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Highlands' Newspaper

FREE

Volume 2, Number 15

Locally Owned & Operated

Friday, April 16, 2004

The week of April 16-23

April 16

- **LIVE MUSIC** – Zorki at Buck's Coffee Cafe on Main Street at 8 p.m.
- **PARTY PREP** – SCC presents "Perfectly Posh Party Prep" with local caterer Holly Roberts from 10 a.m. - 1 p.m. on Friday, at the Crosby Center. Contact Cost of the seminar is \$50.

April 17

- **BENEFIT** – Hot Dog Benefit at Highlands Rec Park for Bill Webb at 5:30 p.m. Two bands for live entertainment.
- **LIVE MUSIC** – Hurricane Creek at Buck's Coffee Cafe at 8 p.m.
- **CROP WALK** – Starts at 9 a.m. at HUMC. A fund-raiser pancake breakfast will be held at HUMC from 8-10 a.m.
- **LITTER PICK UP** – Gorge Road Clean-Up. Meet at the Cliffside Lake Group Picnic Shelter at 9 a.m..

April 17 & 18

- **JOB FAIR** – Old Edwards Inn & Spa Job Fair at the Conference Center. On Saturday, it's 9 a.m. to 3 p.m. On Sunday, it's 1 p.m. to 4 p.m.

April 18

- **HOME SHOW** – Southern Living Home Show, 2-4 p.m. at HUMC. Items for every taste.

April 19

- **SOFTBALL** – An organizational meeting for Adult Softball at 6 p.m. at the Civic Center.

April 20

- **FLOWER WALK** – A wildflower walk sponsored from Whitewater Falls to Bad Creek Parking Area. Meet at the Gazebo near Bank of America at 9:30 a.m. to carpool. We will return about 3 p.m.
- **MOVIE TIME** – A film "Strangers in Good Company," at 7 p.m. at the Performing Arts Center. Donations.

April 21

- **FLOWER WALK** – A wildflower walk sponsored by the Land Stewards. Meet at the gazebo near Bank of America at 9:30 a.m. Call Jim Whitehurst at 526-8134 for more information.

April 22

- **LITTER PICK UP** – Town-wide litter pick up on Earth Day, Thursday, at 11 am. at the Gazebo on Pine Street.

April 22 & 23

- **LIVE PERFORMANCE** – ITC presents "Voices from the High School" 7:30 p.m. at PAC. Admission is FREE. For reservations call (828) 342-9197

April 23

- **LUNCHEON** – Senior Luncheon at the Rec Park at 12 noon. Donations.

Room tax audit coming to Macon County

By Kim Lewicki

Very soon proprietors of the county's lodging establishments will be asked to prove how many guests use their establishments.

At the April 12 Macon County Commissioners meeting held in Highlands, commissioners voted to hire an independent auditor to canvass the county's lodging industry

to see how many lodging businesses are registered, who is paying occupancy tax and if the paid amount is correct.

▪See ROOM TAX pg 2

Easter eggs galore at Rec Park



Photo by Kim Lewicki

Bunny Maricia Owens, escorted Savannah Shaheen, 17 months, around the Highlands Rec Park Saturday, April 10 for the Town's annual Easter egg hunt. About 60 children ages 1-10 turned out for the event.

Board juggles parking issues

By Kim Lewicki

Parking, for one reason or another, is often the topic of discussion at Town Board meetings.

At the April 14 meeting, commissioners voted to designate three parallel parking spaces on west Fifth Street in front of Village Square as two-hour spots.

Barbara Cusacks owner of Needlepoint of Highlands, said since all-day parking isn't allowed on streets elsewhere in town, customer parking on Fifth Street has dried up.

"Business owners from other parts of town are parking all day in front of our shops," she said.

"Though I think we have to be careful about designating two-hour parking spaces in front of specific stores, I am empathetic to a situation we created by making Fourth and Church streets two-hour parking," said Commissioner Amy Patterson. "People have to park somewhere."

Village Square is the only BI business complex on the street from Oak Street on north, and customers park on the street.

"There are plenty of parking spaces on the other side of Fifth Street stretching all the way to the Catholic Church," said Mayor Buck Trott. In the end, commissioners agreed to the arrangement on a one-year basis.

▪See PARKING page 3

#1 Nails

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... ROOM TAX from page 1

"In Western North Carolina, no one has ever gone around to audit the occupancy tax," said Gary Nicholson, Macon County Human Resources Director. "We have always operated on the honor system. Business owners voluntarily register and voluntarily pay. But the truth is, we don't really know who's in business and who isn't, even if some businesses are paying at all." He said the problem is likely three-pronged — under-reporting of occupancy tax collected, complete non-payment and non-registration of the lodging business.

"That non-compliance represents a loss of money desperately needed by the chambers in both Highlands and Franklin," he said. "They need that money to promote tourism in their areas."

By law, lodging establishments — hotels, motels, bed and breakfasts, inns, lodges, vacation rental homes rented less than three months — levy a 10 percent occupancy tax which is paid to the state, partially reimbursed to the county and then sent to the area chambers. Three percent is sent back to the county.

In fiscal year 2001-2002 Macon

County received \$403,000 back from the state. The county kept a \$20,000 collection fee and \$382,000 was divided up between Franklin and Highlands. "Historically, Highlands receives the greater portion of that money based on a pro-rata share," said Nicholson.

Independent tax consultant, Jerry Howard who was with the North Carolina Dept. of Revenue in Western North Carolina for 25 years, will conduct the audit. He will earn 30 percent of what is collected due to his findings.

Nicholson said he will start in the phone book, compare those listings with businesses listed with the chambers and compare that to who is actually filing occupancy tax.

He said he may even look at cash flow and bank statements. "For instance, if a proprietor deposits \$100,000 in the bank but only pays \$50 in occupancy tax something is clearly out of whack," said Nicholson.

Howard expects to begin work as soon as the season is in full swing and all the lodging establishments are open for business.

Supreme Court rules on Bowery

By Kim Lewicki

Though it's long from over, on April 2, the Supreme Court of North Carolina released its opinion on Nelson et al versus The Town of Highlands.

The court ruled that 10 property owners along the first seven tenths of Bowery Road have the right to ask for an "injunction in the eminent domain case."

Town Attorney Bill Coward said it doesn't mean they will get the injunction, only that they have the right to ask for one.

The main case is still pending in court whereby Nelson et al is trying to keep the town from improving the first part of Bowery Road through widening and paving. A group of landowners along that first seven-tenths don't want the road improved because widening the road will encroach upon their property — property they aren't willing to give or sell to the town.

The "fight" has been going on for

years. The town tried to buy the needed rights-of-way but Nelson et al claims the funds set aside for the purchase were raised illegally when property owners on the back side of Bowery contributed to a fund to purchase the rights-of-way.

Meanwhile, the Town says it has the right to condemn the property along the road for the purpose of improvement. The state DOT has long said it will pay to improve the road, if the town obtains the rights-of-way. Once improved, the state has said it will turn the road over to the town.

Both the police department and the fire and rescue department have gone on record that the winding, narrow, dirt road is unsafe in its current state.

Oral arguments were heard six months ago but Coward said the final decision could take up to a year.

"The delay is only increasing the cost of litigation to the town in an effort to delay justice," he said.

Beta scholarship recipient announced

The National Beta Club announced today that Katherine Betz has been named a Beta Scholar which entitles her to a scholarship award of \$1,000.

Betz, a senior at Highlands High School, competed against more than 800 candidates nationwide for this honor. Two hundred nine scholarship recipients were chosen. She plans to attend the University of North Carolina at Chapel Hill majoring in Environmental Science. She was recommended for this award by the local Beta Club sponsor, Patsy Wil-



son and high school principal Jack Brooks.

"This outstanding young person represents the true spirit of National Beta, having excelled not only academically, but in leadership and service to school and community as well," said Dr. George W. Lockamy, executive director of the National Beta Club.

Betz is the daughter of Martha and Richard Betz. Her grandparents are Jane and Alan Lewis and Violet Betz all of Highlands.

... PARKING continued from page 1

Uptown, McCarroll Construction requested permission to obstruct the town's rights-of-way in three areas over the next month - Fourth and Church streets, Spring at the old Rib Country and Spring Street.

On March 17, the Town Board adopted an ordinance regulating the use of streets and sidewalks during construction. Applications requesting the rights-of-way for periods of up to three days are handled by the Town Clerk, requests for longer periods are considered by the Town Board.

Commissioner Patterson suggested the town use the obstruction request as leverage to get McCarroll Construction employees and contractors to comply with the two-hour parking rules on those streets.

"They have found ways to get around the parking regulations by changing spots every two hours and erasing chalk marks on their tires," said Patterson. "The spirit of the ordinance is that they don't park there because they are employees and workers not customers," she said. "The spots are for the custom-

ers and clientele of merchants in that area."

The board agreed that the parking situation on Fourth and the surrounding streets is much better than a month ago, but the Mayor said a certain amount of non-compliance is still going on. "We've issued 35 tickets at \$50 each," he said. "And Old Edwards Inn is getting blamed for what McCarroll workers are doing."

"Let's tell McCarroll if they control where their workers park, we'll let them use the town's rights-of-way," said Patterson. "Now we have some leverage."

Commissioners agreed to permit the obstruction everywhere requested except for Fourth Street across from the old part of Old Edwards Inn. Furthermore, instead of granting obstruction until May 14 and May 21 as requested, the requests will be re-examined at every town board meeting to see if workers are complying with the two-hour parking regulations.

Commissioners will reassess the situation at the next Town Board meeting on April 21.

Town Spring Clean Up - Last week of April and last week of May. The week of April 26 will be for litter pick up and sweeping; the week of May 24 will be for "white goods" pick up. Call Town Hall for white goods pick up.

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 Weigner, John Wells, Carolyn Wheale, Jean Whitby, Mark Whitehead, Louis &
 Virginia Williams, Don Williamson, Gerry & Patricia Wolfe, Lucille Wood, Rob
 Wood.

• LIFE UNDER CONSTRUCTION •

Back to School

Still learning after all these years.
 Gad. I'm back in school...again.
 It's always a humbling experi-
 ence for me, knowing how little I
 really know.

