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FREE

Highlands' Newspaper

Volume 2, Number 33

Locally Owned & Operated

Friday, Aug. 20, 2004

The week of Aug. 19-24

On-going

- Live music at Buck's Cafe Thurs-Sat.
- The music of Regis at the piano at Cafe of the Arts, until 9 p.m. nightly.

• At Highlands Wine & Cheese -- Wine Flights Thurs., Fri., & Sat: 4:30-6:30. Wines by the glass & cheese plates Wed through Sun: 1:30-4:30. Tastings Sat. & Sun. 1-4:30.

• At Wolfgang's on Main -- Get Uncorked THURS-SUN. 4-6:30 p.m.: Wine and Appetizer Pairings, Flights of Wine, Wine by the glass or bottle/Appetizers; SUNDAYS: Dinner and Jazz 6:30-9:30 p.m. MONDAYS: Fine Art, Fine Wine and Fine Dining, 6 pm -- Passed Appetizers. 6:30 pm -- Dinner. Reservations needed. Call 526-3807.

Aug 12-22

• "6 Rms Riv Vu" at the Highlands Playhouse. Performances are Tues-Sat at 8 p.m., Sun. at 2 p.m. Adult tickets, \$20; Children 12 and under, \$9. Call 526-2695 for tickets.

Aug. 20

• Free Mountain Gospel Music 7:30 p.m., at the Sky Valley Pavilion. Bring a chair.

Aug. 21-Sept. 5

• The 7th annual Cashiers Designer Showhouse features a small private enclave on Lake Glenville. Open 10-4 daily and noon-4 on Sun. For tickets call 743-7710.

Aug. 21-22

• "The Sunshine Boys," as a Readers' Theater production, Saturday at 8 p.m. and Sunday at 2:30 p.m. Call 526-8084.

Aug. 21

• Zorki playing acoustical guitar at Paoletti's Late Night at 10:30 p.m.

• A free lecture on photographing nature at the Hambidge Center at 5 p.m. The Hambidge Center is 3.5 miles down Betty's Creek Road in Rabun Gap.

• The Lake Sequoyah Improvement Association meets Sat., 6 p.m. at the Rec Park.

• 10th Anniversary Open House and BBQ at the Peggy Crosby Center 11-3. \$8 per plate. Music by Clearwater Country.

• Come meet the candidates at an old-fashioned Democratic Rally at Cliffside Lake 5 p.m. until? Enjoy a hamburger supper with all the fixings.

• Reading Rover Bookmobile and live music with "Arthur & Katie" at Hudson Library 2-4 p.m. Call 526-3031.

Aug. 22

• At ...on the Verandah Restaurant, an "Evening of Food, Wine & Entertainment" with Sebastiani Vineyards. \$90 per person. Call 526-2338 for reservations.

Aug. 24

• Audubon cleanup of the Greenway Trail. Meet at the Rec Park N. Pavilion at 9.

Ground rules laid down for area nonprofits

By Kim Lewicki

Criteria has been set for the disbursement of town funds to nonprofits.

At the Aug. 18 Town Board meeting, commissioners quickly accepted the Finance committee's outline for determining which organizations

can get a piece of the \$50,000 budgeted for nonprofits for 2004-2005.

This year six nonprofits requested

▪See **NONPROFITS** page 12

Town goes high tech with new meter readers

By Nancy Welch

Contributor

The new hand-held meter device now being used by Highlands meter readers is saving time, money and allows for more accuracy, says Richard Betz, Highlands town administrator.

While before the meter readers worked from a paper print-out from the clerk at town hall, now they use a hand-held digital recorder.

"The use of pencil and paper doubled the chance of there being a mistake," Betz said. "This has cut the chance of mistakes in half. The meter readers come in and download their readings. It's working real well."

There are two meter readers in Highlands who say even in the rain it's better because they're not using a pencil and paper that could smear.

Dawn James, Highlands utility clerk, said the new device has been a time saver for her and allows less chance for mistakes.

"Before, the meter readers would come in here (to town hall) and I would give them a print out. They would then take a pencil and paper and go to each meter and hand record the readings."

Then, James explains, the readers would return to the office with their hand-written readings and she would type them in.

"You can see the chances for mistakes," she said.

One advantage of the new program, she said, is if a reading looks out

▪See **HIGH TECH** page 13

Locks of hair go to those in need



Photo by Jim Lewicki

Four-year-old kindergartener at Highlands School, Mykenzi Potts decided on her own to cut her hair and give it to children who don't have any. Hair stylist Pat Barnes with Creative Body Works on Laurel Street cut Mykenzi's hair and sent it to Locks of Love. See story page 10.

4 1/2 Street extension upgraded

By Kim Lewicki

Back in August 2003, the courts ruled in the town's favor regarding the legality of opening "never opened" portions of 4 1/2, Poplar,

and Fifth streets. Since then the grassy 4 1/2 Street extension has been open.

But now that town officials have decided to upgrade the road bed, the

▪See **4 1/2 STREET** page 12

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P.O. Box 2703,

Highlands, N.C. , 28741

(828) 526-0782

email: highlandseditor@aol.com

Publisher/Editor – Kim Lewicki

Copy Editor/Proofreader

Tom Merchant

Production – Darlene Melcher

Circulation & Tech. Support –

Jim Lewicki

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• FORUM •

Highlands community mourns Sanchez's death

On the eve of the fourth 2004 Mountain Top Relay for Life, one of Highlands most precious citizens lost her battle with cancer.

We knew her through her affiliation with the Girl Scouts of America where she was a troop leader; through her affiliation with Nick's Restaurant where she was the bookkeeper, hostess; and sister of owner Nick Moschouris; through her affiliation with Highlands School where as an active mother of three children who attended there she could always be found at academic and sports functions and more often than not, volunteering.

In 2002, Highlands School principal Jack Brooks awarded Irene and Dominick Sanchez the coveted Highlands Service Award for their untiring devotion to Highlands School.

For the past four years, Irene Sanchez has been fighting a form of bone cancer – always with a smile on her face, regardless of the pain.

Her faith in God, her family and her community propelled her forward so that she never faltered or indicated that she was afraid or even doubted that she would win the battle.

For the last seven weeks, she has been at Duke University Hospital undergoing treatments that everyone thought would work.

The community answered the call for money, blood, platelets, marrow testing, anything that might help. With Irene's spirit and the community's help, failure wasn't an option or even a possibility.

But cancer often tricks people. Just when they think they've beat it, or just when they think the treatments are killing it, it attacks one final time.

Irene is blessed with a strong loving family. Sons - Alex and Vas, who are steadfast and sure. Daughter Angela, who sees the joy in life and husband Dominick who has been by her side offering strength and love.

Irene will be missed. Her death exentuates how imperative it is that a cure to cancer be found. For far too many years it has disrupted countless lives – delivered pain and devastation to victims and their families. Cancer needs to be eradicated and we must make it happen.

This year make a point of participating in some small way in the Mountain Top Relay for Life in Cashiers, Aug. 27. Every little step helps. –

Kim Lewicki

• LETTERS TO THE EDITOR •

More ways to cheat at bridge

Dear Editor,

In his column of August 6, Fred Wooldridge omitted some methods of cheating at bridge. I offer three more in the spirit of advancing the game.

The 2x4: In a noon bridge game, the following was heard: "Partner, when I play this card, I'm trying to tell you something!"

The Harpo Marx: Nod when you like partner's play; frown when you don't.

The 12-14: If you pick up a terrible hand, announce, "I've got only 12 cards!" Your partner immediately replies, "I've got 14!" Both of you quickly throw your hands to the middle of the table shouting, "Mis-deal!"

Variant (The Florida Recount): If your partner has say, half of the face cards in his deck, he says coldly, "Please count your cards again, partner!"

Duane Meeter
Highlands

• OBITUARIES •

Lela Lucille Johnson Wilson

Lela Lucille Johnson Wilson, age 80, of Highlands, died Wednesday, August 11, 2004 at a Highlands-Cashiers Hospital. She was a native of Macon County, the daughter of Grover and Ader Viola Nix Johnson. She was married to Warren Wilson who passed away in 1985. She was retired from nursing at Highlands Hospital. She was a member of Highlands First Baptist Church.

She is survived by two daughters, Barbara Rice of Clayton, Ga., and Betty Morgan of Anderson, S.C.; five sons, Woodrow Wilson of Highlands, N.C., Jack A. Wilson and Kenneth J. Wilson both of Easley, S.C., Leroy Wilson of Clarksville, Ga., and Oscar Clyde Wilson of Cashiers, N.C.; one sister, Kathleen Wilson of Highlands, N.C.; three brothers; Willard Johnson of Tamassee, S.C., Louie Johnson of California and Kenneth "Sid" Johnson of Arden, S.C. Twenty-three grandchildren and twenty great-grandchildren also survive. She was preceded in death by her son, Scotty Monroe Wilson who died August 1, 2004.

Funeral services were held Saturday, August 14 at 11 a.m. at Highlands First Baptist Church with Rev. John Rogers, Rev. Oliver Rice and Rev. Dan Robinson officiating. Burial was in the Highlands Memorial Park. Grandsons served as pallbearers.

The family received friends Friday from 6-8 p.m. at Bryant Funeral Home in Highlands.

In lieu of flowers memorials may be made to the Highlands-Cashiers Hospice, PO Box, 190, Highlands, NC 28741.

Bryant Funeral Home was in charge of arrangements.

Irene Sanchez

Irene Sanchez, age 50, of Highlands, N.C., died Thursday, August 12, 2004 at Duke Medical Center in Durham, NC.

Born in New York, she was the daughter of the late Bill Moschouris and Juanita Porgeotes Moschouris of Highlands, N.C. She was the manager and bookkeeper for Nick's Restaurant in Highlands. She was a former Scout Leader



Irene Sanchez with her daughter

and was active in the Highlands School PTO. She was active in the Highlands High School Band and active in all school functions. She attended Community Bible Church in Highlands.

In addition to her mother, she is survived by her husband of 23 years, Dominick Sanchez; a daughter, Angela Sanchez of Highlands, N.C.; two

sons, Alex and Vas Sanchez, both of Highlands, N.C.; and two brothers, Nick Moschouris of Highlands, N.C. and James Moschouris of Atlanta, Ga.

Funeral services were at 2 p.m. Wednesday, August 18, 2004 at Community Bible Church with Father Nicholas Spirakis officiating. Burial followed at Highlands Memorial Park Cemetery.

The family received friends from 6 until 8 p.m. Tuesday, August 17, 2004 at Bryant Funeral Home in Highlands.

In lieu of flowers, memorials may be made to the Irene Sanchez Fund, c/o First Citizens Bank, 615 North 4th Street, Highlands, NC 28741.

Bryant Funeral Home was in charge of arrangements.

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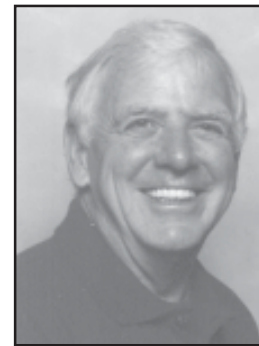
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• LAUGHING AT LIFE •

The story of Whinny the Poop (A bear bones drama)

Here is another of my interesting children's stories, specially written for those bratty little city slicker types from Atlanta and Miami who visit Highlands and want to know the real poop about bears. Just like life in the big city, this story does not have a happy ending, so prepare your listener for a pouty mouth. (Maybe you should practice pouty mouths with your little brat.)



