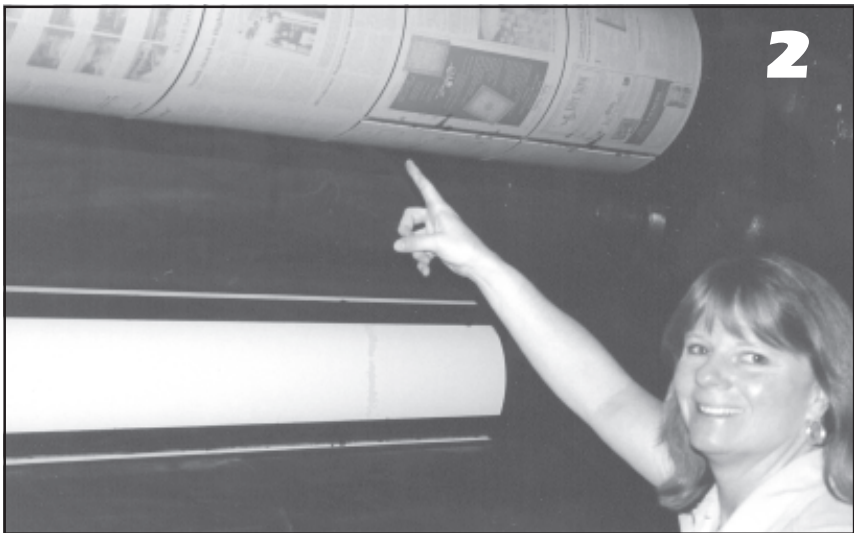
produce them, it was bundled into a digital package.

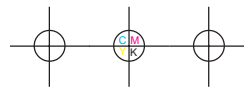
Once the package was digitally bundled, it was uploaded to the Asheville-Citizen Times' server where it was retrieved and downloaded to its imagesetter. The pages were transferred

to film and the film burned to plates which were fastened to the rollers of the press.

Even today, pressmen get inky black but not from head to toe like in the old days. With technology they

▪See NEWSPAPER page 13





■ Book Review ■

Geography of Thought, by Richard Nisbett, (The Free Press, New York: 2003)

By Katie Brugger

In 1991 a Chinese man named Gang Lu was studying physics at the University of Iowa. That year he committed murder. The circumstances were these: he entered an award competition, lost, appealed the decision and lost, then failed to find an academic job. One day he walked into the physics department and shot to death his advisor, the person who had handled his appeal, several students, and himself.

The local papers were filled with discussions of Wang's personality, and clearly blamed this tragedy on his character. They described his psychology ("very bad temper"), attitudes ("personal belief that guns were a means to solve grievances"), and problems ("darkly disturbed man") as the cause of his behavior. Newspapers in China, on the other hand, discussed the context surrounding the murder. They clearly put the blame on factors external to Gang Lu, for example, his relationships ("did not get on with advisor," "rivalry with slain student"), pressures of Chinese society ("victim of Chinese 'top student' educational policy"), and aspects of American society ("availability of guns in U.S."). Is this just a case of the Chinese trying to shield one of their own citizens? The author of a new book on thought uses this sad story to illustrate his thesis that there is a fundamental difference in thinking between the world of the East (China, Japan, Korea) and the world of the West (Europe, America).

Mr. Nisbett, a psychologist at the University of Michigan, writes, "My research has led me to the conviction that two utterly different approaches to the world have maintained themselves for thousands of years. Each of these

Eastern – is a self-reinforcing homeostatic system. The social practices promote the world-views; the world-views dictate the appropriate thought processes; and the thought processes both justify the world views and support the social practices."

The book begins with an exploration of ancient Greek and

premise that you can't understand the part without comprehending the whole.

The bulk of the book describes different experiments carried out on Asians, Americans, and Asian-Americans to test the theory that these basic differences in world-view persist to this day. In every experiment there were stark

these cultural differences, but he found that there is still a profound difference in perception and response between East and West.

There were only two criticisms I had of the book. First, Nisbett tells us that the Eastern way of thinking extends to some degree as far west as the countries of the Middle East, but does not concern himself with the peoples of the rest of the world. The second is that I wish he had spent more time discussing concrete examples of the consequence of the differences in thought. For example, how many of our international crises have been precipitated or worsened by this profound difference in world view? One of the experiments provided a clue to a possible consequence that we were all familiar with in the 1990s: When a Westerner sees a graph going up, he thinks it will continue up, and if she sees one going down, she thinks it will continue down. This brought to my mind memories of "Dow 36,000" and the "irrational exuberance" of the dot.com era when it seemed everyone believed the stock market would go up forever. An Easterner, on the other hand, will think that no matter which way the graph is going change will happen soon; what goes up must come down and vice versa.

Another interesting aspect of the differences in world-view is that while Westerners believe that a person's character attributes are fixed and immutable, an Easterner sees them as changeable because they are dependent upon context and relationship. For instance, in the West we would say that a child having trouble in math class just doesn't have an aptitude for math, while in the

"My research has led me to the conviction that two utterly different approaches to the world have maintained themselves for thousands of years. Each of these orientations – the Western and the Eastern – is a self-reinforcing homeostatic system. The social practices promote the world-views; the world-views dictate the appropriate thought processes; and the thought processes both justify the world views and support the social practices." – Richard Nisbett

Chinese philosophy and their deep-seated differences. The Greek philosophers were interested in abstractions, in finding a transcendent Truth. The Chinese were interested in the concrete, in the search for harmony and balance. The Chinese saw a complex interdependent world made up of interpenetrating substances. The Greeks saw a relatively simple world of individual forms which act independently. The Chinese saw relationship. The Greeks saw individuals. The Chinese saw a yin-yang interaction of forces. The Greeks saw cause and effect. The Chinese saw cycles. The Greeks saw linearity. The Chinese saw maybe-both. The Greeks saw either/or.

The Greeks attempted to understand the universe by cutting it up into parts and finding the underlying principles that governed each part. The Chinese, in contrast, built their understanding around the

differences between Americans and Asians, and the Asian-Americans would be somewhere in the middle. A typical experiment was one in which participants were asked, "which two are related: monkey, panda, banana?" Nisbett found that Westerners tended to relate the panda and monkey because they are both animals, where Asians grouped the monkey and banana because the monkey eats the banana. This supports the author's contention that Westerners tend to group things based on rules and classifications, whereas Asians group things based on relationships. Of course, not every person in a culture responds the same, for instance, it seemed obvious to me that the correct response to that question was banana and monkey. These findings raise important questions about the accuracy of IQ tests. Nisbett also studied those purely visual IQ tests that have been developed to supposedly weed out

■ See BOOK REVIEW page 17



■ Cooking on the Plateau ■

'Wildcat Seasons' Every season's about cooking in Highlands

Wildcat Seasons is a volume of favorite recipes which are carefully collected from members of Wildcat Cliffs Country Club.

Since the late 1800s families have been coming to Highlands to escape the summer heat of the lowlands bringing with them their special cuisines which they adapted to the area.

Ingredients like fresh mountain trout,

Chicken Cheese Puffs

2 cups finely diced cooked chicken
1 cup mayonnaise
1 onion, minced
1/4 tsp. dried basil
1/4 tsp. dried thyme
salt & pepper
3/4 cup grated Cheddar or Swiss cheese
1/2 cup Parmesan cheese
Thin toast rounds or crackers.

Combine first two ingredients in medium bowl. Blend in onions, herbs and seasonings. Add Cheddar cheese and two tablespoons Parmesan cheese, blending well. Spread mixture evenly on toast rounds or crackers. Arrange on cookie sheet. Sprinkle tops with remaining Parmesan cheese. Bake at 350 degrees 10 minutes or until lightly browned.

