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Highlands' Newspaper

FREE

Volume 1, Number 11

Locally Owned & Operated

Friday, Sept., 26, 2003

Week of Sept. 26-Oct. 4

- Karate lessons are being taught at the Highlands Civic Center Mondays and Wednesdays from 3:15-4 p.m. Call 526-4318 for more information.

- Step Aerobics at the Highlands Civic Center Mondays, Wednesdays & Thursdays at 4 & 5 p.m. and also on Saturday mornings. Cost is \$5 per class.

Sept. 26

- Martha Marks, president & cofounder of Republicans for Environmental Protection will speak at the Martin Lipscomb Performing Arts Center, at 7 p.m. For more information, call E.J. Tarbox at 526-5037.

- Award-winning folk singer & song writer, Elaine Silver will perform at Carpe Diem Farms, 7-9 p.m. at Dead Eye's Barn. Tickets are \$25 and can be purchased at the door. Refreshments will be available. For more information, call 526-2854. Proceeds will benefit the Gar's Kids Experimental Adventure After School Program.

Sept. 27

- Special Operations Adventure Race starts at 9 a.m. at the Rec Park. It's a adventure race with all proceeds benefiting children of fallen warriors. Raffle tickets for three leather jackets compliments of Jolie's of Highlands and an Oriental Rug compliments of Shiraz Rug Gallery will be on sale through Friday outside area stores.

Sept. 29

- The Town of Highlands Scholarship Fund Golf Classic at Highlands Falls Country Club. Entry fee is \$125 and includes the cart, lunch, Awards Party and Hole-in-One Prizes.

Through Oct. 2

- Highlands School Fall Book Fair in the Highlands School Media Center from 8-3:45 daily.

Oct. 4

- A benefit for HS ninth-grader Kelly Bear's Dad who was injured in a motorcycle accident. It's from 3-8 p.m. at the Cashiers Village Green. Live music, BBQ, baked goods, & silent auction. Proceeds will help pay hospital expenses.

MC School budget at \$31.2 million

By Kim Lewicki

The Macon County Schools budget for 2003-2004 is in – the earliest it's been presented to the school board in years.

Last year, because of state and federal shortfalls, the school system's 2002-2003 budget wasn't accepted until January 2003. "The next month, February, we had to start working on the current bud-

get," said Dr. Rodney Shotwell, superintendent.

At the Sept. 22 Macon County School Board meeting held in Highlands, board members accepted the budget as presented – \$31.2 million – for the 2003-2004 fiscal school year ending June 30, 2004.

"I want to thank the Macon County Board of Commissioners for granting us the extra money we

requested," said Shotwell. "With that money we were able to move forward and do what we needed to do this year."

At the Aug. 25 Macon County Commissioners meeting, the board allocated the school system \$700,000 to make up for state cuts and under-funding going back to

■ See BUDGET page 24

HS Gym work set to start

By Kim Lewicki

Work is really beginning on the Highlands School Gymnasium.

By Oct. 15, Larry Rogers Construction will have removed the storage building, storage tanks and erected a four-foot construction fence around the playground, with construction beginning thereafter.

"On Oct. 16 we hope to begin pouring footings so we can get the walls up before winter hits," said Macon County School Board vice-chair Donnie Edwards. "If we can get all that done, then come spring we can get going on the rest."

Shenaut Construction won the

■ See HS GYM page 24

2003 Children's ArtWalk – A Success



From painting to music the Children's ArtWalk had it all. See more photos on page 15.

Streetscape high on the list for planning board

By Barbara Lawrence

Highlands 'streetscape' is keeping the planning board and the appearance commission pretty busy these days. The Town Board charged the planning board with the task of coming up with a streetscape plan to address such items as trash cans, benches, sidewalks and more.

At the Sept. 22 Planning Board meeting, streetscape improvements

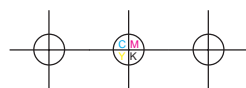
were discussed as was the problem of drainage especially after the recent heavy rain. Members would like to hire a consultant to address these concerns but the ultimate decision is the Town Board's.

Thomas Craig, contractor, designer, presented a preliminary design to permanently cover a portion of Pine Street – about half a block – midway down Pine to Fifth Street –

so outdoor activities, which typically take place on the street, can go on rain or shine.

He also suggested building an amphitheater on the knoll where the gazebo stands but said more input from surrounding businesses was needed.. The board will discuss the proposition and the entire

■ See STREETScape page 24



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Noise ordinance allows for certain noise on weekends

By Kim Lewicki

Folks who woke up in Highlands Saturday morning, heard something they haven't heard in a very long time - absolute silence.

There wasn't a hammer hammering, an electric saw whining, a leaf blower roaring, a lawnmower humming, a weed whacker whacking not even a dog antagonized by all those sounds barking.

At the Sept. 17 Town Board meeting, commissioners voted to enforce the noise ordinance which has been on the books for years, and it sounds like people - homeowners and contractors - took that to mean "all noise" said Zoning Administrator, Larry Gantenbein.

"But the ordinance is only about construction noise," he said. "It doesn't apply to leaf blowers or

chain saws or lawn mowers."

Concerning loud, disturbing and unnecessary noises, the ordinance prohibits: "The erection, including excavating, demolition, alteration or repair of any building in a residential or business district, other than between the hours of 7 a.m. and 6 p.m. on weekdays, except in the case of urgent necessity in the interest of public safety and then only with a permit from the Town Clerk, which permit may be renewed for a period of three days or less while the emergency continues."

Highlands homeowners will be glad to know the noise ordinance doesn't apply to them as long as the work they want to do on the weekends is lawn work.

"You can't hammer on a roof but you can pull out a chainsaw and cut down a tree," said Gantenbein.

Highlands Cable Group working to comply with Town Board ultimatum

By Kim Lewicki

With its week-long ultimatum on the record, it looks like the Town Board got the attention of Highlands Cable Group.

Since the Sept. 17 Town Board meeting Richard Betz, town administrator and Lamar Nix, town engineer, have met with Highlands Cable Group owner Nin Bond several times to outline the board's demands.

At last week's meeting, commissioners learned that Bond had strung cable on 58 poles prior to getting a permit or paying pole attachment fees.

Furthermore, on 40 of the 58 poles the cable doesn't meet the required 40-inch clearance as mandated by the National Electric Safety Code's Rules for Clearance.

"But they are currently restringing cable," said Nix.

But Nix said he also needs to know what poles need to be changed out and where Bond intends to go underground.

"If some poles are too short for him to fit on to meet clearance, then

new poles have to go up and if he decides to lay cable underground instead of putting up new poles, then we have to see permission in writing from DOT for him to encroach into its right-of-way," said Nix. "And if he's going underground on private property, we have to see paperwork verifying permission from property owners to do that."

Nix said once he gets complete plans indicating what poles need to be changed out and where he intends to lay cable underground, the permitting process can begin.

"Once I get all that, I'll review it, check it in the field and issue the pole attachment permit," said Nix.

Nix said Bond even required his employees to attend the meetings so everyone understands exactly what is required as far as clearance goes and "everyone is on the same page," said Nix.

Once the permit is issued, Bond must pay pole attachment fees which cost \$10 per pole. Nix estimates a couple thousand poles within the town limits.



Yinger earns black belt

Highlander 14-year-old Ricky Yinger was one of five students who successfully tested for his Junior Black Belt on August 23.

Ricky has been a student of martial arts for three years and has just been promoted to the position of Instructor at Dustin Chovanic's American Kenpo Karate Academy.

Ricky is the only teen instructor at the school and he enjoys working with all age levels, from pre-school through adult. He has worked long and hard the past years to earn this belt, putting in countless hours 5 days a week and also competing at regional and national tournaments

on the weekends.

Ricky recently fought and placed at the Battle of Atlanta on September 6 where he is a two time division champion. Ricky and his instructor Dustin Chovanic will be teaching classes in Highlands on Monday and Wednesday at the Rec Center. Classes are open to all ages and fitness levels and will be held from 3:15 to 4 p.m.

Donations to cover tournament expenses are always appreciated and can be mailed to Box 463 in Highlands. Congratulations are in order for this hard working and talented young man.

Buck Knob at NC 106 to be more 'driver friendly'

Funding through the new North Carolina Moving Ahead program will soon be used to improve the intersection of N.C. 106 and Buck Knob Road in Scaly Mountain.