Going back to
 school tempts me to
 use an acronym. I'll
 apologize now. That's
 the only way I was able
 to study since I am
 dyslexic. That's how I
 memorized all those
 names and dates.
 Below are a few lessons
 that might help us
 during our journey in
 life.



Dr. Maryellen Lipinski

Everyday life has so much to offer.
 Don't miss it.

Right/wrong. It's just not that
 simple. We may be able to choose
 right and wrong in
 many circumstances for
 ourselves but when we
 try to decide for others,
 we are judging. Can we
 live with the gray areas
 in life? Can we be
 comfortable during the
 times when life is
 fuzzy? The times when
 a bit of vulnerability
 arises and fears sneaks
 in? What about when

we make a decision that others won't
 like? Be true to yourself.

Never, never, never stop learning.
 It's that simple. When you stop
 learning, you start to die just a little
 bit every day. Keep the faith. Miracles
 happen every day.

I don't think life is really that
 difficult. Challenging, yes, but what
 seems to make it tough is that we
 have a tendency to repeat the same
 mistakes over and over. It may be just
 me but I'm hoping I have some
 company?

I wonder how many of us write
 down the lessons that are hazardous
 for us. Isn't that the way we learned to
 do it in school? Write things down
 and then memorize them.

Can we ever have enough life
 education? Maybe. But if we stop
 learning, we lose something valuable.
 Life is different for each of us. Keep
 learning and it just might get easier.
 Stay open to the rhythm of life.

Mayo Angelou once described
 change this way. "The need for change
 bulldozed a road down the center of
 my mind".

We do not live in a padded world.
 It's a little rough around the edges.
 Lessons can be painful but learning
 from them and moving on seems to
 make the most sense. I guess going
 back to school tempts me to be a bit
 verbose.

Laughter. Three ways to include
 laughter in your life according to
 Jeanne Robertson, the author of
 Humor, The Magic of Genie. 1. Accept
 the things about yourself that cannot
 be changed. 2. Identify and accept
 your unique characteristics. 3. Share
 your bloopers, blunders, and put-
 downs with others.

As my professional speaker
 colleague Jeanne would say, "Let your
 sense of humor out to play."

Energy. Where does it go? Having
 good energy flow is essential for a
 full life. I even look at it as a life force.
 It's easy to give your energy away.
 Protect it. The next month my days
 will involve getting up at about 5:30
 a.m. and hanging in there until about
 11 p.m. each evening. Today my day
 started at 5 a.m. You can bet I'll be
 guarding my spare moments and I'll
 be surrounding myself with high-
 energy people. Spirit spreads. Stay
 away from energy drainers.

Awareness. Being aware is being
 alive. Are you living your life by
 design or default? It is easy to miss
 things by not being mindful.
 Sometimes we aren't awake and our
 life for that day may appear to have
 little meaning. We have the capacity
 to awaken to our moments and use
 them to our advantage. It not just
 about focusing in life, it is about
 knowing when to switch your focus.

I'm starting coaching sessions again at the Schoolhouse in Cashiers. Stop by
Chapter 2 in Cashiers or Cyrano's Bookshop in Highlands to purchase Life Under
Construction...a work in progress? or email melspeaks@aol.com. Dr. Maryellen
Lipinski is a psychologist by profession and an international professional speaker
by design. Currently, she coaches individuals to obtain their goals in life and
works as a Realtor at Village Realty of Sapphire Valley.
www.ilovemountainrealestate.com. Her first book, Random Thoughts and Mine
Always Are. Conscious Detours to Creative Power will make you laugh, cry, and
think! www.maryellenlipinski.com

• ASK FRED •

Lay off OEI, or else

Dear Fred:

I think some Highlanders are ungrateful & selfish when it comes to OEI. Highlands will be a better place once these projects are completed, with new jobs and cash flow for everyone. Highlanders dislike "day trippers" and if it gets too expensive for them to be here, they will be gone. I say good riddance to those people. What we don't need is a Bozo like you making fun of everything. Lay off OEI, or else.



Fred Wooldridge

– Tired of You

Dear TOY:

You are right.... I am wrong.... I am sorry..... I will never do it again. Men, write those words down and use them on the little missus the next time your tail is in a crack. Works every time. Also use it on people who end sentences with "or else."

Just to show you I am truly sorry about any ill remarks I may have made about OEI, know that I have just taken out a second mortgage on my home and plan to use the money to spend the night sleeping at the Old Edward's Inn, which is walking distance from my home. Now that's commitment. I may just be their very first customer titled "riffraff" to sleep there. If there's any money left over, I plan on getting a rubdown and pedicure. Nah, forget the pedicure, my toenails are beyond help. I am currently clipping them with wire cutters.

I plan on using OEI often. When friends call and tell us they are visiting, I plan to book a room for them at OEI. I will also furnish them with a list of local loan companies who will gladly pay their bill. Not only will OEI love me, but the banks will sing my praises, what ever that means. Since most of my friends are cheapskates, I think my pesky summer visitors will slowly diminish. By the way, the term "cheapskate" was created for people who sneak into roller rinks without paying. That's my definition and I'm sticking to it so don't try to change my mind.

I am not quite sure how the opening of OEI will keep day trippers from visiting here, walking up and down Main Street, using our toilet paper, then fondling all the merchandise and buying nothing, but I'll go along with your thoughts, especially since you ended your comments with "or else."

One thing I have learned is never mess with a person who says "or else." I just lost a \$20 bet with my wife on the cholesterol count of a single egg yoke. When I hesitated on coughing up the bucks, she said, 'Pay up, Wooly, or else.' I know what "or else" means

around here: Spam for dinner. (When they slaughter live stock, everything that falls into the drain trough is Spam and aren't you glad I shared that with you?) For that reason, I am now \$20 poorer, which doesn't seem like a lot of money but, for that amount, I could park my car for one whole night at OEI, complete with valet service and walk home.

On a more serious note (ha), let me tell you that the cholesterol count of a single egg yoke is 215 mg, give or take one percent, depending on whose hen you use. That's over two-thirds of your needed daily cholesterol intake which only fills up a tiny corner of a stomach. If you're smart, you'll stop eating egg yokes..... or else.

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Zac Koenig

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• SPORTS PICKS •

2004 American League Preview

AL WEST

1. Oakland A's- **The Good:** Starting pitching carries you throughout the year, and the A's have the best four young studs since Boyz 2 Men. Hudson's split finger, Mulder's cutter, Zito's beast of a curve and Rich Harden's fastball are four good reasons to love the A's this year. **The Bad:** The A's offense will miss Miguel Tejada, but will still score enough runs to complement their starters. Look for Bobby Kielty to have a nice season and pick up some of the offensive slack. **The Ugly:** The A's uniforms and the closer who wears it. Arthur Rhodes doesn't throw 96 anymore and he is not the answer for the A's in the 9th this year.

2. Anaheim Angels - **The Good:** Their offense should be tremendous this year with Vlad Guerrero, Garret Anderson, Troy Glaus, and a great supporting cast. **The Bad:** Their starting pitching took a huge step backwards last year, but the signing of Bartolo Colon is supposed to remedy that. For them to win the west the Angels need their starters to step up and get them to the... **Ugly:** The prospects of facing the Angels bullpen. K-Rod, Weber, Donnelly and Percival give them one of the best pens in the game. You definitely don't wanna get behind early against the Angels.

3. Seattle Mariners - **The Good:** The Mariners have a very good starting rotation in their own right. Jamie Moyer anchors the staff with veteran savvy, and Joel Piniero and Freddy Garcia give the Mariners some power arms to break the rhythm of Moyer's changeups. **The Bad:** The Mariners are one of the oldest teams in the majors, and no one can know when Edgar Martinez, Rich Aurilia and John Olerud are going to break down. **The Ugly:** There really isn't anything ugly about the Mariners, but they are remarkably average-thus they finish third in the division.

4. Texas Rangers - **The Good:** The Rangers lineup should show shades of brilliance. Mark Texiera and Alfonso Soriano are two of the best young hitters in the game, and



Ryan Potts

Hank Blalock gives them another potential slugger. **The Bad:** The Rangers bullpen is full of guys who are serviceable, but serviceable isn't going to get the job done without a stud to close the deal. **The Ugly:** The Rangers starting pitchers boast ERA's higher than the cast of

Dazed and Confused. Chan Ho Park is a train wreck, and Joaquin Benoit isn't much better. Kenny Rogers is the staff ace, which would have been bad in 1999, much less 2004.

AL CENTRAL

1. Minnesota Twins - **The Good:** The Twins have one of the best young offenses in the league, with proven stars Shannon Stewart and Torii Hunter as the core. Young catcher Joe Mauer must overcome his knee injury and contribute to the lineup upon his return. **The Bad:** The Twins starting pitching is shaky behind Brad Radke and Johan Santana - they need to find another guy to give them some pitching depth. **The Ugly:** The Twins pen loses Latroy Hawkins and Everyday Eddie Guardado and expects to replace them with...drumroll please...Joe Nathan. That's right-a guy with two first names.

2. KC Royals - **The Good:** The Royals are young and fast. Beltran and Sweeney should benefit from the presence of Juan Gonzalez and your friendly neighborhood beer man Matt Stairs in the lineup. **The Bad:** The Royals young pitching staff is very inconsistent. Runelvys Hernandez and Jeremy Affeldt have great stuff, but broke down at the end of last year. **The Ugly:** Closer Mike MacDougal's delivery. It is jerkier than Dooley at a high school dance. No wonder the guy has arm problems.

3. Chicago White Sox - **The Good:** The Pale Hosers have the best starting staff in the division with Esteban Loaiza, Mark Buehrle and Jon Garland leading the way. Loaiza may drop off a bit from last years Cy Young candidacy, but his 95 mph cutter has made a believer of

■ See SPORTS PICKS page 9

• COOKING ON THE PLATEAU •

Let's Have an Affair – More Than a Cookbook

By Kim Lewicki

It was created in Charleston, West Virginia, but it fits the bill here in Highlands, too – the “more than a cookbook” Let's Have an Affair – cookbook.

Highlander Pegsie Payne and 10 of her friends birthed the book which is now in it's second printing and available at Wild Thyme Cafe for \$15.