Yield: 2 dozen

Each week recipes from various local cookbooks will be featured.

stone-ground grits, dew-laden blueberries, juicy peaches and fat yellow tomatoes, made it into "family recipes" brought from elsewhere.

Wildcat Seasons contains more than 550 tested recipes with instructions and techniques developed over the years. The cookbook is available in area stores for \$19.95. All proceeds go toward Wildcat Scholarship Fund and local charities.

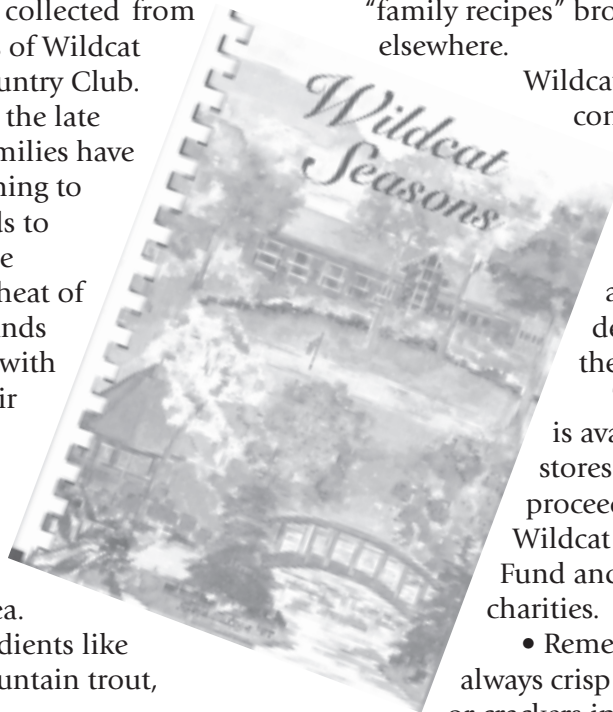
• Remember you can always crisp up stale chips or crackers in the microwave on full power 45-60 seconds.

Bacon Almond Spread

4 strips of bacon, crisply cooked and crumbled
1/2 cup slivered almonds
3 green onions, chopped
1/2 cup mayonnaise
1 cup grated sharp Cheddar cheese
1/4 tsp. salt
1/4 tsp. pepper
6 drops of Tabasco

Saute almonds and onions in bacon drippings until almonds are lightly browned and onions tender. Mix with remaining ingredients, blending well. Chill. Spread mixture on your favorite crackers or toast rounds and bake at 350 degrees for 5-10 minutes until bubbly and lightly browned.

Yield: 2 cups.



Open Monday through Friday 10 a.m. to 5 p.m. & Sundays 1 to 5 p.m.
450 Main Street Highlands, NC 828-526-5226 www.thedrysink.com

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



Elite Fitness, Highlands' first and only choice for serious bodies!

NO MEMBERSHIP fee when you commit to two or more personal training visits per week!!!

Fully certified trainers on hand.
Trust our experience.

Elite FITNESS

NEW AGE MANAGEMENT WITH HORMONAL
REPLACEMENT THERAPIES BY DR. MILES HYMEN

Why waste the summer playing bridge or bird-watching when you could be making a difference in the way you feel?

Personal Training – Massage Therapy
with Alaina Rastelli

Open 6 Days

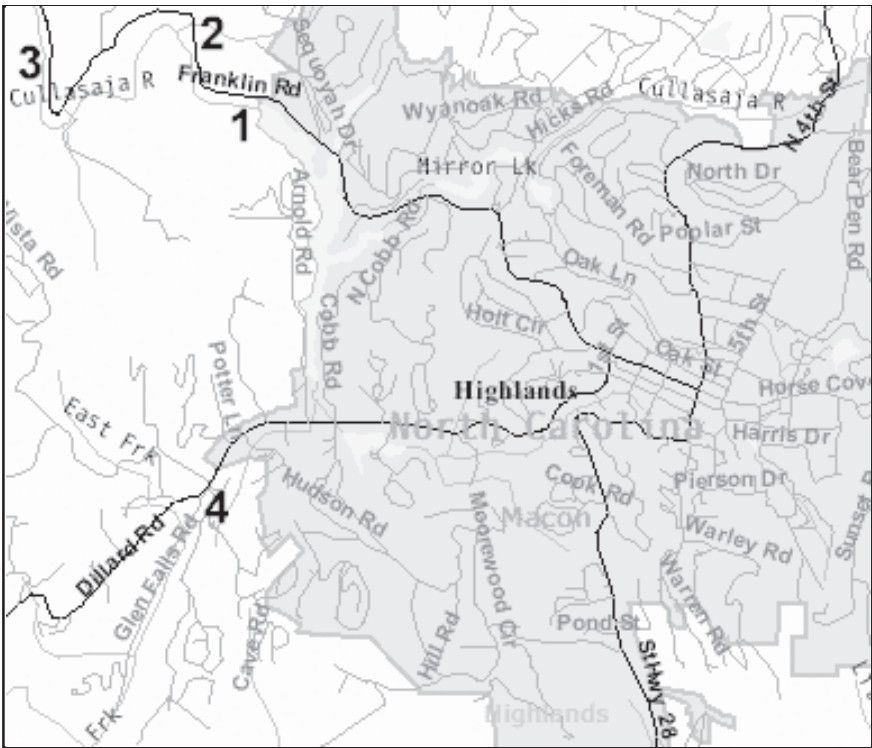
Mon. - Fri. 7 a.m. - 8 p.m.

Sat. 8 a.m. - 2 p.m.

526-9083 • 460 Carolina Way • Highlands



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.

Everything you need to know

News, Weather & Events
PROVIDED BY:
Highlands' Newspaper



Lodging | Dining | Shops | Realty | Golf | Hiking | Maps

www.highlandsinfo.com

Healthy Living

Tried and true tricks to keeping your weight down

with Bonnie Powell



Most of us struggle with keeping our weight down. But most of us are doing it all wrong. The first step to losing weight and keeping it off is to stop dieting and start eating.

The trick is to eat five small meals a day or three small meals and three snacks a day.

Most importantly – don't skip breakfast.

You set your metabolic "burner" within your body by stimulating your metabolic rate with the first and most important meal of the day. Breakfast.

Eat like royalty at breakfast but do it the first two hours after you wake up. Eat like junior royalty the second meal and eat like a peasant for the third meal. But don't eat junk. Eat things like eggs, whole wheat breads, fruit, cereals, etc.

Don't starve yourself during the first half of the day. Eat enough before 3 p.m. or you will find yourself overeating at night.

Drink lots of decaffeinated liquids. Water is the most important element next to oxygen that we take into our bodies for life.

The eight, eight-ounce glasses of water we need is what the body uses to maintain itself when we are at rest. During sleep, the body repairs and remodels itself.

Dehydration causes people to get tired and moody and that's when they turn to food for comfort. Dehydration also causes an increase in body fat and a decrease in lean body mass.

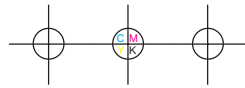
Remember to eat meals with lots of vegetables, fruits, whole grains and beans. These have a minimal amount of fat and calories but are very filling.

Allow yourself treats. By not depriving yourself, you'll be able to stick with your eating plan longer.

Most importantly – keep your perspective. Most people give up after a lapse of good behavior.

The best lapse prevention is exercise. A good way to stay on track is to think about your plan tomorrow.

Bonnie Powell is the director of HealthTracks at Highlands-Cashiers Hospital. She is an exercise specialist with numerous degrees in the health field. She can be reached at 526-IFIT.