NC DOT has begun surveying N.C. 106 and Buck Knob Road and hope to make negotiating the intersection much safer, says Wesley Grindstaff, county maintenance engineer with DOT.

"We currently have plans to construct a left turn lane on NC 106 to facilitate eastbound traffic attempting to turn left onto Buck Knob Road," said Grindstaff. "NC 106 will be shifted approximately 10 feet to the north to accommodate the new turn

lane. This "shift" will allow for better sight-distance around the existing curve."

A portion of the existing rock on the south side on NC 106 will be cut to increase sight distance and gain needed shoulder and ditch width which will help with roadway drainage. A guardrail in the vicinity of the new turn lane will also be installed.

The department plans to award the project sometime this fall with construction slated to begin Spring of 2004.

For more information on the project, call Grindstaff at 828-321-4105.



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Eckerd Living Center visitors

On Sept. 11, Jean Shouse, third from left, and a bunch of her friends took their furry friends to visit their resident friends at the Eckerd Living Center. It was a fun day for all.

Photo by Edna Foster



• Obituary •

Dr. Wallace Herman Orgell

Dr. Wallace Herman Orgell, age 74, of Highlands, NC, died Tuesday, September 16, 2003 in the Highlands-Cashiers Hospital.

He was born in Hardin County, Iowa, the son of the late Raymond and Luella Haelscher Orgell. He was a retired College Professor at Miami-Dade Community College. He was a life member of Sierra Club in Miami and was a member of Audubon Society.

He attended colleges in Iowa,

Pennsylvania and California. He was a member of Cashiers United Methodist Church.

He is survived by his wife of 12 years, Kathleen Jones Orgell and one brother, of Iowa.

Memorial services were held Saturday, Sept. 20 at 3:p.m. at Cashiers United Methodist Church, with Rev. David Bean officiating.

Bryant Funeral Home is in charge of arrangements.



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• Laughing at Life •

Doing the 'mountain thing'

with Fred Wooldridge



First, I want to set the record straight. I am not a country boy or a mountain man. I am a diehard big city slicker, born and raised. My primary home has always been the city. I have survived well there. Stepping over winos and ignoring panhandlers on my way to a basketball game is natural for me. The city and I are one.

I have also been living in Highlands, part time, for a very long time. I have never tried to become a country boy, a mountain man or, for that matter, a Highlander. It just can't be done. I am a six month guest and know my place. Being a local mountain man, or a real Highlander is very special here. They can spot fakers from a mile away, especially the city slickers who live here all year. It's usually the haircut, the Mercedes or the Rolex watch that gives them away.

Once, I spent 30 minutes trying to start my new chain saw and when my arm was about to fall off, a local walked over and flipped the switch on. "Ya ain't from around here, are you?" he grinned. Maybe it was the manicured nails that gave me away.

So I just try to be me, except for one thing. I love to do the "mountain thing." It is the one attribute I have picked up from visiting here. City guys don't have a clue on how to do the "mountain thing," but I do. When I use it in the city, it drives slickers crazy. I have added years to my life.

Here is how it works. Ring, ring. "Fred speaking." "Fred, I need for you to come over and sign these papers you wanted me to prepare." "No problem, I'll get to it. Thanks for calling." Hang up.

Now you do the "mountain thing" by doing nothing. Weeks later, if you happen to be passing by the guy's office and have nothing else to do, drop in and sign the papers. If he also does the "mountain thing" he has misplaced the papers but says he'll call you if they turn up, which, of course, he never does. No big deal, unless he happens to be a city slicker. Then he has called your house umpteen times and is now taking Valium on a regular basis. He is very angry with you. In either case, the papers will eventually get signed.

I will admit, when I first started

visiting here years ago, the "mountain thing" used to drive me crazy. Then I realized that folks around here are operating on a different time schedule than mine and since I am here, I better get on their time schedule.

One of my city slicker friends called to tell me he just arrived in Highlands and decided to have a well dug during his two week stay. "They should be out the first of next week," he announced. "Ha," I arrogantly laughed. "Be sure to give them your out of town number so they can call you in February to say they will be getting started soon," He was speechless.

A building supply store, which will remain nameless because I don't want to embarrass Lowe's, has been playing the "mountain thing" with me for weeks. They owe me material and will get around to delivering it "soon." I want the material and will get around to receiving it when I can. Bottom line is I don't have the material, they don't care if it ever gets delivered and neither do I. Once delivered, I'll have to go to work. Maybe I'll get to it in the spring.

And finally, I'm almost too embarrassed to tell you that I have this little thing I do which I call the "Main Street mountain thing." Well, maybe not that embarrassed. I do it on Saturday when our town is packed with city slickers, like myself. The goal is to see how long you can take to get into your car and back out of your parking spot. Slickers, who will only park on Main Street because they are allergic to walking, will wait endlessly to get your spot. I once took 12 minutes to get into my car and leave my spot. I fidget, look for my keys, open and close the car trunk several times. Turn on the backup lights, but don't move.

Ah yes, the "mountain thing."

• Sports Picks •

Take up tennis – with friends

When I was a kid, one of my older friends suggested that I take up tennis. When I asked him why, he said "tennis is something you can play no matter how old you get." This sounded like a good explanation to me, but I was too busy playing basketball and other stuff to learn how.

I didn't really think about it much until the other day when my buddies Josh and Dooley decided to go play. Now Josh and Dooley are the kind of guys that make you sick with admiration because they are good at just about everything.

Now I had played a little tennis before, but it was against an inanimate machine. I also played once with my aunt, but she took it very easy on me. Usually when the guys and I go out to play, it is fairly competitive. I could at least hold my own with them when it came to football and volleyball, so I figured, why would tennis be any different?

When we arrived on scene, I should have sensed that it was a bad idea when I noticed ominous black clouds hanging overhead.

Nevertheless, I watched as Josh and Dooley warmed up and figured that we were gonna have a good time. Because I had left my car and rode with Josh, I called my house to see if

my sister would bring me some clothes and shoes. (See, she goes to town a lot, and I figured I would

catch her on her way and save me a trip and...yeah, I'm lazy)

I should have taken the second hint when my shoes arrived about four sizes too small. By the time I had changed I was wearing a black Saints jersey, Duke blue shorts and black Eddie Bauer moccasin shoes.



Ryan Potts

After taking numerous

cracks on my appearance from the fellows, along with repeated chants of "ball-girl," I sat down to watch the conclusion of the match. It was then I realized that I was in trouble.

When they started warming up, Josh and Dooley looked like any novice players would, hitting pop-ups and making careless mistakes. However, towards the end of the match, Dooley was blasting mammoth serves like Roddick, Josh was slicing backhands like Agassi, and I was sobbing like Kournikova's ex-boyfriend.

Josh won his match with Dooley by a hair, and I toed the line for my first real tennis experience.

I soon decided that Ryan Potts playing tennis was like George Bush in a spelling bee, Paul Begala in a beauty contest, and Keanu Reeves doing anything. Josh beat me as if I was a red-headed stepchild. (Apolo-

gies to all Opie fans out there, and Will Johnson)

Six games later I realized that my performance demonstrated the biggest lack of talent since Michael Bolton's last CD. It was Kraplakistan vs. the US in Olympic basketball level annihilation. It was Dan Quayle level humiliation. But most of all, it was first baseball game with your dad level fun. That is what makes friends so cool. They can make anything fun, even a terrible sports experience.

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And while I will probably never hear the end of my tennis exploits, it may provide the necessary level of motivation to learn the game. Maybe my friend was right, and tennis and golf will be my future in sports.

So Josh and Dooley, I'm throwing down the gauntlet. Shady Acres retirement home, September 2053, I challenge you to a game of tennis. Winner gets the flavored apple sauce and a sponge bath from the cute female nurse. Are we on or what?

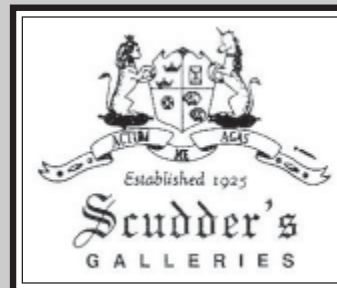
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We have been so polite not wanting to hurt others feelings by calling them FAT. All of us have been called names, it hurts. But the truth is that by calling this fat “over weight,” we have now fattened ourselves into obesity. When we think of ourselves as obese it hurts far worse than being fat and it hurts (as in diseases) on a more encompassing scale.