“We were members of a book club. And it got to the point when instead of reading we were having lunch so I suggested we write a cookbook,” said Pegsie.

And that's what they did.

Each recipe is part of a complete menu and was cooked by the non-cooks of the group and tested three times before included in the book.

Complete menus for parties and gatherings sport names like – An Affair to Remember, Moveable Feast, Summer and Smoke, China Sin-drome, Let's Get Potted, and Never on Sunday.

“We all like ‘menu-cookbooks’ so that's how we designed it from the start,” said Pegsie.

The result is a cookbook with comic flair with a decidedly bawdy outlook on the entire process of preparing and cooking for an affair. But make no mistake, the menus and the recipes for each dish are the real thing.

Pegsie's favorites are the Apple Strudel, Vegetable Soup and the Eggrolls.

Highlander Virginia Wardlaw favors Splendiferous Sherry Salad, Zucchini Boats, Savory Souffle, Marinated Leg of Lamb, Spinach Salad and her all time favorite – Gladiola Blossoms Stuffed with Crabmeat.

“The blossoms are edible, go with any decor and it sure as heck beats parsley for a garnish,” she said.

Apple Strudel

Makes 3 strudels

1 package strudel pastry
1 cup melted butter

1 can cracker crumbs
3 med. winesap apples peeled and thinly sliced
1 cup raisins
1 cup walnuts, chopped
1/2 cup sugar with 2 tsp. cinnamon

Open package of leaves and unfold carefully on damp cloth. Brush one leaf with melted butter and sprinkle with crumbs. Cover with second leaf and repeat. Place a third leaf on top, repeat and sprinkle with apples, raisins, walnuts, cinnamon/sugar. Fold edges inward and roll like jelly roll. Bake

at 350 degrees for 35 minutes or until golden brown. Baste every 10 minutes with melted butter. Cut into 2 pieces while warm. Serve with cinnamon ice cream.

Pita Toasts

24 toasts

1 1/2 sticks softened butter

1 Tbls. snipped chives

2 Tbls. minced parsley

1 Tbls. lemon juice

1 Large garlic clove crushed, minced

salt & pepper to taste

6 pita pockets

Cream together butter, chives,

parsley, lemon juice, garlic, salt and pepper. Cover and let stand at least an hour. Halve and quarter each pita loaf and spread with butter mixture. Place on baking sheet. Bake at 450 degrees in the top third of a preheated oven for 5 minutes or until lightly browned and crisp. Serve hot. Freeze remainder.



• FINE DINING & DINING WITH A VIEW •



Menu Sampling

Orange, Apple, &
Tomato Juice
Mixed Fruit Smoothie

Cheerios, Raisin Bran
Apple Date Delicious
Coconut Tea Bread

Entrées

Greek Scrambled Eggs
with
Feta Cheese and
Spinach
Bubba's Scrambled
Eggs Benedict
Apple Wood Smoked
Bacon
Grits
Belgium Waffles with
Key Lime Custard

Menu changes daily

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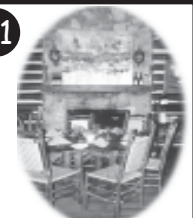
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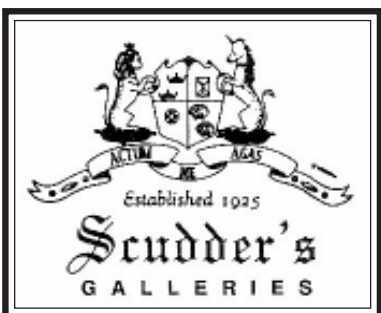
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• MOVIE PIX •

Video Guy Presents: I. Q.

PG rated, 1994 romantic comedy, directed by Fred Schepisi, written by Andy Breckman and Michael Leeson, starring Meg Ryan, Tim Robbins, and the incomparable Walter Mathau as the incomparable Albert Einstein.



Stuart Armor

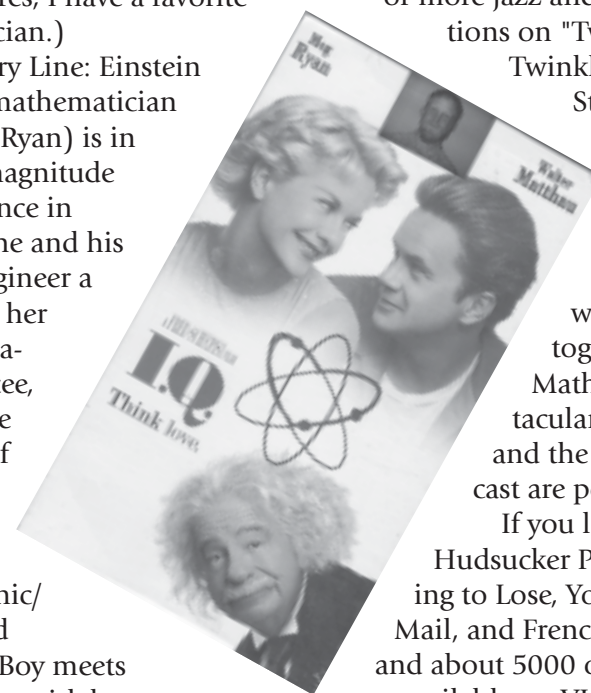
Very funny, cute, romantic and silly, brilliant performances by Robbins (who is a flawless romantic geek), Tony Shalhoub (who can portray any character or accent), Mathau's portrayal of Einstein is priceless, and Einstein's scientist sidekicks show real genius as assistant matchmakers (Kurt Godel has always been my favorite mathematician. Yes, I have a favorite mathematician.)

The Story Line: Einstein thinks his mathematician niece (Meg Ryan) is in need of a magnitude more romance in her life, so he and his buddies engineer a way to split her from her academic fiancée, and increase the forces of attraction between her and automechanic/science nerd (Robbins). Boy meets girl, boy loses girl, boy poses as fusion physicist, girl meets Ike Eisenhower, you know, pretty standard fare, with an

inevitable but hilarious outcome. Great scenes of the scientists turning a moderately cool Robbins into an absent minded, pocket protector wearing nerd, Einstein on a motorcycle, an academic discussion of Little Richard's lyrics in "Tuttie Fruity", all accompanied by a cute sound track that includes maybe a dozen or more jazz and rock variations on "Twinkle, Twinkle, Little Star", which is

actually really funny. Robbins and Ryan work well together, Mathau is spectacular as Einstein, and the supporting cast are perfect.

If you like this, try Hudsucker Proxy, Nothing to Lose, You've Got Mail, and French Kiss. These and about 5000 other titles are available on VHS or DVD at Movie Stop Video, stop on by and give a look.



Southern Living Home Show at HUMC

On Sunday, April 18, from 2-4 p.m. come to the Highlands United Methodist Church and celebrate the splendor of the Spring with indoor and outdoor collections from Southern Living.

Add drama to your table with lavish displays that take center stage. Bring in the spring with cheerful floral arrangements in glass or iron vases. There will be items for everyone from children to adults – candles, cookbooks, estate iron, collection hand-painted bake ware, tableware, vases and more.



... SPORTS PICKS continued from page 6

Highlands' Newspaper - Friday, April 16, 2004 - Page 9

many hitters. **The Bad:** The bullpen is shaky at closer, where Damaso Marte filled in nicely for Billy "I throw a straight ball" Koch but is not the long term answer. **The Ugly:** The lineup after Magglio Ordonez and Carlos Lee. Big Hurt isn't the same player, and you couldn't pick the rest of their players out of a lineup-except for Carl Everett-and that is because he has actually BEEN in a lineup.

4. Detroit Tigers – **The Good:** Last year is over and the Tigers went on an offseason spending spree to at least climb into mediocrity. Signing Pudge and Ugueth Urbina should provide some veteran leadership to a team in desperate need. **The Bad:** Their starting pitching needs help. Mike Maroth and Jeremy Bonderman have a bright future if they can escape Detroit, but they will never be staff aces. **The Ugly:** ATTENTION! If you would like to pitch for the Tigers bullpen, please see Alan Trammell.

5. Cleveland Indians – **The Good:** CC Sabathia is one of the best young pitchers in the AL, and Jason Davis is right behind him in terms of stuff. **The Bad:** Their lineup is young and unproven-as Harry Doyel would say-juuuuuust a few years away. **The Ugly:** Having Bob Wickman close out games is like having someone from Enron do your taxes. Major kudos to the Indians young manager for kicking Milton Bradley's sorry butt to the curb.

AL EAST

1. You Know Who – **The Good:** I hate them, I hate them, I hate them. Their lineup is absolutely devastating on paper. Giambi, A-Rod, Jeter, Posada (who I think has been their best hitter lately), Bernie Williams, Gary Sheffield. It's enough to make a pitcher strangle himself. **The Bad:** The Yanks starting pitching is their lone weakness-as Kevin Brown is injury prone, Jon Leiber is returning from arm surgery and Jose Contreras is frightening. Look for Steinbutthole to go out and buy Kris Benson from the Pirates to settle the rotation when someone goes down this year. **The UGLY:** Don Zimmer – God Bless Him. And Joe Torre's bald spot, and the Bronx fans, and Mussina's eyebrows, and the list goes on and on. I HATE THIS TEAM.

2. Boston Red Sox – **The Good:** Their lineup is almost as

good as New York's and they have better starting pitching. Schilling and Pedro give them two legit #1 starters, and Derek Lowe and Tim Wakefield would be #2 and #3 on any other staff. **The Bad:** Their bullpen is still a question mark. Keith Foulke is a top notch closer, but Bunghole Kim cannot pitch to a Yankee without giving up a blast, and Scott Williamson has a history of arm troubles. **The Ugly:** The curse has done its job for years and years-poor Sawks fans are so absorbed in their self-pity that they can't appreciate baseball anymore.

3. Toronto Blue Jays – **The Good:** Their lineup is scary good, with Carlos Delgado and Vernon Wells heading for career years. They hit and run very well and can beat you several ways on offense. **The**

Bad: Behind Roy Halladay the rotation is deep but full of question marks. They need Ted Lilly and Pat Hentgen to pitch well if they are to stay in the race past July. **The Ugly:** The Pen has no closer to speak of, which is bad news in the AL East.