... Spiritual message

"The Lord God Omnipotent Reigns"

Pastor Steve Kerhoulis
Community Bible
Church



The more we know someone, the better our understanding of them. The better our communications, the greater the possibility of a close, intimate relationship. We can actually live with someone and know very little about them. The more you know, the greater the understanding and the greater the possibility of a close, intimate relationship with that person.

For example, what turns a person into a best friend? Someone who goes from being a casual acquaintance to a friend and then to a best friend? A best friend is someone you know intimately. You know a great deal about that person – what makes them tick, what they like and don't like. You know them so well, you could write a book on them. This is our starting point today.

Apply this principle to God the Father, the Son and the Holy Spirit. You see, the less we know about God, the greater the possibility of misunderstanding and having a distant relationship with Him. But the converse is also true. The apostle Paul said, "To know Him is the hope of glory." The more we know about God, the greater our understanding and the greater our communication. This results in a close, personal, intimate relationship with the Living God – imagine that! Can we have a close relationship with someone we know so little about? The answer is no, we can't. But once this changes, once we begin to discover things about God, a closeness will develop. One thing to be assured of is that we can know numerous things about God. A.W. Tozer asks this question in his book *The Knowledge of the Holy*, "What comes into your mind when you think about God?" Maybe a lot, maybe very little. This series of messages is on the subject of "Getting to Know God."

Bill Bright says in one of his books, "Someone asked Buddha, the founder of Buddhism, if God existed. 'The question is not relevant,' Buddha replied, 'If there were a God, man could not comprehend Him anyway so what good would it be to have such a God?' "

■ See SPIRITUAL MESSAGE page 15

■ 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
526-2630
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. Kerhoulis, 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 – 7:30 p.m.
Thursdays: Bible Study – 10 a.m.

Saturdays: Adventistas del Septimo Dia – 10 a.m. and 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

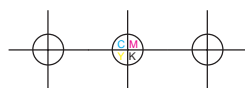
Horse Cove Road
Old-fashioned hymn-singing led by laypeople.
Every Sunday Memorial Day - Labor Day at 7 p.m.

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.



The 'exchanging' of loved ones

– It's a mixed-bag of emotions –

By Luke Osteen
Contributor

Rotary International makes it easy for students to spend a year abroad - it's the parents who have a tough time at home.

When our son Alex was chosen by Highlands Rotary to live in Pamplona, Spain, for a year, he was sent to Ohio for a weekend of extensive training and he came back brimming with confidence and excitement.

We began to accumulate a trunk-full of worst-case scenarios. Not that we didn't have faith in Alex's abilities. Since his days at First Presbyterian Day Care, he's been serious and responsible and courageous. No, we decided to concentrate on the abstract disasters that could befall a kid far from home - his plane spiraling into the Atlantic, a return of the Spanish Inquisition, a sudden outbreak of the Black Death that decimated much of Europe in the 17th Century. This gave us something to do in the weeks leading up to Alex's departure.

It didn't help that his itinerary bounced him around like a pinball - Atlanta to Chicago to Frankfurt to Madrid to Pamplona. But Highlands Rotary has done this for decades and they made sure Alex arrived just like he was supposed to. (Hey kids, here's a tip: Order a root beer on a Lufthansa flight and they give you a beer.)

Prior to his departure, Alex audited Spanish classes at Southwestern Community College. He felt pretty confident he could say the words for "table," "rainbow," and "bathroom." Of course, only the last word would matter for his day-to-day existence. Stepping off the plane in Spain was like walking into a

propeller. There were entire weeks in which he was unable to understand what we being spoken around him.

But his school gave him a warm welcome and it turns out that kids are the same all over - they talked to him about computer games, music, las chicas (girls), and parents. Most of the ideas were universal and very soon

Alex was firmly embedded in a loose confederation of kids. Naturally we hoped that his host family would be kind and understanding. His parents turned out to be very strict and had some definite anti-American attitudes. Alex tried his best to be upbeat in his e-mails and phone calls, but we could tell that he was being tested. For us, those first few

months with this family caused some sleepless nights. We should have had more faith in his resiliency and determination. Alex managed to hold his ground on the issues that mattered to him and slowly, almost imperceptibly at first, began to master the language.

By Christmas, Alex was dreaming in Spanish and his transformation into a novice Spaniard was nearly complete. This made our holiday season much easier to bear. It just about killed us, however, when we spoke to him on Christmas and it became clear that being far from home was no problem at all. He could have sounded a little forlorn. It would have made us feel better.

We were especially proud of our son in the days leading up to the Iraq War. Despite the fact that Spain's president pledged to support the US, the Spanish public was virulently opposed to the war. Alex found himself having to defend his country and its ideals several times a day.

When Alex returned to us at the end of June, we realized that we needn't have worried so much. He's the same even-tempered kid he's always been, but with an overlay of worldliness that gives him a distinctly adult perspective.

Our entire family is grateful to Highlands Rotary for giving our son a horizon that extends far beyond this little town.

Highlands Mountain Top Rotary Club is hosting an exchange student from the Czech Republic. Peter Bruzek arrives Aug. 1

Highlands Rotary is hosting Maciek Golaszewski from Poland.

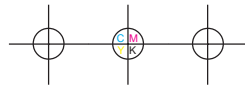
Kara Karcher of Highlands will be going to Chile as Highlands Rotary's exchange student.



Alex, far right, with his "best friends and pals" in front of their school – San Cernin in Pamplona.



Alex, left, with his third host family – the Goenaga family. Here they are enjoying a meal outside their second home about 10 miles from Pamplona.



For Highlands Road Runners running isn't just about fitness

By Morris Williams
Contributor

The Highlands Road Runners Club meets at Town Hall just about every weekday at 4:30 and at 9 o'clock on Saturday mornings to begin their run.

This nonexclusive group invites anybody interested in participating in a running program to join the group.

Often, people say, "Oh, I can't keep up with y'all", but we say, "Try it anyway!" The club has runners with varying degrees of experience and fitness. Some are serious runners who travel to races, while others almost never enter a race. They just run to stay in shape.

The normal running routes are

about three miles long and are usually along less busy streets. For novice runners the courses offer shortcuts that allow for a breather before rejoining the pack or for making the route just a little bit shorter.

Just starting out with the group is all the incentive some people need to begin a consistent running program. Being consistent is one of the most important factors in getting into shape. That doesn't mean you run the same way everyday. Those just starting a running program are encouraged to just get out and do something.

One popular strategy for beginners is to pick a route and then jog for a block or from one

telephone pole to the next, then walk to the next mark and start jogging again. After a couple of

weeks of doing a walk/jog

■ See **RUNNERS** page 16



Art Heller, Katy Betz, Brian McClellan, Morris Williams, Anthony Lampros, and Richard Betz complete the Tutu Run.

Reaching through time – 'Dandy Girl' is remembered

By Vickie Anderson
Contributor

Recently, Gina and Rosa Cantrell, after much heart-wrenching and soul-searching deliberation, had to make the painful decision to humanely euthanize their horse companion — Dandy Girl — due to a fractured leg.

They had two-and-a-half years with their "best friend" and as one of their fellow horse pals, the pain I feel can only skim the surface of their loss. My horse Geronimo also lost his "love."

As all of our fellow animal lovers know, there is nothing like the love of an animal to make our lives more blessed.

Those of us blessed with a horse know not only a friend, but a teacher. They teach us to have patience, to give unconditional love, and mostly to live in each and every moment.