Over weight is appropriate for lean body mass, fat is fat. All assessment tools for body composition analysis compares fat and lean. When we carry the majority of our weight in lean body mass (muscle and bone), this equals a strong skeletal system. We want the strongest possible frame which may be overweight on a per height, weight, and gender scale if you are only seeing pounds of body weight and do not know in what that weight breaks out into.

Aging takes away from our lean body mass and we begin losing bone density at 27 years of age to the tune of three percent per decade if we don't exercise against this loss.

However, if we find ourselves carrying the greatest part of our weight in body fat, then we are fat period, not overweight. Politeness concerning overweight and its related diseases are now killing us. There's nothing polite or kind about it. We have moved from just fat to Obese and Morbid Obesity.

This is the reality – 58 million in the USA are over weight (read as fat), 40 million are Obese and three million are Morbidly Obese, so where has being polite gotten us? It has only served us to delude ourselves into seriously unhealthy bodies and major increase of diseases.

We are wallowing in our fast



and convenient life food styles. We do “eat all we want” at the buffet troughs. We do grab fast-fat foods on the go. We do get higher risk factors predisposing us to earlier, poorer health and quality of life. We are sedentary as a nation, 78 percent of Americans do not meet basic activity levels and another 25 percent are completely sedentary.

Our children are following our examples, learning our behaviors and their risks are much higher. As we observe them having ‘adult’ diseases earlier and younger – obesity, diabetes, high blood pressure and cholesterol, their longevity with quality may not be an option.

Childhood obesity is running out of control, hospital costs associated with this have risen from \$35 million in 1979 to \$129 million in 1999. Since we want the best for our children, we need to get our priorities straightened out. For as we know a house with a weak frame cannot resist the devastating effects of too much stuff for it to support. Nor can our bodies, young to older, resist without a strong lean mass. We generate a catastrophic set-up by failing to be responsible health consumers, leaders, parents following recommendations of just minimal efforts:

- Walk continuously for 30 minutes daily;

▪ See **HEALTHY LIVING** page 9

• Movie Pix •

The Video Guy presents:

"Late for Dinner"

**Written by Mark Andrus,
directed by W.D. Richter**
A 1991 romantic comedy
Rated PG

Light far, starts off a little dark, gets pretty silly and ends up cute.

Willie (Brian Wimmer) marries the girl of his dreams, Joy (Marcia Gay Harden). Together, with best friend brother-in-law, Frank (Peter Berg), they run afoul of a sleazy land developer and Frank and Willie end up on the run for a crime they didn't commit. Then they run across one of those kindly mad scientists so common in Southern California, are selected as guinea pigs for his latest experiment, and are frozen for about 30 years. With me so far? Great scenes of Willie and Frank negotiating the 1990s, really the best parts of the show as they encounter fast food joints, rap music and cell phones.

Sweet and touching as they try to negotiate their way back home, both in place in life. Admittedly, getting past the whole frozen alive



Stuart Armor/Movie Stop

thing requires a bit of a stretch, but I don't think realism is the point here. Willie struggles to reconnect with his now 50-year-old wife, who is

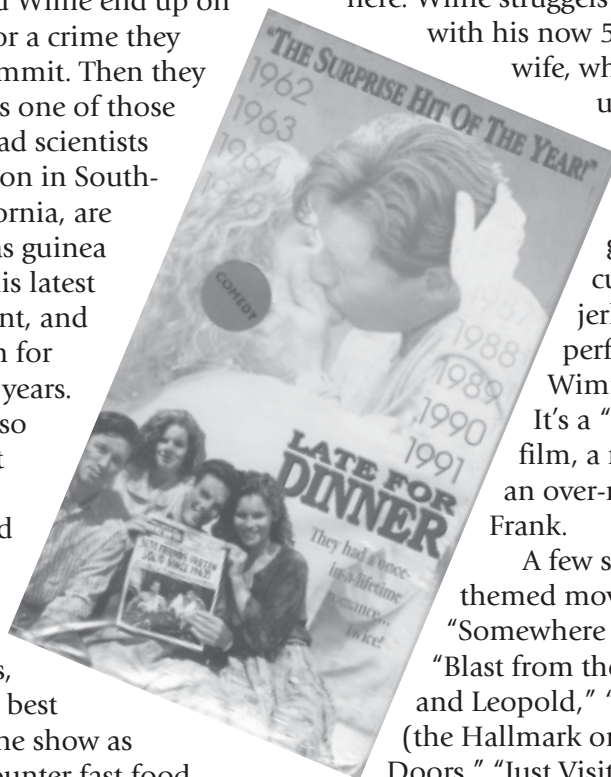
understandably

a little skeptical.

Romantic, goofy and cute, a bit tear jerking, good performances by Wimmer and Berg. It's a "feel good" film, a neat touch is an over-narration by Frank.

A few similarly themed movies are "Somewhere in Time," "Blast from the Past," "Kate and Leopold," "Love Letter," (the Hallmark one), "Sliding Doors," "Just Visiting," "Family Man" and "Me, Myself and I."

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



Local Eastern Star Chapter collecting "pop tops" for Ronald McDonald House

Proceeds from "pop tops" will be used to build a handicapped-accessible playground for children in Ronald McDonald Houses in and near Western North Carolina.

Proceeds from the first million tops will go to the house in Chapel Hill, the second million will go to the house in Durham and the third million will go to the house in Greenville, S.C.

Put a jar in the kitchen area at home or at places of business and collect as many as possible. Pop-tops are on everything from soup to nuts.

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• Cooking on the Plateau •

Recipe chairperson favorites

Celebrate Highlands is the love child of The Laurel Garden Club. It features kitchen-tested recipes contributed from Highlands residents and area chefs.

Proceeds from the sale of the book benefit the Highlands Botanical Gardens and the Nature Center, as well as other projects in line with the club's mission.

The Laurel Garden Club is dedicated to the protection and conservation of Highlands' natural resources, its village beauty and its roadside charm.

Featured this week are recommendations from the cookbook's recipe chairperson.

Pasta with sugar snap peas, asparagus and Parmesan

(page 98)

1 pound of asparagus, trimmed
salt to taste
8 ounces bow-tie pasta
8 ounces sugar snap peas, trimmed
3 Tbls. olive oil
1/2 cup freshly grated Parmesan cheese
pepper to taste

Cut the asparagus into 1 1/2-inch pieces. Add to boiling salted water in a large saucepan. Cool until tender-crisp. Remove immediately with a slotted spoon to cold water in a bowl. Cook slightly and drain. Add the pasta to the boiling water. Cook until al dente. Add the sugar snap peas. Boil for two minutes. Add the asparagus. Cook until heated through; drain. Add the olive oil and toss to coat. Add 1/2 cup Parmesan cheese. Season with salt and pepper. Serve with

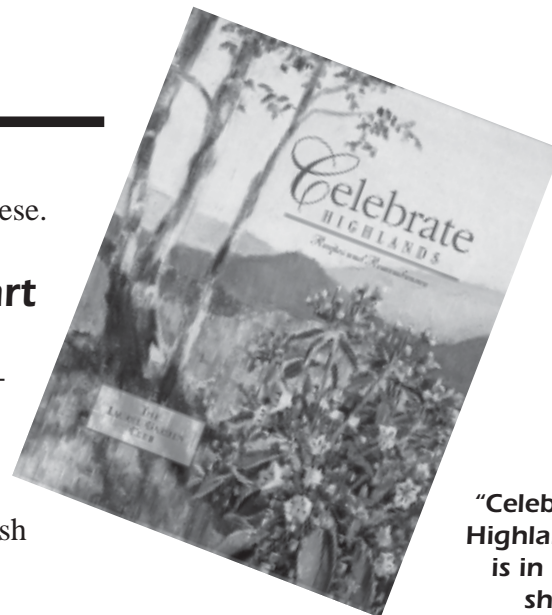
additional Parmesan cheese.
Yield; four servings.