4. Baltimore Orioles – **The Good:** They spent some money and picked up Miguel Tejada and Javy Lopez in the offseason. Melvin Mora and Raffy Palmeiro are two more sluggers that will make this offense tough for AL pitchers. **The Bad:** Closer Jorge Julio has electric stuff-but he doesn't always know where it is going, which can be very bad. **The Ugly:** The O's are giving Tejas a run for their money in terms of terrible pitching. Sidney Ponson is a career #2 who is expected to be the ace of a staff that includes rag-armed Omar

Daal and Rodrigo Lopez.

5. Tampa Bay Devil Rays – **The Good:** The top of the lineup is fantastic and entertaining with Rocco Baldelli and Carl Crawford getting on base and running. Unfortunately, the power isn't there to drive these guys in. **The Bad:** The bullpen needs help, which could come in the form of a trade with a contender in late July. Backstreet boy Lance Carter is the best of the bunch in the thin Ray pen. **The Ugly:** Aside from Sweet Lou's temper, the Rays don't have a lot of ugly – just a lot of veteran mediocrity that should be used to further rebuild around their quality young players.

• NEXT WEEK – The NL Preview, where I anger Cubs fans and Homer for Barry Bonds and other former Pirates!!!

• REMODELING & DESIGN •

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Highlands Hardware is excited to be the only local authorized dealer for the Floodstopper™ System. The Floodstopper™ System is a patented, high tech water leak detection system that provides 24-7 protection against flooding due to internal plumbing failures an accidental overflows by automatically shutting off the water supply instantly upon detection of a leak. The Floodstopper™ System is designed for use in residential, commercial and industrial buildings.

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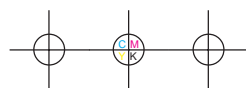
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Macon County Teens Star in ITC's 'Voices From the High School'

The Instant Theatre Company's next full scale production will be the play *Voices From The High School* by Peter Dee. Featuring a talented cast of area high school students, the play is poignant and hilarious look at modern teenage life.

Directed by Adam Heffernan, the play will perform April 22nd and 23rd at 7:30pm at the Martin-Lipscomb Performing Arts Center in Highlands. Admission will be free.

"I wanted to find something to direct that gave Macon County teenagers a chance to take centerstage," Heffernan commented. "*Voices From The High School* allowed me to cast these very talented kids in roles that were age-appropriate and give them a creative outlet to vent their frustrations about life and to let them completely identify with the characters they are portraying."

The ensemble cast includes Franklin residents Magan Luzzi, Greg Green, and James Vance. The

Highlands contingency includes Megan Lewicki, Claire Frederick, Callie Rawlins, April Hicks, AJ Baro, Russell Marling, and Chelsea Moses. Stage managing the large cast is Ian Carr, also of Franklin.

The play deals with a variety of subjects, from first crushes to loving/hating Shakespeare to suicide to the panic of graduation and other important lifetime events. "I really wanted to avoid producing a 'preachy' play, and instead wanted to show young people as they are, mistakes and all, and zero judgment on their choices. And my cast really fell in love with the script, which is certainly a plus," added Heffernan.

To reserve seats for *Voices From The High School*, please call (828) 342-9197 or visit them on the web at www.InstantTheatre.org.

The production is sponsored by Jolie's of Highlands and Brick Oven Pizza/Movie Stop.

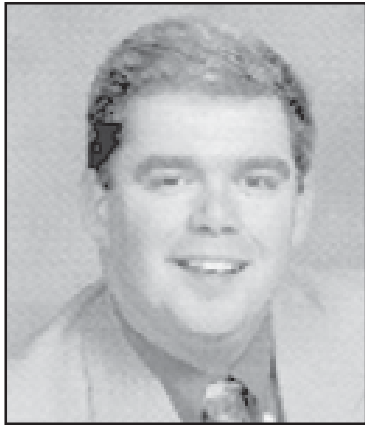


The ensemble cast of "*Voice From High School*" includes Franklin residents Magan Luzzi, Greg Green, and James Vance. The Highlands contingency includes Megan Lewicki, Claire Frederick, Callie Rawlins, April Hicks, A.J. Baro, Russell Marling, and Chelsea Moses. Stage managing the large cast is Ian Carr, also of Franklin.



■ SPIRITUALLY SPEAKING ■

The Building Blocks of Worship



David Bee

Worship Pastor Community Bible Church

The seventh chapter of Luke paints one of the most beautiful pictures of worship and adoration found in the Scriptures. If we look closely, we find some essential building blocks for a worshipping church.

Simon, the Pharisee, must have been excited and a little nervous that Jesus had accepted his invitation to come to his house for dinner. The fact that someone of Jesus' stature and fame would be visiting with him would not go unnoticed by the religious community. The real payoff, though, would come from the common people who followed the miraculous. Their recognition would insure Simon's influence in the city.

Jesus arrived and all seemed to be going well as dinner and conversation flowed at a leisurely pace-until the arrival of an uninvited guest. A woman who had lived a sinful life, somehow found her way into the house and stood behind Jesus. At first no one noticed her, but then she crumbled at Jesus feet and began crying-just a little at first, but it grew into weeping and then sobbing.

Suddenly, she broke open a jar of perfume and began pouring it on Jesus' feet, wiping them with her hair. Then she started kissing them. Simon couldn't believe Jesus was allowing this woman to touch him like that. And it almost appeared as if Jesus was enjoying it! Just then, Jesus broke through the uneasiness and said, "Simon, I have something to tell you." Jesus proceeded to tell a story about two men who had debts canceled by a moneylender-one man had a large debt and the other a small one. Jesus finished with a question, "Now which of them will love him more?"

A few in the room thought Jesus was just being polite, you know, trying to make conversation in hopes that no one would notice a crying, sobbing, wet-haired woman of

■See SPIRITUALLY SPEAKING page 14

• PLACES OF WORSHIP ON THE PLATEAU •

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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.

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
Tues: 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.

Christ Anglican Church 743-3319

"A Bible-based liturgical church"
Services: Tuesdays at 5 p.m. at the Community Bible Church in Highlands
Holy Communion at most services.

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.
Wed: Supper – 5:30 p.m.; Bible Study – 6:30
Thursdays: Guys Sr. High Discipleship – 6 p.m.

Episcopal Church of the Incarnation

Interim Priest: Stephen Hines, 526-2968
Sundays: Choir – 9 a.m.; Bible Study & Book Study classes – 9:15 a.m.; Holy Eucharist – 10:30 a.m.; Children's Chapel – 10:30 a.m.
Mondays: Daughter's of the King – 10:30 a.m.; Women's Cursillo Group (Library) – 4 p.m.;
Tuesdays: Men's Cursillo in Jones Hall – 8 a.m.
Thursdays: Holy Eucharist – 10 a.m.; Maundy Service – 6 p.m.
The Sunday Service is telecast on cable channel 14

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
Wednesdays: Dinner – 5:30 p.m.; Team Kids – 6 p.m.;
Prayer – 6:15 p.m., Choir – 7:30

First Presbyterian Church

Rev. J. Hunter Coleman, Pastor, 526-3175
Sundays: Worship – 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

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 – 11
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.
Wed: 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
Wednesdays & Fridays: Mass – 12 noon
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

290 Buck Knob Road; Pastor Alfred Sizemore
Sundays: School – 10 a.m.; Worship – 10:45 a.m.;
Evening Worship – 6 p.m.
Wed: Adult Bible Study & Youth – 7 p.m.
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.

Unitarian Universalist Fellowship of Franklin

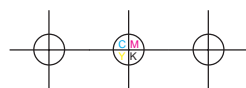
526-9769
Rev. Maureen Killoran (part-time)
Sundays: Worship – 11 a.m.

Westside Baptist Church

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

Whiteside Presbyterian Church in America

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



Preparing students for the new century



By Barbara Lawrence
Contributor

Prompt attendance, good behavior and leadership potential are three of the attributes needed by children joining the New Century Scholars program. The program encourages leadership and initiative starting in 7th grade. Formed in 1995, the New Century Scholar has a bright future and support from parents, schools and the community.

This program was developed by Southwestern Community College and currently operates in Jackson, Macon and Swain counties. It is a partnership between the three counties and Western Carolina University, with support from civic and business groups.

"The New Century Scholar program gives

children from all educational levels and backgrounds the personal, academic and financial assistance to become productive members of the community," says North Carolina Governor Mike Easley.

The program targets high potential students, recommended by their teachers and guidance counselors. These students have been shown to respect their teachers, parents and classmates, lead drug/alcohol free lifestyles and show a desire for education. Upon successful completion of high school, the student is awarded a tuition scholarship for each of his/her two years at Southwestern Community College. Western Carolina University has pledged a guaranteed scholarship that will enable students who complete the program and earn an associate degree at S.C.C to continue their education at the University for two years and earn a bachelors degree.

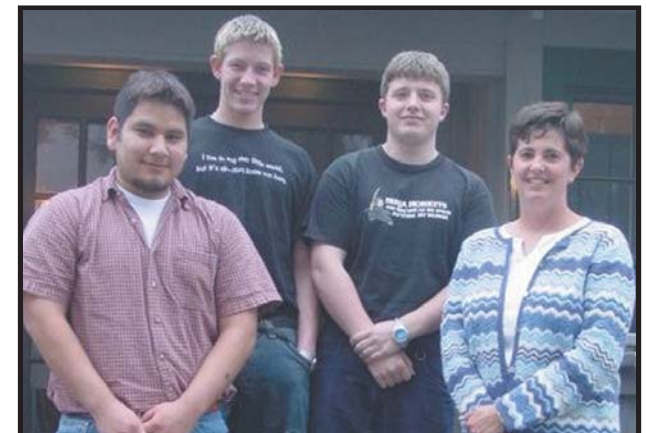
For 2004 there are 18 graduating seniors from Highlands, Franklin and Nantahala in the program. All together there are 214 students in the New Century Scholars program from the three schools. Children are given chances to contribute to the community and are required to perform 10 hours a year of volunteer service. They attend special initiative training, where they learn leadership skills, team building, and risk taking.

Even students who do not take advantage of the scholarship, and choose other options will have learned many life skills and be prepared for leadership roles.