As we say, "Life is a trail. Blaze it well!" Miss Dandy was given back to God's pasture in the very caring hands of Dr. Chris Meyer on Sunday, July 13. We stood with her in her last moments and recited the following poem to her:

On the front of the first edition of Highlands' Newspaper, Friday, July 18, there was a photograph of two horses in a field in Horse Cove taken by Cynthia Strain several years ago.

The two horses in the mist were owned by the George Schmitt family at that time.

The horse grazing on the left is Dandy Girl. How perfect that she should somehow reach out to let everyone know that she is truly in heaven's pasture! Thank you so much for that gift! – Vickie Anderson



Dandy Girl and friend

Step softly, Dear Dandy, onto
heaven's high trail
As you follow the eagle's flight
Above the clouds,
beyond the stars to graze in the
moonlit night

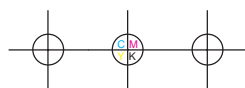
From heaven's high pasture
Remember us well
As you blaze a new trail of your
own.

Our days have passed quickly,
Our hearts never ready
To send you to God's peaceful
home.

Nicker sweetly, Dear Dandy, the
time will come soon
When we'll all be together again.
In the meantime our tears we'll
send up to your paddock
To fall as a warm summer rain.

With hoof, heart and hand,
Blaze on o'er the land,
Both here and in heaven above,
Into wide open spaces
And breathtaking places
Blaze on, with hope-faith-and
love!

**– Your faithful companions of
The Great Adventure**



Highlands

Office Supply

95 Highlands Plaza • Highlands, N.C. 28741

Phone: 828-526-3379 • Fax: 828-526-2155

email: HOSofficesupply@aol.com

Mantle Ridge

Country Club Properties

(828) 526-2520

email: ccp4info@aol.com

John Cleaveland Realty

(828) 526-4983

email: jc Realty@dnet.net

2.2 acres
\$125,000

OPEN HOUSE THIS SATURDAY & SUNDAY



King Mountain Club

3 bedroom, 2 bath home with an exceptional long-range view. Offered at \$639,000. Call Sandy Vos for gate code and directions.



TLC Associates

(828) 526-5634
(828) 526-5015

Great Things!

FOR YOUR HOME

ACCESSORIES - ART - GIFTS - LIGHTING
FINE HOME FURNISHINGS
COMPLETE INTERIOR DESIGN SERVICES

15% ~ 50% STORE WIDE SALE !!!

466 Dillard Road

Phone: 828-526-3966

■ Florist Tips & Secrets ■

Prolonging the life of your flowers

with Luke Osteen
The Little Flower Shoppe



Some of you are wondering how to extend the life of cut flowers. There's a simple solution that we in the flower business use every day.

Before I tell you our little secret, let me warn you about the dangers of homegrown flowers. Gardening is an extremely hazardous pastime. In fact, it's just behind crocheting in terms of hobby-related emergency room admissions. For your own safety, and the peace of mind of the people who love you, forget about growing your own flowers. I would be remiss as a professional florist if I didn't mention this.

Anyway, when you're putting your cut stems in a vase, try adding a little Seven-Up or Sprite to the water. You'll find that this extends the life of your blossoms by two or three days and helps to preserve the color.

Don't use Mountain Dew in the mix. Its caffeine will punish those delicate petals and in a day

or so your beautiful arrangement will look like the Portrait of Dorian Grey.

For a unique experiment or to enliven a four-year-old's birthday party, pour a jumbo cappuccino from Buck's into your vase. The

resulting explosion will shower your room with petals. (Be sure to wear safety goggles if you try this).

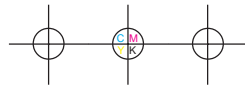
While we're talking about performance-enhancing substances, some of you may be thinking about adding a touch of radioactive material, say, strontium-30 or

enriched uranium. Not only does North Carolina law prohibit the possession of radioactive material, all you have to do is watch a few Japanese monster movies to understand that this is extremely dangerous. One moment you're admiring the unnaturally large blooms, the next you're fleeing an ambulatory begonia.

Remember, safety is a critical factor when dealing with cut flowers.



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



adjust color, speed, folding and cutting using computer software. When everything was just right, the press ran full-throttle and in

about 15 minutes, 5,000 copies of Highlands' Newspaper came rolling out.

A conveyor belt transported each paper to the bundling

machine where they were packed and tied 200 to a bundle.

A final conveyor belt with a retractable arm loaded the neat bundles right into the

back of the truck for transportation back to Highlands.

We won't be going to the press each issue, but we felt it only right to be there

when the first issue came rolling off the press. The crew at the Asheville Citizen-Times is top-notch – excellent communicators, computer hard-

ware and software experts, seasoned newspaper men and women with endless amounts of patience, compassion, even a sense of humor.

■ **Highlands Eateries & Light Fare** ■



The Sports Page on Main Street is just one of the many eateries in town.

The Pizza Place

526-5660

On Main Street

Pizza, specialty sandwiches & salads

Eat in or carry out

Open for lunch & dinner

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.

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

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.

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

Dave's Meats & Seafood

526-5241, Dillard Rd. next to Farmer's Mkt.

Meats, Seafood & Prepared Foods

Open 6 days, 8:30 a.m. - 7 p.m.

Closed Sundays

Sports Page

526-3555

314 Main Street

Made-to-order specialty sandwiches & salads, soups, & desserts

Open for lunch Mon.-Sat. 11 - 4

Buck's Coffee Cafe

384 Main Street

Coffee, grilled sandwiches, desserts & wine

Entertainment Thurs. - Sat.

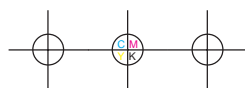
Open 7:30 a.m.-11 p.m., Tues. - Sat.

Until 6 p.m., Sun. & Mon.

**To list your eatery
here call**

526-0782

or 506-1754



Enjoy a weekend of Chamber music in Highlands & Cashiers

The third week of the 22nd annual Highlands-Cashiers Chamber Music Festival kicks off Friday evening, July 25 at 8 p.m., with another Highlands and Cashiers favorite, William Preucil, who returns to what has become a familiar stage for him.

Preucil was named concertmaster of the Cleveland Orchestra in 1994. Previously he performed for seven seasons as first violinist with the Grammy Award winning Cleveland Quartet, recording for Telarc. He served for seven years as concertmaster of the Atlanta Symphony and held the same position with orchestras in Utah and Nashville.

The lovely ladies of the Vega String Quartet will also be returning to familiar stages at 5 p.m. on Saturday in Cashiers and Sunday in Highlands. They first attracted international attention as prizewinners at the Prague Spring International Music Competition in 1987. Since then they have performed and been broadcast throughout Asia,

Europe and North America.

In September 1999 the Quartet won four of the six prizes at the Bordeaux International String Quartet Competition. Those same evenings will also see the welcome Festival debut of pianist Bertrand Giraud who joins us from Paris. One of the leading pianists of the new generation in France, he is equally at home in the solo and chamber repertoire. He will be joined by William Preucil, violin, and Lucas Drew, bass.

On Monday evening in Cashiers, and Tuesday evening in Highlands at 7:30 p.m. Festival Artistic Director William Ransom will again take the stage with the Vega String Quartet performing an all Beethoven program.

Complete program information for all performances is available on-line at <http://www.h-cmusicfestival.org>. Tickets for all performances are going fast, as well as the popular season-end Festival Gala on August 8. For ticket information, call 828-526-9060.

■ Life Under Construction ■

Live Deliberately....

with Dr. Maryellen Lipinski



the Getty Center in Los Angeles to enjoy the art and education, the first place I wandered near was the Central Garden. I spent time savoring the fragrances and slowly blending into the background. The beauty of the garden captured my attention so long that I missed seeing some of the famous paintings.

