Hospital water line funding in place

By Kim Lewicki

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

“There is a lot of work to do in a short period of time,” said Town Engineer Lamar Nix. McGill Associates, of Asheville, is the engineering firm responsible for designing the project, surveying and completing the permitting process, but as lead agency the town is concerned with the timetable.

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

Rainy weather–blast from past

By Kim Lewicki

Slowly but surely, Highlands is molding over.

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

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

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

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

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

Fibber Magee’s moving to new quarters

By Kim Lewicki

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

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

“We’ve outgrown our space at the center,” said Mary Jellison. “Our customers enjoy themselves while shopping at Fibber’s and I’m afraid we’re the cause of too much noise and commotion for the other tenants at the center.”

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

Selling Highlanders’ hand-me-downs has translated into big bucks for Fibber’s which consequently translates to big bucks to the Highlands community.

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

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

See RAINY WEATHER page 3

See FIBBER’S page 18
A place for kids to play

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

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

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

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

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

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

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

Why don’t the town and community join forces to construct an all-around skateboard-roller blade-scooter tract in the gravel parking lot used for overflow at the Rec Park. The truth is, the parking lot is only used a couple times a year for what the town fathers intended. The rest of the time it’s a place the police have taken to patrolling.

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

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

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

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

Sure it can.

– Kim Lewicki
July Sale
40%-70% OFF
85% OFF RED TAG ITEMS

In appreciation of our longtime friends and customers, Shiraz is offering wholesale prices to the public on our entire inventory. Any reasonable offer will be accepted! This is an opportunity you will not want to miss!!

For the past 18 years, Shiraz has had prominence in the Highlands, N.C. area as the ultimate resource for genuine, hand-knotted Oriental rugs. Shiraz has built a reputation that is second to none.

WE GUARANTEE OUR QUALITY AND YOUR SATISFACTION.
Come see our collection of numerous antique and contemporary rugs.
Stuart
"Video Guy"
Armor presents Shirley Barrars’ 1996
"Love Serenade"

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

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

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

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

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

The sound track is heavy on Barry White and it is artfully and subtly used to play on and off the story line.

Rated “R” for some sexual content and more violence than you’d think.

Other truly bizarre Australian comedies available are “Laugh Till You Hurt Yourself,” Category Area, Children of the Revolution, Welcome to Woop, Woop, Cosi, Murriels’ Wedding, Pricilla, Queen of the Desert, and quite possibly the greatest thing to come our of the land down under, since Fosters, Strictly Ballroom.

These and about 5,000 other titles are available at Movie Stop Video next to Brick Oven Pizza. Stop on in and give them a look.

New-release movies rent for $3.25, regular movies rent for $2. There’s also “Two for Tuesday,” excluding new releases, and “Five for Five” – 5 movies for $5 for 7 days. Hours are Monday through Friday 11 a.m. to 8:30 p.m.; Sat. and Sun. noon-8:30 p.m.

Stuart Armor, owner of the Movie Stop, will be submitting movie “reviews” regularly.
The first question everyone asked me when I announced I was publishing Highlands’ Newspaper was “How do you make a paper?”

The fact that we live in a digital world has changed the way everyone does business – including the publishing world. Making this process work involved a multitude of technology know-how on both ends. Highlands’ Newspaper had to be “on the same page” as the commercial printing division of The Asheville-Citizen Times. (Like every newspaper press shop, down-time on the press is filled with commercial printing jobs.)

Once the newspaper was designed on the computer, with the text and graphics imported from the various software applications used to produce them, it was bundled into a digital package.

Once the package was digitally bundled, it was uploaded to the Asheville-Citizen Times’ server where it was retrieved and downloaded to its imagesetter. The pages were transferred to film and the film burned to plates which were fastened to the rollers of the press.

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

• The making of a newspaper •

See NEWSPAPER page 13
By Katie Brugger

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

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

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


The Greeks attempted to understand the universe by cutting it up into parts and finding the underlying principles that governed each part. The Chinese, in contrast, built their understanding around the premise that you can’t understand the part without comprehending the whole.