The 18 senior New Century Scholars are being awarded with a recognition banquet at Mill Creek Country Club in Franklin on April 22. These students will receive recognition for their perseverance and high standards. "I'd like to thank the many individuals who have given generously of their time, and civic organizations that have sponsored this program, particularly Highlands Rotary Club and the Rotary Daybreak Club of Franklin," said Jennifer Jones is the New Century Scholars Coordinator.



Above, senior Eric Fielding balances on the slack line as fellow New Century Scholars spot him. Left, New Century Scholars work together to lower a tent pole to the ground. Despite its looking easy, this exercise is always a challenge! Below, New Century Scholars attempt to arrange themselves in a way so that nothing but their hands are touching the ground.



Seniors Po Cabrera, Eric Fielding, and Cole Alexander pose with Jennifer Jones, NCS coordinator for Macon County.

Now the Woolly Adelgids are under attack

By Cynthia Strain
JMCA

There are some hungry bugs on the loose these days, and they're looking to score some Hemlock Woolly Adelgids. The bugs are part of a grand experiment to save our hemlock forests. *Pseudoscytnus tsugae* (P.t.) beetles, better known as "Lady Bird Beetles," eat only adelgids—and lots of them.

A mass of the tiny black beetles – 4,000 of them — were released by the U.S. Forest Service near Whitewater Falls in Jackson County last Wednesday. 28,000 had previously been released in Whiteside Cove, Horse Cove and other areas in the Chattooga watershed. Upwards of 40,000 or 50,000 more will be released this spring.

Looking at all the hemlocks visible from the viewing platform at Whitewater Falls, one can easily imagine what the landscape would look like without the tree which is so integral to our mountain landscape and ecosystem. Yet it is a distinct possibility that we could lose them all. The Carolina Hemlock, which is endemic only to the Southern Appalachian Mountains, is even in danger of extinction.

Neither insect is native to North America. The adelgid was accidentally imported into the U.S. from Asia, and because there are no natural predators here, it has spread explosively. At this point many people are hanging their hopes on the P.t. beetle, also a native of Asia.

In 2001 when the adelgid was first spotted in the Ellicott Rock Wilderness Area, the Jackson Macon Conservation Alliance sent up the red flag. They recognized the extreme danger of this infestation and decided to act swiftly to combat it. JMCA found a willing partner in Clemson University's entomology department. With a matching grant from the National Forest Foundation and donations from generous individuals in the area, a breeding facility was created to propagate the Lady Bird beetles as a biological control agent on public lands.

According to Rusty Rhea, USFS entomologist in charge of the beetle release project, there are only four such facilities in the U.S. The Department of Agriculture has a lab in Cary, N.C. and the University of Tennessee is in the process of opening a lab in Knoxville. There is also a private lab in New Jersey. With the phenomenal spread of the adelgid, the few hundred thousand beetles produced in these labs hardly seem adequate. However, there is a chance that their populations will grow and spread enough to

eventually keep the adelgids in check. Scientists acknowledge that it will take five to ten years to determine the success of the project and that we will lose a lot of hemlocks regardless.

The Clemson beetles are currently targeted for release in Blue Valley, Glen Falls, the Kelsey Tract, and the Crouch Tract. The Forest Service is acquiring P.t. beetles from the Cary and New Jersey labs for releases in Linville Gorge, the Joyce Kilmer National Forest, and other priority sites.

Hugh Conway, director of the Clemson lab, was pleased to observe beetles and their larvae two weeks after a release at the USFS fish hatchery site. This came as extremely good news since there had been a cold snap after the release, with temperatures falling into the teens. This bodes well for the entire project

because it demonstrates that the beetles are not only surviving, they are reproducing in the wild.

Because there are far more P.t. beetle eggs laid than the lab has space to raise to adulthood, cannibalism has been a problem. Rusty Rhea is planning to release the extra eggs into the wild in the hopes that they will hatch and survive in the wild.

For more information about the adelgid, this project, or treatment options for homeowners, contact JMCA or the U.S. Forest Service office in Highlands. Their phone numbers are 526-9938 and 526-3765 respectively. JMCA plans to hold educational seminars for home owners this summer. They recommend consulting a licensed professional to determine the best treatment options for the hemlocks on their property.



Photos by Cynthia Strain



A mass of the tiny black beetles – 4,000 of them — were released by the U.S. Forest Service near Whitewater Falls in Jackson County last Wednesday. 28,000 had previously been released in Whiteside Cove, Horse Cove and other areas in the Chattooga watershed. Upwards of 40,000 or 50,000 more will be released this spring. Above Dave Barstow, with JMCA, gets some hands-on experience releasing the beetles.

... SPIRITUALLY SPEAKING from page 11

ill-repute smelling up the room with the scent of Nard. But Simon, unnerved by the question, began to sense that Jesus was up to something. Simon tried to sound convinced. "I suppose the

one who had the bigger debt canceled," he said.

Jesus looked directly at Simon and asked, "Simon, do you see this woman?" The room grew tense. The disciples who were with

Jesus had heard that tone before. He was about to bring the hard truth to Simon. Suddenly, everyone was listening intently.

In his next words, Jesus described for Simon and everyone else in the room one of the secrets of honest, heart-felt, life giving

worship. It was right there for all of them to see, but they were embarrassed by the intimacy of it. The passion of the moment was distracting for them. It was uncomfortable. This woman had done something so beautiful for Jesus and the only one who recognized its beauty was Jesus himself. Simon and the others were hung up on protocol and religious behavior. They hadn't considered the deeper issues of this woman's heart or the significance of her actions. These matters went unnoticed by the dinner crowd, but Jesus was about to reveal the hearts of everyone in the room.

Desperation

When the sinful woman knelt down at Jesus' feet, she did it out of desperation. Hers was a desperation that drove her to do something out of the ordinary, something that no one else at that dinner was willing to do. Everyone in that room was with Jesus, but only one was attending Him. Only one was worshipping.

Desperation forces us to go outside of the norm, to do things we would not typically do. Desperate people risk more, live on the edge, and are more passionate in their pursuit. They achieve different results than those who play it safe. Yes, it can be more messy and uncomfortable than the well-traveled road, but those who choose desperation over self-sufficiency, find God. And when they find Him, they find that He is pleased with their desperate hearts.

Of course the trick is to be desperate when you don't need to be desperate. Crises always leads us back to a passionate pursuit of God because we realize that in moments of vulnerability, we cannot make it on our own. We are genuinely desperate. But consider for a moment what would happen in your life, your family, and your church if you found a way to be desperate for Him without having to face the crisis. Simon wasn't desperate for anything that Jesus had. As a

■ See SPIRITUALLY SPEAKING page 15

• HOME DECOR & FIXTURES •



Bed and Bath Designs, conveniently located in Highlands Plaza next to Bryson's Food Store, is excited to begin their 13th year in Highlands. Living and working in Highlands has been such a privilege for owner Julie Potts. Come in and check out this year's new colors, styles and designs. Every year brings with it new trends and ideas, and Bed and Bath Designs incorporates those into the rustic feeling of our gorgeous mountains.

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... SPIRITUALLY SPEAKING from page 14

result, his love was little.

Gratitude

Simon's attitude conveyed that he had no great need of forgiveness. As a Pharisee, he relied on his own piety and knowledge of the Scriptures to gain God's favor. Sometimes this self-reliance shows up in our worship services. No one is overwhelmed by the Lord. Most are not in awe of Him as they sing and lift their hands. Appreciation is cursory, affection is mild, and weeping is non-existent.

At first glance, it seems as if Jesus is saying that if you're a terrible sinner then you will be very grateful and love God much. Obviously this is not what Jesus meant. He was not highlighting the significance of the woman's sin with this story. He was zeroing in on Simon's thankless response for God's love and forgiveness. No great need, no great gratitude.

Some churches struggle because they are driven by an overly intense ministry style. Everyone seems to feel the pressure of doing more, giving more, and reaching for more, while rarely acknowledging the blessings that God has given. The result is overblown, high-pressure worship that's focused on them. Other churches are permeated with a poverty mentality and seem to never get enough. They're always short-handed for Sunday school and the worship team struggles with commitment. The pastor and the people feel discouraged and forget to be grateful for what they have. Gratitude just fades into the background. The result is weak worship that's focused on them.

Gratitude is the fuel for life-giving worship because it keeps us focused on the favor and mercy that God has poured out on our lives. This woman had a revelation of who Jesus was and what he had done. An extravagant show of gratitude was her response.

Humility

Jesus contrasted the woman's actions with Simon's. "You did not give me any water for my feet, but she wet my feet with her tears

and wiped them with her hair. You did not give me a kiss, but this woman, from the time I entered, has not stopped kissing my feet. You did not put oil on my head, but she has poured perfume on my feet" (44-46). Could it be that Simon did not welcome Jesus into his home properly because he was consumed with himself instead of his guest? At the same time he was embarrassed by the show of affection and devotion that this woman displayed.

Humility is inherent in genuine worship. The very nature of worship is the exaltation of Christ and the humbling of self. This woman was not afraid to humble herself before our Lord in front of others, nor was she bound by the risk of embarrassment in a situation where she had much to be ashamed of.

Our own pride is the enemy of worship. Arrogance or high mindedness inhibits our expression of worship. Any embarrassment that we might feel in worship is pride sneaking up on us. If our worship ministries are consumed with anything besides Him, a prideful spirit will not be far off. Music, rehearsals, song selection, even our own biblical expression of praise can become a self-absorbed trap where the focus is on us rather than on Him. This sinful woman was not concerned about the opinions of others. She simply surrendered to making Jesus the focus of her worship. Her worship was simply all about Him.

Desperation. Gratitude. Humility—Three heart postures that can transform your worship and your church. You can't approach the Lord unless you're willing to empty yourself of yourself.

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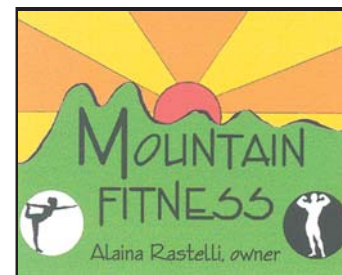
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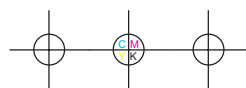
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• HEALTHY LIVING •

Don't be stuck in your body – An Introduction to Structural Integration

We have all heard the saying "Give a man a fish and he will eat for a day. Teach him how to fish and he will feed himself the rest of his life."