Thoreau saw living deliberately ever so clearly. "Only the day dawns to which we are awake." If we are to grasp the reality of our life while we have it, we will need to wake up to our moments. If not, whole days, even an entire life, could slip past unnoticed.

Writing this column forces me to stop and think a bit more about my life and what is important. It helps clarify what my needs really are and gives me the courage to ask questions and challenge what I think I really want. It helps me tune into what moves my soul and feeds my heart.

The time writing helps me take note of actions that add value and meaning in my life. Listening to yourself can be achieved by just taking a few minutes to stop. Maybe you will start back up in the same place and just maybe you will fine tune your life and head in a different direction.

Living deliberately means making a choice with clarity as you take your journey into the next moment. Is there a part of your life that isn't deliberate right now? What is the last deliberate action you took? What will be the next?

"To affect the quality of the day, this is the highest of art." - Henry David Thoreau

Henry David Thoreau felt the need to go off on a solitary retreat for about two years to Walden Pond. He described it this way, "I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I couldn't learn what it had to teach, and not, when I came to die, discover that I had not lived."

After reading this, I renewed my desire to live deliberately. For me that means I will make more mistakes, even big ones; take risks more often; and play more in work and life. Drinking all of life every day and drinking until I am full. Not full of myself, but full of life and love.

For me, it means hanging around fewer people, but more interesting ones. The ones that appeal to me. Browsing along more natural beauty, which means spending more time hiking, watching waterfalls, listening to the birds, capturing the beauty of the flowers that surround this area. That's why I moved here from California; to enjoy the beauty and slow down my pace in life.

A few years ago when I visited

Dr. Maryellen Lipinski is a psychologist by profession and an international professional speaker, author, Realtor and life coach by design. www.maryellenlipinski.com



ANN JACOB GALLERY

394 Main Street Highlands, NC (828) 526-5550 www.annjacob.com	3261 Roswell Road, N.E. Atlanta, Ga (404) 262-3399 www.annjacob.com
--	--

THE SUMMER HOUSE TIGER MOUNTAIN WOODWORKS

The Area's Most Elite Home Furnishing Center

Gifts - Accessories - Custom Furniture

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

..... **SPIRITUAL MESSAGE from page 9**

Many people think that God is someone that cannot be known. This is not true. In fact, I ask you, is God knowable? Yes. Granted, what we will ever know of God can be compared to one pinch of sand in all the beaches of the world. All that God is, is impossible to know. It's like trying to surf the entire Internet in one day. David wrote in Psalm 145:3, "Great is the Lord, and most worthy of praise. His greatness, no one can fathom." No one can grasp the totality of the greatness of His being. But He has revealed Himself to us in many ways.

What we do know is this: we can know a lot about God. There are many important things that He has revealed about Himself to us. For example, we know that God is all-powerful. In theology, this is called the omnipotence of God. The Bible declares this in Rev. 19:6, "And I heard, as it were, a voice of a great multitude as the sound of many waters and the sound of a mighty thundering: Hallelujah! For the Lord God omnipotent reigns." Handel includes this in perhaps the greatest piece of music ever penned, *The Messiah*, "The Lord God omnipotent reigns, hallelujah!"

Here we see the connection

between two opposing truths: God is all-powerful and God reigns or rules. He's just not watching, he is ruling. To rule means that God is in charge of what is going on in the world. And He is in charge of our lives as well. The word Almighty, which is the same as omnipotent and all-powerful, can be found around fifty-five times in the Bible and it refers only to God and to no one else.

Abraham was at one time a worshipper of idols. An idol is anything you put in the place of God. It becomes the thing that you worship and the image of your passion. Idols were representatives of certain gods in that day. But none of the gods were considered to be all-powerful. As Abraham is learning about God and just starting out, God says to him, "I am Almighty God." In Exodus 6:3, God says to Moses, "I appeared to Abraham, Isaac and Jacob as Almighty but by my name Lord, I was known to them." We say Jesus is Lord but what do we mean by this? If He is ruling my life then yes, Jesus is Lord of my life.

"The Lord God Omnipotent Reigns" Part 2 will be in the next issue of Highlands' Newspaper, Friday, Aug. 1.



Community Bible Church

Each week men and women of the cloth will feature spiritual food for thought.

■ **Highlands School Supply List** ■

KINDERGARTEN

- 1 back pack
- 1 plastic pencil box that will fit into a student desk to hold pencils, markers, glue stick
- 4 large glue sticks
- 1 small bottle of Elmer's glue
- 2 two-pocket folders with brads
- 2 plastic folders w/ double pockets no brads
- 1 8-count box of Crayola markers (basic)
- 2 boxes of 8 Crayola crayons (basic colors)
- 1 24-count box of Crayola crayons
- 1 pair fiskar scissors
- 1 large spiral notebook, large ruled
- 1 regular box of tissue
- 1 box of quart size baggies, zip top
- 1 box of gallon size baggies, zip top
- 10 pack of pencils (sharpened if possible)
- 1 square eraser
- 1 pack of heavy duty construction paper
- 1 beach size towel (no mat) for rest time
- 1 bottle of hand sanitizer (i.e., Germ-x)
- 1 box of baby wipes (anti-bacterial)
- 1 box of Band-Aids
- \$5 for Weekly Reader for the entire year

Please label everything!

FIRST GRADE

- 1 backpack
- 1 plastic pencil box to fit in desk for pencils, markers, glue stick.
- 4 large glue sticks
- 2 two plastic pocket folders with brads
- 2 plastic folders w/double pockets no brads
- 1 8-count box of Crayola markers (basic)
- 1 24-count box of Crayola crayons
- 1 pair Fiskar scissors
- 1 large spiral notebook, large ruled
- 1 regular box of tissue
- 1 box of quart size baggies, zip top
- 1 box of gallon size baggies, zip top
- 10 pack of pencils (sharpened if possible)
- 1 square eraser
- 1 pack of heavy duty construction paper
- 1 bottle of hand sanitizer (i.e., Germ-x)
- 1 box of baby wipes (anti-bacterial)
- 1 box of Band-Aids

Please label everything!

GREAT BEGINNINGS (K-1)

- 1 backpack (things go home daily)
- 1 plastic storage container (shoe box w/lid)
- 4 large glue sticks (fat ones)
- 5 two-pocket plastic folders w/brads
- 24 count box of Crayola crayons
- 8 count box of Crayola markers
- 1 pair Fiskar scissors
- 1 pack of wide ruled notebook paper
- 1 large spiral notebook, large ruled
- 1 regular size box of tissues
- 1 box of quart size baggies, sip top
- 1 box of gallon size baggies, zip top
- 10 pack of pencils (sharpened if possible)
- 1 square size eraser or eraser tips
- 1 beach size towel (no mat) for rest time

SECOND GRADE

- 2 packs wide-ruled notebook paper
- 1 box #2 pencils
- 1 pack large erasers
- 1 box crayons
- 1 box colored pencils
- 1 pencil box

- 1 pair scissors
- 2 large glue sticks
- 2 folders with bottom pockets-No brads
- 1 box Addition flash cards
- 1 box Subtraction flash cards
- 1 box slide-lock bags-gallon size
- 1 box slide-lock bags-quart size
- 2 boxes Kleenex
- \$5 for Weekly Reader
- 1 small box Band-Aids
- 1 box of baby wipes or Clorox Wipes

THIRD GRADE

- 3 packs wide-ruled notebook paper
- Highlighters
- #2 Pencils
- 1 small package of Crayola crayons
- 1 small package of Crayola colored pencils
- 4 folders with bottom pockets w/brads
- 1 80-page spiral notebook
- 2 large glue sticks
- 2 boxes Kleenex
- 1 pair student scissors (Fiskar)
- 1 standard-size clipboard
- \$5 for Weekly Reader
- 1 hand-held pencil sharpener
- 1 package Multiplication Flash Cards

FOURTH GRADE

- 1 12-inch ruler (inch and metric scales)
- 1 package of wide ruled notebook paper
- 3 highlighters (different colors)
- 1 package of crayons
- 1 package of colored pencils
- 1 package of markers
- 6 folders with bottom pockets (3 brads)
- 1 spiral notebook (80 pages or more)
- 2 large glue sticks
- 1 pair of blunt student scissors
- 3 boxes of Kleenex (200 Count)
- 1 package of construction paper
- #2 Pencils
- 1 package of cap erasers
- 1 quart Zip-loc bags
- 1 hand pencil sharpener, self-contained
- \$5.00 for Time for Kids

No notebooks, mechanical pencils or pens.