The bulk of the book describes different experiments carried out on Asians, Americans, and Asian-Americans to test the theory that these basic differences in world-view persist to this day. In every experiment there were stark differences between Americans and Asians, and the Asian-Americans would be somewhere in the middle. A typical experiment was one in which participants were asked, “which two are related: monkey, panda, banana?” Nisbett found that Westerners tended to relate the panda and monkey because they are both animals, whereas Asians grouped the monkey and banana because the monkey eats the banana. This supports the author’s contention that Westerners tend to group things based on rules and classifications, whereas Asians group things based on relationships. Of course, not every person in a culture responds the same, for instance, it seemed obvious to me that the correct response to that question was banana and monkey. These findings raise important questions about the accuracy of IQ tests. Nisbett also studied those purely visual IQ tests that have been developed to supposedly weed out these cultural differences, but he found that there is still a profound difference in perception and response between East and West.

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

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

“Book Review”

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

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

Ingredients like fresh mountain trout, stone-ground grits, dew-laden blueberries, juicy peaches and fat yellow tomatoes, made it into “family recipes” brought from elsewhere.

Wildcat Seasons contains more than 550 tested recipes with instructions and techniques developed over the years.

The cookbook is available in area stores for $19.95. All proceeds go toward Wildcat Scholarship Fund and local charities.

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

**Chicken Cheese Puffs**

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

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

Yield: 2 dozen

**Bacon Almond Spread**

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

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

Yield: 2 cups.
Waterfall Hikes

1) Kalakaleskies Falls: Located off Hwy. 64W about 1 1/2 miles from town on the Cullasaja River. The Sequoyah Dam is at the head of these falls. There are 18 small falls within a quarter mile, each paralleling US Hwy 64 west.

2) Bridal Veil Falls: This picturesque fall cascades over US Hwy. 64W about 2 miles from town. Cars may even drive under this waterfall.

3) Dry Falls: On US Hwy. 64W, about 3 miles from town. Parking is provided by the Forestry Service where a path is taken to the falls. They are certainly not dry.

4) Glen Falls: Located off a dirt road 3 miles south of town on Hwy. 106. The turnoff is marked by a U.S.F.S. sign. Glen Falls is composed of a series of 3 large falls dropping approximately 60 ft. each on the east fork of Overflow Creek in the Blue Valley area. The one mile foot trail down to the falls is steep.

Healthy Living

Tried and true tricks to keeping your weight down

with Bonnie Powell

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

The trick is to eat five small meals a day or three small meals and three snacks a day. Most importantly – don’t skip breakfast.

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

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

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

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

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

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

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

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

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

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

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

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

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

Apply this principle to God the Father, the Son and the Holy Spirit. You see, the less we know about God, the greater the possibility of misunderstanding and having a distant relationship with Him. But the converse is also true. The apostle Paul said, “To know Him is the hope of glory.” The more we know about God, the greater our understanding and the greater our communication. This results in a close, personal, intimate relationship with the Living God – imagine that! Can we have a close relationship with someone we know so little about? The answer is no, we can’t. But once this changes, once we begin to discover things about God, a closeness will develop.

Blue Valley Baptist Church
Rev. Oliver Rice, Pastor (706) 782-3965
Sundays: School – 10 a.m.; Worship – 11 a.m.
Sunday night services every second and fourth Sunday at 7 p.m.
Wednesdays: Mid-week prayer meeting – 7 p.m.

Buck Creek Baptist Church
Sundays: School – 10 a.m.; Worship – 11 a.m.
First Saturday: Singing at 7:30 p.m.

Christian Science Services
On the corner of Spring and Third streets
526-2630
Sunday: Morning Service – 11 a.m.
Wednesday: Evening Service – 7 p.m.
Tuesday & Friday: Study room open 2-4 p.m.

Church of Jesus Christ of Latter Day Saints
NC 28 N. and Pine Ridge Rd., (828) 369-8329
Rai Cammack, Branch President, (828) 369-1627
Sundays: Worship – 10 a.m.; school & primary classes – 11 a.m.; Women’s & Men’s Org. – noon
Tuesdays: Women’s Org. – 6:30 p.m.; Library – 6-8
Wednesdays: Boy Scouts of America mtg. – 6:30 p.m.; Young women’s activities – 6:30 p.m.

Clear Creek Baptist Church
Pastor Everett Wilson, (828) 743-3379
Sundays: School – 10 a.m.; Worship – 11 a.m.; Prayer – 6:30 p.m.
Evening Service – 7 p.m.

Community Bible Church
(Evangelical Presbyterian Church
Steven E. Kerhoulis, Pastor, 526-4685
3645 U.S. 64 east.
Sundays: School – 9:30 a.m.; Worship – 11 a.m.
Tuesdays: Women’s Bible Study – 9:45 a.m.
Wednesdays: Supper – 5:30 p.m.; Bible Study – 6:30
Thursdays: Guys Sr. High Discipleship – 6 p.m.