Fred Wooldridge

Once upon a time there were threewee bears. There was Papa bear, who was always out chasing younger female bears, Mamma bear, who was very stressed over Highland's growth, and her little baby bear named Whinny. Because Whinny was born next to the Highlands Sewer and Treatment Plant, she decided to call him, Whinny, the Poop.

In the beginning, life was wonderful for Poop. He would while away his summer days sitting at the edge of the treatment plant, watching treated waste water from Highland's toilets flow into the beautiful river. One day, Whinny asked his Mama, "Why do humans play and fish in the river and I am not allowed to even set foot near it? Not fair." "Life is not fair," she would always respond and reminded him that humans just didn't know any better.

Mamma bear took the opportunity to teach Whinny more about humans. "Always keep away from these dangerous creatures. They are the only critters on the planet that kill for fun and they just love to cut down trees and pour black gooey stuff on the forest floor so they can go very fast in their cars.

One day, Papa bear came home and announced, "We are moving to an empty cave at the Highlands Country Club. Pack your stuff." Mama bear was thrilled and said, "We'll dine on Russian caviar and everyone there has a bird feeder in their backyard, but what happened

to the family who lived there?" Papa bear laughed, "They couldn't take the growth, the noise and the parties. People constantly clinking those wine glasses was more than they could handle."

So that night Whinny and his parents headed for their new digs.

Whinny turned to take a last look at the cave

where he was born. He would miss the treatment plant, the roar of water over the dam and the tourists making fools of themselves in the river.

Once everyone was settled into their new surroundings, Papa bear headed out to check on the female bears around the club while Mama bear and Whinny made lists of the homes they would raid. Each evening Whinny would head for the back decks to eat from their bird feeders. Whinny raided so many decks on one evening, that the expression "Poop Deck" was invented. Life was sooooo good.

Winter eventually came and it was time to hibernate. Most of the humans had left the Club and pickings were slim anyway. That is when it happened. Just after dawn on a bitter cold February morning, Whinny and his parents were awakened by the roar of bulldozers and humans in pickup trucks. "They're building a house right over our cave. We'll have to move," Papa bear angrily complained.

That night, Whinny and his parents left their cave in search of a place to live. It would be impossible to find a cave in the dead of winter since most were occupied or had been covered over by humans. For the first time in Whinny's life, he was homeless. (Here, do a pouty mouth.) Whinny and his family roamed the forest for days looking for housing and Whinny was exhausted from the search. This is how the expression "pooped out" came to be. Even the cave at the treatment plant was occupied by a bunch of red neck bears from Dollywood.

A couple's saga about fighting cancer together, continues....

Last week, our situation got even more serious. Cynthia's urologist, who removed eight cancerous tumors from her bladder but was unable to remove the ninth one, referred us to an oncologist at Piedmont Hospital in Atlanta.

We met Dr. Richard C. Lauer and his nurse, R.N. Kimberly Standard, at the hospital on Tuesday. Dr. Lauer got right to the point. "There is a very good chance that the cancer cells have gotten out of your bladder," he said, adding that it was almost certain that the disease had spread. If so, the cells could be anywhere, and they were already multiplying.

Dr. Lauer gave us a few options. We could go directly to surgery. Since we didn't know where the cancer had spread, it would be necessary to perform a radical hysterectomy. Or we could try chemotherapy for a few weeks, then check again to see if the tumor had shrunk or grown, or if there was evidence of spreading. In my mind, there were no options. I was glad when Cynthia agreed with me: we decided to go with the chemo treatment first.

Kim set an appointment for the following Tuesday. She explained that we would be in the office for the entire day. She advised us to bring books, magazines, or other distractions.

That Tuesday morning, we arrived at Dr. Lauer's office at 9 a.m. carrying two small bags and a laptop computer which would play DVD movies. In the bags were magazines, books, and enough movies to last a week, back-to-back.

Kim very patiently explained the day's activities to us. We settled into our little "home for the day," an 8x10 foot room. The specially-made chair for Cynthia was like a lounge, only more so. It tilted back, and there was a footrest. There were sideboards where the patient could set her books or where the nurse could put her equipment.

Kim planted an intravenous needle into Cynthia's wrist. Then came a 30-minute drip session of an anti-nausea medication. Then came two hours of a saline solution. That was important because the intensive chemo treatment would dehydrate Cynthia's body.

Next came the chemo, a two-hour session, which was followed by two more hours of the saline solution.

As the morning dragged on, an

Editor's note: This article is part of a series written by a man whose wife is undergoing treatment for bladder cancer. The author is hoping that the weekly reports will increase awareness of cancer, give some insight into the heartaches and physical trials, and encourage readers to participate in the Mountain Top Relay for Life, which will be held next week in Cashiers. The Highlands-Cashiers effort is organized to raise funds for the American Cancer Society, which has spent more than \$2 billion on research. The Relay will begin at 6 p.m. Friday, Aug. 27, and will continue throughout the night, ending at 7 a.m. on Saturday.

old friend, Phil Harrison, dropped by. Phil had learned about Cynthia's cancer only the day before, when I sent him an email. He was quick to respond because he had experienced the same thing, 10 years earlier.

As Cynthia watched the clear chemo fluid drain into her arm, Phil told us about the power of spiritual healing. He gave Cynthia about a dozen tapes dealing with the subject. Many of them were lectures given by Eric Butterworth, an inspirational and

motivational speaker who has helped many people through crises. We have listened to most of the tapes and have found them to be very helpful to us.

It's not that we're grasping for straws in this fight. We feel that every hand that reaches out to us is helping us along the way. There have been so many people praying. There have been phone calls and flowers. Cynthia gets at least one get-well card every day. It's a powerful effort, and all of these friends are pushing and pulling to

help get us through this difficult time.

Kim returned with a different medication, and we had another hour and a half of chemo.

It was after 6 p.m. when we left the office. Kim scheduled another appointment for the next Tuesday. She gave both of us a final treatment: a hug. Hugs are very important in the treatment of cancer. Everybody does it. It's wonderful therapy. It makes the patient feel good, and it makes the hug-giver feel good too.

During the day, Dr. Lauer told us a few of the things we could expect. "Your hair is going to fall out," he said. Sometime in the next few days, he said, "you'll start finding big wads of it, just falling out all over the place."

"Are you sure?" Cynthia asked.

"Most definitely," he replied.

"Then I guess I need to go shopping for a wig," Cynthia said. "I understand those things are very expensive."

Dr. Lauer wrote her a prescription for a "cranial prosthesis," in the hope that our insurance would pay for the hairpiece. Kim recommended a local shop where we could make the purchase.

We spent the night in Atlanta and visited the store, looking for something acceptable to Cynthia. We found nothing she liked.

We returned to Cashiers, expecting every moment to find the big wads of hair. We also expected Cynthia to start feeling bad or throwing up or getting weak.

Nothing happened, day after day. We continued our usual routine. I thought that it was important for Cynthia to stay busy, so I encouraged her to stay busy. I insisted that we go somewhere every day, even if was just to the post office to get our mail.

And we continued to wait for the other foot to fall. Every morning, my first words were "How are you?"

And every morning, she responded, "I feel fine."

We went back for the second treatment, and Cynthia still had not experienced any of the side effects of the chemotherapy.

"Don't worry," said Dr. Lauer, "it'll fall out within the next few days. Count on it."

The second treatment was less intense than the first. It only lasted a couple of hours.

*Are you a cancer survivor or
do you know someone who is?*

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August 27, 2004
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• MOVIE PIX •

The Madness of King George

The 1994, PG13, historical drama, adapted from the stageplay by Alan Bennett, directed by Nicholas Hytner, starring Sir Nigel Hawthorne, Helen Mirren, and as the dissolute Prince of Wales, Rupert Everett.



Stuart Armor

The Storyline: It's 1788, and all is not well in Windsor Castle, and it's getting a little stranger for George III. Manic ups and downs, predawn races through the grounds, conversations with pigs, impromptu cricket games, and fits of rage any time "Those Colonies" are mentioned (well, you can kind of see his point on that issue), this and more indicate that the king is, well, shall we say, unwell.

Surrounded by scheming politicians ("If a rag tag group of colonists in America can send him packing, why can't we?"), a loathsome son, scoundrels, dangerous doctors, and fortunately, some loyal servants, a loving wife, the dry but honorable Prime Minister William Pitt.

Based on the life and times of George III, who was not the evil dictator that American history makes him out to be, but really

did have a progressive mental illness. The story, often funny, often tear-jerking sad, always dramatic (I am here, but not all there) it is scary in its portrayal of early medical practices, poignant in it's portrayal of the king, who in addition to being the

monarch, often insane, was also a fairly

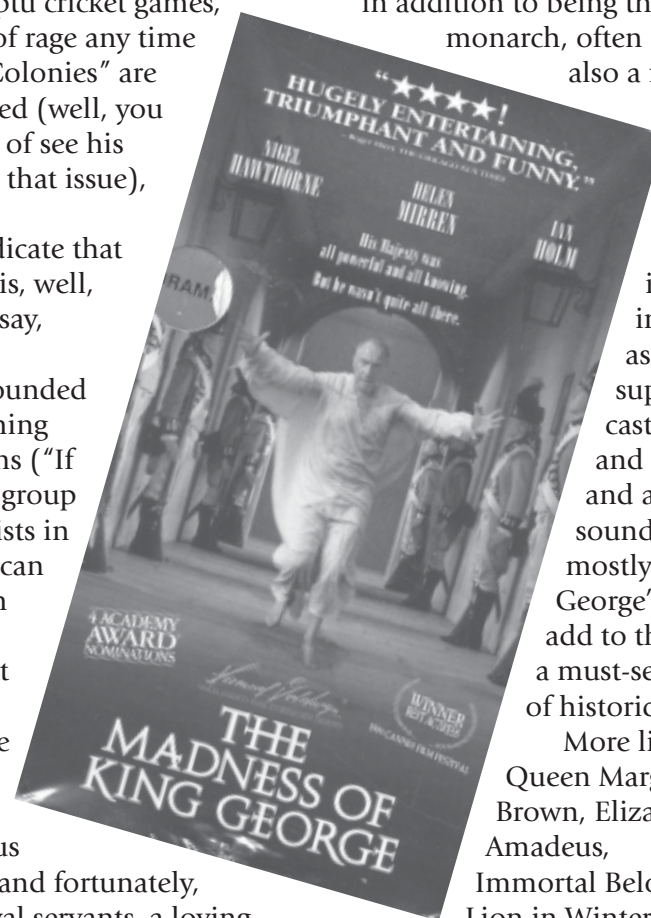
decent, intelligent man.

Sir Hawthorne is brilliant in this role, as is the supporting cast. Lavish sets and costumes and a beautiful sound track, mostly Handel, George's favorite, add to this story. It's a must-see for fans of historical drama.

More like this are Queen Margot, Mrs. Brown, Elizabeth, Amadeus,

Immortal Beloved, and Lion in Winter. These and about 5,000 titles on VHS

and DVD are available at Movie Stop Video, stop on by and give us a look.