FIFTH GRADE

- Wide lined notebook paper
- Clipboard (no Trapper Keepers)
- Pencils
- Large erasers
- Colored pencils
- Crayons
- Markers
- 2-pocket plastic folder
- 3 x 5 lined index cards
- 3 boxes of Kleenex
- Scissors (large student size)
- Small bottle Elmer's school glue

SIXTH GRADE

- Clipboard, binder or folder
- Wide-ruled notebook paper
- Pencils
- Pack of markers
- 1 Compass
- 1 Protractor
- Pencil sharpener
- graph paper
- erasable blue or black pens
- 2 boxes Kleenex

■ See SUPPLY LIST page 18

.....RUNNERS cont. from page 11

workout for two or three times a week, the jogging can be extended to two telephone poles while keeping the walking to one telephone pole. Soon beginners find themselves running the entire route.

Most of the club members have a hard/easy schedule. They seldom run two hard days in a row.

Novice runners are encouraged to start out with someone who is on an easy day and run with them as long as possible, then take a short cut. After awhile they find themselves running farther and farther.

One of the best things about a running group is the motivation a runner can get from other runners. Sometimes a

runner may not feel much like running, but just running along side others takes their mind off of their troubles and by the end of the run, they feel better.

Providing motivation to others takes many different forms.

Last winter when club president Brian McClellan was training for the Boston Marathon he wanted to run his best marathon time and declared that he would.

Setting a PR (personal record) at Boston is not an easy accomplishment because it's a hard course, hundreds of people run it and it starts on a narrow two-lane road.

Brian and I soon had the basis for a bet that we thought would encourage him to reach his goal.

If Brian didn't run his PR, he would run three miles around

Highlands in a Tutu. If he did run his PR, I would run in the Tutu.

That must have been all the incentive Brian needed as he ran 3 hours, 23 minutes and 6 seconds cutting about a minute off of his best time.

During the Road Runner's July 19 run, I paid off my bet by running three miles in a Tutu that my wife, Anita, made especially for the occasion.

All of the Saturday morning runners were surprised because I hadn't mentioned the Tutu run to any of them. As the run began, all

the runners were smiling and laughing and poking fun at me. In fact more laughing was done on that run than any run in recent memory.

Highlanders out for their Saturday

morning shopping seemed to enjoy the spectacle as well.

If you are interested in running with this fun group of runners, just show up at Town Hall at 4:30 weekday afternoons or 9 o'clock Saturday morning.

Fewer runners show up on Friday as many take that day off to rest up for a longer run on Saturday morning.

The start times may vary just a little because the club has a "Five Minute Rule." Those who make it on time socialize for awhile and always wait at least five minutes before starting the run.

Telling war stories has sometimes extended the social time a bit which prompted Katy Betz to originate the club's motto, "Are we going to run, or are we going to talk about it?" What is your answer?



■ Police & Fire Depts. log ■

The following are the Highlands Police Department log entries for the week of July 16-23. The only names are of public officials and/or people who were arrested.

July 16

- At 7:15 a.m., officers investigated a case of vandalism where two juveniles had camped out behind the Episcopal Church and left a mess. They cleaned it up.

- 5:23 p.m., officers responded to an alarm at Bank of America. It was set off by lightning.

July 17

- At 8 p.m., officers responded to an alarm at Regions Bank. It was set off by lightning.

- At 10 p.m., officers responded to an alarm at a residence on Warren Road. All was secure.

- At 11:45 a.m., a driver was cited for driving without a license at Main Street and N.C. 106.

July 19

- At 11:25 a.m., a motorist was cited for driving with an expired inspection ticket at First Street and N.C. 106.

- At 7:19 p.m., officers responded to a call of a child locked in a car on Warren Road. All was OK.

July 20

- At 1:10 a.m., Homer R. McPhail of Highlands was arrested for DWI.

- At 4:07 a.m., officers responded to a noise complaint at a residence on Azalea Circle. The occupants were told to quiet down.

- At 7 p.m., Jose Manuel Rodriguez Hernandez was arrested for DWI and cited for driving without insurance or license.

July 21

- At 5:09 a.m. and 2:30 p.m., officers responded to a call of a suspicious vehicle parked in the lot at Great Things.

- At 6:40 p.m., officers responded to an accident on Biscuit Rock Road. Damage was less than \$1,000.

- At 11 a.m., officers responded to an accident on Third Street. There were no injuries.

- At 3:30 p.m., a lost cell phone was reported.

July 22

- A little past midnight, officers on patrol found an open door at a gallery on Main Street. All was secure.

- At 7:20 a.m., officers responded to an alarm at Centura Bank. All was secure.

- At 7:35 a.m., officers responded to an alarm at First Citizens Bank. All was secure.

- At 8:30 a.m., officers responded to an alarm at Old Edwards Inn. All was secure.

- At 1:20 p.m., officers responded to an accident. There were no injuries.

- At 3 p.m., officers responded to an alarm. All was secure.

The following are the Highlands Fire & Rescue Department log entries for the week of July 16-23.

July 16

- The department was first responders to assist EMS with a medical call at a residence on Cherokee Drive. The victim was transported to Highlands-Cashiers Hospital.

July 17

- The department was first responders to assist EMS with a medical call at a residence on Hedden Lane. The victim was transported to Highlands-Cashiers Hospital.

- The department responded to an alarm at a residence on Apple Lake Lane. It was a false alarm.

- The department responded to an alarm at a residence on East Over Drive. It was a false alarm.

July 18

- The department was first responders to assist EMS with a medical call at a residence on Stoney Creek Circle. The victim was transported to Highlands-Cashiers Hospital.

July 20

- The department was first responders to assist EMS with a medical call at First Presbyterian Church where someone in the balcony fainted. The victim was transported to Highlands-Cashiers Hospital.

July 21

- The department responded to a report of a fire at a residence on Bonnie Drive. All was OK.

A '50 years of service' party

Highlands Fire & Rescue Department will celebrate 50 years of service with an open house at the station, Aug. 2 from 11 a.m. to 3 p.m. There will be hotdogs, drinks and free rides on the fire trucks.

The Highlands Road Runners Club meets at Town Hall just about every weekday at 4:30 in the afternoon and at 9 o'clock on Saturday mornings to begin their run.

.....BOOK REVIEW/ cont. from page 6

East they would say that what is needed is a change in the way the child is being taught or some other change in that child's relationship with math.