Usually, we think like this about politics and foreign aid policy. What if we took that same attitude toward our health? What kind of difference would that

make?

Your health is your responsibility. However, little is taught in our society about health and wholeness. It's more common to buy a new TV or a nice car, than to spend extra money on your health. If it's not covered by a health insurance plan, people often think it isn't worth while.

There's a great deal of incen-

tive for getting in shape, looking great, and owning lots of material things in our society. At some point it's important to know that being in shape and being well are entirely different concepts.

Dr. Ida P. Rolf (1896-1979) is one of the most notable figures in recent times to challenge the Western perspective of health and well-being. Her system of body work and movement education – formally known as Structural Integration – gained enormous popularity in the 1960s. She believed that chronic pain is a result of misdirected energy and postural distortion in the body. Postural distortion and inefficiency put the body at odds with the gravitational force – the strongest and most prevalent element of nature.

She brought together important ideas from biochemistry, hatha yoga, mathematics, osteopathy and homeopathy to create a unique method for healing chronic pain and trauma in the human body. The work of Structural Integration is unrivaled for changing posture and restoring integrity to the human form. Structural Integration practitioners see the spine not as a column but rather as an upended beam. This unique vantage point allows practitioners of this work to make unprecedented progress with some of the most stubborn chronic pain issues.

We have all been told at some point to sit up straight. As we age however, a stiff neck, or a ut back, a collapsed chest, or old injuries make just being awake painful, let alone try to sit up straight. The stiffness we often refer to as "old age" is a hardening of the connective tissue of the body.

There's been a lot of concern in the last 10 years over the fa-

mous Leaning Tower of Pizza leaning a bit too much. The one force that is making this situation worse is gravity. How can a human body be any different? An uneven pelvis, uneven shoulders, a tilted head, or a body that leans way out in front if its feet will only worsen with time if some form of exercise or corrective

education isn't taken. Gravity never takes a day off. The work of Structural Integration is the only approach that has proven to correct these imbalances by gaining length in the entire body.

A major principle of this work is the concept of autopoiesis, the Latin term for "self composition." We seek, as practitioners to put the body in a place of ease that is progressive and long lasting. Ida Rolf was asked once if the changes that occur in the rolfing were permanent. She said the changes were progressive because as you put the body at ease in the field of gravity, a person continues to see out more positive ways of living life.

It is not uncommon for clients to become taller after the process of Structural Integration. Many people experience some common benefits from this work such as increased energy, relief from chronic pain, and greater ease of movement. Many people feel taller and more at ease with life in general.

If any of this makes sense or applies to you, if you've been dealing with chronic pain or lack of energy, and haven't found help and you're on a quest to learn how to feel better, Structural Integration might be good place to start.

Chad Garner is a certified practitioner of Structural Integration. He can be contacted at Mountain Fitness in Highlands and by phone at 828-226-6870.



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Photo by Barbara Lawrence

Ginny Harris, Bonnie Earman, Robert E. Smith and Sue Boone discuss the day's events at the Peggy Crosby Center.

Leadership Highlands learns about conserving our natural heritage

By Avary Doubleday
Contributor

When the 2004 Class of Leadership Highlands had a chance to choose one day's topic, they chose Conservation and the Environment, which was the topic addressed on Wednesday, March 31. The program day began at the Nature Center, where Dr. Robert Wyatt, Executive Director of the Highlands Biological Station, highlighted what he sees as the major threats to the environment of the Highlands Plateau: pressure from development in the form of stream sedimentation and dams; the hemlock wooly adelgid; and invasive exotic species of plants.

These topics were further explored by other speakers throughout the day. Cynthia Strain, Chair of Jackson Macon Conservation Alliance, explained the work being done to control the hemlock wooly adelgid, emphasizing that the threat is not just to the hemlocks, but to other plants and animals dependent on the habitat fostered by the hemlocks.

Watershed issues were addressed by Jodie Cook, President of the Upper Cullasaja Watershed Association

(UCWA), particularly as a fact gathering body to provide information for those conserving and reclaiming our water sources.

From the development perspective, Ronnie Waller, of Ronnie D. Waller Construction, and Ginny Harris spoke on behalf of the Land Stewards of the Highlands Plateau, concentrating on "best management practices" followed by contractors to help reduce run-off and siltation and preserve the native plants and character of building sites. The view point of golf course management was presented by Fred Gehrisch, Golf Course Superintendent at Highlands Falls Country Club.

Yet another means of conservation was presented by Mike Cavender, President of the Highlands-Cashiers Land Trust, which is the successor of the Highlands Improvement Society founded in 1909 to begin protecting special parcels of land in the Plateau, through outright ownership or conservation easement.

Class members had a lot to discuss and share at the wrap-up reception hosted by UCWA at the Peggy Crosby Center.

• HIGHLANDS EATERIES •

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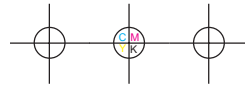
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Set design – An important element of HCP plays

By Dean Zuch

HCP

As the current play of the Highlands Community Players, "Proof," is coming to life for its presentation May 6-9, one of the major elements underway is the design and construction of the set, which promises to be in the tradition of

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great sets for which the Players have become noted. In fact, HCP sets often get as much praise from the audiences as the play itself ! The reasons? set designer Peter Jefferson, an able construction crew, and talented set decorators..

Peter Jeffereson is a fellow in the American Institute of Architects, receiving his degrees from the University of Michigan. He is a board member of the Community Players, but didn't begin his association with the Players as a set designer, but as an actor. It happened like this.

Almost 10 years ago this year, Jean Morris, president and founder

of the Highlands Community Players was attending a party for theater supporters—"The Encouragers"—gathered by host Frances Signorelli, well-known former resident of Highlands. Jean heard an unusual and mellifluous voice among the crowd and discovered it belonged to Peter Jefferson, whom she immediately enlisted to play the part of Walter Mitty in HCP's production of "A Thurber Carnival."

After his acting debut, Peter's architectural credentials were soon discovered and he began designing sets for HCP's early productions staged in the Highlands Conference Center. Even though there was no stage and the actors performed on platforms with only black curtains screening the narrow backstage area, Peter designed sets so attractive and convincing that most of the audience never noticed the lack of a real stage.

Now that the Community Players are performing at the Martin-Lipscomb Performing Arts Center, Peter's sets have become even more striking and functional. He has been aided in the construction of the sets by an able crew of volunteers and gives credit

also to the set decorators, notably Donna Cochran and Tanji Armor, who add wallpaper, curtains, rugs, furniture, props—the finishing touches that bring the set to life.

Peter not only volunteers his time and talent for set design, but has also made a major contribution to the community and all the arts organizations that use the Performing Arts Center. He donated his services, designing and supervising the construction of the remodeled building. Peter accomplishes all this while continuing his architectural business in the Highlands area, designing, among others, houses in the Ravenel development, at Walking Stick Falls in Horse Cove, and in the Shortoff Mountain area.

Peter says of his involvement with the Community Players as set designer, "It's fun, but in a way it's a curious aspect of architecture, designing something to disappear in a few days time, designing a structure that remains only in memory and photographs." For many of the Highlands Community Players and members of their audience, Peter's handsome sets will remain in memory for many years to come.

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rated PG-13

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2:15 Sat & Sun Matinee

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MONSTERS UNLEASHED

rated PG

7:15 Nightly

4:15 Tues & Thurs Matinee

4:15 Sat & Sun Matinees



Director Virginia Talbot confers with architect Peter Jefferson on set design for Highlands Community Players' production of "Proof", scheduled for May 6-9.





Walk for hunger April 17

Highlands Mayor Buck Trott has proclaimed Saturday, April 17, as CROP Walk Day in Highlands. Trott's decision gives further weight to an event that is attracting participants of all ages.

CROP Walk, a gentle 2-mile hike through town starting and stopping at Highlands United Methodist Church, is slated for 9 a.m. Saturday, April 17.

It's a local fund-raiser that supports hunger alleviation throughout the world.

Fueling the walkers this year will be a fundraising pancake breakfast from 8 to 10 a.m. at the Methodist Church. Walkers, sponsors, or anyone looking for a delicious meal are invited to attend.

The menu will feature pancakes, biscuits, sausage, bacon and fruit salad. To make things even easier for potential diners, youth from the church will be delivering breakfasts throughout downtown. To order takeout, call the church at 526-3376.

CROP Walks have been held in Highlands since 1996 and the local

effort has raised over \$53,000. Donations are being collected by area churches or people can sponsor a walker. Collection jars have been placed at The Pizza Place, Movie Stop, Don Leon Deli Cafe, Fireside Restaurant, Bryson's Food Store, Mt Fresh Fine Foods, Buck's Coffee Shop, Pescados Highlands Burrito, Sports Page, Gas Light, Subway, and the International Friendship Center.

This year, 25 percent of funds raised locally will be donated to the International Friendship Center, a non-profit agency with the mission of providing information to the growing international populations of Macon County and Jackson County. Its objective is to establish relationships of confidence and mutual respect between the local community and the international community.

To be a participant, sponsor a walker or for more information about CROP Walk and the good work it does locally and around the world, contact Beth Graham at 743-6688 or 526-3852.

Open house at Buck Creek field

The Macon County Public Health Center and Department of Social Services invites the public to an open house event at the new Macon County Human Services offices in Highlands on Tuesday, April 27 from 3-6 p.m.

The offices are located in the lower level of the Buck Creek Recreation Facility. There will be free blood pressure and blood sugar checks, body fat analysis, carbon

monoxide testing, and bone density testing (by appointment only) for women ages 45-65. Children will receive free bike helmets (while supplies last), face painting, tours of the Fire Safety House, and KIDCARE emergency ID cards. Refreshments and more activities are scheduled. Call 349-2438 for information or to sign up for the bone density screening.

Playhouse director to star in 'Annie'

Playhouse Artistic Director David Kleist will reprise his portrayal of Oliver Warbucks for the season opening musical "Annie". Kleist portrayed the comic strip billionaire at the 832 seat Richardson Theatre in Honolulu, Hawaii in 1995.