Tomato Basil Tart

1 refrigerator pie pastry
1/2 cup shredded mozzarella cheese
5 Roma or 4 medium tomatoes, sliced
1 cup loosely packed fresh basil leaves
4 garlic cloves
1 cup shredded mozzarella cheese
1/2 cup mayonnaise (not fat-free)
1/4 cup grated parmesan cheese
1/4 tsp. white pepper

Line a 9-inch tart pan or pie plate with the pastry, trimming and fluting the edge. Bake using the package directions. Remove from the oven. Sprinkle immediately with 1/2 cup mozzarella cheese. Cool on a wire rack. Arrange the tomatoes on the melted cheese. Process the basil

and garlic in a food processor until coarsely chopped. Spread over the tomatoes. Combine 1 cup of mozzarella cheese, mayonnaise, Parmesan cheese and white pepper in a medium mixing bowl and mix well. Spoon over the basil mixture, spreading evenly over the top to the edge. Bake at 375 degrees for 25 to 40 minutes or until the top is golden brown and bubbly. Yield: 6 to 8 servings.



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... HEALTHY LIVING cont. from page 6

- Cut only 500 calories a day from food consumption;
- Give up one bag of saturated fat food snacks;
- Give up buying your soda in liter bottles or give up one liter per grocery trip.

This is merely a start to help yourselves and your children. Then get focused on moving from fat to overweight and feel good about the word overweight which is lean body mass of muscle and bone.

What giving up one 12-ounce soda per day can mean to you, me and us.

12 oz. soda = 140 calories x 7 days per week = 980 calories per week x 4 weeks per month = 3,920 calories per month x 12 months per

year 47,040 calories per year.

Now divide these annual calories by 3,500 calories in one pound of body fat and this gives you a 13.5 pound gain in body fat per year from just one soda a day.

When you hear your Miss Piggy voice yelling at Kermit, "Oh, one won't hurt Kermit," stop and think this calculation out. Convince yourself, do the math, then walk around town and feel good about yourself.

Exercise is the diet of choice and making better food decisions is the best way to achieve your diet's results.

(Statistics used in article from National Institutes of Health, and American Heart Association)

HS teachers recognized for multimedia project



At the Sept. 22 Macon County School Board meeting held in Highlands, Superintendent Dr. Rodney Shotwell presented teachers Jane Chalker and Denise West with a certificate commending them for winning second place in the NC State Multimedia Mania contest.

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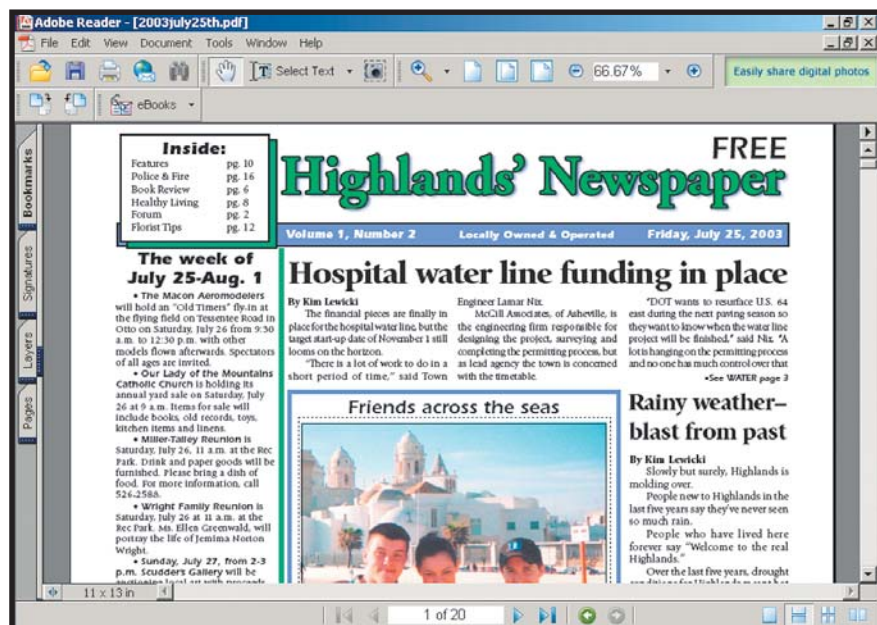


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• Florist Tips •

What it all means

By Luke Osteen
The Little Flower Shoppe



I see people at all the stages of their lives - when they're falling in love, when they get married, when they've given birth, when they're sick, when they're lonely, even when they die.

This perspective hasn't given me great insight into the human condition, but I have gleaned some information that needs to be passed on. To the women reading this, you can skip on to the final paragraph because you already know this stuff.

Guys - flowers matter! You can't believe how much meaning is freighted onto a simple bouquet or arrangement.

Sure, I was vaguely aware of this before I ended up in this business. I would buy Mrs. Osteen the requisite red roses on Valentine's Day and I think I gave her an arrangement when she had our son, but there was never a lot of thought put into it. It turns out I was playing with a cup of gasoline and a Bic lighter!

Who knew so much meaning had grown up around what are, at their core, filling stations for bees, butterflies and certain species of Mexican bats?

For instance, did you know the significance of colors of roses - coral (desire), lavender (love at first sight, enchantment, uniqueness), orange (fascination, enthusiasm), light pink (grace, admiration, joy, gentility, friendship), dark pink (thankfulness), red (love, passion, respect, courage), deep red (unconscious beauty), white (spiritual love, secrecy, purity, innocence), bridal white (happy love); and yellow (joy, gladness, friendship)?

Of course you didn't! No guy does! And can you explain the difference between white and bridal white? I can't either.

As if this isn't complicated

enough, combined colors have significance too - red and white (unity), yellow and red (congratulations), and yellow and orange (passionate thoughts).

Here's the kicker - every woman you know already knows all of this. They've known it since age 11.

God have mercy on us all.

I hope this hasn't scared you too much. I do have a bit of good news from all of this. You can get by with a single rose! That's right, and this goes against everything I stand for as a florist, you don't need to buy an elaborate arrangement to impress the woman in your life. A single rose is considered deeply romantic.

I don't pretend to understand this. It's like someone asking you if you'd prefer a Goodyear R67 AllTrac Radial or a set of four and you choose the one. But let's not question this too deeply.

Of course, if you've screwed up on a profound level, a single rose isn't going to cut it. Go for the big arrangement and buy one of those Hallmark cards from The Dry Sink with a pretty picture on the front and no words inside and pour your heart out. Just let the words flow. Sometimes this works.

I hope some of this advice helps. I'm afraid this is about all I know in the romance department. Now, put away your notebook and sit up straight. Good luck.

Welcome back, ladies. In conclusion, I think we can all agree, America is truly the Land of Opportunity.



• Hiking the Plateau •

Highlands' Newspaper - Friday, Sept. 26, 2003 - Page 11

Blue Valley hikes are a gem

By Leah Ferree
Contributor

Blue Valley is a great destination spot for all lovers of the outdoors. You can camp, backpack, hunt, hike, bike, swim, and fish. One of my favorite places in Blue Valley is the Picklesimer Rock House (or simply Rock House).

Rock House is a natural rock covering that is perfect for camping or just enjoying a beautiful day. The trail to get there is only seven-tenths of a mile so carrying camping equipment doesn't even require a pack. The rock indentation behind the water allows ample space for setting up a tent and

there is already a fire pit there. With the waterfall right in front of you, you even have a natural shower; as long as you don't mind taking an exhilaratingly cold one.

To get to Rock House, travel 5.7 miles down Hwy 28 south to the Blue Valley Road. (It will be right before the Georgia state line). Shortly after you turn right onto this road, it will turn to gravel. Continue on the Blue Valley Rd. for 4.2 miles. Eventually, you will come to a fork. There will be an information sign in front of you. Take the road that curves up to the left. At this point,

it will only be another six-tenths of a mile. The next road on your right is where you will want to turn. It will be at a slight incline. If you park your car on this road, be sure not to block the gate. (You can't see the gate once you first pull in).