I found many of the Asian ways of thinking appealing – harmony, balance, holism – but not the Asian approach to ideas. Since relationship is all-important, conflict and dissonance must be avoided and as a result debate is unheard of. Criticism of another's ideas is seen as rude, which means no real advance in thought can take place. Also, the Asians lack interest in abstractions. To them there is nothing that can be abstracted from its context. For example, there is no such thing as "whiteness." There can be a white dog or white snow but no whiteness. "The concern with abstraction characteristic of ancient Greek philosophy has no counterpart in Chinese philosophy. In fact, the Chinese language itself is remarkably concrete. There is no word for 'size,' for example. If you want to fit someone for shoes, you ask them for the 'big-small' of their feet." This aversion to abstraction means, for instance, that the Chinese don't believe that there can be a legal standard that applies to everyone: each case is different, depending completely upon the person and circumstance so every case must be decided independently of precedent.

The science that has brought us all of our technological wonders is only possible from the Western view of the world – dividing everything into discrete objects, simplifying complex interactions, abstracting rules and principles, and debating ideas. Throughout history the Chinese have invented many things but then abandoned these innovations when the consequences were judged to be

injurious to society. Sometime in the 13th Century guns were invented in China, but even as they spread to Europe (possibly by Genghis Khan's hordes) they were banned in China because they were a destabilizing influence on the societal status quo. Later, in Japan, after their introduction by Europeans, guns – and any books that mentioned guns – were banned for the same reason. In the 14th Century, China went through an industrial revolution rivaling that of England centuries later. But again this was completely abandoned because the nascent capitalist system threatened the harmony of the existent social order. (For a fascinating discussion of these ideas, see *Soul of the Sword*, by Robert O'Connell, also at the Hudson Library.)

Nisbett ends the book with a question: will these two separate ways of perceiving the world continue? He discards Francis Fukuyama's thesis of the "end of history" – that the West has already won – as a simplistic belief. Just because people around the world drink Coke and wear jeans doesn't mean that the Western way of thinking has prevailed! He also dismisses Samuel Huntington's prediction of a clash of civilizations. Nisbett envisions a melding of world views, an optimistic scenario in which we all share the best of both. He is optimistic because he sees that this melding has already begun: Asians are beginning to bring western logic, debate, and science into their universities, and Westerners are beginning to widely appreciate the benefits of holistic medicine and Japanese-style employer-employee relationships, while quantum physics embraces such eastern ideas as "action at a distance."

This book will change the way you think about thought.

Katie and her husband Arthur perform at Buck's Coffee Cafe featuring all kinds of music including songs they've written most Saturdays year long.



Adam Heffernan as Simon, Christopher Yustin as Sandy, Matthew Kinney as Richard, Michelle Ries as Myra, Rachelle Mendez as Jackie, Peggy Fuller as Clara, Catherine Doherty as Judith and Max Vogler as David.

Director turned actor Heffernan gets crazy but he's not alone

Those who know Adam Heffernan as acting coach at Highlands School, reader of books at Buck's Coffee Cafe and fiance of Kerri Mayer, will find it fascinating watching him perform as Simon in Noel Coward's comedy "Hay Fever" currently playing at Highlands Playhouse.

It's immediately evident that he's eerily comfortable acting the "kid" even though his character is probably a man in his early 20s.

As a parent of an aspiring actor, I now understand how he brings forth the characters hidden deep within his acting-students, still kids themselves. The kid in Heffernan is never too far away..

In "Hay Fever" which finishes its run with performances through the weekend, Heffernan plays Simon Bliss, the cartoon-drawing manic son of David and Judith Bliss. Who are without a doubt are maniacs themselves.

The show is classic British romp – nutty characters, endless action, crazy twists and turns, dysfunction on top of dysfunction – lots of fun to watch, not a performance you'll sleep through..

I'm not theater critic – just

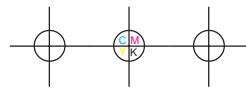
someone who loves live performances of any kind. So don't look here for deep theatrical talk. "Hay Fever" was fast-paced, funny, filled with unforgettable characters portrayed by a very talented cast who appeared to play off each other effortlessly. The amount of physical energy expended by them, the banter exchanged, made me want to breathe for them..

If you'd like to see Heffernan's transformation for yourself, head over to "Hay Fever" before it's too late. For more information about purchasing tickets to see "Hay Fever" or any of the upcoming performances at Highlands Playhouse please call (828) 526-2695 or stop by the box office on Oak Street.

Performances are Tuesday through Saturday at 8 p.m. and Saturday and Sunday Matinees are at 2 p.m.

The box office is open 10 am – 5 p.m. Monday through Saturday. Next up is The 1940's Radio Hour, July 31-Aug. 17 and The Real Thing, Aug. 21-30. Tickets are \$20 for adults and \$9 for children.

– Kim Lewicki



..... SUPPLY LIST continued from page 15

7TH and 8TH GRADE (Math)

- Pencils and erasers
- Colored pencils
- Plastic protractor
- 6" or 12" ruler
- 3-ring binder (1 or 1-1/2")
- Notebook paper
- Graph paper
- TI-30XIIS or TI34II calculator (Scientific calculator with tri-functions under \$20)

- "NO-STICK" bookcovers only
- Spiral notebook for notes
- Homework assignment book
- Dividers for notebook paper

7TH and 8TH GRADE (English)

- Pencils
- Black or blue pens
- 1 3-ring binder
- Notebook paper

7TH and 8TH GRADE (Science)

- 1, 3-ring notebook (no less than 1 inch—with dividers—to be

labeled as homework, worksheets, labs, journal, and miscellaneous)

- Loose-leaf notebook paper (for homework, labs, test answer sheets, and journal entries—will be in the 3-ring binder)
- Spiral notebook (either 4 one subject {one for each 9 weeks} or 1 three-subject). All notes will be written in this notebook!!!

- 1 two-sided folder (no brad). You will keep it in class for old exams and quizzes)

- Writing utensils (pen & pencils—I allow any color as long as I can see it. You are not allowed to write with coloring pencils! Just ask me if you are not sure!)

- Coloring pencils

- One red ink pen

- One highlighter (your choice of

color)

- White-out is NOT permitted!

- I recommend one of those "pencil holders" that go in the front of notebooks for the coloring pencils, red pen and highlighter so that they are in class everyday.

- Small 6-inch or 12-inch rulers that go inside the notebook rings is also recommended but not necessary

- If you have any questions, contact Ms. Smathers the first week of June or August at the school.

7TH & 8TH GRADE (Social Studies)

- 1 3-ring binder with pockets
- 2 packages of notebook paper

FRENCH STUDENTS

- FRENCH dictionary

..... FIBBER'S cont. from page 1

Foundation, the Fire & Rescue Department, Macon Program for Progress's Head Start program, the Literacy Council, Hudson Library, Bascom-Louise Gallery, the Highlands Biological Station, the Highlands Community Players, the Highlands Playhouse, the Highlands Historical Society, Kids Place in Franklin, the Martin-Lipscomb Performing Arts Center, Highlands School, the cemetery fund, the Girl Scouts and needy families during the holidays.

Fibber's is a project of the

Highlands Woman's Club whose brainchild of selling used clothing has snowballed into big business.

Jellison said it's basically a full-time job running the shop. "Each piece of clothing is scrutinized, hung on hangers, sized, priced, and sometimes taken home by volunteers to be washed and ironed."

Fibber's will occupy two buildings on U.S. 64 using one for office and storage space and one for shopping.

Jellison said during August there will be huge sales at Fibbers, "so stay tuned."