Episcopal Church of the Incarnation
Rev. R. Michael Jones, D. Min., 526-2968
Sundays: Holy Eucharist – 8 a.m.; 9 a.m. & 11 a.m.
Adult Class – 10 a.m.; Children’s – 11 a.m.
Tuesdays: Men’s Cursillo @ Hampton Inn – 8 a.m.
Wednesdays: Supper and Program @ First Presbyterian Church – 6 p.m.
Thursdays: Women’s Cursillo Group @ Library – 9:30 a.m.
Holy Eucharist – 10 a.m.

First Baptist Church
Dr. Daniel D. Robinson, 526-4153
Sundays: Worship – 8:15 a.m., 10:45 a.m., 6:30 p.m.; School – 9:30 a.m.; Youth – 6:30 p.m.; Choir – 7:15 p.m.
Wednesdays: Dinner – 5:30 p.m., Team Kids – 6 p.m.; Student & Adult Prayer – 6:15 p.m., Choir – 7:30

First Presbyterian Church
Rev. J. Hunter Coleman, Pastor, 526-3175
Sundays: Worship – 8:30 a.m. & 11 a.m. (child care at 11 a.m.); School – 9:30 & 9:45.
Wednesdays: Children’s Devotions – 9:30 a.m.; Supper – 6 p.m.; Choir – 7:30 p.m.
Thursdays: Bible Study – 10 a.m.

Saturdays: Adventistas del Septimo Dia – 10 a.m. and 5 p.m.

Highlands Assembly of God
Rev. Scott Holland, 524-6026, Sixth Street
Sundays: School – 10 a.m.; Worship – 11 a.m.
Wednesdays: Prayer & Bible Study – 7 p.m.

Highlands Seventh-Day Adventist Church
Sunday evening prayer & Bible Study
Call Lloyd Kidder at 526-9474

Highlands United Methodist Church
Pastors Eddie & Kim Ingram, 526-3376
Sundays: School – 9:30 & 9:45 a.m.; Worship – 8:30 & 11 a.m.
Wednesdays: Supper – 5:30 p.m.; Bible Study & activities – 6 p.m.

Macedonia Baptist Church
8 miles south of Highlands on N.C. 28 S in Satolah
Pastor Rusty Wolfe, (706) 782-8130
Sundays: School – 10 a.m.; Worship – 11 a.m.; Choir – 6 p.m.
Wednesdays: Bible Study and Youth Mtg. – 7 p.m.

Mountain Synagogue
St. Cyprian’s Episcopal Church, Franklin 369-6871
For more information, call (706-745-1842, (706) 754-3334 or (828) 293-5197

Our Lady of the Mountains Catholic Church
Rev. William M Evans, Priest
Parish office, 526-2418
Fridays: Mass – 9 a.m.
Saturdays: Mass – 4 p.m.
Sundays: Mass – 11 a.m.

Scaly Mountain Baptist Church
Rev. Clifford Willis
Sundays: School – 10 a.m.; Worship – 11 a.m. & 7 p.m.
Wednesdays: Prayer Mtg. – 7 p.m.

Scaly Mountain Church of God
Pastor Allen Melton
Sundays: Radio Program 1340 AM – 8:30 a.m.; School – 10 a.m.; Worship – 11 a.m.; Evening – 6

Shortoff Baptist Church
Pastor Rev. Baker Crane
Sundays: School – 10 a.m.; Worship – 11 a.m.
Wednesdays: Prayer & Bible Study – 7 p.m.

The Church in the Wildwood
Pastor Rev. Baker Crane
Old-fashioned hymn-singing led by laypeople.
Every Sunday Memorial Day - Labor Day at 7 p.m.

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

Whiteside Presbyterian Church in America
Cashiers, Rev. Sam Forrester, 743-2122
Sundays: School – 10 a.m.; Worship – 11 a.m.
The ‘exchanging’ of loved ones
– It’s a mixed-bag of emotions –

By Luke Osteen
Contributor

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

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

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

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

Prior to his departure, Alex audited Spanish classes at Southwestern Community College. He felt pretty confident he could say the words for “table,” “rainbow,” and “bathroom.” Of course, only the last word would matter for his day-to-day existence. Stepping off the plane in Spain was like walking into a propeller. There were entire weeks in which he was unable to understand what we being spoken around him.