... LOOKING from pg 4

Finally, Mama bear announced, "We have no choice, we'll have to move to Gatlinburg and get jobs working for the Indians, entertaining vacationers." Papa bear was shocked. "Ah, not me. I'm going to head out. See Ya, have a nice life." This proved to be a bad decision as Papa bear was eventually captured by trappers, posing as female bears. He is currently wearing a dunce hat and riding a motor scooter for the Bear Bones Circus and Freak Show.

Everyone lost track of Poop and his Mom. Rumor has it she went to Gatlinburg and her hide is currently for sale in a local gift shop. Whinny supposedly returned to Highlands and broke into a State confiscated home on Bowery Road for the remainder of the winter.

So if you see a young bear on your back deck tonight, be nice. It just might be the Poop.

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Matinees

THE NOTEBOOK
rated PG-13

7:00 & 9:10 Nightly
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2:00 & 4:10 Saturday & Sunday
Matinees

ALIEN VS PREDATOR
rated PG-13

7:10 & 9:20 Nightly
4:20 Daily Matinee
2:10 & 4:20 Saturday & Sunday
Matinees

THE PRINCESS DIARIES 2:
ROYAL ENGAGEMENT

rated G
7 & 9 Nightly
4 Daily Matinee
2 & 4 Saturday & Sunday
Matinees

• FINE DINING & DINING WITH A VIEW •



APPETIZERS

- Escargot – Baked with herbs, garlic and sprinkled with parmesan cheese
- Quesadilla – Served with salsa, guacamole and sour cream
- Scallops Pan Roasted
- Jumbo sea scallops seared, then roasted in garlic butter and parmesan cheese
- Shrimp Tempura
- Large gulf shrimp fried in tempura butter, served with wasabi sauce
- French Onion Soup – Topped with cheese and baked bubbly golden brown

SENSATIONAL SALADS

- Goat Cheese Salad – Herbed goat cheese, roasted red pepper and fruit, topped with gulf shrimp

ENTREES

- Chicken Sesame – Fresh chicken breast lightly marinated in Asian herbs and oils, char-grilled and topped with toasted sesame seeds and green onions
- Chicken Marsala – Fresh chicken breast sautéed with fresh mushrooms, Marsala wine and demi glace
- Trout Oscar – Fresh locally raised trout sautéed with shrimp, and asparagus, topped with béarnaise sauce
- Trout Meuniere – Fresh locally raised trout sautéed with lemon, white wine and butter
- Scallops Pan Roasted – Jumbo sea scallops roasted in garlic butter with parmesan cheese

OTHER SELECTIONS

- Filet Mignon – Aged western beef char-grilled to order, served with a béarnaise sauce
- Pork Normandy – Escallops or pork loin, sautéed with apples, shallots and blue cheese in a applejack cream sauce
- Veal Piccata – Milk fed veal sautéed with capers, wine and lemon
- Veal Marsala – Milk fed veal sautéed with fresh mushrooms, Marsala wine and demi glace
- Steak Jack – A thick juicy rib eye steak, char-grilled to order, topped with fresh mushrooms and bourbon sauce

PASTA ENTREES

All entrees served with salad and fresh foccacia

- Seafood Pasta – Fresh shrimp, scallops, fish, vegetables and herbs in a creamy garlic sauce
- Scallop Pasta – Fresh jumbo sea scallops tossed with fresh spinach, ginger root and garlic in a Jamaican tomato sauce
- Vegetable Pasta – Fresh vegetables and herbs in a marinara sauce

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Sports Page

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• LIFE UNDER CONSTRUCTION •

A Precious Balance

I borrowed this concept in part from a book that I just read. It's not by any means a new conception. In fact, it's an old theory with a different twist. What a joy to read words that create images and take our imagination for a ride. Just to loiter in thoughts and borrow a journey from words that linger in your mind. What a delight to be able to get some clarity from reading another's perspective.

Yes, I read an entire book in two days. It was just one more reminder of the importance of balance in life. I am happy to report that I am doing a little bit better. Hiking more and loving it! What heaven these mountains are. Now for the brief story.

You have probably heard something similar before, but maybe with a different rhythm. The idea talks about life as a game and how we have to juggle things in our life to make it work. In this example it talks about juggling five balls. The balls are called work, family, health, friends, and integrity. Of course, the goal is to keep all of them in the air. But one day you finally get it that work is a rubber ball. If you drop it, more than likely, it will bounce back. The other four balls are fragile and made of glass. If you drop one of them, more than likely, it will be irrevocably scuffed, nicked, perhaps even shattered. Maybe understanding this lesson is the beginning of balance.

Well, in truth, the novel was just a light, passionate love story.



Dr. Maryellen Lipinski

Ahhhhhhh. It was just a means to take a mini vacation in my mind. And so, I pause once more, to ponder about what's important in life.

I think there are critical lessons in this life but I think not all that many. It's just that it can be really hard to imbue them

into practice. Maybe you are different but I seem to have to learn them over and over. Why?

When is the last time you actually sat down to write a handwritten note to someone? Or just listened for awhile without saying a word?

"Overlooking the treasure of the moment results in blindness to life's bounty".

"If you're traveling at the speed of light, what do you use for headlights to show the way." Maggie

You don't really have to be busy all the time to miss the above points. Some folks have time on their hands and still don't get it!

Candidly put, it is about three things. What do I want? What can I let go of? What will I hold on to?

Right now for me...it's simply my second cup of coffee to luxuriate for a few minutes and continue watching the birds before my day unfolds. I smile because for the second time a hummingbird has peered at me through my window as my eyes wander above my desk.

Life is good.

Need a cup of delicious coffee and one of Maryellen's books? STOP by the Schoolhouse in Cashiers! Email me for further information. 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! www.maryellenlipinski.com

Meet candidates at Democratic Rally, Aug. 21

By Edna Foster
Contributor

Patsy Keever, a shining light in the Western North Carolina political arena, will be attending the Democratic Rally to be held at Cliffside Lake Picnic area with State Senate candidate Judge John Snow and the independent candidates for District Court Judge, Monica Leslie and Sybil Mann.

Attendance will be free for this old-fashioned hamburger fry with all the fixings, plus music.

Ms. Keever, a committed public servant, is running for U.S. Congress from the 11th Congressional District.

She has been a member of the Buncombe County Commission for 12 years and has served on numerous boards in her community.

She has been a wife and mother and taught school for 25 years. She believes in protecting our environment and preserving the health of our citizens.

Her election will help to halt the devastation of our environment that has occurred over the last four years.

It's past time to have a representative in Washington who is familiar with the real world.

While our Congress may be filled with multimillionaires, we know that this candidate has experienced the rigors of working folk who strive to nurture their family while successfully maintaining a household.

She understands the values and concerns of mountain voters. The 11th District deserves strong, positive leadership with integrity.

People need good jobs at fair wages and need affordable health care. Her 25 years as a teacher and 12 years as an elected official have given her a broad perspective of the region as well as an understanding of how government policies affect individual families.

Come join other "Maconians" concerned about the quality of life here and have some fun at the Cliffside picnic, 5 pm until folks go home, Saturday, August 21.

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Youngster gives locks for the 'love of it'

By Kim Lewicki

Since there are little kids with no hair Mykenzi Potts thought it would be "pretty cool" to give them some of hers.

She had plenty to give. About to turn five-years-old, Mykenzi's hair had never been cut and reached below her hips.

"She had her baby hair and all," said her grandmother. "Whoever gets her hair will have pretty good locks." Mykenzi went to Creative Concepts and Body Works on Laurel Street to have her first-ever hair cut. Stylist Pat Barnes cut off "at least 12 inches," she said, and gave her a perfect little girl cut.

And Mykenzi says she likes it. "I can brush and comb it by myself."

"When I heard she wanted to donate her hair to Locks of Love I said, 'Man, she's my hero today,'" said Barnes.

This week the Mykenzi's pony tail will be packaged up and sent to Locks of Love to be made into a wig for a little girl her has lost her hair due medical conditions.

Locks of Love is a nonprofit organization that provides hairpieces to financially disadvantaged children under the age of 18 suffering from long-term medical hair loss. It meets a unique need for children by using

donated hair to create high-quality hair prosthetics. The wigs help restore self-esteem and confidence, enabling them to face the world and their peers.

- They accept 10" minimum hair length (tip to tip), not wigs, falls, or synthetic hair

- Bundle hair in ponytail or braid.
- Hair needs to be clean, dry, placed in a plastic bag, then padded envelope.

- They need hair from men and women, young and old, all colors and races.

- Hair may be colored or permed, but not bleached or chemically damaged (if unsure, ask your stylist).

- Hair swept off the floor is not usable.

- Hair cut years ago is usable if it has been stored in a ponytail.

- Hair that is short, gray, or unsuitable for children will be separated from the ponytails and sold at fair market value to offset the cost of manufacturing.

- You may pull curly hair straight to measure the minimum 10".

- The majority of all hair donated comes from children who wish to help other children.

- Layered hair may be divided into multiple ponytails for donation.

For more information, go to www.LocksofLove.com

'Survivors' turn out for dinner at CBC



"We are here to celebrate life," said Josh Pierce with the Sylva branch of the American Cancer Society at the Survivor Dinner Tuesday night. He said the many survivors of cancer prove that what the organization is doing is worthwhile. "We vow to turn cancer from a terminal disease to a manageable illness." The Relay for Life is set for Aug. 27 in Cashiers.

Hurtado to star with Guyer during Bel Canto performance

Issac Hurtado, who will appear with Joyce Guyer, Metropolitan Opera soprano, at the 12th Annual Bel Canto Recital on Sunday, Sept. 5, was introduced to opera at an early age.

The young American tenor is the son of a fine Peruvian tenor who moved to Utah and became a member of the Mormon Tabernacle Choir for 20 years.

Exposed to opera by his father, the art form has kept the Hurtados close through the years. Now, his father follows Issac's career as he gains a strong foothold in the operatic world.

After securing academic degrees in music at Brigham Young University and the Cincinnati College-Conservatory, Hurtado moved to Florida State University where he has completed work for a Doctorate in opera performance and where he found his true voice under the guidance of the distinguished Metropolitan tenor, Stanford Olsen.

From a voice that a few years ago was deemed suitable only for light tenor roles, there has developed an instrument that is large, vibrant and ready for some of opera's most challenging assignments.

In the Bel Canto performance at the Martin-Lipscomb Performing Arts Center, Hurtado will show a wide vocal range that stretches from Mozart to Donizetti and Verdi and the exciting Neapolitan songs of Tosti and Lara.

Hurtado's fast rising career already has taken him to successful appearances with Central City Opera, Cincinnati Opera, Utah Festival Opera and Opera Theatre of Lucca, Italy. Just last week he made his debut with San Francisco's Festival Opera as Romeo in Gounod's "Romeo and Juliette."

His repertoire includes works ranging from Tamino in Mozart's "Magic Flute" to Fenton in Verdi's "Falstaff." He has been heard on National Public Radio in the Central City Opera production of Lee

Hoiby's "Summer and Smoke."

One of the highlights of the 12th Annual Bel Canto Recital will be the duet that ends the first act of "Lucia di Lammermoor" that Hurtado will sing with Joyce Guyer. The performance is scheduled for 4 p.m. at PAC and will be followed

by a festive reception-buffet at the Highlands Country Club. For more information, call 526-5252.