"I've seen Annie 11 times," said "Honolulu Star Bulletin" critic Dave Donnelly, "and Kleist is the best Warbucks ever!"

The cast will include Katie McAlister, from Franklin as Grace, New York actor and tenor Jon McDonald as Drake and Melissa Manning in the title role. Local actors in the cast include John Miller, Bill Atkinson, Dean Zuch, Peggy Fuller, and eight children from the Cashiers, Franklin, and Dillard communities.

"Annie" will open June 12 and run through Sunday July 4.

For the Boy Scouts



Photo by Kim Lewicki

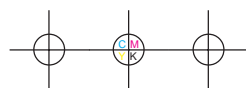
Last week Fred Alexander with Duke Power presented Michael Kay, with Boy Scouts of America – Nantahala Smoky Mountain District, and Mayor Buck Trott, representing Boy Scout Troop 207, with a check for \$1,000. The money is earmarked for the Boy Scout summer camp program. The donation will help ensure that every Boy Scout who wants to attend the camp can do so regardless of financial constraints.

The Girls' Clubhouse in action



Photo by Kim Lewicki

Last week, Girls' Clubhouse members Sally Zachary and Keelie Milroy worked with children at First Presbyterian Church Child Care Center on crafts projects for Easter.



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Hill Top Grill looking for full-time person, counter and kitchen help. Call 526-5916 or come by corner of Fourth and Spring streets.

Shenaut Construction Company is looking for the following in the Highlands area: Supervisor - \$12/hr., Carpenters' Helpers - \$9/hr. All applicants must have driver's license, transportation, and hand tools. Company paid insurances after 90-day probation period. Call 828-684-2102 for more information.

Housekeeping Position now available at Cullasaja Club Inc. Seasonal position, competitive wages, limited benefits. Applications available at the Cullasaja Club Security Gate on U.S. 64 east.

BY OWNER

Open House April 16-18, 11 a.m.-6 p.m.
Scaly Mountain - Buck Knob Road. Follow signs & balloons. 828-526-8745. For sale by owner. 4,300 sq. ft, 3/3, many extras. A must see at \$269,000. 828-526-8745.

Climatized Storage for rent. Secure space with heating, air and fire sprinkler system. Several large spaces available. Reduced rate and preference given to non-profit organizations. We also have limited office space available. The Peggy Crosby Center 526-9938, ext 110.

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Retail spaces for rent on 4th Street and also in Highlands Plaza. Call 864-630-0808 or information.

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• POLICE REPORT •

The following are the Highlands Police Department log entries for the week of April 8-14. The only names are of public officials and/or people who were arrested.

April 8

- At 11:35 a.m., a motorist was cited at Main and Fifth streets for driving without current license tag or inspection sticker.
- At 12:45 p.m., a gas drive-off was reported at Highlands Quick Mart.

April 9

- At 2:30 p.m., a motorist was cited for speeding 45 mph in a 35 zone at U.S. 64 west and Mirror Lake Road.

April 10

- At 9 a.m., the dept. was notified of a generator in a handicap parking space on Church Street. The generator was moved. Officials were told it did not belong to OEI.

April 11

- At 6:30 p.m., officers responded to an accident between two vehicles at Bowery and Horse Cove. There were no injuries.

Screening of "Bobby Jones' set for April 24

Rick Demetriou, Bill Martin, with Jean and Buck Trott at the pre-screening of "Bobby Jones-Stroke of Genius" in Atlanta last week. Tickets are still available for the Highlands screening April 24 at PAC.



Tickets are \$100 and proceeds go to local Boy Scout Troop 207.

Preparing for the Egg Hunt



Photo by Kim Lewicki

For several years now, The Girls' Clubhouse has hidden the eggs for the Town's annual Easter egg hunt at the Rec Park. This year Susan Barnes, Emily and Monique Green and Marcia Owens hid about 300 eggs for the children ages 1-10. About 60 children turned out for the event.



Rotary golf tournament set for May 24

By Barbara Lawrence
Contributor

An afternoon of fun and fellowship, while benefiting the community is what the Rotary Club of Highlands' Golf Tournament is all about. May 24 is the date, and a welcome is extended to all levels of golfers; it doesn't matter if it's your first tournament, or even your first game, we'll be happy to include you. Your financial support will help fund Rotary community projects, such as the Literacy Council, Highlands School and the Peggy Crosby Center.

We have everything to improve

your game, whatever your level, including a traveling drink cart to speed you to the 19th hole. We promise delicious food, door prizes and good company in the beautiful setting of Trillium Lakes. Photographers will be on hand to mark this memorable event, and even witness that elusive hole-in-one. We are going all out to make this an exciting and satisfying afternoon.

Sign up with your foursome and mark your calendar for May 24, Tee time is 12.30 with a shotgun start. We'll be waiting for you to join in the fun.

The contribution for sponsors

is \$100; player/sponsor combination \$200; players only \$125. This year we have opened up opportunities for hole sponsorship at \$250. These prices are all inclusive for the golf, refreshments, door prizes and dinner. The excellent fellowship is free!

Tickets can be purchased from Tony Potts at the D & J Express Mart at the corner of Main Street and Highway 106 in Highlands, or from any member of the Rotary Club of Highlands.

For more information, call this year's chairman, Bob Newman at 526-0502.

HS PTO Meeting

On Thursday, April 22 at 6:30 p.m. there will be a PTO meeting in the school cafeteria.

On the agenda are Science Fair winners and their projects. Other items to be discussed are the Book Fair and the future principal.

The PTO will be accepting in writing desirable attributes people would like to see in the future principal of Highlands School. These written attributes will be presented to Superintendent Dr. Rodney Shotwell for use during the interview process.

Any concerns about this process should be directed to Dr. Rodney Shotwell.

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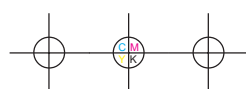


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Yellow Jackets star center now a household name in GA & NC



In early March at the ACC tournament Gemma and Gardner Davis, 5 and 9, met 7-foot 1-inch Luke Schenscher. A month later star center for the Georgia Tech Yellow Jackets helped take Georgia to the finals.

Earth Day is April 24

Staacy Cannon-Soldo

Contributor

Earth day is a special day devoted to the earth — awareness about the earth, the possibilities of conserving the earth, and where earth is headed if population growth continues.

This year's event will be held on Saturday, April 24 from 10 a.m. to 4 p.m. at the Gazebo on Pine Street.

The day will start out with a yoga class in the grass in hopes of getting people to connect with the earth by putting their bare hands and feet into the earth through asana practice.

- There will be local restaurants offering recipes, information about how eating more consciously will help the environment, and vegetarian and some organic "finger foods" for people to try.

- Local businesses will be giving information on how they are conserving energy, saving plant life, recycling.

- Highlands Whole Life will have a booth set up with cleaning products, hygiene products, etc. and information on how these products

will contribute to saving the earth and what the effects are on using toxic chemicals.

- Activities for children including a hike around the grounds to clean up trash, the recycled materials that are collected will then be used to create art.

- A pledge tree will be created using recycled material, the leaves will be used to sell for people to place pledges on how they will personally strive to conserve our planet — turn off water while brushing teeth, turn off lights, etc. Their names will then be put in a drawing to win earth friendly prizes. The proceeds will go to a local not-for-profit org.

- * There will be petitions for people to sign asking the town to provide curb side recycling bins and a town composting area to provide support for local organic farmers. There are even plans to start an organic farmers' market.

- * Live music with environmentally friendly messages will be played throughout the celebration.

Stations of the Cross remembered



On Good Friday, Highlanders gathered at the Gazebo on Pine Street and then walked through town from church to church remembering Christ's last hours on the cross. Ministers from each faith took part in the ceremony. Above, Stephen Hines from the Episcopal Church, Don Mullen from First Presbyterian and Steve Kerhoulas from Community Bible follow Katy Ingram, David and Daniel Long and visiting children as they carry the cross.

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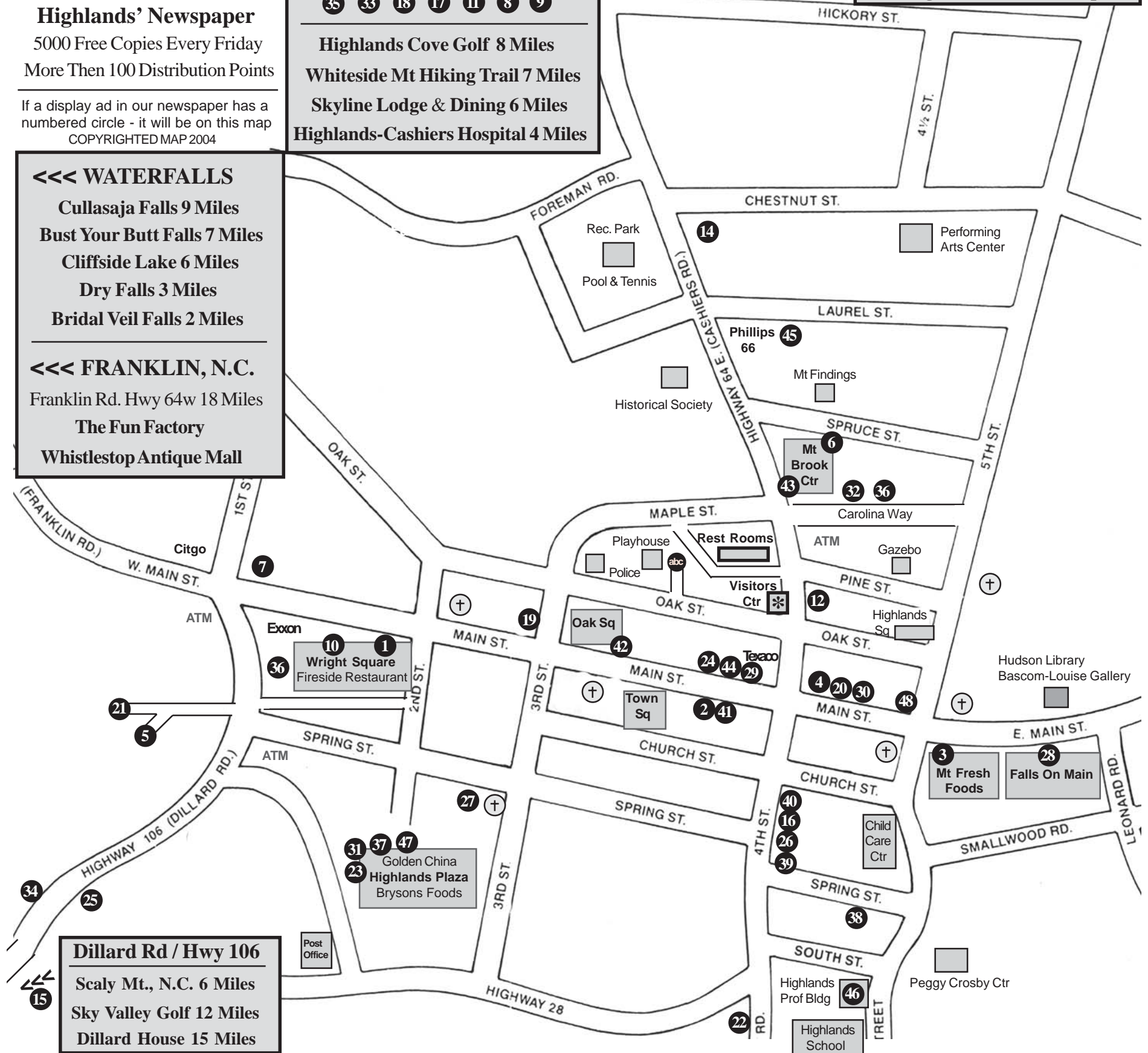
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● UPCOMING EVENTS ●