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

Naturally we hoped that his host family would be kind and understanding. His parents turned out to be very strict and had some definite anti-American attitudes. Alex tried his best to be upbeat in his e-mails and phone calls, but we could tell that he was being tested. For us, those first few months with this family caused some sleepless nights. We should have had more faith in his resiliency and determination. Alex managed to hold his ground on the issues that mattered to him and slowly, almost imperceptibly at first, began to master the language.

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

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

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

Our entire family is grateful to Highlands Rotary for giving our son a horizon that extends far beyond this little town.
For Highlands Road Runners running isn’t just about fitness

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

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

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

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

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

One popular strategy for beginners is to pick a route and then jog for a block or from one telephone pole to the next, then walk to the next mark and start jogging again. After a couple of weeks of doing a walk/jog

*See RUNNERS page 16

Reaching through time – ‘Dandy Girl’ is remembered

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

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

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

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

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

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

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

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

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

Dandy Girl and friend

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

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

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

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

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

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

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

– Your faithful companions of The Great Adventure
Some of you are wondering how to extend the life of cut flowers. There's a simple solution that we in the flower business use every day. Before I tell you our little secret, let me warn you about the dangers of homegrown flowers. Gardening is an extremely hazardous pastime. In fact, it's just behind crocheting in terms of hobby-related emergency room admissions. For your own safety, and the peace of mind of the people who love you, forget about growing your own flowers. I would be remiss as a professional florist if I didn’t mention this.

Anyway, when you're putting your cut stems in a vase, try adding a little Seven-Up or Sprite to the water. You'll find that this extends the life of your blossoms by two or three days and helps to preserve the color. Don’t use Mountain Dew in the mix. Its caffeine will punish those delicate petals and in a day or so your beautiful arrangement will look like the Portrait of Dorian Grey.

For a unique experiment or to enliven a four-year-old's birthday party, pour a jumbo cappuccino from Buck's into your vase. The resulting explosion will shower your room with petals. (Be sure to wear safety goggles if you try this).

While we're talking about performance-enhancing substances, some of you may be thinking about adding a touch of radioactive material, say, strontium-30 or enriched uranium. Not only does North Carolina law prohibit the possession of radioactive material, all you have to do is watch a few Japanese monster movies to understand that this is extremely dangerous. One moment you're admiring the unnaturally large blooms, the next you're fleeing an ambulatory begonia.

Remember, safety is a critical factor when dealing with cut flowers.
adjust color, speed, folding and cutting using computer software. When everything was just right, the press ran full-throttle and in about 15 minutes, 5,000 copies of Highlands’ Newspaper came rolling out. A conveyor belt transported each paper to the bundling machine where they were packed and tied 200 to a bundle. A final conveyor belt with a retractable arm loaded the neat bundles right into the back of the truck for transportation back to Highlands. We won’t be going to the press each issue, but we felt it only right to be there when the first issue came rolling off the press. The crew at the Asheville Citizen-Times is top-notch – excellent communicators, computer hardware and software experts, seasoned newspaper men and women with endless amounts of patience, compassion, even a sense of humor.

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

**The Pizza Place**
526-5660
On Main Street
Pizza, specialty sandwiches & salads
Eat in or carry out
Open for lunch & dinner

**Backroom Deli**
526-2048
In Highlands Pharmacy on Main St.
Made to order breakfast favorites and lunch, too.
Open Mon.-Fri 8 a.m. - 3 p.m.

**Hilltop Grill**
526-5916
Fourth & Spring “on the Hill”
“Where the locals eat”
Hamburgers, fries, sandwiches & salads
Mon.-Fri. 11 a.m. to 3:30 p.m.

**Pescado’s**
526-9313
Fourth Street "on the Hill"
Fresh Mexican
“The fastest food in town”
Lunch 7 days: 11-3; Dinner: Tues.-Sat. 5-8:30

**Highlands Hill Deli**
526-9632
Fourth Street across from Old Edwards Inn
Made to order sandwiches, green & fruit salads, ice cream
Open 7 days a week 10 a.m. - 10 p.m.