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THE CHRISTMAS TREE, Highlands' original Christmas Shop located "On the Hill" has been serving customers nationwide since 1975.

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The store also features:

- Patricia Breen Ornaments
- Buyers' Choice Carolers
- Christopher Radko Ornaments
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- LGB trains
- Possible Dreams Figures
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Hwy 64 across from Little Bear Pen. Rd.

... 4 1/2 STREET continued from page 1

road is more passable.

“We decided to place gravel on this road as part of our normal road maintenance,” said Town Administrator Richard Betz. “The road has been open for some time and is used by local traffic and our own employees.”

He said with the last rain the road-way, which connects Poplar and Hickory at 4 1/2 Street, had become a “mud hole.”

“We were in danger of exposing water and telephone lines under the

road bed,” said Betz. “Nothing more than gravel is planned at this time.

For years defendants, who were primarily residents in the affected area, fought the town over its right to open streets that had never been opened. Town officials felt not only did they have the right to open streets indicated on the original Kelsey Map, but that the case had wider implications, placing all of the town’s streets in jeopardy.

An extensive survey of Kelsey’s deeds, and the verification of more

than 2,000 surveying stakes and 250 corner markers proved that the Kelsey Map matched almost perfectly to property lines and street laid out today.

The jury ruled that, in selling lots on streets shown on the map, Kelsey’s intent had clearly been to dedicate the streets to the town. They also ruled that, as shown in countless selections from old minute books of Town Board meetings going back to 1883, the town had accepted the streets “in the late 1800s.”

In a related issue raised by the defendants, the jury found that the town had never abandoned the three streets in question, and therefore the question of “adverse possession” was irrelevant. Since 1891, State law has prohibited adverse possession against a municipality.

The street is considered a Highlands street and is open to the public.

... NONPROFITS from page 1

funds from the town totalling almost \$115,000. They were the Hudson Library (\$21,500), the Peggy Crosby Center (\$32,000), the Historical Society (\$20,000), the Highlands Community Child Development Center (\$30,000), the Literacy Council (\$6,473), and the Jackson-Macon Conservation Alliance (\$4,118). Two other organizations usually considered are the Macon County Humane Society and the Highlands-Cashiers Chamber Music Festival but neither specified an amount this year.

The board decided organizations must be an IRS sanctioned 501(C)(3); funding should benefit the general population and not just a pet charity; (for example, the Hudson Library provides an asset available to ev-

•See NONPROFITS page 13

• REMODELING & DESIGN •

Highlands Furniture

Rebecca brings 31 years of interior design experience to this new venture with Highlands Furniture.

Her exciting new plans include High Point furniture buying trips where she assists clients in selections of furnishings, rugs and accessories for their home at discounted prices.

Rebecca will continue to do window treatments specializing in Hunter Douglas products which include wooden blinds and shutters. She offers custom shutters at great prices. She will also continue to do in-home consultations.

You are invited to call Rebecca and experience a new face lift for your existing home or entirely furnish your new home.

She can be reached at 526-2973. She really looks forward to working with her clients and friends she has worked with through the years and meeting new ones.

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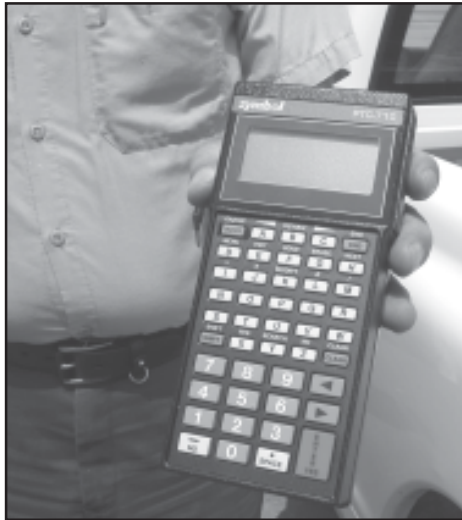
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Richard Bradshaw shows meter reader.

of order, the hand held device picks up on it and asks the reader if he is sure he wants to post that number.

"So he will know to double-check," she said. "It's great now and will be even better as we learn all the phases," James said. "I used to bill five times a month and now I just bill once. And when the customer comes in it's an easier process for them to pay their bill."

James said she is saving so much time, "Richard said he is going to give me more work to do!"

Richard Bradshaw, who reads water meters, said he is still in transition.

"I'm in the process of numbering all my boxes, but once we get through the beginnings, this will be great," Bradshaw said.

... NONPROFITS from page 12

everyone in the community including visitors); consideration will be given to nonprofits that provide a service that the town would otherwise have to provide; (for example, the Macon County Humane Society provides a place where the town can take strays); consideration will be given for specific capital projects, bricks-and-mortar expenses and start-up costs rather than for continuing operating expenses; and nonprofits will be required to provide a detailed budget accounting for expenditures even mid-year if requested.

The criteria will help the town disburse the \$50,000 it has budgeted for nonprofits this year. In the meantime, the committee will develop an application process for future years that will include a firm deadline, submission of all pertinent information and accountability.

• HOME DECOR & FIXTURES •

Stephanie Nieuwendijk, owner of Dutchman's Designs and Weddings by Design, can take that task for planning for a wedding and turn it into a blessing.

Growing up in Sydney, Australia, Stephanie has traveled Europe and the USA for more than 20 years developing her craft and signature floral design style, expressing an international flair in all her creations.

She has always loved flowers and the spectrum of color surrounding them. Some time in the Deep South reinforced this love and began a new direction for Stephanie, in the dried flower business. She noticed that dried flowers made extraordinary arrangements for homes and offices, and from there, found herself developing a natural talent to coordinate them in various styles.

Stephanie also designs floral arrangements for the home. Whether it's a breathtaking centerpiece for the dining room table, a fresh addition for the kitchen or bath, or a finishing touch for the mantle, Stephanie can design and create the perfect addition to your decor.

Stephanie's shop, Dutchman's Designs, also offers a unique collection of decorative lamps, furniture, dried flowers, and an eclectic assortment of home accessories. For eight years, Dutchman's has made shopping for that certain arrangement a pleasure, whether it's a custom order or in the store, ready to go. From the classic requirements to extraordinary accents, Dutchman's Designs can create the atmosphere you desire.

The personal element of Stephanie's store are Jim Collins, Lois Collins and Wanda Halyburton. Be sure to stop in as the seasons change, for home accessories and accents to take you from fall relaxation to holiday celebration in fabulous and unprecedented style. Drop in or call (828) 526-8864.

DUTCHMAN'S DESIGNS

Flowers - Furniture
Weddings

338 Main Street
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Inspiration is a two-way street at Eckerd Living Center

By Nancy Welch

Contributor

Ken Salomon is dressed in shorts and a polo shirt. He is comfortably draped over a chair at a round table surrounded by men in wheel chairs and one in a hospital bed. It is men's club time at the Fidelia-Eckerd Living Center and Salomon, assistant activities director, is leading a lively game of "Who Wants to Be a Millionaire." The men all vie for getting the right answer and getting it first.

"For \$250,000, what was Joseph McCarthy's middle name," Salomon asks. For once the group is stumped.

"These questions are real," he says. "You just won 1/2 million dollars!" he tells one player.

The men rack their brains. To them, this is real and each one wants to win.

From "Millionaire," Salomon moves on to a game of Trivia. From time to time he adds a bit of information about the answer. These short stories are tales of bravery, strength, endurance and



hope.

Later, in the chapel he explains how he got the job.

"I was volunteering in the gift shop in the Highlands-Cashiers Hospital," he says. "I enjoyed the people so much. Someone told me about this opening and I applied. It's the best thing that ever happened to me. It has made me a better person.

"These people are so great

and give so much. They are so honest and that is just so refreshing," he said. "They just let you be yourself. They are not judging you and they appreciate every effort."

Becky Mathews, activities director for Fidelia-Eckerd, said Salomon has been a wonderful addition.

"He is so happy and all the residents love him," she said. "If he's not around, they're asking for him."

Salomon, a former teacher and soccer coach, later was in insurance and investments.

"This is so different from what I was doing," he says. "But I get back far more than I give. This is a diverse group of people and

they are all wonderful. We have a variety of activities and it's amazing how many people participate."

In addition to the Men's Club, Salomon leads an exercise class, a Fun and Games Club and, each of the three mornings he works, and an Inspiration Club.

"These people are so fun and so bright, they constantly surprise me," he says. "One may have Alzheimer's and you would think they remember nothing, then suddenly they will start talking about history or music or telling stories of their lives from 60 years ago."

Salomon says he started the Inspiration Club because he wanted everyone to start his day on an upbeat note.

"They love the different devotional messages," he says.

During Power Hour, residents "move and groove," Saloman says. "You wouldn't believe how many show up for the exercises. It's almost as big as Bingo! Here you'll have a 94-year-old waving his arms and participating. They all try so hard. It's inspiring."

Saloman credits his wife with his positive attitude.

"She's the one who keeps me grounded and in a happy frame of mind. She keeps me happy to be happy for these folks," he says.



She remembers her torch carrying days like yesterday

By Nancy Welch

Contributor

Sue Feldkamp gets chills every time she sees the opening ceremonies of the Olympics. Many viewers do. But the blonde, blue-eyed activities director has more reason than most.

Feldkamp has been interested – then involved – in the Olympics for most of her life. In 1984 she carried the Olympic Torch down Main Street in her home town of Berea, Ky.

The Sapphire Valley resident has books of photos of the event and her memories of the run are as fresh as if it happened yesterday.

"I carried it on Memorial Day," she said. "It was hot and humid and my biggest fear was that I would drop the torch. I practiced by running every day holding a two pound weight over my head."

Her road to the torch run began when she was very young.

"When I was a pre-teen I used to contribute to the USOC (United States Olympic Committee). They would send me a patch each time and I would put them on my jacket. I wanted to participate in the Olympics, perhaps as a swimmer, but it didn't work out, mainly because it's expensive. People don't know how much money is involved."

She remembers the first torch run in 1980 to the Lake Placid Olympics.

"They went up the east coast," Feldkamp said. "I made up my mind I would be ready to carry the torch in 1984," she said.

She began looking through magazines for announcements about the upcoming run and started jogging.

Finally, she read an article in Time Magazine about the run. The cost to run one kilometer, she said, would be \$3,000 that would be channeled through what was called the Youth Legacy Kilometer or YLK.

"You could earmark it for Boys and Girls Clubs, YMCAs or some sports group and I decided to earmark mine for the YMCA in Kentucky for all the good years I had there," she said.

She said the YMCA had played an important part in her young life.

"They even gave me a scholarship (for membership) once," Feldkamp said. "It was only \$12.50, but in our large family, that was a lot of money."

Feldkamp started working on raising funds for the torch run in 1983. She started what she called "Sue's Olympic Run Fund."

"It was kind of tricky because the funds were funneled through the bank and I promised everyone who donated a photo of me carrying the torch. That meant the bank had to keep track," she said.

Fundraising was tough and people were taking up money at the last minute as she was handed the torch.

Running the Olympic Torch was a high point in her life and the event and the time leading up to it were made into a television documentary featuring Feldkamp.

But that was not her last involvement with the Olympics.