On-Going

• Time to register for swimming lessons at the Rec Park for children and adults, ages 3 and up. First 20 children/adults will be accepted. Call the Rec Park at 526-3556 to register.

• Registration for Summer Camp at the Highlands Rec Park is on. The camp begins June 14 and ends July 30. The camp will be closed the week of July 5-9. Camp is for children ages 5-10. Children must be 5 by June 14. No exceptions. Cost is \$2 per hour per child. Applications available at the Highlands Rec Park or call 526-3556.

• The Mountain View group of Alcoholics Anonymous now meets in the remodeled basement meeting room of the First Presbyterian Church sanctuary, in Highlands. Meeting times remain the same: Mondays at 8 p.m.; Tuesdays at 5:30 p.m. (women only); Wednesdays and Fridays at noon. For more info, call (800) 524-7395.

April 16

• Zorki will be performing at Buck's Coffee Cafe on Main Street at 8 p.m.

• Southwestern Community College will offer "Perfectly Posh Party Prep" with local caterer Holly Roberts from 10 a.m. - 1 p.m. on Friday, at the Crosby Center. Roberts has long been known for her ability to make mouths water with her phyllo tartlets with raspberry filling, lemon pepper boursin, roasted vegetable pie and more. To register for this one-day seminar, contact the SCC Cashiers Center at 743-6688. Cost of the seminar is \$50.

• The Nantahala Hiking Club will hike four miles to two dramatic falls, Rough Run and High Falls, near Glenville. The hike is rated easy-to-moderate, but some rocky terrain must be negotiated to reach the second falls. Hikers will meet at 9:30 a.m. in Cashiers but need to call leader Carl Blozan, 743-1765, for directions.

April 17

• Hot Dog Benefit at Highlands Rec Park for Bill Webb at 5:30 p.m. A hot dog supper with all the fixings and two bands for live entertainment.

• Hurricane Creek is performing at Buck's Coffee Cafe on Main Street at 8 p.m.

• Highlands annual Crop Walk, a gentle 2-mile stroll through town starts and stops at HUMC. A fund-raiser pancake breakfast will be held at HUMC from 8-10 a.m. To participate, sponsor a walker or for more information, call Beth Graham at 743-6688 or 526-3852.

• The Chamber of Commerce and the US Forest Service will be sponsoring the semi annual Cullasaja Gorge Road Clean-Up. Meet at the Cliffside Lake Group Picnic Shelter at 9 a.m.. Safety vests, gloves and bags will be provided, as well as transportation to and from each pick up "stretch". Most groups finish in about 1 1/2 to 2 hours. For more information, please call the Highlands Visitor Center at 526-2112

• The Nantahala Hiking Club will take a moderate 3.2 hike from Whitewater Falls to Bad Creek Reservoir, with a steep descent and some scrambling over rocks. Meet at the Highlands Bank of America at 9:30 a.m. or at the Cashiers Wachovia Bank (in back) at 10 a.m. Call leader Jim Whitehurst, 526-813 for reservations.

April 17 & 18

• Old Edwards Inn & Spa Job Fair at the Highlands Conference Center. On Saturday, its 9 a.m. to 3 p.m. On Sunday, it's 1 p.m. to 4 p.m. Candidates can interview for the front desk, concierge, valet parking, restaurant, housekeeping, laundry, maintenance and spa departments.

April 18

• At Highlands United Methodist Church, from 2-4 p.m. Celebrate the splendor of Spring with indoor and outdoor collections from Southern Living. Add drama to your table with lavish displays that take center stage. Bring in the spring with cheerful floral arrangements in glass or iron vases. Items for everyone from children to adults. Candles, cookbooks, estate Iron, collection, hand-painted bake ware, tableware, vases and more.

• The Nantahala Hiking Club will take an easy 2-mile hike with a gentle climb on the Standing Indian campground loop trail. Meet at 2 p.m. in Franklin at the Westgate Plaza, across from Burger King. Reservations are required. Call hike leader Kay Coriell, 369-6820.

April 19

• There will be an organizational meeting for Adult Softball at 6 p.m. at the Civic Center. Anyone interested in having a team must attend this meeting.

April 20

• (Rain date: April 27) A wildflower walk sponsored by the Land Stewards. Whitewater Falls to Bad Creek Parking Area. See the highest waterfall in the Eastern U.S.; descend steeply into Whitewater River Gorge to see "a million trillium" and other wildflowers.

This trail is steep and uneven, suitable only for the agile and fit. Wear sturdy shoes; bring lunch, water, and weather protection. Meet at the Gazebo near Bank America at 9:30 a.m. to carpool. We will return about 3 p.m.

• A film "Strangers in Good Company," at 7 p.m. at the Performing Arts Center. A Canadian film about a group of women temporarily stuck in the Canadian wilderness when their bus breaks down. There they get to know each other while revealing their secret fears and desires. Donations accepted.

April 21

• (Rain date: April 28) A wildflower walk sponsored by the Land Stewards. A "motor ramble and stroll" for people of all fitness levels, to view trout lilies, trillium and many other wildflowers, traveling over unpaved mountain roads with awesome vistas. Very little walking is necessary. Bring water, snacks, and weather protection. Meet at the gazebo near Bank America at 9:30 a.m. where carpools will begin. We will return about 1:30. Contact hike leader Jim Whitehurst at 526-8134 for more information.

• Art After School Session 5 at Bascom-Louise. Art for students in grades 4 through 8. 3 p.m. - 4 p.m.

• The "High Mountain Squares" will square dance Wed. April 21 from 7 to 9:30 p.m. at the Macon County facilities bldg. on 441S, Franklin, across from the Whistle Stop. Ace McGee, the club caller, will call Plus & Mainstream. All modern western square dancers are very welcome. Info: 828-349-3571//706-782-9846.

April 22

• Highlands School PTO meeting at 6:30 p.m. in the cafeteria. Science Fair winners will be featured as well as the Book Fair.

• Do You Want a Cleaner Highlands? Come join us at the Gazebo for a town-wide litter pick up on Earth Day, Thursday, at 11 am. After a few words of inspiration by Dr. Robert Wyatt and the Rev. Hunter Coleman, we shall make Highlands shine! The city will supply orange jackets and bags, but please bring your own gloves. Plan to spend one to two hours showing your appreciation for our beautiful town. Do your part for Earth Day. For more info, call JMCA at 526-9938, ext. 320.

April 23

• Senior Luncheon at the Rec Park at 12 noon. Donations accepted.

April 22 & 23

• The Instant Theatre Company

presents "Voices from the High School" by Peter Dee. A poignant and hilarious look at modern teenage life. Directed by Adam Heffernan at 7:30 p.m. at Martin-Lipscomb Performing Arts Center. Admission is FREE. For reservations call (828) 342-9197

April 23-April 25

• The Nantahala Hiking Club will hold a camp-out at Hot Springs NC and will take a hike to Max Patch on Friday at 1 p.m. and a hike along the Laurel River trail at 10 a.m. on Saturday. Participants must make their own reservations at the campground by calling 800-462-0933. There are cabins available as well as RV and tent sites. For more information call leaders Larry and Doris Jelley, 524-4200. Visitors are welcome but no pets please.

April 24

• Arthur & Katie will be performing at Buck's Coffee Cafe at 8 p.m. at Buck's Coffee Cafe.

• The Nantahala Hiking Club will hike four miles to two dramatic falls, Rough Run and High Falls, near Glenville. The hike is rated easy-to-moderate, but some rocky terrain must be negotiated to reach the second falls. Hikers will meet at 9:30 a.m. in Cashiers but need to call leader Carl Blozan, 743-1765, for directions.

April 27

• The Macon County Public Health Center and Department of Social Services invites the public to an open house event at the new Macon County Human Services offices in Highlands on Tuesday, from 3-6 p.m. The offices are located in the lower level of the Buck Creek Recreation Facility. There will be free blood pressure and blood sugar checks, body fat analysis, carbon monoxide testing, and bone density testing (by appointment only) for women ages 45-65. Children will receive free bike helmets (while supplies last), face painting, tours of the Fire Safety House, and KIDCARE emergency ID cards. Refreshments and more activities are scheduled. Call 349-2438 for info.

April 28

• Art After School Session 5 at Bascom-Louise. Art for students in grades 4 through 8. 3 p.m. - 4 p.m.

• The "High Mountain Squares" will square-dance Wed. April 28 at the Macon County facilities bldg. from 7 to 9:30 p.m. Bob Morrison, Duluth, GA. will call Plus & Mainstream with some Lines. Come have good, clean fun with us. Info: call 828-349-3571//706-782-9846