**Brick Oven Pizza**
526-4121
Mtn. Brook Center next to Movie Stop
Made-to-order pizza, calzones & salads
Open for lunch & dinner year-round

**Don Leon’s**
526-1600
Dillard Road next to Farmer’s Market
Cajun & European specialties
Sandwiches & more
Tues. - Sun. 11 - 7

**Dave’s Meats & Seafood**
526-5241, Dillard Rd. next to Farmer’s Mkt.
Meats, Seafood & Prepared Foods
Open 6 days, 8:30 a.m. - 7 p.m.
Closed Sundays

**Sports Page**
526-3555
314 Main Street
Made-to-order specialty sandwiches & salads, soups, & desserts
Open for lunch Mon.-Sat. 11 - 4

**Buck’s Coffee Cafe**
384 Main Street
Coffee, grilled sandwiches, desserts & wine
Entertainment Thurs. – Sat.
Open 7:30 a.m.-11 p.m., Tues. – Sat.
Until 6 p.m., Sun. & Mon.

To list your eatery here call
526-0782 or 506-1754
Enjoy a weekend of Chamber music in Highlands & Cashiers

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

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

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

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

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

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

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

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

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

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

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

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

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

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

“To affect the quality of the day, this is the highest of art.” – Henry David Thoreau

Dr. Maryellen Lipinski is a psychologist by profession and an international professional speaker, author, Realtor and life coach by design. www.maryellenlipinski.com
.....SPIRITUAL MESSAGE from page 9

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

What we do know is this: we can know a lot about God. There are many important things that He has revealed about Himself to us. For example, we know that God is all-powerful. In theology, this is called the omnipotence of God. The Bible declares this in Rev. 19:6, “And I heard, as it were, a voice of a great multitude as the sound of many waters and the sound of their wheels.”

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

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

Community Bible Church

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

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Highlands School Supply List

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

**FIRST GRADE**
1 backpack
1 plastic pencil box to fit in desk for pencils, markers, glue stick.
4 large glue sticks
2 plastic pocket folders with brads
2 plastic folders wide double pockets no brads
1 8-count box of Crayola markers (basic)
1 24-count box of Crayola crayons
1 pair Fiskar scissors
1 large spiral notebook, large ruled
1 regular box of tissue
1 box of quart size baggies, zip top
1 box of gallon size baggies, zip top
10 pack of pencils (sharpened if possible)
1 square eraser
1 pack of heavy duty construction paper
1 bottle of hand sanitizer (i.e., Germ-x)
1 box of baby wipes (anti-bacterial)
1 box of Band-Aids
$5 for Weekly Reader for the entire year

Please label everything!

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

**SECOND GRADE**
2 packs wide-ruled notebook paper
1 box #2 pencils
1 pack large erasers
1 box crayons
1 box colored pencils
1 pencil box
1 pair scissors
2 large glue sticks
2 folders with bottom pockets-No brads
1 box Addition flash cards
1 box Subtraction flash cards
1 box slide-lock bags-gallon size
1 box slide-lock bags-quart size
2 boxes Kleenex

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

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

No notebooks, mechanical pencils or pens.

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

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

*See SUPPLY LIST page 18
would run three miles around to encourage him to reach his goal. Training for the Boston Marathon at Boston is not an easy accomplishment because it’s a long-distance run and it starts on a narrow side others take their mind off of their troubles and by the end of the run, they feel better. The best things about a running group is the motivation a runner can get from other runners. Sometimes a runner may not feel much like running, but just running along side others takes their mind off of their troubles and by the end of the run, they feel better. Providing motivation to others takes many different forms.

Last winter when club president Brian McClellan was training for the Boston Marathon he wanted to run his best marathon time and declared that he would. Setting a PR (personal record) at Boston is not an easy accomplishment because it’s a hard course, hundreds of people run it and it starts on a narrow two-lane road.

Brian and I soon had the basis for a bet that we thought would encourage him to reach his goal. If Brian didn’t run his PR, he would run three miles around Highlands in a Tutu. If he did run his PR, I would run in the Tutu. That must have been all the incentive Brian needed as he ran 3 hours, 23 minutes and 6 seconds cutting about a minute off of his best time.

During the Road Runner’s July 19 run, I paid off my bet by running three miles in a Tutu that my wife, Anita, made especially for the occasion. All of the Saturday morning runners were surprised because I hadn’t mentioned the Tutu run to any of them. As the run began, all the runners were smiling and laughing and poking fun at me. In fact, more laughing was done on that run than any run in recent memory. Highlanders out for their Saturday morning shopping seemed to enjoy the spectacle as well. If you are interested in running with this fun group of runners, just show up at Town Hall at 4:30 weekday afternoons or 9 o’clock Saturday morning. Fewer runners show up on Friday as many take that day off to rest up for a longer run on Saturday morning.