"In 1996 I worked with the Red Cross Special Care at the Olympics in Atlanta," she said. "That's basically first aid. I worked various venues helping spectators who had problems. You know



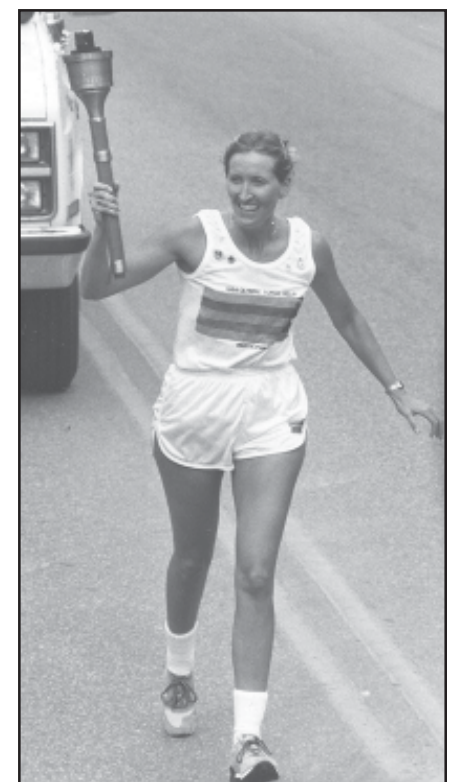
Sue Feldkamp carrying the Olympic Torch in 1984. Her niece Gina Feldkamp Heeg looks over her shoulder.

the teams bring all their people and staff, but the spectators often need help when they trip in the stands and such."

She said the Atlanta Olympics basically involved two weeks without sleep. She had moved to Atlanta and everyone who needed a place to stay called on her.

But Feldkamp is still proudest of her .6 mile run with the torch.

"This is the 20th anniversary," she said. "Do you believe that? I find it hard to believe."



• **SPIRITUALLY SPEAKING** •

Lean on Me



Hunter Coleman
First Presbyterian Church

Peter Gomes, chaplain at Harvard University, writes about an older woman in his home church who hadn't been to church in a while.

Responding to a visit by the deacon who called to inquire as to why she had not been attending, she said:

"I get more comfort and consolation, even fellowship, from watching Dr. Schuller and his Crystal Catholic services than ever I did from sitting in a pew of our church."

"This, concludes Gomes, "was less an affirmation of tele-evangelism and more an indictment of the ineffective ministry of that local church"

Main line churches are still losing members while more fundamentalist churches, "mega churches" they're called, are growing by leaps and bounds. The reasons for this growth may surprise us. Studies seem to show that the appeal isn't what we mainliners might have thought. It isn't because these mega churches are appealing to people who are looking for certitude, quick and easy answer to all the rhymes of life, of gray, just black and white.

That's not why they are growing. They are offering what people are hungry for. They are offering companionship, fellowship, a sense of community. These mega churches are places that manage to care. They are places where visitors sense that people are accountable to and responsible for one another. These churches are growing because they care about those that become a part of them. They are growing because the answer they get to the question that haunts us all - "Am I on my own?" is no. You are not on your own. You have us. Lean on us.

This existential ache isn't just an adult thing. A recent survey of nearly 300,000 youths from 600 communities in 37 different states, in small towns and large urban centers, from poverty and affluence, from traditional, single and adoptive parents, found that the defining difference between troubled youth and healthy productive youth was the presence in their lives of adults

▪See SPIRITUALLY page 25

• PLACES OF WORSHIP ON THE PLATEAU •

Blue Valley Baptist Church

Rev. Oliver Rice, Pastor (706) 782-3965
Sundays: School - 10 a.m.; Worship - 11
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
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 p.m.
Wednesdays: Boy Scouts of America mtg. - 6:30
p.m.; Young women's activities - 6:30 p.m.

Christ Anglican Church

743-3319

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Christian Scientist Church

526-2830

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Sunday morning at 11 a.m.

Wednesday evening at 7 p.m.

Study Room Open Tues. and Fri.: 2-4 p.m.

Clear Creek Baptist Church

Pastor Everett Wilson, (828) 743-3379
Sundays: School - 10 a.m.; Worship - 11
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;
Youth "The Rock" meeting.

Tuesdays: Women's Bible Study - 9:45
Wed: Supper - 6 p.m.; Bible Study - 6:45 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.
Women's Cursillo Group (Library) - 4
Tuesdays: Men's Cursillo in Jones Hall - 8
Thursdays: Holy Eucharist - 10 a.m.

The Sunday Service is telecast on cable channel 14

First Baptist Church

Dr. Daniel D. Robinson, 526-4153
Sun.: 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 p.m.

First Presbyterian Church

Rev. J. Hunter Coleman, Pastor, 526-3175
Sun.: Worship - 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
Wednesdays: Prayer & Bible Study - 7

Highlands 7th-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

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
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
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 - 9 a.m.
Saturday Vigil 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

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. Wayne Price
Sundays: School - 10 a.m.; Worship - 11
Wednesdays: Prayer & Bible Study - 7

Unitarian Universalist Fellowship

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

Whiteside Presbyterian Church

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

● HEALTHY LIVING ON THE HIGHLANDS PLATEAU ●

Move your body if stress is sabotaging your weight and health

By Alaina Rastelli

Mountain Fitness

A recent survey showed Americans find personal health a much more stressful topic than even a year ago. And what's one of the top stress producers for women? You got it – concerns about weight.

What many of us don't realize (and scientists are just starting to understand) is that dieting, Americans' most common solution to weight concerns, doesn't offer any real answers for the majority of us. Instead, it just confused the picture by adding more stress that can lead to health risks that have nothing to do with too much body fat. What's more, our reaction to stress very often ends up adding even more pounds – exactly opposite to the effect we're seeking.

Reducing stress.

So how do we achieve personal health goals without adding to our stress? Consider a healthy lifestyle approach that's all about feeling great.

Feed yourself well. Forget calories and fat grams. Instead focus on feeding yourself balanced meals and snacks when you're hungry and stopping when you are satisfied. Most of us get hungry and when you're not, try putting yourself on a schedule that starts with breakfast and includes lunch and dinner and 2-3 snacks, if hungry.

Also be sure to eat balanced meals that include grains/starchy vegetables, protein foods and fruit and or vegetables. If you're particularly hungry between meals, make sure your snacks include protein foods, which may help you feel satisfied.

Give up notions about "good" and "bad" and "forbidden" foods. Bottom line: If we forbid a food it often makes us want it more. So learn to eat all foods, and learn to tune in to what you really want, not just what you think you want because you "shouldn't" have it.

Move your body regularly. Yes, we're talking about physical activity. There's much more to physical activity than burning calories. It's a tremendous stress reducer, and its feel-good benefits kick in almost immediately! Exercise has a mood-altering effect, relieving anxiety, raising energy levels and increasing sexual interest. It increases the body's levels of serotonin, a chemical that causes good feelings and decreases incidents of depression, and beta-endorphine, a chemical that's more potent than morphine.

In fact, this release can occur just 12 minutes into a workout, which should keep you hooked long enough to reap the other rewards.

Make your regular physical activity something you look forward to by coming up with fun ways to move your body. Try dancing, hiking, biking, rafting, water skiing, mountain climbing, gardening, playing with kids.

And remember, you don't need to devote long periods every day to physical activity. If your day is already too busy, you can work your activity into your daily routine and still get important benefits. Just move! Movement is as easy as stretching and should include

healing breaths. Fitness for life means being smart enough to move away from stress.

Think positively about yourself and your body. Indeed, this skill is just as important as how you feed yourself and how you move your body in helping reach your personal goals. How could that be? Imagine you're walking down

the street. You've been eating well, you've been moving your body regularly and you're feeling great. You have been wanting to get fitter for some time now, and you feel like you've gotten off to a great start. Then you happen to glance in the store window and see your reflection. How do you feel?

If you're like many people, those good feelings you were enjoying are gone. You now despair, wondering whether you will ever be able to reach your goals. How you think about yourself has just become a major obstacle to your success.

How do you eliminate that obstacle? By starting to accept yourself now...just as you are...no matter whether you think you need to lose weight or get in better shape or whatever. Negative self-talk has tremendous power to knock us off track. By starting to support ourselves in our minds now, we help ourselves stay on track with other fitness efforts. Accepting yourself does not mean that there isn't room for improvement. It just helps you treat yourself well so that you can better find your way to personal health goals.

Take time for yourself every day. Whether it's 10 minutes to reflect and relax, or whether it's some fun activity that will revitalize you, it's critical to do it! Make a list of activities that you really like and try to find time for at least one every day. Here are a few activities to get you thinking about what you can do to help yourself take regular "time-outs."

Get a massage or foot-rub. Listen to a relaxing audiotape or CD. Read for fun. Take a long, relaxing bubble bath. Fly a kite. Do a crossword puzzle. Take a walk in the woods. Go for a swim. Take a yoga or kickboxing class.

This is a gateway that is intended to set you on a healthier path for life. Nurture yourself in an environment that makes you feel vital, refreshed, and invigorated. An active lifestyle, nutritious cuisine and relaxing treatment is preventive care and will set you on the road of personal growth and move you away from stress. Good luck on your journey and enjoy leaving your stress behind.



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Perry Webb, U.S. Chamber of Commerce Board of Regents, with Patricia Barnes and Marc Jordan, chairman of the Southeast Institute Board of Regents

Barnes graduates from Institute for Organizational Management

After four years of study at the University of Georgia campus for the Institute for Organizational Management, Pat Barnes of Highlands has graduated with an IOM designation signifying more than 90 hours of nonprofit study and dedication to the nonprofit profession. She was awarded her diploma by the Board of Regents on June 17 in Athens, Ga.

"I am so pleased to have graduated from this very prestigious program. The professional development, networking opportunities with other nonprofits executives from all over the country and the close relationships formed over the past four years with many institute classmates has been very rewarding. I know that I will have many opportunities to use this educational opportunity and I am so grateful for the scholarship that enabled me to complete my last year and graduate with my class."

For more than 80 years, chambers and associations have used the Institute as a training platform for the professional development of their future leaders.

Pat began her career in nonprofit management in 1996 with the Highlands Chamber of Commerce where she served as Visitor Center Director until 2003. She is currently the Assistant Director of the Peggy Crosby Center and the Non-Profit Resource Center where she enjoys the opportunity to use her background and experience in a way that truly make a difference.

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Recent International visitors to Rotary of Highlands-MountainTop are from left: Lucio Trazzi the club's exchange student currently at Highlands School, Keno Menneback the club's exchange student from last year and Keno's girlfriend Carina Wachtendorf. Keno and Carina visited Highlands for two weeks this summer.

• BUSINESS NEWS •

Koenig Homebuilders sponsor 'Poker Run' at Highlands Cove

Koenig Homebuilders of Highlands with Signature Properties at Highlands Cove hosted a Poker Run on Tuesday evening, August 10 in Highlands Cove.

Prizes awarded included \$3,000 worth of gasoline for the best Poker hand which was won by Susie deVillie Schiffli of John Schiffli Real Estate in Highlands, and \$100 for the worst Poker hand which was won by Will McRae of Preferred Properties in Cashiers.

All participants also received gift certificates to Peregrine Restaurant and Bar.

The event was catered by Peregrine as well. Turnout was very successful with in excess of 65 local realtors from the Highlands and Cashiers areas.

The Poker Run is put on by Koenig Homebuilders as a way to promote and familiarize local realtors with their custom built homes.