■ Highlands Service Directory ■

Pressure Washing

"It's All I Do"

FREE Estimates

Gary Miller

(828) 526-0722

TONE WOOD

Woodworks by Jim Meiring
Owner/Craftsman

P.O. Box 1001 Highlands, NC 28741
(828) 787-2124

jim.meiring@verizon.net



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

Highlands Vacation Rentals

Office next to Mt. Fresh Foods
828-787-2002

www.highlandsinfo.com
Upscale, Designer Homes



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
cypicturelady@aol.com



In Wright Square

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

Larry Holt

"The All 'Round Handyman"

Cleaning Services, Yardwork,
Caretaking, Security

526-4037 home
226-6494 cell

**To advertise in
Highlands' Newspaper's
Service Directory
Call 526-0782**

• Four Paws on the Go •
Mobile Professional
Pet Grooming Salon
Call Barbara Lumb
• 828-293-3721 •

Helping Investors Reach Their Financial Goals.
For more than a century, we've helped investors meet
their financial goals and dreams.



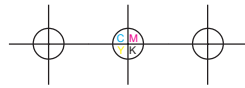
Marybeth Brody - Financial Consultant
470 S. Street, Suite 2 (Across from Peggy Crosby Center)
Highlands, N.C. 28741
828-787-2323 • 888-489-2323
marybeth.brody@agedwards.com

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

A.G. Edwards
INVESTMENTS SINCE 1867

125823-0311M-345-0104





■ Upcoming Events & Activities on the Plateau ■

This weekend

- The Macon Aeromodelers will hold an "Old Timers" fly-in at their flying field on Tessentee Road in Otto on Saturday, July 26 from 9:30 to 12:30 with other models flown afterwards. Spectators of all ages are invited. For information, call Bob Wilson at 524-1281 or Gerry Doubleday at 526-8141

- Highlands-Cashiers Chamber Music Festival's Highlands performances are Fridays at 8 p.m., Sundays at 5 p.m. and Tuesdays at 7:30 p.m. Tickets are \$20 per person, \$5 for students under 18 years of age. Performances run through Aug. 8. Tickets sell fast. Call the box office at 526-9060. The Gala Festival Finale is Aug. 8. at WCC Country Club. Tickets for the dinner & concert are \$100 per person.

- Tickets are on sale for Highlands Playhouse summer season. Hay Fever, July 17-27, The 1940's Radio Hour, July 31-Aug. 17 and 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.

- Our Lady of the Mountains Catholic Church will hold its annual yard sale on Saturday, July 26 at 9 a.m. Items for sale will

include books, old records, toys, kitchen items and linens.

- Miller-Talley Reunion is Saturday, July 26, 11 a.m. at the Rec Park. Drink and paper goods will be furnished. Please bring a dish of food. For more information, call 526-2588.

- Wright family reunion is Saturday, July 26 at 11 a.m. at the Rec Park. Ms. Ellen Greenwald, will portray the life of Jemima Norton Wright.

Aug. 1

- Steve Green a popular Christian music artist is performing at The Highlands Rec Park at 7 p.m. Tickets are \$10 and can be purchased at Jacob's Well or Highlands' House of Coffee. Door open at 6 p.m. For more information, call 526-9954 or 525-4153.

Aug. 2

- Highlands Fire & Rescue celebrates 50 years of service with an open house, Saturday, from 11 a.m. to 3 p.m.

- Bolivia Mission Trip Bake Sale and Breakfast 8-11 a.m. at Highlands United Methodist Church on Main Street.

- The "Great Storytelling Festival is Saturday, Aug. 2 at PAC. Tickets are \$15 for adults and \$5 for children. Tickets are available at Hudson Library, Regions Bank and Highlands Office Supply.

- Highlands School Class of 1983 reunion is Saturday at

7 p.m. at the Highlands Conference Center. For more information call 526-2084.

- Highlands Ranger District is featuring summer programs at Cliffside Lake this summer. The Junior Ranger Program starts at 8 p.m. at Cliffside. Also, an evening walk at

chorography and singing. Tickets are \$10.

Aug 4

- Highlands Playhouse Charity Golf Tournament starts with a 11 a.m. shotgun at noon. Tickets are \$125 per player which includes greens fees and cart, box lunch, hors d'oeuvres and one dinner at Nick's at the

Flyin' high, tomorrow



The Macon Aeromodelers will hold an "Old Timers" fly-in at their flying field on Tessentee Road in Otto on Saturday, July 26. Please note that "Old Timers" refers to the design of the airplane and not necessarily to the age of the geezers flying them. "Old Timers" will fly from 9:30 to 12:30 with other models flown afterwards. Spectators of all ages are invited. For information, call Bob Wilson at 524-1281 or Gerry Doubleday at 526-8141

Whiteside Mountain is at 8 p.m. For more information call 864-868-0948.

Aug. 3

- Auditions for Highlands Community Players production Brighton Beach Memoirs is a 3 p.m. at PAC. For more information, call 526-4904.

- The McKim Family will present "A Broadway Revue" 8 p.m. at PAC including

Cove. Hole sponsorships are \$125. Diners are \$25 per person for those not playing golf. Pick up registration forms at the Playhouse.

- HIARPT Lecture Series presents Dr. Raymond Williams, Aug. 4 & 5 at the performing arts center on Chestnut Street. Williams will speak on "Religion and Post-1965 Immigration in

America."

Aug. 5

- The ministerial association is conducting a Blessing for the School Year at Highlands United Methodist Church. The ecumenical service is at 7 p.m.

Aug. 7

- Students return to Highlands School for the 2003-2004 school year on Thurs., Aug. 7.

Aug. 8

- Fundraiser breakfast for Madison Schandolph, a two-year-old in Scaly who has leukemia. Fundraiser luncheon is at ...on the Verandah 11:30 a.m. Tickets are \$40 and include a three-course luncheon, fashion show and door prizes.

Aug 11

- Starting Aug. 11, the Rec Park pool will be open on Saturday and Sundays only. Adult swim will continue as scheduled until the pool closes after Labor Day, Sept. 1.

- The Jackson Macon Conservation Alliance is hosting events on dealing with the Hemlock Woolly Adelgid at the Albert Carlton-Cashiers Community Library starting at 1 p.m. The lectures are free.

Coming Up

- Relay for Life at the Highlands Rec Park Aug. 15-16 at 6 p.m. until.

- On Aug. 18 from 3:30-6 p.m. there will be a roundtable discussion on dealing with

the Hemlock Woolly Adelgid at PAC. Minimal space is available. Tickets are \$25. RSVP required. Call Dave Martin at 526-9938 ext. 32.

- Highlands Rotary Liberty Gala, Sept. 9 at Highlands Country Club.

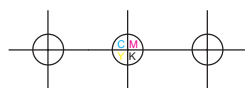
Weekly Happenings

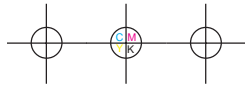
- The Highland Hiker offers half-day hikes during the week with Mike Smith all summer long. Hikes are from 1 to 5 p.m. and cost \$5 per person. Hikers leave from the Highland Hiker Church Street store. Bring a bag lunch and plan to hike July 29, Aug. 5, and Aug. 26. Wildlife biologist Liz Dominique hikes from 9 a.m. to 4 p.m. on July 19, Aug. 15 and Aug. 16.

- Highlands-Cashiers Hospice conducts The Circle of Life Support Group every Friday, 10 a.m. until noon at the Highlands-Cashiers Hospital Conference Room. For more information, call Susan Silverthorn at 526-1462.

- Madeline Epp is teaching a watercolor workshop every Thursday from 11 a.m. to 2:30 p.m. at the Rec Park through August. For more information, call 369-6051.

- HealthTracks at Highlands-Cashiers Hospital offers weekly yoga classes every Tuesday from 5-6 p.m. The cost is \$5. For more information, call Bonnie Powell at 526-1469.





Bryant Art Glass

Handmade in Highlands

Dwight's Animal Kingdom



Monday ~ Saturday 10-4

(828) 526-4095

260 Franklin Road - Highway 64

Highlands, NC