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

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

The Highlands Road Runners Club meets at Town Hall just about every weekday at 4:30 in the afternoon and at 9 o’clock on Saturday mornings to begin their run.
East they would say that what is needed is a change in the way the child is being taught or some other change in that child's relationship with math. I found many of the Asian ways of thinking appealing – harmony, balance, holistic – but not the Asian approach to ideas. Since relationship is all-important, conflict and dissonance must be avoided and as a result debate is unheard of. Criticism of another's ideas is seen as rude, which means no real advance in thought can take place. Also, the Asians lack interest in abstractions. To them there is nothing that can be abstracted from its context. For example, there is no such thing as "whiteness." There can be a white dog or white snow but no whiteness. "The concern with abstraction characteristic of ancient Greek philosophy has no counterpart in Chinese philosophy. In fact, the Chinese language itself is remarkably concrete. There is no word for 'size,' for example. If you want to fit someone for shoes, you ask them for the 'big-small' of their feet." This aversion to abstraction means, for instance, that the Chinese don't believe that there can be a legal standard that applies to everyone: each case is different, depending completely upon the person and circumstance so every case must be decided independently of precedent.

The science that has brought us all of our technological wonders is only possible from the Western view of the world – dividing everything into discrete objects, simplifying complex interactions, abstracting rules and principles, and debating ideas. Throughout history the Chinese have invented many things but then abandoned these innovations when the consequences were judged to be injurious to society. Sometime in the 13th Century guns were invented in China, but even as they spread to Europe (possibly by Genghis Khan's hordes) they were banned in China because they were a destabilizing influence on the societal status quo. Later, in Japan, after their introduction by Europeans, guns – and any books that mentioned guns – were banned for the same reason. In the 14th Century, China went through an industrial revolution rivaling that of England centuries later. But again this was completely abandoned because the nascent capitalist system threatened the harmony of the existent social order. (For a fascinating discussion of these ideas, see Soul of the Sword, by Robert O'Connell, also at the Hudson Library.)

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

This book will change the way you think about thought.

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**BOOK REVIEW cont. from page 6**

Katie and her husband Arthur perform at Buck's Coffee Cafe featuring all kinds of music including songs they've written most Saturdays year long.
......SUPPLY LIST continued from page 15

7TH and 8TH GRADE (Math)
- Pencils and erasers
- Colored pencils
- Plastic protractor
- 6" or 12" ruler
- 3-ring binder (1 or 1-1/2")
- Notebook paper
- Graph paper
- TI-30XIIS or TI34II calculator (Scientific calculator with tri-functions under $20)
- "NO-STICK" bookcovers only
- Spiral notebook for notes
- Homework assignment book
- Dividers for notebook paper

7TH and 8TH GRADE (Science)
- 1, 3-ring notebook (no less than 7TH and 8TH GRADE (Science)
- 1 inch—with dividers—to be labeled as homework, worksheets, labs, journal, and miscellaneous)
- Loose-leaf notebook paper (for homework, labs, test answer sheets, and journal entries)—will be in the 3-ring binder
- Spiral notebook (either 4 one subject (one for each 9 weeks) or 1 three-subject). All notes will be written in this notebook!!!
- 1 two-sided folder (no brad). You will keep it in class for old exams and quizzes)
- Writing utensils (pen & pencils—I allow any color as long as I can see it. You are not allowed to write with coloring pencils, red pen and highlighter so that they are in "pencil holders" that go in the front of notebooks for the coloring pencils, red pen and highlighter that they are in class everyday.
- Small 6-inch or 12-inch rulers that go inside the notebook rings is also recommended but not necessary. If you have any questions, contact Ms. Smathers the first week of June or August at the school.