Walk down this trail past the gate for six-tenths of a mile until you reach a wildlife clearing. Follow around the right side of the clearing until you see another trail. You will be able to faintly hear a stream by this point. Once this trail narrows, follow it up to

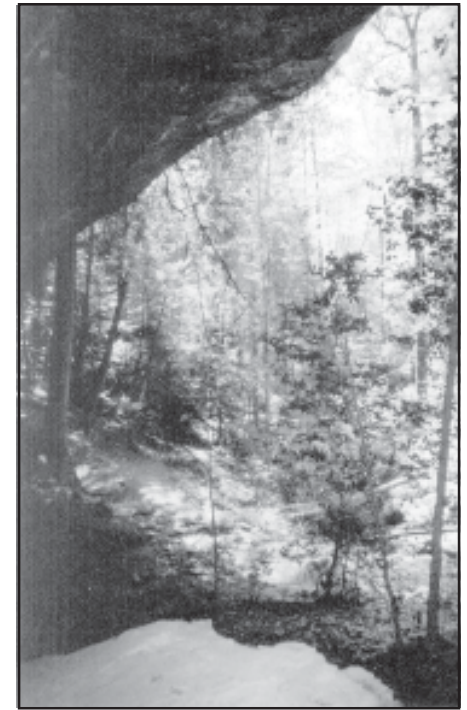


Photo by Leah Ferree

• See HIKING page 22 Picklesimer Rock House

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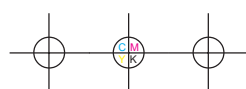
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Lightning feels close on the Highlands Plateau

By Kim Lewicki

Thunder and lightning storms on the Highlands Plateau send dogs and cats diving under beds. People aren't too comfortable, either. When lightning splits the night, it somehow seems closer in Highlands.

Experts say altitude is a contributing factor to lightning strikes because mountainous topography forces the collision of air masses and a charge imbalance occurs.

It's unclear as to whether the geological make-up of the Highlands Plateau attracts lightning – some suspect the metallic nature of the exposed outcrops of rock – perhaps even the damp nature of the topography. But those notions can't be substantiated.

Regardless, "Most of the structure fires we respond to are caused by lightning," said Bobby Houston with the Highlands Fire and Rescue Dept. "Sometimes the structure is a total loss and sometimes there's just damage."

Since 1998, the department responded to five structure fires directly caused by lightning.

- On June 10, 1998, a home on Garnet Rock Trail in the Cullasaja Club was a total loss and the house next door sustained minor

damage.

- On February 12, 2000, a home on Hedden Lane was damaged by a fire caused by lightning.

- On February 22, 2003, a home on Cullasaja Club Drive was lost to a lightning-induced fire.

- On July 4, 2003, a home on Falls Court at Highlands Falls Country Club was lost to fire caused by lightning.

- On August 28, 2003, a home on Split Rail Row was damaged when ignited by lightning.

Thanks to lightning, both the police department and the fire and rescue department spend a lot of time chasing false alarms. "About one-half of the alarms we respond to are set off by lightning," said Houston.

Experts say In the United States 22 million lightning flashes strike the ground each year. The most lightning prone region is Florida which has on average 12 flashes of lightning per square kilometer per year.

"To produce lightning you need thunderclouds. To produce thunderclouds you generally need heat and moisture and both are plentiful in Florida," said Vladimir



Lightning can strike at any time, but summer is the "usual season."



Photos supplied by the Highlands Fire & Rescue Department

Rakov, an electrical engineer and lightning expert at the University of Florida in Gainesville.

The lightning that strikes people and causes structure fires is a cloud-to-ground flash. This occurs when the charge imbalance between the cloud and ground becomes so great that the negative charge in the lower part of the cloud begins to travel towards the Earth's surface.

As the charge nears the ground, positive charges surge up tall objects like trees, houses, telephone poles, and, sometimes, people. When the negative charge from the cloud connects with these positive charges rising from the ground, a bright flash occurs.

In the last few years, there have been two documented incidents where people were killed by lightning in Highlands.

- On September 29, 1998, a Duke Power employee who was working on an underground

electrical system in the Wildwood area was struck by lightning and killed. This has been verified by the lightning tracking system out of Arizona.

- On August 8, 1999, three hikers sitting on a rock outcrop on top of Whiteside Mountain were struck. One died and two were seriously injured.

Cost estimates of the damage caused by cloud-to-ground lightning total in the hundreds of millions of dollars each year, according to the National Weather Service.

One summer Bobby Houston returned from a trip abroad and found his home had missed catastrophe by a matter of feet.

"A huge tree in the back yard had been hit by lightning while we were gone and the charge traveled the root system straight for the house," said Houston.

▪ See LIGHTNING page 13



At Highlands School, Journalism is the real thing

Kim Lewicki

Off and on, as long as Highlands School has been in existence, teachers and students have been producing a school paper.

What's different this year school year 2003-2004?

There's a class devoted solely to Journalism which is producing a monthly newspaper to be included in Highlands' Newspaper. Consequently, 5,000 copies of the Highlands School newspaper – Mountain View – end up in the hands of people living in and visiting Highlands.

"This is a great opportunity for the students to not only publish their work but to have the hands-on experience that's reflective of the real job experience," said Journalism teacher Beverly VanHook.

For years, teachers at Highlands School have been teaching and encouraging creative writing. Students' venue for publication came in the form of literary magazines – most recently the school's award-winning Crossroads Magazine and in-school newsletters.

But with a bona fide Journalism class whose goal is to produce a monthly newspaper, students can concentrate on all aspects of Journalism – the cultivating of sources, news and feature story ideas, layout and design, photography and finally production.

"The students are much more likely to make a greater effort to meet deadlines when producing the newspaper rather than just school projects," said VanHook.



Students in the Highlands School Journalism class are counterclockwise: Nathan Heffington, senior, Teacher Beverly VanHook, Cole Berg, senior, Melissa Warren, senior, Brittany Shook, senior, Jessie Cabo, junior, Margie Potts, senior and Rachel Lewicki, senior.

Students are using various forms of computer technology to produce Mountain View. They compose stories in Microsoft Word, manipulate photographs and graphics in Adobe PhotoShop and design and layout their publication in Adobe PageMaker.

Once completed, Mountain

View is incorporated into the Highlands' Newspaper and sent as a complete package to the Asheville Citizen-Times over the Internet where it is downloaded and ultimately printed.

"I think they did a great job on their first endeavor," said Highlands School Principal Jack

Brooks. "They came up with a lot of interesting stories in a relatively short time. Now we have a vehicle that we can give people who come to the school – a vehicle that highlights the school. We look forward to another issue coming out next month."

Toward the end of each month school is in session – September through May – the Journalism class plans to produce a newspaper for distribution in the community and beyond.

For October the class plans to double their efforts producing an eight-page spread.

... LIGHTNING continued from page 12

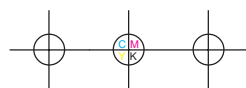
"Luckily, it exploded about 10 feet from the house."

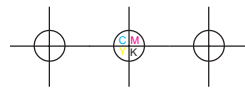
But the back side of the house was splattered with mud and grass, he said.

Experts say it's best to stay safe and not court lightning. Lightning

tends to strike people in places where there are people to strike. If there are people participating in outdoor activities like hiking and camping in the exposed, lightning-prone high country they can be a target.

Lightning rods and surge protectors can protect homes and appliances. But there's no guarantee. Scores of electrical appliances – TVs, computers, VCRs, etc. – have been fried by lightning even with surge protectors intact.





Rev. Hunter Coleman
First Presbyterian Church

Facing Giants

I Samuel 17:41-50, John 4:7-15

One can't avoid doing battle with giants. Ferocious, colossal foes maim and destroy our peace - disease, abuse, addiction, accidents, natural catastrophes. Giants, one and all! When one trudges into our valley, it's important to know the story of David and the Philistine giant, Goliath. David was up against incredible odds, but he challenged the giant, because he believed God was with him. David killed Goliath.

The giant is not only the foe but also the havoc the foe creates in us - the hurt, the ache, the fear, the loneliness, the despair when we have loved and lost. We won't be able to rid our valley of him and his havoc, not completely.

We can, however, face down the stark and colossal reality that Keats called the giant agony of the world. You can do it as David did. You can throw stones. David picked up five stones from the brook, but it took only one. You need to pick up stones and carry them with you.

One stone is prayer. When the giant lumbers into your peaceful valley, talk to God just like you would to your best friend. Tell God things you wouldn't tell anyone else. Lay it out. Unburden yourself. Pray like the young boy who was overheard to say:

"Dear God:

If you know so much, how come you let it rain so long that the river flooded our house, and now we have got to move?"

Grace is another stone you can throw. The firm trust that God understands and embraces you, even when you aren't as strong as you should be, when you feel so alone, so inadequate.

Another stone you can throw is faith. When you throw faith, you choose to live with the uncertainty and contradictions - not in fear, but

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 - 10:45 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.; 10:30 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 - 10:30 a.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
Friday: Sept. 12 Sabbath Eve Services at 7 p.m.
For more information, call (706)-745-1842.