High-end showroom opens in Brevard

Aegis Distribution, a distributor of high-end windows and doors, is opening a 4,000 sq. ft. Loewen Windows Center in Brevard, N.C., this month.

The showroom will have extensive displays of Loewen Windows & Doors. In terms of product design, thermal performance and structural integrity, Loewen stands alone with its uncompromising commitment to manufacturing excellence. Aegis will also feature displays of Albertini Windows & Doors from Italy, Stillwater Copper Products,

Sun Mountain Doors and an array of products that will fit the luxury "Mountain Home."

The showroom is open from 9 to 5 Monday-Friday or by appointment.

If you are building a quality home, visit the showroom on Rosman Highway or call 877-536-7517 to schedule some time with an expert.

Appointments can also be arranged through Highlands Hardware 330 Dillard Rod (upper level) 828-526-3719.

Mountain Top Rotary's 'Project Lock Up'

Sponsored by The Rotary Club of Highlands-Mountaintop will be held on Tues, Aug. 24 from 10 a.m. - 2 p.m. at the Macon Bank Gazebo.

Many of Highlands' esteemed citizens have volunteered to be "locked up" to help raise money for the club.

Bill Zoellner, Chairman of the event, promises a great time by all. "We think this event will be a lot of fun, if you don't want to contribute to get our Mayor Buck Trott out of jail, you may want to pay to keep him

in jail a little longer." Each person to be locked up will be calling their friends and relations to help pay their bail.

Proceeds will go to Rotary International for Polio Plus and the Wheelchair Foundation. And to local organizations such as: Habitat for Humanity, Relay for Life, the Highlands Community Child Care Center, Highlands Historical Society, the Literacy Council, Head Start, Cashiers-Highlands Humane Society, the Highlands School.

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Grant ensure future in teaching



Margaret Moedt presents Tammy Lowe (left) with a grant for continuing education. Members of PEO, a philanthropic educational organization dedicated to furthering higher education for women, nominated Lowe to receive the grant so she can eventually become a teacher. Lowe is a student teacher at Highlands School.

• POLICE & FIRE REPORT •

The following are the Highlands Police Department log entries for the week of Aug. 11-18. The only names are of public officials and/or people who were arrested.

Aug. 11

- At 6:15 a.m., a motorist at U.S. 64 and Webbmont was cited for speeding 49 mph in a 35 mph.
- At 6:35 a.m., a motorist at N.C. 106 and Log Cabin Road was cited for speeding 49 mph in a 35 zone.
- At 8:11 a.m., officers responded to an alarm at a store in Wright's Square. All was secure.
- At 1:15 p.m., officers responded to a call of shoplifting at an area stop and shop.

Aug. 12

- At 4 p.m., officers responded to an accident between two motorist at Main and Fourth streets. There were no injuries.
- At 4:15 p.m., a resident reported objects stolen from his home. The case is under investigation.

Aug. 13

- A little after midnight, officers responded to a call of a bear of a porch at residence on Maple Street.
- At 2:39 a.m., officers responded to a call of a bear on a porch of a residence on Maple Street.
- 3:06 p.m., Vanessa Jan Freeman McLain, 40, of Midland, N.C., was arrested for shoplifting in a store in Town Square. The items stolen were valued at \$19.95.
- At 7:30 p.m., a motorist at U.S. 64 west and Oak Street was cited for driving without a current license tag.
- At 11:50 p.m., a motorist at Third Street and N.C. 28 was cited for running a stop sign.

Aug. 14

- At 9:45 a.m., officers responded to an accident between two vehicles in Highlands Plaza. There were no injuries.
- At 3 p.m., a suspicious boat was reported at a boat ramp on Lake Sequoyah.
- At 12:30 p.m., officers responded to a car parked on U.S. 64 east that was causing a traffic hazard.
- At 9:30 p.m., a motorist at U.S. 64 east and Poplar Street was cited for driving 42 mph in a 25 zone.

Aug. 15

- At 6:10 p.m., a motorist at Main and Third streets was cited for exceeding a safe speed.
- At 8:30 p.m., police instructed several teenagers

Aug. 16

- At 1:20 a.m., officers responded to a claim of vandalism to town property.
- At 5:15 a.m., a motorist at U.S. 64 west and Webbmont was cited for speeding 50 mph in a 35 zone.
- At 7:45 a.m., a motorist was cited for speeding 51 mph in a 35 zone at U.S. 64 west and Webbmont.
- At 6:30 p.m., a motorist at U.S. 64 and Webbmont was cited for speeding 51 mph in a 35 zone.
- At 2:44 p.m., reported losing a cell phone.
- At 4:30 p.m., officers responded to a call of car vandalism in the Hudson Library parking lot.
- At 10:20 p.m., a motorist at U.S. 64 and Webbmont was cited for speeding 52 mph in a 35 zone.
- At 11:20 p.m., officers responded

• See POLICE & FIRE page 24

• SHOPS AT VILLAGE SQUARE •

Every now and then your dreams do come true. The Mill Creek Gallery has been a dream of Cynthia Strain's, and it has now come true for her. A photographer for many years, she now has a gallery in which to display and sell her many photographs of the Highlands area. In addition, Cynthia will be providing framing services at her gallery at Highlands Village Square.

The gallery features art and fine crafts by other local artisans including weavings by Dave and Marge Rorher, jewelry by Madeleine Watt and Donna Tew, prints by Duncan Greenlee, and photographs by Bill Lea. Monthly exhibits will showcase prominent and lesser-known artists.

In addition to her landscape photography & picture framing, Cynthia provides photography services for special events such as family reunions, weddings, parties, and golf tournaments. She will even memorialize your home or a special view.

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• UPCOMING EVENTS •

On-Going

- New Pool Schedule: Mon-Fri 3-5 p.m.; Sat & Sun 1-5 p.m. After Aug. 13 weekends only Sat & Sun 1-5 p.m. Lap Swim daily until Labor Day, Sept. 6.

- Heart Healthy Exercise Group Monday, Wednesday, and Friday from 8-9 a.m. at the Civic Center. Each session is divided into two parts – a brief warmup for 30 minutes of walking and cooldown exercises and mat exercise for 25 minutes. Cost is \$15 per month. Call Nancy Freese at 743-0135 or sign up at the Civic Center.

- The music of Regis at the piano at Cafe of the Arts, until 9 p.m. nightly.

- The Mountain View group of Alcoholics Anonymous now meets in the remodeled basement room of the Presbyterian Church sanctuary, in Highlands. Meeting times are Mondays at 8 p.m.; Tuesdays at 5:30 p.m. (women only); Wednesdays and Fridays at noon. Call 524-7395.

- This Week at Highlands Wine and Cheese -- Wine Flights Thursday, Friday, and Saturday: 4:30-6:30. Wines by the Glass and Cheese Plates available Wednesday through Sunday: 1:30-4:30. Complimentary Tastings Saturday and Sunday: 1 until 4:30.

- At Wolfgang's on Main – Get Uncorked THURS-SUN. 4-6:30 p.m.: Wine and Appetizer Pairings, Flights of Wine, Wine by the glass or bottle/Appetizers; SUNDAYS: Dinner and Jazz 6:30-9:30 p.m. Call 526-3807 for reservations. MONDAYS: Fine Art, Fine Wine and Fine Dining, 6 pm – Passed Appetizers. 6:30 pm – Dinner. Reservations needed. Call 526-3807.

Aug 12-22

- “6 Rms Riv Vu” at the Highlands Playhouse. Performances are Tuesday-Saturday at 8 p.m., Sundays at 2 p.m. Adult tickets, \$20; Children 12 and under, \$9. Call 526-2695 for tickets.

Aug. 19

- Kevin Howell, guide, author and owner of Davidson River Outfitters (Brevard), will be the featured speaker at the Plateau Fly Fishing Club on Thursday, 7 p.m. at the Cashiers Library.

Aug. 20

- Mountain Gospel Music 7:30 p.m., Friday at the Sky Valley Pavilion. Bring a lawn chair. Enjoy recording artist Bird Youmans, Carol Westbrook, Anita Bray. It's FREE.

Aug. 20-Sept. 5

- The 7th annual Cashiers Designer Showhouse will feature small private enclave overlooking wildflower

meadows, long mountain views and beautiful Lake Glenville. The Showhouse kicks off Friday, Aug. 20 with the Picnic at the Point Patron Party catered by Lee Epting. The Showhouse will be open Aug. 21-Sept. 5, 10 – 4 daily and noon – 4 on Sundays. For tickets call 743-7710.

Aug. 21-22

- A cast of five directed by Dean Zuch will present Neil Simon's witty and biting comedy, “The Sunshine Boys,” as a Readers' Theater production, Saturday, Aug. 21, at 8 p.m. and Sunday, Aug. 22, at 2:30 p.m., at PAC. Reservations taken during the week of Aug. 16 at the PAC or by phone, 526-8084.

Aug. 21

- Zorki playing acoustical guitar at Paoletti's Late Night at 10:30 p.m.

- A free lecture at the Hambidge Center on Saturday at 5. Carol and Hugh Nourse, botanic photographers and co-authors of Wildflowers of Georgia, will present “Photographing Nature.” The Hambidge Center is located 3.5 miles down Betty's Creek Road in Rabun Gap, Ga.

- The Lake Sequoyah Improvement Association will meet on Saturday at 6 p.m. at the Civic Center (Rec. Park). This meeting is for all who are interested in the quality of the lake water and the future of the lake. You do not have to be a member of the LSIA to attend.

- 10th Anniversary Open House and Country Barbecue at the Peggy Crosby Center. Joe Geoghagen and the award-winning Blue Valley Barbecue Team -- \$8 per plate – includes pork, slaw, beans and drink. Music by Clearwater Country Saturday, 11 a.m. until 3 p.m.

- Come meet the candidates at an old-fashioned Democratic Rally at Cliffside Lake 5 p.m. until? Enjoy a hamburger supper with all the fixings and talk to Patsy Keever, candidate for U.S. House of Representatives; Judge John Snow, candidate for State Senate; and on the non-partisan ballot, Judge Monica Leslie and Sybill Mann both running for District Judge.

- The Hudson Library will hold an event from 2 p.m. to 4 p.m. the same day, with musical entertainment by Katie Brugger and Arthur Hancock, a visit from the Reading Rover bookmobile at 2 p.m., door prizes and refreshments. For more information call 526-3031.

Aug. 24

- Audubon cleanup of the Greenway Trail. Meet at the Rec Park North Pavilion at 9 a.m. For information call Brock Hutchins (787-1387) or Edwin Poole (526-2775).

Aug. 25-28

- Highlands first International Film Festival begins at 2 p.m. with “Chaplin” at PAC and culminates with “Bobby Jones-Stroke of Genius,” at 6 p.m. 14 films in all. Call 526-9047 for ticket info.

Aug. 27-28

- Mountain Top Relay for Life on the Green at Cashiers. 6 p.m. until?

Aug. 25, 26, 27 & 28

- Quilting Workshop at Bascom-Louise Gallery. Develop several quilt designs from 20th century paintings. Both templated and “natural” or free form cutting techniques will be explained and participants can try both. Machine quilting & binding will also be covered. W, Th, F 10-4, Sat. 9-1 Cost: \$129. Instructor: Elizabeth Barton

Aug. 28

- The Scaly Mountain Women's Club is serving a complete seated breakfast of homemade pancakes, sausage, coffee and juice from 7-10 a.m. at the Scaly Mtn. Ski Lodge. \$5 for adults and \$2.50 for children. Proceeds go to area human service agencies and local scholarships. For more info 526-9079.