7TH & 8TH GRADE (Social Studies)
- 1 3-ring binder with pockets
- 2 packages of notebook paper

FRENCH STUDENTS
- FRENCH dictionary
- White-out is NOT permitted!
- I recommend one of those "pencil holders" that go in the front of notebooks for the coloring pencils, red pen and highlighter so that they are in class everyday.
- A French dictionary
- 1 two-sided folder (no brad). You will keep it in class for old exams and quizzes
- Writing utensils (pen & pencils—I allow any color as long as I can see it. You are not allowed to write with coloring pencils! Just ask me if you are not sure)
- 2 highlighter (your choice of color)
- Coloring pencils
- One red ink pen
- One highlighter (your choice of color)

- 2 packages of notebook paper

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

Country Club Properties
Jennifer Garrabrant
Sales Associate
Wright Square
(828) 526-2520
(828) 526-HOME
e-mail: yourmtnhome@yahoo.com

John Koenig & Zac Koenig
526-4953
(828) 526-4953
www.koenighomebuilders.com

Larry Holt
“The All ’Round Handyman”
Cleaning Services, Yardwork, Caretaking, Security
526-4037 home
(828) 526-4037
526-6494 cell

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

John Koenig & Zac Koenig
526-4953
www.koenighomebuilders.com

Larry Holt
“The All ’Round Handyman”
Cleaning Services, Yardwork, Caretaking, Security
526-4037 home
226-6494 cell

Highlands’ Newspaper’s Service Directory

Pressure Washing
“IT’s All I Do” FREE Estimates
Gary Miller (828) 526-0722

Wholesale Down Comforters and More!
526-4905
Laura Ashley Bed ’n’ Bag
Open Mon. - Sat.
Behind Wachovia ATM

Photography by Cynthia Strain
Offering photography services for events and special occasions, mountain landscapes.
Call (828) 526-9227 or email cypicturelady@aol.com

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

Country Club Properties
Jennifer Garrabrant Sales Associate
Wright Square
(828) 526-2520 (828) 526-HOME e-mail: yourmtnhome@yahoo.com

John Koenig & Zac Koenig 526-4953 (828) 526-4953 www.koenighomebuilders.com

Larry Holt “The All ’Round Handyman” Cleaning Services, Yardwork, Caretaking, Security 526-4037 home 226-6494 cell

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

Fibber’s is a project of the Highlands Woman’s Club whose brainchild of selling used clothing has snowballed into big business.
Jellison said it’s basically a full-time job running the shop. “Each piece of clothing is scrutinized, hung on hangers, sized, priced, and sometimes taken home by volunteers to be washed and ironed.”
Fibber’s will occupy two buildings on U.S. 64 using one for office and storage space and one for shopping.
Jellison said during August there will be huge sales at Fibbers, “so stay tuned.”
This weekend
- The Macon Aeromodelers will hold an “Old Timers” fly-in at their flying field on Tessentee Road in Otto on Saturday, July 26 from 9:30 to 12:30 with other models flown afterwards. Spectators of all ages are invited. For information, call Bob Wilson at 524-1281 or Gerry Doubleday at 526-8141.
- Highlands-Cashiers Chamber Music Festival’s Highlands performances are Fridays at 8 p.m., Sundays at 5 p.m. and Tuesdays at 7:30 p.m. Tickets are $20 per person, $5 for students under 18 years of age. Performances run through Aug. 8. Tickets sell fast. Call the box office at 526-9060. The Gala Festival Finale is Aug. 8 at WCC Country Club. Tickets for the dinner & concert are $100 per person.
- Tickets are on sale for Highlands Playhouse summer season. Hay Fever, July 17-27, The 1940’s Radio Hour, July 31-Aug. 17 and The Real Thing, Aug. 21-30. Tickets are $20 for adults and $9 for children. Performances are Tuesday through Saturday at 8 p.m. and Saturday and Sunday at 2 p.m. For more information, call 526-2588.
- Scotland, a two-year-old in Scaly who has leukemia. Fundraiser luncheon is at ... on the Verandah at 11:30 a.m. Tickets are $40 and include a three-course luncheon, fashion show and door prizes.
- Starting Aug. 11, the Rec Park pool will be open on Saturday and Sundays only. Adult swim will continue as scheduled until the pool closes after Labor Day, Sept. 1.
- The Jackson Macon Conservation Alliance is hosting events on dealing with the Hemlock Woolly Adelgid at the Albert Carlton-Cashiers Community Library starting at 1 p.m. The lectures are free.
- Madeline Epp is teaching a watercolor workshop every Thursday from 11 a.m. to 2:30 p.m. at the Rec Park through August. For more information, call 369-6051.
- Highlands-Cashiers Hospital offers weekly yoga classes every Tuesday from 5-6 p.m. The cost is $5. For more information, call Bonnie Powell at 526-1469.

Upcoming Events & Activities on the Plateau

Flyin’ high, tomorrow

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

Monday ~ Saturday 10-4
(828) 526-4095
260 Franklin Road - Highway 64
Highlands, NC