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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Unitarian Universalist Fellowship of Franklin

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

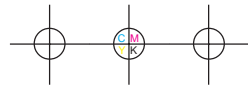
Westside Baptist Church

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

Whiteside Presbyterian Church in America

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





The Children's ArtWalk – A fun day in the sun



The day of activities was tailored for children, but sun, music and art drew "children" of all ages to the Nature Center on Saturday, Sept. 13. Children painted birdhouses donated by The Bird Barn, colored their own Children's ArtWalk T-shirts, got their faces painted, painted dramatic paintings on easels set up inside, enjoyed music from Thea & The Green Man and Brian Starr, even got a "drama" class from Instant Theater's Adam Heffernan.

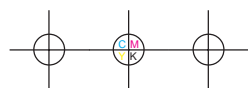


Children's songwriter Brian Starr, who came all the way from Chicago, delighted with his whimsical, silly songs.

One of Thea & The Green Man's songs was an all time favorite, "Puff the Magic Dragon."



Children's masterpieces, which they created on easels set up inside the Nature Center, were hung to dry in the sun while attendees enjoyed free hot dogs courtesy of Fresser's, free popcorn courtesy of Kilwin's and lemonade and baked goods from The Girls' Clubhouse. and lots of live music in the amphitheater.



It's the 'humane thing'



Jessica Rogers, Smoky Mountain High School senior, is shown with Dante, a found dog. Jessica is volunteering at the Cashiers-Highlands Humane Society as part of her senior project and also writing a paper on animal abuse. Dante, approximately 1 1/2 years old, is part Lab. He was wearing a chartreuse nylon collar with no identification when found at the Cashiers Community Center. Call 743-5752 for information.

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• Life Under Construction •

Be a Human Highlighter

By Dr. Maryellen Lipinski

I have given myself a new job in life. It doesn't pay very much in dollars but the rewards are heavenly. It's about being a "spirit spreader" or a "human highlighter."

What's this, you might ask?

Well, the job description would read something like this: "Go around and catch people doing things right or even making a good effort to add joy to this world we live in. Find the good in people. Let those you love know they play a significant role in your life.

Emphasize how important they are. Cush a little over them. Be more forgiving and less judgmental." Are you up for the challenge? Have you got something better to do?

Do you suffer from too much appreciation and recognition? I didn't think so. Are you grinning right now? When I ask the question above to my speaking audiences, I always get the same response. Silence, and then laughter followed by the words, are you kidding?

What we don't realize sometimes it that it is hard to give away what we don't think we're getting. Heck, just about everyone wants to be approved of by others.



That's important. Maybe an even more important question to ask would be the following. Do you approve of how you are living your life?

Too many people spread "toxic fumes." You know what I am talking about? My advice, stay away from them. Toxicity spreads.

How about focusing on what's working in your life instead of what isn't? It works in life, business and relationships. What are you appreciating in life that is good?

Hey, the way I look at it, you have to live with yourself all the time, so why not be good company.

It's one of the most beautiful compensations of life, that no man can sincerely try to help another without helping himself. – Ralph Waldo Emerson

"You can't love people if you are judging them." – Mother Theresa

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 of Sapphire Valley to help them find a home in these majestic mountains. Her first book, *Random Thoughts and Mine Always Are*. *Conscious Detours to Creative Power* will make you laugh, cry, and think! Her next book, *Life Under Construction...A Work In Progress* is at the printers! www.maryellenlipinski.com

Fighting the Woolly Adelgid



On Tuesday, Sept. 16, Jack Brinson hosted a luncheon at Wildcat Cliffs Country Club where the battle against the Woolly Adelgid was discussed. Continued funding is needed to fight the pest. Please send contributions to the Jackson/Macon County Alliance at 348 Fifth Street, Highlands.

From left are Roy King, president of HFCC Community Assoc., Dave Martin, executive director of JMCA and Jack Brinson, chair of "Save the Hemlocks."

• Police & Fire Report •

Highlands' Newspaper - Friday, Sept. 26, 2003 - Page 17

The following are the Highlands Police Department log entries for the week of Sept. 16-24. The only names are of public officials and/or people who were arrested.

Sept. 16

- At 12:55 p.m., officers responded to an alarm at a residence on Center Drive. All was secure.

Sept. 17

- At 5 a.m., officers responded to a complaint concerning loud music at the Highlands School playground.

Sept. 18

- At 9:50 a.m., officers responded to an alarm at Rosenthal's on Main Street. All was secure.

- At 11 a.m., officers responded to an accident between two vehicles. There were no injuries..

Sept. 19

- At 7:55 a.m., a gas drive-off was reported..

- At 8:55 a.m., a motorist on Oak and Fourth streets was cited for driving without a license or inspection sticker.

- At 9:25 a.m., a motorist at Maple and Oak streets was cited for driving without a license, an expired tag and no insurance.

- At 10:25 a.m., a motorist was cited for driving without an inspection sticker.

- At 5 p.m., Juan Hernandez Lopez, 24, was arrested at U.S. 64 and N.C. 106 for driving with an open container, without a license, and expired tag and no insurance.

- At 11:30 p.m., Rowen Placko, 27, was arrested for domestic violence at Helen's Barn.

Sept. 20

- At 11:45 a.m., a credit card was found on the sidewalk near the Little Flower Shoppe. It was turned into police.

- At 10:55 a.m., officers responded to an accident between two motorists at Main and Fourth. One was cited for making an unsafe movement. There were no injuries..

Sept. 21

- At 1:39 a.m., a motorist was given a warning ticket concerning a burned out headlight.

- At 2:10 p.m., officers responded to a dispute between siblings on Paul Walden Way.

- At 5:10 p.m., Marcelo Tlacuapa Lugo, 16, was arrested for driving without insurance, a license, and a false tag.

Sept. 23

- At 10 p.m., officers assisted EMS on Foreman Road where a victim was hurt.

- At 10:45 a.m., officers investigated

a call of a vehicle driven recklessly on U.S 64 east..

- At 1 p.m., officers responded to a call of an open door at a residence on Pierson Drive. All was secure.

- At 8:15 p.m., a motorist on Holt Knob Road and U.S. 64 west was cited for driving without insurance and a false tag.

Sept. 24

- At 9:55 a.m., officers responded to an accident between two vehicles. There were no injuries.

Sept. 25

- At 10 a.m., officers responded to an accident at U.S. 64 where a car had gone over the embankment. There were no injuries.

- At 9 a.m., officers responded to an alarm at T.J.Bailey's in Town Square. All was secure.

The following are the Highlands Fire & Rescue Department log entries for Sept. 13-21.

Sept. 13

- The dept. responded to an accident at Highlands School between two vehicles. There were minor injuries. The victims were transported to the H-C Hospital.

Sept. 14

- The dept. was first responders to assist EMS at a residence at Chestnut Hill. The victim was transported to the hospital.

- The dept. responded to a fire alarm at Chestnut Hill but it was false.

Sept. 15

- The dept. responded to a motorcycle wreck at Buck Creek Road. The injured were transported to the H-C Hospital.

Sept. 19

- The dept. was first responders to assist EMS at a residence on Tudor Hall Lane. The victim was transported the H-C Hospital.

Sept. 20

- The dept. was first responders to assist EMS at a residence on Blue Valley Road. The victim was transported to the H-C Hospital.

- The dept. was first responders to assist EMS at a residence on Song Bird Lane. The victim was transported to the H-C Hospital.

Sept. 21

- The dept. was first responders to assist EMS at a residence on Dendy Orchard Road. The victim was transported to the H-C Hospital.

- The dept. was first responders to assist EMS at a residence on Queen Mountain. The victim was transported to the H-C Hospital.

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

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



Shannon E. Hunter, MD

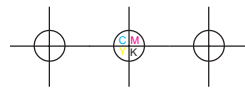
Otolaryngology (ENT)

W. Carolina Ear Nose & Throat Specialists, Waynesville NC

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

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





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Literacy Council kicks off 10 years of service with football challenge and Fiesta Grande

On Saturday, Oct. 18, The Highlands Literacy Council will kickoff an afternoon and evening of fun all in the name of literacy.

From 2-6 p.m., there will be live music with a football touchdown theme to kickoff the Literacy's tenth year and the fall football season kicking off nationwide. Through a collegiate challenge, Literacy



Council volunteers will ask folks to contribute in the name of their alma mater. Donations will be collected at the gazebo on Pine Street where there will be live music and celebration. It's free and refreshments will be offered.