- FLEA MARKET – Annual summer flea market of the Macon County Senior Games will be from 8 am to 2 pm. Saturday at the County Community Building Gym. Proceeds from renting \$20 flea market booths will help defray expenses for Macon County Senior Games/Silver Arts medal winners competing in the State Finals in Raleigh, Sept. 27-Oct. 3. For more information, call 349-2090.

Sept. 3 – Sept. 25

- Interact / React Featuring artwork by artist Diane McPhail and reaction art by local artists, writers, poets & dancers..

Sept. 4

- Audubon bird walk at the Highlands Biological Station and Sunset Rock for early fall migrants. Meet at 7:30 a.m. at the Town Hall parking lot. For information call Brock Hutchins (787-1387) or Edwin Poole (526-2775).

Sept 5

- Bel Canto at PAC. Call 526-5252 for ticket information.

Sept 14

- A series of presentations addressing elder care issues: Financial & Legal issues – wills, legal, estate planning; DSS, medicare, medicaid, SNFs; Burial planning from 3-5 p.m. at Tartan Hall at First Presbyterian Church in Franklin.

Sept. 10

- Highlands 2004 Model A Hill Climb at Monkey Hill. Classes for all Model A Fords – bone stock, modified and speedsters. Race begins at 1 p.m.

Sept 10-11

- Nature as Inspiration Workshop at Bascom-Louise Gallery A stylistic analysis of several visual artists whose paintings range from very realistic to abstract renderings of nature Field Study for gathering information, sketches, material, etc. Exercises in planning and execution of painting. Sept. 9, 5 p.m. – 7 p.m.; Sept. 10 & 11, 10 a.m. – 4 p.m. Cost: \$150

Sept. 10-12

- Landscaping and Gardening with Native Plants – The Highlands Biological Station presents the Fifth Annual Conference on Landscaping and Gardening with Native Plants at the PAC, 607 Chestnut Street. Enjoy field trips, garden tours, and speaker presentations Friday through Sunday. Registration required, \$100 fee. For more information call 828/526-2602.

Sept 15

- American Red Cross Adult CPR with AED and Infant/Child CPR course, 8:30 to 4:30 at the Macon County Public Health Center on Lakeside Drive in Franklin. Participants must pre-register and pre-pay before Sept. 13. Call Jennifer at 349-2439.

Sept. 15-19

- Macon County Fair with the theme “Rural America – Important for your economy,” at the Macon County fairgrounds in Franklin.

Sept 18

- Children's ArtWalk at the Nature Center 10 a.m. to 3 p.m. Activities include arts & crafts, face painting, birdhouse painting, and magnet painting and there will be baked goods, lemonade, popcorn, and hot dogs.

Sept 21

- A series of presentations addressing elder care issues: Protection & Support Issues – Elder abuse; Scams; ID theft; Caregiver; POA; Hospice; Bereavement from 3-5 p.m. at Tartan Hall at First Presbyterian Church in Franklin.

Sept 28

- A series of presentations addressing elder care issues: Health & Dementia Issues – Aging; Memory Loss & Dementia; Mental Health Issues; Social Isolation from 3-5 p.m. at Tartan Hall at First Presbyterian Church in Franklin.

- email events to highlandseditor@aol.com

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Beauty on Lake Glenville star of 7th Cashiers Designer Showhouse

The seventh annual Cashiers Designer Showhouse will feature a rare opportunity to visit a private mountain retreat. Overlooking wildflower meadows, long mountain views, native mountain laurels and beautiful Lake Glenville, the custom-designed, tree-framed home promises to be extraordinary.

Brevard architect Doug Harris of Harris Architects, Cashiers builder Mitchell Betty of Sweetwater Builders, land planners and landscape architects Scott Melrose & Associates of Asheville, and Cashiers owners-developers Roxanna Albury and Bill Chaiken are creating a one-of-a-kind home. Located at The Point at Glenville Lake, the 4,200 square foot Craftsman-style house and adjacent 1,600 square foot guest house represent the ultimate in mountain living.

Visitors to the Showhouse will want to take notes. Sixteen designers from Cashiers, Highlands and Atlanta are creating rooms filled with antiques, exquisite fabrics, custom

designs and fabulous accessories. The three bedroom main house features rosewood flooring throughout. In the great room, a large stone fireplace is accented by cathedral ceilings with light-filled eyebrow dormers and a balcony overlook from the second floor reading nook. A large screened porch with fireplace adjoins the great room and features fabulous meadow and lake views. Perfect for gatherings of family and friends, the large country kitchen, including an oversized island and walk-in pantry, is complemented by an adjoining keeping room with fireplace and breakfast nook.

In the formal dining room are built-in china cabinets, floor-to-ceiling Craftsman-style columns and a stained glass pass-through to the kitchen. Off the master bedroom suite, a covered, screened sleeping porch invites naps on cool summer nights. On the second floor, are two guest bed and bathrooms, a sitting room and a library.

The large cottage-style home's cedar shake roof and board and batten and poplar bark exterior are complemented by stone entrance accents and a Tennessee stone terrace overlooking the lake.

The two bedroom, two bath guest cottage is ideal for guests. The large living area and deck overlook the lake and the large master bath features a walk-in tile shower and clawfoot tub. Hardwood floors complement the floors in the main house.

The on-site Showhouse Shop, an integral part of Showhouse tradition, will be open throughout Showhouse dates, and will offer special antiques, porcelains, art, fine gifts and hand-crafted jewelry for sale. Nationally acclaimed speakers will round out the popular late summer event.

The Showhouse kicks off Friday, Aug. 20 with the Picnic at the Point Patron Party catered by Lee Epting. The Showhouse will be open Sat., Aug. 21 – Sunday, Sept. 5, 10 – 4 daily and Noon – 4 on Sundays. Tickets can be purchased by calling 828/743-7710. Note that Patron Party tickets are limited and sell out quickly.

Beneficiaries for the seventh annual Showhouse are the Cashiers Historical Society and the Cashiers Valley Community Council.

• BUILDERS & ARCHITECTS •

Rand Soellner's home designs feature beautiful Mountain timber elevations with wide, open plans with tall ceilings and the most value-engineered systems available.

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Rand Soellner Architect shares office space in Wright Square, in Highlands, next to Nantahala Realty. Rand works with many of the builders, Realtors, private land owners and speculative developers in the Highlands-Scaly Mountain-Cashiers, Toxaway and Brevard area. Rand Soellner's homes are under construction all over Western North Carolina.

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Even the backyards are beautifully landscaped at Chestnut Hill

Model home open for viewing

A new model home is now open for viewing at Chestnut Hill of Highlands, a premier residential senior living community in Highlands, N.C.

"This newly completed, three-bedroom / two-bath home features 1,976 square feet of living space and is indicative of the quality craftsmanship and unique features that are inherent in the homes in our community," said Mac MacDonald, sales and marketing director of Chestnut Hill of Highlands. "Each has its own distinctive personality, as well as upscale features that ensure comfortable, carefree mountaintop living."

Chestnut Hill of Highlands offers active senior adults a choice of one-, two-, or three-bedroom cottages in The Village or one- or two-bedroom apartment-styled homes in The Lodge. All

cottages in The Village feature a ground-level entry without steps and can be custom-built to the resident's specifications. All apartments in The Lodge can be accessed by either a ground-level entry or by an elevator, which provides access to an upper living level.

Cottages in The Village range from approximately 975 to 1,976 square feet. Apartment-styled homes in The Lodge run from approximately 700 to 1,034 square feet.

For senior adults who need assistance with daily living, Chestnut Hill of Highlands is expected to have its new state-of-the-art assisted living center—The Suites—completed in Spring 2005. For more information on Chestnut Hill of Highlands or to arrange a personal tour of the new model home, call 888-473-5093.



The living room of the model now open at Chestnut Hill.

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C.N.A.S/L.P.N/RN

Fidelia Eckerd Living Center Various shifts and days/nights available. Cross training career opportunities in Acute, Living Center, and Hospice. CNA starting salary up to \$14.70/hour for weekend nights; LPN Starting salary up to \$21.76/hour for weekend nights; RN starting salary up to \$29.95 for weekend nights.

R.N.s

Acute. Various days/shifts. RN starting salary up to \$29.95 for weekend nights.

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HILLTOP GRILL – needs one full time person until November. Call 526-5916 or stop by corner of Fourth and Spring streets.

OFFICE BUILDING CLEANING – Accepting bids for contract cleaning services for a new 45,000 square foot medical office building on the Highlands-Cashiers Hospital campus. For information, call Jim Lewis, 526-1415.

NICK'S RESTAURANT – Waitstaff lunch and dinner shifts available. Experienced only. To apply, call 526-2706.

BY OWNER

MOVING SALE/YARD SALE – Aug 20. Lots of household items. Furniture: beds, headboards, chest of drawers, tables, chairs, porch and deck chairs, desk and book cases, rugs. Some antiques. Rain or shine. 685 Blue Valley Rd. 526-0890.

OFFICE SPACE for rent to qualified tenant. Below market rate for not-for-profit/community organizations. Peggy Crosby Center. 526-9938 ext 110.

GOLDEN RETRIEVER PUPPIES – Male and female AKC registered. \$500. Check website at www.campwindinggap.com. 1-800-294-2267.

SALE – Household contents including antiques and art. Coxe Lane, one mile past HCC. 9 a.m. to 9 p.m. 526-0244.

VACATION RENTAL – on Buck Creek. Three Bedrooms, 1 1/2 baths, stone fireplace, carport, laundry room. Beautifully furnished. \$750 per week or \$2,500 per month. Call 828-526-5550.

FOR SALE – Kayak, Old Town, Little Otter, red, one-person, paddle, vest – \$300. Call 828-526-9589.

ROR RENT – Convenient commercial space near town. New carpet, paint. Perfect for office, studio, personal care business. Approx. 450 square feet. 526-5558

FOR SALE – Ladies Yonex golf clubs with Datrex bag. Putter, pitching wedge, irons 3 through 10 and woods 1, 3 and 5. Call 526-9791. \$500.

HIDDEN PARADISE – Highlands at an unbelievable price! Overlooks stream, borders USFS hiking trails, private 2 acres, 4/2; new roof; fireplace, vaulted ceilings, lot of glass, French doors, decks, 2-car garage; laundry; workroom; professionally landscaped; 5 miles from town. 828-526-2759 or the Verandah, 526-2338 marbago@earthlink.net

VACATION RENTAL – Mirror Lake Area! Charming, One Level Cottage! 3 Bedrooms, 3 Private Baths, Garage, Wrap Around Deck w/Beautiful Sunny Morning View Of Woods & Mountains! Newly Furnished w/New Heat/AC! 2 Masters w/King beds & 1 Queen Bedroom, All With TVs. Family Room w/New 42" Flat Screen TV, Cable, DVD, VCR, & Stereo! Updated, Fully Equipped Kitchen w/Microwave, Dishwasher, & Second Refrigerator. Home Office w/Computer, DSL, Fax/ Copy Machine! Baby Crib & Small Dog Crate. Walk To Lake! Easy 3 min Drive To Town & Restaurants! Cozy, Pretty & Just Like Home! \$1,200 Weekly. Call 404-281-6417.