That same night, from 5-8 p.m., the annual Fiesta Grande will take place at the Highlands Conference Center. The band, Timeless Highway, sponsored by Ray McPhail, will perform featuring Brad Williams, Tommy Dodd, Mike Johnson and

Johnny Basler.

Tickets for the annual Fiesta Grande are \$30 and include the entertainment, Mexican buffet, and a Mexican tienda (store) featuring all kinds of Mexican bargains from art to jewelry.

For more information on either of these events, call 526-9938, ext. 24.

Tutors needed at Literacy Council

Highlands School is in full swing and so is the Literacy Council.

Mid-terms progress reports indicate many students need extra one-on-one help with reading and math skills.

Tutors are also needed to help with bilingual needs, English as a Second Language, after-school tutors and tutors for the regular Monday night ESL classes.

To see how you can help, call 526-9938, ext. 24.



Timeless Highway, sponsored by Ray McPhail, will perform at the Fiesta Grande, Oct. 10 from 5-8 p.m. at the Highlands Conference Center. Featured will be Brad Williams, Tommy Dodd, Mike Johnson and Johnny Basler.

In the name of music

On Friday, Sept. 12, Ernie & Joyce Franklin, Myra & Frank Ragano and Ben & Mary Greig hosted a Festival Feast at the Franklin home on Horse Cove Road. The theme was "Alice in the Garden" and featured whimsical costumes and dinner in the garden prepared by Chuck Hammond. All proceeds benefitted the Highlands-Cashiers Chamber Music Festival.

Tickets are now available for the Oct. 19 Festival Fall Concert at PAC at 5 p.m. Tickets are \$20 or \$5 for students. Call 526-9060.



Some of the hosts for the evening from left were Joyce Franklin, Myra Ragano, and Ben & Mary Greig.

... SPIRITUALLY cont. from page 14

in trust that one day you will understand as you are now understood. You see the forest in spite of the trees.

Another stone you can hurl is hope. Hope is a powerful stone. When you throw hope, you refuse to give in to the despair of the moment. When you hurl hope, you hold on to the certainty that love endures.

Along the way, God will provide you with other stones from the brook, stones that will bring the giant down to size. As you find and hurl these stones at your hurt and fear, the throbbing hurt and despair will subside. It won't go away completely, but it will be much less of a threat.

You will never be able to make your valley giant proof. You will never come to a time when you won't ever again have to face the havoc that accompanies the giant's intrusion. The huge hurt and hopelessness that accompany loving and losing is a part of the human terrain. When the giant leaves, and the havoc in you subsides, and a peace returns, another giant will come – the loss of a job, divorce, betrayal. As Gilda Radner said, "It's always something."

God has provided us with a

brook whose name is living water welling up within us. From that ever flowing brook, you can find a boundless supply of polished stones of faith, hope and love, as well as other smooth stones – stones sized just right for your hand to hold, shaped perfectly to throw – stones of mercy, patience, gentleness, kindness, self-control – just to mention a few.

If you throw these at the giant, he won't defeat you. You will cut Goliath down to size eventually. Goliath will shrink down so small that he won't be much of a threat to you. He will still be there in one form or another, but for all practical purposes, it will be like he isn't there. He will whisper to you every now and then, but he won't be able to scream and shout and bully you around. Other giants that follow him, colossal as they are, will not be as huge a threat to the peace of your valley.

Those giants in your valley, those ferocious foes that maim and destroy, we all do battle with them. But let us never forget that we are those who live nearby a brook that supplies the stones we need to face the giants down, so that we have enough peace in our valley to get on with our lives.

May it be so for you and for me.

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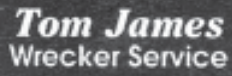
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On-going

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

- Turn in your used printer ink cartridges to Highlands School. It means money to the school.

- There is a "Teacher Wish List" at the school Call the office at 526-2147 to see how you can help. Teachers need everything from paper to pens.

- Karate lessons are being taught at the Highlands Civic Center Mondays and Wednesdays from 3:15-4 p.m. Call 526-4318 for more information.

- Step Aerobics at the Highlands Civic Center Mondays, Wednesdays & Thursdays at 4 & 5 p.m. and also on Saturday mornings. Cost is \$5 per class.

- Women's Bible Study at HUMC every Thursday at 12:30 p.m. A nursery is provided.

- Community Christmas Choral rehearsals are Mondays at 7 p.m. at First Presbyterian Church.

Sept. 26

Martha Marks, president & co-founder of Republicans for Environmental Protection will speak at the Martin Lipscomb Performing Arts Center, at 7 p.m. For

more information, call E.J. Tarbox at 526-5037.

Sept. 27

- Special Operations Adventure Race starts at 9 a.m. at the Rec Park. It's a triathlon with all proceeds benefiting children of fallen warriors. Raffle tickets for three leather jackets compliments of Jolie's of Highlands and an Oriental Rug compliments of Shiraz Rug Gallery will be on sale through Friday outside area stores.

Sept. 29

- The Town of Highlands Scholarship Fund Golf Classic at Highlands Falls Country Club. Entry fee is \$125 and includes the cart, box lunch, Awards Party and Hole-in-One Prizes. Support Highlands School graduates by playing in this tournament. Every penny helps.

Through Oct. 2

- Highlands School Fall Book Fair in the Highlands School Media Center from 8-3:45 daily.

Oct. 4

- A benefit for Highlands School ninth-grader Kelly Bear's Dad who was injured in a motorcycle accident. It's from 3-8 p.m. at the Cashiers Village Green. Live music, BBQ, baked goods, & silent auction. Proceeds will help pay hospital expenses.

- A One-Man Show - Scenes From A Life: The Story of Albert

Schweitzer at Martin Lipscomb Performing Arts Center. Friends of the Highlands Community Child Development Center (HCCDC) are sponsoring this benefit. Tickets are \$100 and available in Highlands at The Antique Gallery, at The Falls on Main, and in Cashiers at the Cashiers Printing.

- Rabies Clinic at the Highlands Conference Center from 1-2:30 p.m. and at the Scaly Mtn. Post Office from 3-4 p.m. The cost is \$5 per pet. NC law requires pets over four months old to be vaccinated against rabies. Sponsored by the Macon County Public Health Center. Highlands' Dr. Amy Patterson will administer the shots.

Oct. 5

- LifeChain, 2-3 p.m. at Cleveland Realty - a peaceful, legal, community-wide hour of silent prayer to end abortions and to heal women suffering from post-abortion trauma.

Oct. 11

- The 21st annual Highlands Arts and Crafts Festival featuring quality arts and crafts by area artisans, food and entertainment from 9 a.m. to 4 p.m. at the Highlands Civic Center.

Oct. 10-11

- "Love Letters" with Rex Reed and Collin Wilcox, a benefit for the

Performing Arts Center and the resurrected Instant Theater Company, at PAC. Tickets are \$25. For more information, call Adam Heffernan at 369-3652.

Oct. 14 & 15

- Highlands 2003 Autumn Spectacular Photography Workshop led by photographer Mark W. Hutchinson. Cost is \$300 not including lodging and meals. For more info, call 770-974-3816.

Oct. 19

- Highlands-Cashiers Chamber Music Festival Fall Concert at PAC at 5 p.m. Tickets are \$20 or \$5 for students. Call 526-9060.

- The Literacy Council is kicking off its tenth year of service with a Football Challenge at the Gazebo on Pine Street from 2-6 p.m. Folks will be asked to donate to the Literacy Council in the name of their alma mater. The challenge - which alma mater is most devoted to literacy. Then from 5-8 p.m., it's Fiesta Grande time at the Highlands Conference Center. For more information, call 526-9938, ext. 24.

Oct. 25

- Highlands School's 5K Fun Run and Annual Fall Festival at the Highlands Civic Center. There will be hot dogs, barbeque by the pound or as a meal and great activities for kids of all ages 1-100! All proceeds benefit Highlands School.

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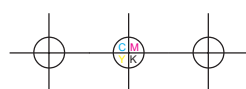
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... **HIKING** continued from page 11



One of The Wilson Lakes in Blue Valley

Photo by Leah Ferree

the right. The trail will become fainter as it twists through the rhododendrons.

When you reach the Rock House, you will find that the water flowing over the rock is not very powerful. There will be plenty of room to walk behind it without having to worry about getting wet. This will be the end of the trail and your destination. It is kind of like a cave with a very large opening. You can imagine the early settlers or the Indians using this structure for shelter or even a hiding place from enemies.