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Three-bedrooms, two-and a-half bath year-round home off Buck Creek Road. Great yard, quiet neighborhood. Two-level home with some wood floors. Pets OK with fee. \$1,000 per month, \$1,000 security deposit. Call Tucker or Jeannie at The Chambers Agency, REALTORS 526-3717.

VACATION RENTAL – Charming Highlands home. 3 bedroom, 2 bath, furnished. 4 1/2 Street location. Walk to Town. \$1,000/wk. \$3,000/mo. Call Ty

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FOR SALE. Beautiful heritage quilts by former MACO CRAFTS quiltmakers. Follow signs on the Highlands Road at Peaceful Cove. 524-0576 or 369-8643.

VACATION RENTAL – Highlands; New, Beautiful 3-3 with great room, stone fireplace, wood floors, great kitchen, ponds & private wooded lot. Golf/Tennis for a fee. Monthly/yearly. 828-526-9430.

FOR SALE. Authentic schrank wall unit from Germany. H6'9" L11' W22" A beautiful piece. Contact Brad and Donna Nelson 524-9204.

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

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SHIPPING SERVICES – UPS, FedEx & furniture shipping. Stork's Wrap, Pack & Ship. Corner of Hwy 107 N. & Slab Town Rd. Cashiers – (828) 743-3222.

... POLICE & FIRE from page 20

to an alarm at a residence on Pierson Drive. All was secure.

The following are the Highlands Fire & Rescue log entries for the week of Aug. 11-18:

Aug. 11

• The dept. responded to an alarm at a residence on Lynn Lane. It was false..

Aug. 12

• The dept. was first-responders to assist EMS with a medical call at a residence on Hicks Road. The victim was transported to the hospital.

Aug. 14

• The dept. was first-responders to assist EMS with a medical call at a residence on Raoul Road. The victim was transported to the hospital.

Aug. 15

• The dept. responded to an alarm at the First Presbyterian Church. It was false.

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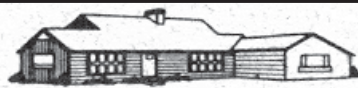
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... SPIRITUALLY continued from pg 16

other than parents, adults with resources that assure them they are not on their own.

Genesis, the book of beginnings, says the creator God, from the very beginning, wanted no one to be entirely on their own. It wouldn't be good. Solitude now and again, yes. Absolutely, but not aloneness as a steady diet. Never. It will shrivel the soul. Thus, God's act of community in creating Eve, a partner for Adam and Adam, a partner for Eve. This act of companionship was followed centuries later, when in preparing his followers for his departure, Jesus promised, "I will not leave you alone; I will not leave you

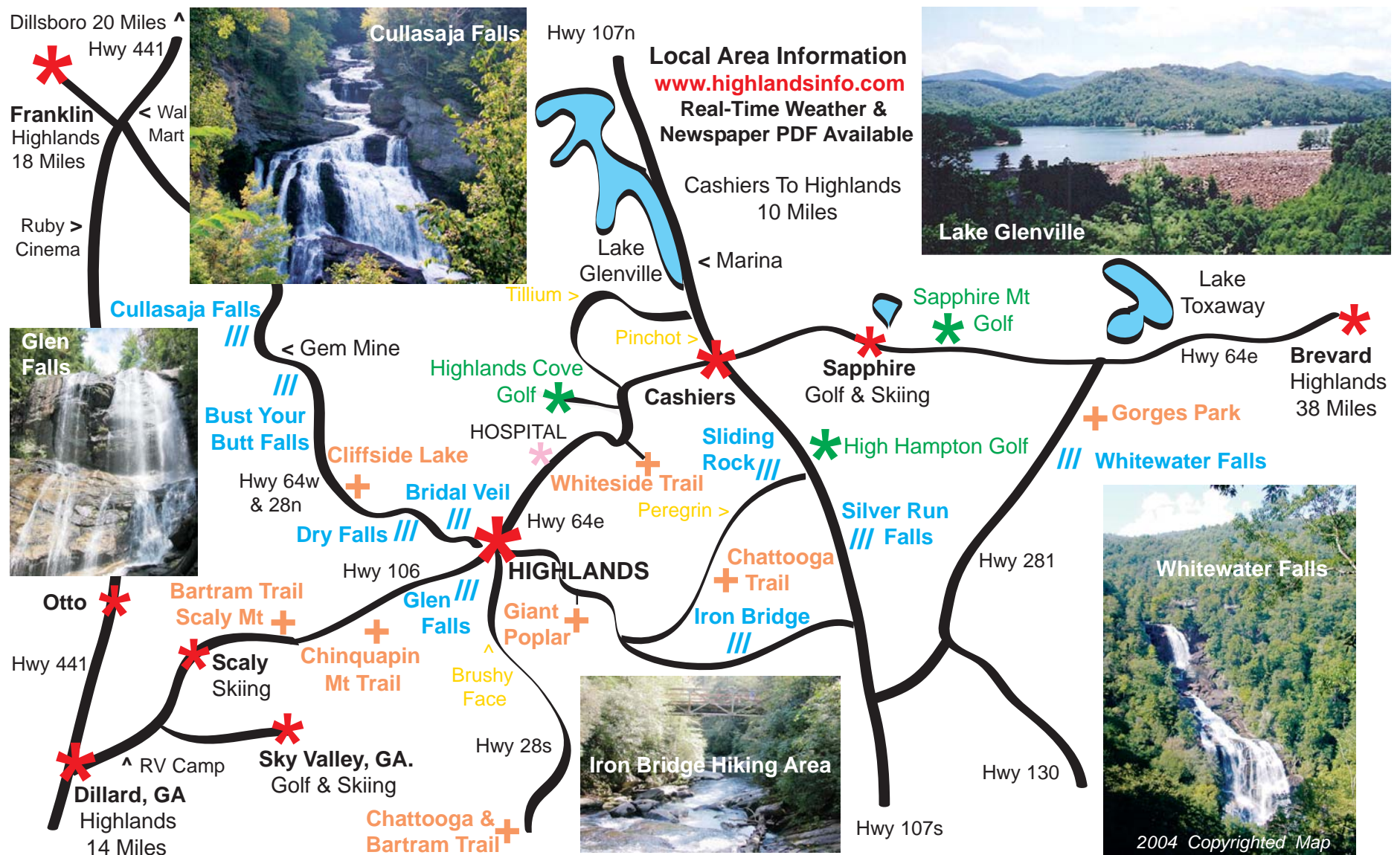
orphaned."

True to his promise, Jesus came back in the form of the church, a community of people who, by the empowering presence of his spirit, are the embodiment of his hospitality, his mercy. A people among whom one finds a welcome "that feels like family."

Baptism is God's action of adoption. Baptism makes us sons and daughters of God but the water of baptism splatter far and wide. If baptism makes us sons and daughters of the one true God then, to each other, we are no less than sisters and brothers.

Baptism. God's gracious act of adoption that makes water thicker than blood. We are kinfolk by baptism. Part of a community that confirms in the caliber of its caring, that regardless of age, gender, race, circumstance, need, no one need be on her own, ever again.

Church. Kinfolk by the waters of baptism. Family. The embodiment of Jesus' promise not to leave us orphaned. Church. Home away from home. A people that the lost and lonely can lean on. Fellowship feels like family. Praise God. No need be on our own ever again.



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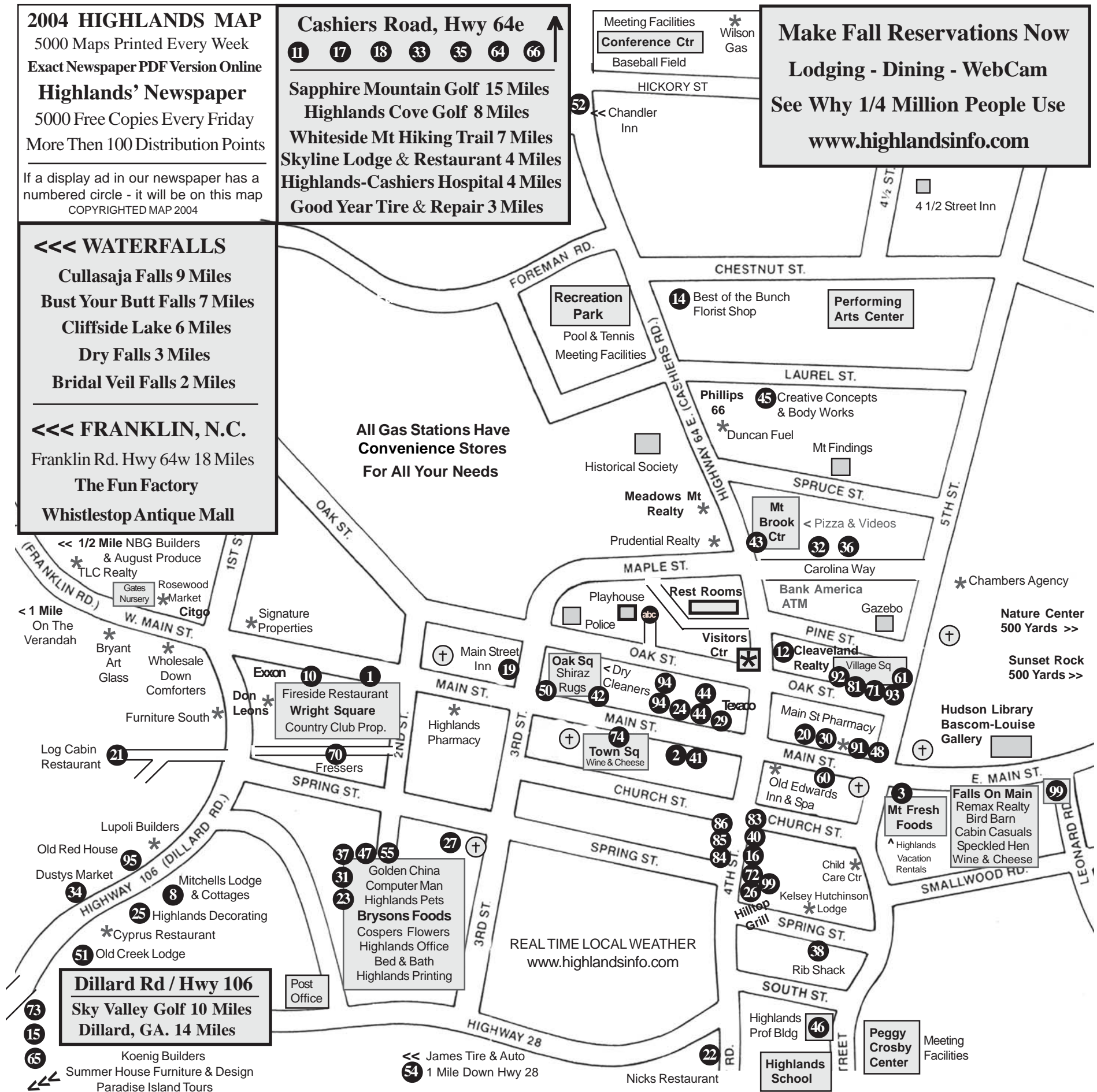
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