Once you have spent a sufficient amount of time at Picklesimer Rock House and you don't have to get back home, you should make a trip to Wilson Lakes.

To get to Wilson Lakes from Rock House, travel back down the Blue Valley Road the way that you came in. Take a left on Copper Drive a little way before the road turns into pavement. Go about four-tenths of a mile down this road and turn right. (The road will go down a little bit.) You will come to an old picnic area with gravel around it. Park your vehicle

here.

Walk toward the way that you just pulled in, past a T gate. Follow the trail until you come to a wooden bridge with the lake on the left. This is the first of the Wilson Lakes. Continue past the bridge to the next lake where you will come to a little bench perfect for taking in the view.

The lakes are definitely fit for swimming and there used to be a rope swing hanging over the second lake. However, the tree it was attached to has since fallen down and the rope swing is no more. The lakes still offer scenic beauty with the peacefulness of the mountains all around you. The Wilson Lakes would also be a great place for a quiet picnic.

Picklesimer Rock House and Wilson Lakes are just a few suggestions of things to do while in the Blue Valley area.

Both of these trails are less than a mile one way, making it very easy for setting up camp at the Rock House or having a picnic by the lakes.

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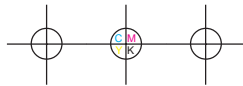


Photo by Rueben Cox

Rex Reed as "Makepeace Ladd III" and Collin Wilcox as "Melissa."

Instant Theatre debuts 'Love Letters' featuring award-winning stars

By Helen Moore

Love Letters, a romantic fling that lasts a lifetime, starring film critic Rex Reed and local actress Collin Wilcox will play for two nights only on October 10 & 11 at the Martin-Lipscomb Performing Arts Center in Highlands, NC.

The play, written by A.R. Gurney, will be produced by The Instant Theatre Company and directed by Adam Heffernan.

Collin, who has been a professional actress on stage and in film and television for 47 years, began her career at The Highlands Community Theatre (Highlands Playhouse) that was founded by her parents and friends in 1939.

She later studied under the late Lee Strasburg at the Actor's Studio in New York and in Chicago at the Goodman Memorial School of Drama. She acted with Mike Nichols and Elaine May, among others, in The Compass Players, the first professionally recognized improvisational theatre and forerunner of "Saturday Night Live."

Collin is probably best known for her role as Mayella Violet Ewell in the original film of "To Kill a Mockingbird" with Gregory Peck. She has many stories to tell about working with the late Gregory Peck whom she refers to as "the impeccable Mr. Peck."

She starred on stage in London, in Tennessee Williams' *Period of Adjustment* and won the Clarence Derwent Award for 'the best supporting actress on or off Broadway' in her first Broadway role in *The Day the Money Stopped*.

She and her husband Scott Paxton live on Billy Cabin Road in Highlands.

Collin and Scott founded the Instant Theatre Company in Highlands in 1981 as the in-house production company of The Highlands Studio for the Arts and under the artistic direction of Wilcox. The returning Instant Theatre Company (ITC) will be under the leadership of Heffernan, former Artistic Director of Highlands Playhouse.

Love Letters performs on October 10 & 11 at 8 p.m. at the Martin Lipscomb Performing Arts Center on Chestnut Street in Highlands, NC.

If you would like to purchase tickets, sign up for classes, volunteer your time, or simply find out more about The Instant Theatre Company, please call 828-526-1687. e-mail at instanttheatre@earthlink.net or stop by their new office at the Peggy Crosby Center on Fifth Street in Room 218.

The Instant Theatre Company is a nonprofit Corporation that is funded solely by box-office income and patron donations.

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CLEANING ~ REPAIRING APPRAISALS



... BUDGET cont. from page 1

the 2000-2001 school year.

Basically the budget is about funding instructional programs, supporting services, community services and repairs and maintenance with money from various local, state, and federal allocations including various grant programs.

The budget is divided into five sections – Local Current Expenses, State Public School Fund, the Federal Grants Fund, the Child Nutrition Fund and the Capital Outlay Fund – with each section funded through specific means.

The Local Current Expense Fund totals \$6,731,840 with regular instructional programs, supporting services and community services funded through revenues from state and federal allocations, local revenues, county and fund balance appropriations.

The State Public School Fund totaling \$18,815,043 also funds instructional programs and support-

ing services with revenues coming solely from the State Public School Fund Allocation.

The Federal Grants Fund totals \$2,493,375 and it too funds instructional programs, supporting services and non-programmed items and is funded through 13 federal grants.

The Child Nutrition Fund totals \$2,073,220 and is funded through state, federal and local revenues available only to the Child Nutrition Fund.

The School Capital Outlay Fund of \$1,069,440, which handles repairs and maintenance throughout the district comes from county and fund balance appropriations and the vocational fund balance.

Betty Waldroop, the school district personnel & finance officer, said the budget isn't carved in stone because the school system hasn't received the final word on federal budget allotments.

... STREETSCAPE contined from page 1

streetscape at a special planning board meeting on Sept. 30 at 6 p.m.

The Appearance Commission considered a presentation by John Ziebarth, architect, to put a second story on the old post office building on the corner of Fifth and Pine Street.

Though the commission basically thought the plans were good, they requested several changes to window design, landscaping and the parking and loading areas.

Stan Cochrane, representing the Chamber of Commerce presented the commission with an idea for eight placards to be placed at the beginning of various blocks around town designating businesses on both sides of the street.

The idea – taken from Blowing Rock, N.C. – is to direct visitors to

stores on the blocks they are entering.

The proposed signs would be black and silver and have no more than two lines per store – one for the name and one for the description. The Chamber of Commerce said most merchants queried were for the idea. The Chamber would pay for 70 percent of the project and the merchants would cover the balance.

Members of the Appearance Commission didn't like the look of the black and silver metallic signs and requested a more attractive presentation.

The final decision will be made by the Town Board. "There is a concern about too much signage in town," said Zoning Administrator, Larry Gantenbein.

... HS Gym continued from page 1

\$2.6 million bid and once the Local Government Commission formally approves the county's financial package, the project can begin in earnest.

Meanwhile, to get the project going, the county is fronting the school board some money. "Financ-

ing has been verbally approved, but legally it has to be accepted at the November commissioners meeting," said County Manager Sam Greenwood. "We're going to give them an advance so they can get started. It won't be more than a month's worth of expenditures."



Leneus Joseph told Dr. Rodney Shotwell how grateful and proud he was to have received his letter of recommendation to the American Embassy in Port Au Prince, Haiti. The letter helped get him a five-year visa.

One administrator to another

At the Sept. 22 MaconCounty School Board meeting held in Highlands, Leneus Joseph from Haiti, presented Superintendent Dr. Shotwell with a wood-crafted token of his appreciation.

Dr. Shotwell wrote a letter for Leneus to take to the American Embassy in Port Au Prince, Haiti as part of his application for a visa. It is a rare thing for a Haitian to be granted a visa.

Thanks to Dr. Shotwell's letter, Leneus was issued a visa is for 5 years. Leneus is the founder and director of a public school in Cange with 400 students who are too poor to go to the Episcopal school in the village.

He came to Highlands on Sept. 6 and will be here through Oct. 9 at which time a mission group from the Episcopal Church will return with him to his village in Haiti to visit, work and teach for the third time.

While in Highlands, Leneus is working with Ms. Jane Chalker's Great Beginnings class, and is observing grades 2,3,4,5,6, and 7 at Highlands School.

He also visited Cartogachayee School and Bright Discoveries Preschool in Highlands. While here he has enjoyed such pastimes as a Clemson football game, a Braves game, hike up Whiteside to the Devil's Courthouse, Sunset Rock, Cullasaja Falls, and to Greenville, S.C., where the priest from the Episcopal church in Cange, Haiti, was also visiting. Before he heads back to Haiti a fishing trip from Charleston, S.C. is planned.

While in Highlands, Leneus has been staying with the Chalker family. Jane Chalker and Beth Jones both with the Episcopal Church of the Incarnation first visited Haiti three years ago when they went there to teach English to English teachers in Cange. The Episcopal Church adopted Leneus's school – Pleiade of Cange – and with the Highlands United Methodist Church donated money and books for a school library. Since then, the annual mission trip to Haiti has grown in purpose and attendees.